During the 53rd Annual Coach of the Year National Awards Banquet in Sioux Falls, South Dakota. Coach David Sukup of Forest Hills Northern was the only Michigan Winner for 2018 NHSACA COTY. Coach Sukup one of eight finalist from 18 states and four regional contenders for this honor. Coach Sukup has guided FHN to nine girls and two boys’ state championships, 41 conference titles and 31 regional meets. Sukup has guided the Huskies to 189 invitational wins, and in all, he has coached 116 all-state players, and has accomplished 500 wins.

Coach Sukup has spent a career of practicing and perfecting how to get kids to win in a multitude of sports. Dave benefited from the help of his children, and the family. His son John and is daughter Laura who has assisted him with both teams and coached the JV squads. They both assist with the summer program which hosts over 300 campers each summer. Together, they supply both tradition and consistency.

Coach & Ad Magizane honors 40 under 40 Coaches

Terra King, Coach at Harper Creek High School was named one of the nation’s 40 top coaches under the age of 40.

Coach King is the head volleyball coach Terra is going into her 13th season as the varsity volleyball coach at Harper Creek HS. Under her leadership, Harper Creek has won 4 league, 6 District, and 2 Regional titles. Going beyond Harper Creek, Terra has become very involved in MIVCA, our volleyball coaches’ association.

She was appointed to oversee our Senior All-Star Match. She brought on Adidas as a sponsor, so the participants could receive uniforms and shoes, and has hosted it at HC the past two year.

Terra was elected to our BOD and took the lead on getting bids for a new MIVCA website and serving as the liaison with the webmaster.

Terra has done many things to promote volleyball in her own community while also serving the entire state.

She also promotes multisport athletes by opening up her summer conditioning to all athletes.

She does all of this as a mother of 5 children ages 3-9, including 3 year old twin boys!
Coach Dale Phillips’s coaching career at Marquette high school began back in 1965, coaching cross country for 40 years and track for 37 years.

He also served as the JV football coach for five years. He retired last year, but still volunteers at all the meets.

In his illustrious time with the Redmen and Redettes, Phillips won 70 U.P. cross country titles, 22 runner-up finishes and 84 conference championships.

He also coached 21 runners who were named U.P. Runner of the Year. He was named U.P. Coach of the Year 10 times and was inducted into the U.P. Sports Hall of Fame back in 2009.

His other Hall of Fame inductions include the Michigan Interscholastic Track & Cross Country Coaches Association Hall of Fame in 2005 and the Michigan High School Coaches Association Hall of Fame in 2010.

Coach Tom Pullen
Of
Ann Arbor Huron

Team depth is an accomplishment for any coach but Pioneer has set new records. In doubles, Tom’s boys won 15 out of 16 state flight championships with one 2nd place from 2002 to 2005.

These doubles teams won 533 individual matches against seven losses. The 2005 flights went 136 wins against zero losses. In the past six years, the girls’ doubles teams have captured 12 state championship flights.

Overall, his kids have won 100 flight state championships (44 girls, 56 boys). He has coached an additional 60 flight finalists, representing a lot of hardware.

Over these years, 158 individuals from Pioneer have won state championships. 98 were state runners-up.

In 2007, he was named National High School Athletic Coaches Association Coach of the Year.
Sports in Michigan are facing an old "old age" crisis. The median age for coaches, umpires, referees, and judges is getting older and older. Young people, for whatever reason, are either not staying in these sports positions or not joining them to begin with.

In the sport of gymnastics, ADs are actually dropping teams because they can't find a varsity coach. In the Canton area, Canton, Salem, Plymouth, Livonia Red, and Saline have no one coming forward to even fill out applications for assistant coach.

MHSAA is appealing, without a lot of success, to the younger generation to join the ranks of officials in any sport. Gymnastics has scheduled a free judges' training course this summer and free entry to this fall's coach's clinic.

It is duty of current coaches and officials to seek out and encourage our athletes to extend their involvement in their sport beyond high school or college. If each of us could find even one young person to join our ranks, a soon to arrive crisis might be avoided.

Memories for a life time.
I want to send out a special thank you to the South Dakota High School Coaches Association, South Dakota High School Activities Association, South Dakota Army National Guard, and Sioux Falls Public Schools.

Thanks to Dave and Danell for their leadership and hard work throughout the year, my two sisters and mom for helping out with registration, Kathy Holloway and family (HOF), Sara Kinney (minutes), John Hutchison (writing the bios and narrating COTY banquet), Wayne Carney (narrating COTY banquet and financial support from the SDHSAA), Randy Johnson and Scott Garvis (web page and social media), and Joe Cliffe and Dan Mitchell (pictures). The Executive Committee both past and present for leadership and guidance.

Thanks to the BOD for the trust to make tough decisions to move in a positive direction and grow.

Forry Flaagan and sport chairs, as well as our Region Directors for all the work you do throughout the year.

Welcome Justin Davies to the Exec. Comm. Without Jerry Miller none of this would have happened. It was the driving force to bring it to South Dakota and for me to be on the Executive Committee. I don't believe I can ever thank him enough.

The individuals that were instrumental in making this happen: Jim Dorman, Virg Polak, Bill Clement, and Bill Weber (wine and all the laser engraving) he puts a tremendous amount of time into all of these gifts.

Thank you.

This truly was a team effort. Our organization is headed in the right direction.

All of the things that have been accomplished have been several years in the working.

The biggest accomplishment for us is to have no past debt.

The Executive Director is current with his salary and expenses. NHSACA will have a positive balance at the end of the year. We have increased the number of states, cut down on expenses (2 big ones were travel and awards), added Sport Chair Coordinator, adding Region Director Coordinator (R. Montgomery), expanded social media.

The Exec. Comm. is formulating a long term plan with both short and long term goals. We will look extensively at reconfiguring regions for COTY finalists making it fair and equitable.

Thanks to the ad hoc committee of Randy Johnson, Don Prokes, and Ted Schroeder that put together the criteria to establish these guidelines. An ad hoc committee will look at all of the A and B committees to combine, add or eliminate as we move forward. Rich Montgomery, Gelaine Orvik, and myself will serve on this committee. If you have any input please contact one of us.

Thank you to Darin Boysen and Rocky Ruhl for looking toward the 2020 convention and setting aside the financial support for the future.

This is a group that is fiscally responsible and able to make some tough decisions for the advancement of NHSACA.

I wish Kirk Price and North Dakota the best for the 2019 convention in Bismarck. It will be a fantastic convention.
Sponsor a Hall of Fall or Coach of the Year Inductee:

1 Sport $2000.00
2 Sports $3500.00
3 Sports $5000.00
4 Sports $6000.00
(Buy 3, get 1 Free)

All 15 Sports $30,000.00
($10,000.00 savings)

- Presentation of the Hall of Fame or Coach of the Year Award at the banquet
- Two (2) Complimentary tickets to the Awards Banquet
- Sponsor banner (2’x4’) hung on wall in Banquet Room during Awards Banquet
- Recognition/Advertising in Coach of the Year Awards Program Booklet
- Complimentary exhibit booth during the awards day banquets
- Active link on MHSCA website

Sponsor a MHSCA Service Awards Station: $3000.00

- Company signage promoting your company as the sponsor of this award at HOF & COTY banquets.
- Placement of your company’s Logo on award certificates and plaques.
- Recognition ad in the MHSCA Hall of Fame & Coach of the Year Program Booklet
- Placement of your company’s marketing materials on table in serving area
- Complimentary exhibit booth during the awards day banquets
- Active link on MHSCA website

Sponsor a Hospitality Station (assessable to all registrants and guests): $300.00

- Company signage promoting your company as the sponsor of this event
- Recognition ad in MHSCA Hall of Fame & Coach of the Year Program Booklet

Full page ads in MHSCA Hall of Fame or Coach of the Year Awards booklets:
- Newsletter Booklet (10 times a year) $250.00
- Newsletter Booklet and Coach of the Year Awards Program or Hall of Fame Induction Ceremony Program Booklet $400.00
- Newsletter Booklet, Coach of the Year Awards Program and Hall of Fame Induction Ceremony Program Booklet $500.00

MHSCA Contact Information:
Mark Holdren, Executive Secretary
517.526.4575
Mailing Address: 845 Marshall St.
Portland, MI 48875

Keep Them Hydrated, Keep Them Safe

1. Keep Hydration Top of Mind
2. Keep Fluid Levels Up
3. Keep the Body Cool
4. Keep Hydrated Before, During and After Activity
5. Keep a Recovery Schedule

The Effects of Dehydration:
- Decreased Performance
- Decreased Mental Function
- Decreased Motor Skills
- Decreased Fluid Absorption
- Decreased Tolerance to Heat

The Symptoms of Dehydration:
- NAUSEA
- HEADACHE
- WEAKNESS
- MUSCLE EXHAUSTION
- DECREASED PERFORMANCE
- LIGHT HEADEDNESS
- SWALLOWING DIFFICULTY
- POOR CONCENTRATION
- ALTERED MENTAL STATUS

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THE SPORTS FUEL COMPANY

Please indicate leg attachment size

Mailing Address: 845 Marshall St.
Portland, MI 48875
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 20 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

Date of Birth: ________________

Name of Candidate: _________________________________________________________    Phone: __________________________

Home Address: ___________________________________________City:______________________________ State: _____Zip: __________

Candidate E-mail: (please print carefully) _____________________________________________________________________________________

School ___________________________________________Phone: __________________________

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>
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<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>
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</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:

Mr. Mark Holdren, 854 Marshall Street, Portland, MI 48875

For more information contact: mholdren@portlandk12.org or call: 517-526-4575
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

### COACHING SERVICE AWARD WORKSHEET

<table>
<thead>
<tr>
<th>Year</th>
<th>School</th>
<th>Sport</th>
<th>Year</th>
<th>School</th>
<th>Sport</th>
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</thead>
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<tr>
<td>1990-91</td>
<td>MCHS</td>
<td>FB, BBSK, BSB</td>
<td>4</td>
<td>1993-94</td>
<td>MACOMB CC</td>
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<tr>
<td>1991-92</td>
<td>USAF</td>
<td>Active Duty</td>
<td>5</td>
<td>1994-95</td>
<td>TOLEDO ST. JOHN</td>
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<tr>
<td>1992-93</td>
<td>MACOMB CC</td>
<td>BBSK</td>
<td>6</td>
<td>1995-96</td>
<td>MCHS</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

- MCHS Mt. Clemens HS
- USAF US Air Force
Michigan High School Coaches Association Distinguished Service Award is one of our highest awards for services and contributions to 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
MHSCA Board of Directors & Executive Committees Calendar

- Board of Directors Fall Board Meeting & Hall of Fame Banquet September, 16, 2018 @ CMU
- Board of Directors Fall Board Meeting November 11, 2018 @ Ramada Convention Center, Lansing
- Board of Directors Spring Board Meeting March 10, 2019 @ Ramada Convention Center, Lansing

MHSCA Sponsors

Meet Your New Medco Sales Representative
Mandy Estep MS, ATC

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!

Our Performance Health Family of Brands include: