Year-round specialization

Year-round specialization does not improve an athlete’s chances of playing professionally. Instead, according to a new study, it increases the risk of serious injury.

The latest report confirms what dozens of studies have already concluded in recent years — sport specialization does more harm than good. The study examined professional baseball players in the Atlantic League, and it was published this month by the Orthopedic Journal of Sports Medicine.

Dr. John Deitch, one of the researchers, said the findings don’t just apply to baseball players.

From Transforming Health: “Parents need to understand that too much of anything can have a detrimental effect on us, and always keep that in the back of the mind,” Deitch said. Deitch, an orthopedic surgeon, has seen an uptick in overuse injuries among teens and college-aged athletes, which he traces back to too much training. He says children are better off being active in a variety of sports, which helps them to build the foundation for athletic success when they become teenagers.

According to the study, early sport specialization in youth athletes has been increasing progressively, to the point that 77.7 percent of high school athletic directors have reported an increase in this trend. Coach & Athletic Director’s annual survey of athletic administrators consistently finds that sport specialization is among the greatest concerns in high school athletic departments.

In the study, nearly half of players who participated reported specializing in a single sport at an early age. Those players suffered more serious injuries during their careers than the players who didn’t specialize.

Of all players, 63.4 percent said they didn’t believe sport specialization was required to play professionally.
Michigan High School Coaches Clinic Events

Baseball: January 12-13, 2018 @ Soaring Eagle, Mt. Pleasant

Basketball: BCAM Clinic - 2018, Oct. 6 & 7, Oakland Univ.

Bowling : October 2018 TBA

MITCA; Cross Country: November 8 —10, 2018 @ Comfort Inn, Mt. Pleasant

Competitive Cheer: October 2018 Crowne Plaza Lansing

Football: January 2018 @ Lansing Center & Radisson Capitol, 18, 19 & 20 Jan 2018

Golf: February 18, 2018 @ MSU Golf Facility

Gymnastics : October 21, 2018

Men’s Lacrosse: Hall of Fame Game May 13 , 2018 @ Northville HS

Skiing: October 2018

Softball: January 26 & 27, 2018 @ Causeway Bay, Lansing

Swimming: September 2018 TBA

Tennis; February 2nd & 3rd, 2018 Site: Troy Marriott

Track & Field: January 25-27, 2018 Site: Crowne Plaza, Lansing West

Volleyball: March 9-10, 2018 at Harper Creek HS. All-Star Match will be at Harper Creek HS on Friday, July 13

Wrestling: TBA

MIAAA: March 16, 2018 @Traverse City

NHSACA Convention: June 22, 27th Sioux Falls, SD

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MUSKEGON HIGH SCHOOL STUDENT-ATHLETE NAMED GATORADE MICHIGAN BOYS FOOTBALL PLAYER OF THE YEAR

In its 33rd year of honoring the nation’s best high school athletes, The Gatorade Company, today announced La’Darius Jefferson of Muskegon High School as its 2017-18 Michigan Football Player of the Year. Jefferson is the first chosen from Muskegon High School.

The award, which recognizes not only outstanding athletic excellence, but also high standards of academic achievement and exemplary character demonstrated on and off the field, distinguishes Jefferson as Michigan’s best high school football player.


As a Gatorade Player of the Year, Jefferson will be able to select a national or local youth sports organization to receive a grant as part of the Gatorade Play It Forward program. Every Gatorade Player of the Year state winner receives a $1,000 grant to donate and will have the opportunity to enter for an additional $10,000 spotlight grant by writing a brief essay explaining why their selected organization deserves additional support.

To keep up to date on the latest happenings, become a fan of Gatorade Player of the Year on Facebook and follow the conversation on Twitter #GatoradePOY. For more on the Gatorade Player of the Year program, including nomination information, a complete list of past winners and the announcement of the Gatorade National Player of the Year, visit http://playeroftheyear.gatorade.com/.
December 2017 Newsletter

Merry Christmas and Happy New Year,

South Dakota is poised and ready for the 2018 National Convention. Jim Dorman, Jerry Miller, Virg Polak, and Dave Dougherty have been working tirelessly to put on a fantastic convention. We have a lot of action happening in NHSACA. A few of the speakers we have for this summer are: Kirk Ferentz, John Stiegelmeier, Brad Seely, Derek Miles, Lucky Huber and Chris Bono. A complete list and schedule will be sent out later.

We will have Dave Dougherty paid for last year this month and begin working on this year’s salary. The goal for the Exec. Committee remains to be current at the end of this fiscal year.

We have had discussion on adding sports to COTY as stand alone. The two that have been discussed the most are Lacrosse and Cheer and Dance. We are in the process of setting some criteria on how to go about that. Three big factors; are they a sanctioned sport, do we have enough nominations in special sports to separate them, and do we have member states that sanction these sports.

The COTY nomination deadline has been extended to Dec. 18, due to the devastating storms this year. We will identify the finalists the 2nd week of Jan. The sport chairs have received the nominations we have to this point.

My thoughts and prayers are with all those who have lost a loved one.

God Bless,
David Dolan
President NHSACA
Rapid City SD

Steve Porter
Teacher and Coach

Steve porter has been a member of the MHSCA board of director and elected to the executive office since 2012. He also have been on the MITCA executive board as the Public Relation director since 1997. He continues to work with both originations, and his leadership has brought growth, along with new educational opportunities for the membership.

Steven Porter received his BS and MA degree in Math from Eastern Michigan University. He started coaching (swimming) at Milan in 1969 and began teaching Math at Milan High School in the mid 70’s. Steven’s wife of 42 years, Kim, is also a teacher. She teaches Kindergarten at Ypsilanti-Lincoln. Together, they have two daughters. Kiel is a U of M graduate and works for a Michigan non-profit. She was a Milan High School record holder in the 800 and 1600, and All-State runner in both Track and Cross Country. Kara is a graduate of MSU. She works as a graduate school advisor at the University of Illinois. She was an All-State track runner at Milan High School.

In addition to coaching the Milan High School track team, Steven still teaches math and heads the high school Mathematics Department. He also serves as the advisor for the National Honor Society, something he has done for over 40 years.

Awards:
Member of NAIA National Champion Swim Teams at EMU (69-73).
2013 Girls Cross Country National Coach of the Year (NFHS).
NFHS Midwest Regional Girls Cross Country Coach of the Year 2013
NHSACA National Girls Cross Country Coach of the Year Runner-Up 2014
NHSACA Sectional Girls Cross Country Coach of the Year 2014
2017 Kermit Ambrose Award winner and Track Coaches Hall of Fame.
Current President of the Michigan All Sports Coaches Association (MHSCA)

Public Relations Director/Historian of the Track Coaches Association (MITCA)

Coach Porter’s teams have earned the following notoriety:
24 top ten finishes in the State Finals, 15 Regional Championships, 29 League Championships,
2 Academic All-State Team Championships, 2 Academic All-State Team Runner-Ups, and 17 top ten Academic All State teams.
Coach Porter has coached: 5 Track/Cross Country High School All American Athletes, 48 Individual All-State Athletes, 42 Academic All-State Athletes, 15 Individual State Champions, 52 Individual Regional Champions and 101 Individual League Champions.

Awards:
Member of NAIA National Champion Swim Teams at EMU (69-73).
2013 Girls Cross Country National Coach of the Year (NFHS).
NFHS Midwest Regional Girls Cross Country Coach of the Year 2013
NHSACA National Girls Cross Country Coach of the Year Runner-Up 2014
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2017 Kermit Ambrose Award winner and Track Coaches Hall of Fame.
Current President of the Michigan All Sports Coaches Association (MHSCA)

Public Relations Director/Historian of the Track Coaches Association (MITCA)
The candidate must have distinguished himself/herself with good coaching ethics and promoted good sportsmanship throughout his/her coaching career. *The AD or principal's signature confirms this. Ten (10) years of coaching outside of Michigan may be applied to the application. Coaching at any level may be applied as long as it is a school sponsored interscholastic sport. To receive a general coaching certificate the candidate must have been coaching at least one sport per year at any level for the requested number of years. To receive specific certificates for a single sport the candidate must qualify for the specified number of years in that sport. This can be at any level. You cannot however count more than one level or season for a sport in any one year. For example, coaching both boys and girls basketball during the same school year counts as “1” year; coaching both 7th grade boys and JV boys during the same school year counts as “1” year. Up to three (3) years may be included for active duty military service which delayed or interrupted an applicant’s coaching career. Awards for 30 years and more (plaque) will have the sports that the candidate coached listed on the plaque. The coach will be presented only one award for each level of service after 30 years.

For more information go to www.mhsca.org or contact Mike Jolly at E-mail to: disathletics@aol.com

The MHSCA Board of Directors recognized Rich Tompkins (1946-2015), former Executive Director, for his service to high school athletics by naming the multi-sport athlete award in his name.

Each school in the state can nominate one boy and one girl from their school for the MHSCA Rich Tompkins Multi-Sport Athlete Award. The only requirement for the athlete is that they must have participated in at least 3 sports for all four years of high school. Information will be sent out through the help of the MIAAA to all AD’s in the state.

Nominations are due by April 15th and must be submitted by the school’s principal or AD. Each of the nominees are evaluated on the basis of their athletic achievements (both individual and team), scholarship, leadership and service. The committee utilizes a rubric to rate the candidates.

All of the nominees receive a high quality certificate from the MHSCA in honor of being their school’s honoree. Additionally, one boy and one girl from each of the four classes of schools (A, B, C, D) receive a plaque as the MHSCA State Multi-Sport Athlete of the Year.

For more information contact Mr. Larry Merx, MHSCA 2nd Vice President at: larrymerx@gmail.com or go to MHSCA.org
MICHIGAN HIGH SCHOOL COACHES ASSOCIATION

HALL OF FAME APPLICATION

Criteria for Application: Only persons who have coached and or directed a secondary school athletics program for 25 years or more and actively coached in Michigan for a minimum of 10 years are eligible for the MHSCA Hall of Fame. The applicant must have been a member of the association (MHSCA), in good standing, and an active member of the association two years prior to nomination into the Hall of Fame. In addition to the application, the nominee will need to have two letters of support sent to the address at the bottom.

Contact Information

Name of Candidate: __________________________ Phone: __________________________
Home Address: __________________________ City: __________________________ State: ______ Zip: ______
Candidate E-mail: (please print carefully) __________________________

School

Address: __________________________ City: __________________________ State: ______ Zip: ______

Athletic Director Name: __________________________ Phone: __________________________
E-Mail Address: __________________________ FAX Number: __________________________

Nominator's Name: __________________________ Phone: __________________________
Home Address: __________________________ City: __________________________ State: ______ Zip: ______
E-mail: (please print carefully) __________________________

Coaching and/or Athletic Director Record (Please include all that you can on this form)

<table>
<thead>
<tr>
<th>School</th>
<th>Sport</th>
<th>Years</th>
<th># of Seasons</th>
<th>Won-Loss Record, Summary</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example Smithville HS</td>
<td>Basketball</td>
<td>1969—2008</td>
<td>48</td>
<td>600-20; 34 League, 20 Reg. 10 State Titles</td>
</tr>
</tbody>
</table>

Number of years as a Coach: _______ Number of years as an Athletic Director: _______ Combined Total: _______

Coaching Honors Listed:

______________________________________________________________________________________________
______________________________________________________________________________________________
______________________________________________________________________________________________

Service to Sports Associations and/or Community (sports associations, committees, leadership roles, service clubs, church organizations, etc.)

______________________________________________________________________________________________
______________________________________________________________________________________________
______________________________________________________________________________________________

Please send application, photograph (5 x 7) and have 2 letters of support forwarded to:
MICHIGAN HIGH SCHOOL COACHES ASSOCIATION/GATORADE
15/20/25/30/35/40/45/50 YEAR COACHING SERVICE AWARD

GENERAL REQUIREMENTS

- The candidate must have distinguished himself/herself with good coaching ethics and promoted good sportsmanship throughout his/her coaching career. *The AD or principal’s signature confirms this.

- Ten (10) years of coaching outside of the state of Michigan may be applied to the application.

- Coaching at any level may be applied as long as it is a school sponsored interscholastic sport. A maximum of ten (10) years may be allowed for coaching at the collegiate level.

- To receive a general coaching certificate the candidate must have been coaching at least one sport per year at any level for the requested number of years.

- To receive specific certificates for a single sport the candidate must qualify for the specified number of years in that sport. This can be at any level. You cannot however count more than one level or season for a sport in any one year. For example, coaching both boys and girls basketball during the same school year counts as “1” year; coaching both 7th grade boys and JV boys during the same school year counts as “1” year.

Awards for 30 years and more will have the sports that the candidate coached listed on the plaque. The coach will be presented only one award for each level of service after 30 years.

PROCEDURE FOR RECEIVING AWARD

- Complete the application forms (2) and mail to: Mike Jolly, Years of Service Awards, 20917 Parkplace Lane, Clinton Twp., MI 48036 or E-mail to: dlsathletics@aol.com

- Certificates will be sent to your home address. Please allow four (4) weeks for processing.

- Plaques will be mailed to your home address. Please allow six (6) weeks for processing.

MHSCA APPLICATION FOR YEARS COACHING SERVICE AWARD

___15 Years ___20 Years ___25 Years ___30 Years ___35 Years ___40 Years ___45 Years ___50 Years
Name (as it is to appear on award) ____________________________________________________________
Best Phone ________________________  Email Address: _________________________________________
Home Address ____________________________________________________________________________
Home City ________________________Home State____ Home Zip ________
Michigan High School Sports Association: ________________________________(MITCA, BCAM, etc.)
MHSCA Membership Card #: _______________  Year: _____________________
Signature of Coach __________________________________
Signature of AD or Principal * __________________________ Phone Number: _____________________
Printed Name of Administrator: _______________________ EMail: ________________________________

Send Completed form to: Mike Jolly, Years of Service Awards, 20917 Parkplace Lane, Clinton Twp., MI 48036
or E-mail to: dlsathletics@aol.com. Be sure to include your Year-by-Year Summary Sheet.

The MHSCA Coaching Service Award is sponsored by GATORADE in cooperation with MHSCA
**MHSCA Service Award Worksheet**

<table>
<thead>
<tr>
<th>Year</th>
<th>School</th>
<th>Sport</th>
<th>Year</th>
<th>School</th>
<th>Sport</th>
</tr>
</thead>
<tbody>
<tr>
<td>1990-91</td>
<td>MCHS</td>
<td>FB, BBSK, BSB</td>
<td>1993-94</td>
<td>MACOMB CC</td>
<td>BBSK</td>
</tr>
<tr>
<td>1991-92</td>
<td>USAF</td>
<td>Active Duty</td>
<td>1994-95</td>
<td>TOLEDO ST. JOHN</td>
<td>BBSK</td>
</tr>
<tr>
<td>1992-93</td>
<td>MACOMB CC</td>
<td>BBSK</td>
<td>1995-96</td>
<td>MCHS</td>
<td>BBSK</td>
</tr>
</tbody>
</table>

**SPORT CODE**

BSB, BBSK, GBSK, BBWL, GBWL, CHR, BCC, GCC
FB, BGLF, GGLF, GYM, HCK, BLAX, GLAX, BSKI, GSKI,
BSCR, GSCR, SFB, BSWM, GSWM, BTEN, GTEN,
BTRK, GTRK, VB, WR

**SCHOOL or SERVICE CODE**

<table>
<thead>
<tr>
<th>(Example)</th>
<th>(Example)</th>
</tr>
</thead>
<tbody>
<tr>
<td>MCHS</td>
<td>Mt. Clemens HS</td>
</tr>
<tr>
<td>USAF</td>
<td>US Air Force</td>
</tr>
</tbody>
</table>
Michigan High School Coaches Association Distinguished Service Award is one of our highest award for services and contributions sports in the state of Michigan.

The MHSCA Distinguished Service Award:

MHSCA recognizes individuals and organizations who have provided extraordinary service to educational athletics, the advancement student athletes, coaches, or those who serve interscholastic athletics through its Distinguished Service Awards.

The Distinguished Service Award (DSA) is given to a person (or persons), either volunteer or staff, who have exhibited valuable professional service (within the MHSCA or among its association membership) including academically, supportive, service, or assistance distinction at any level of interscholastic athletics. These criteria are good measures of acceptable candidates and help to assure that recipients have a wide range of "service" that they provide to the profession of interscholastic athletics. Nominations should be submitted on an individual basis, not by a group or on behalf of constituent groups (conferences, affiliates, assemblies, committees, etc.).

The MHSCA Distinguished Service Award does not need to be awarded each year. This award should be bestowed only when the MHSCA Board of Directors committee decides that nominations warrant presentation of the award. This award may be given posthumously.

- Why nominate? Someone for the MHSCA Distinguished Service Awards:
  - Represent an opportunity to steward high-impact on interscholastic athletics
  - Recognize institutions for their affiliation with individuals who demonstrate the highest level of professionalism and commitment to interscholastic athletics.
  - Are judged by peers and colleagues as a creditable nominee.
  - Celebrate individuals who epitomize the profession's highest standards for interscholastic sports
  - Focus attention on the exemplary, and by doing so, elevate the profession overall and establish a high standard of excellence in promoting, supporting or contributing to interscholastic.

Required information for completed application:

Name of MHSCA Distinguished Service Award Nominee:

School or sport affiliation:

Email:

Mobile Phone

Nominated by:

Email:

Mobile Phone:

I believe this nominee is worthy of receiving this award for the following reasons:

Completed application can be submitted to MHSCA1954@gmail.com
Executive Director
James M. Okler, CMAA
MHSCA1954@gmail.com

Mark Holdren, Executive Secretary
854 Marshall St
Portland, MI 48875
517-526-4575
Email: mholdren@portlandk12.org

MHSCA Sponsors

MHSCA BOARD OF DIRECTORS & EXECUTIVE COMMITTEES CALENDAR

- Board of Directors Spring Board Meeting March 11, 2018
  @ Ramada Convention Center, Lansing

- Board of Directors Fall Board Meeting & Hall of Fame Banquet
  September 2018 @ CMU

Meet Your New Medco Sales Representative
Mandy Estep MS, ATC
serving our Midwest Territory

Valued customers in Louisiana, Oklahoma and Texas.

We’re pleased to announce Amanda Estep (Mandy), has joined the Medco Sports Medicine sales team, serving our South Central Territory.

Living just outside of Cincinnati Ohio, Mandy will assume responsibility for our Midwest sales territory which includes the states of Ohio, Michigan, Indiana, Kentucky and West Virginia.

Mandy received her Bachelor’s degree in Athletic Training from Eastern Kentucky University where she was a member of the women’s varsity soccer team, and her Master’s degree in Sports Medicine from Georgia State University in Atlanta. After working several years as an Athletic Trainer for high schools in Georgia, North Carolina and Florida, Mandy and her family returned to Cincinnati where she worked as an Outreach Athletic Trainer for Mercy Health. Mandy began her sales career working for Apex Medical Systems and DJO Global, where she’s worked for the past 2 years.

Mandy will begin her Medco career on Monday (October 9th) and spend the first week getting acclimated in our Amherst NY office. Please join me in welcoming Mandy to Medco and wishing her great success in her new position!

Thank you for your continued support of Medco Sports Medicine!