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MICHIGAN INTERSCHOLASTIC ATHLETIC ADMINISTRATORS ASSOCIATION

Vo. 56, No. 1

M.I.A.A.A. Publication

Fall 2014

Letter from the President

By Meg Seng, CMAA, 53rd MIAAA President

Greeting colleagues and welcome to the 2014-2015 school year! I hope you've had a restful summer and are ready to get started. If you're like me, even after many years of working in schools you still get excited about the upcoming school year. I'm also excited to serve this year as the President of the MIAAA. We have a strategic plan to guide us and my goal is lend some perspective to our professional growth. First, I want to take this opportunity to thank those who have led this organization before me, especially our current Past President, Marc Throop. They have made the MIAAA one of the best organizations for athletic administrators in the country. I am honored to lead such a great association.

As we look forward to another school year, I want to welcome each of you to the MIAAA and the NIAAA. Dual membership is a new feature this year and we are happy to include you in both organizations as well as offer you the benefits of each organization. You will see this change reflected on the new membership forms. You will also have the opportunity to volunteer to serve on an MIAAA Committee as part of this year's membership process.

Please look at the committee descriptions on our website and consider getting more involved in your professional organization.

I recently returned from a 2-week trip to Ireland with my mother. We had a wonderful time touring the coun-



tryside and stayed in Bed and Breakfasts throughout our trip. We met many lovely people and enjoyed this scenic and beautiful country immensely. Most hosts offered to make calls on our behalf for the following night's accommodation or they made suggestions on sights to see or tours to take. As we traveled to different B&B's, I noticed the unique differences of each town, people and accommodations. Friendly, outgoing people were the norm. Our hosts were very warm and hospitable with one exception. It struck me and my mother

that the host that stood out the most to us was the one who's first words to us were, "Will you please take off your shoes." It was more of a command than a question and then she continued with a few other "house rules".

'Letter' continued on Next Page

Camp Mid XVIII Highlights and Photos
Welcome Back Issue- MIAAA Annual Conference Info

She was neither warm nor friendly, but very business-like and we found it off-putting especially in comparison to our other hosts. I don't think her rules were unreasonable, but her approach made it feel that way.

It got me to thinking about hospitality in general and in our line of work in particular. Whether you are welcoming spectators, officials or opponents, talking with students or parents, colleagues or coaches consider acknowledging your guest first before laying out any rules or protocols. Be mindful of the impression you are making upon your guests. We are, after all, in the hospitality business on evenings and weekends. Small efforts can make a big difference.

Our jobs have not gotten any easier and expectations continue to rise. I don't know of any athletic director who is overpaid or underworked. People have lots of good ideas for us to consider or realize. So, as you approach the year remember to keep things in perspective and rely on your colleagues for help and support.

We hosted our 4th annual Leadership Academy for new athletic directors on August 6th and 7th. The goal of the academy is to provide professional development that helps support and retain athletic administrators. One of the workshops at this year's academy was a presentation by Ken Mohny on creating a work/life balance. His message is appropriate for all of us regardless of years of experience, so I thought I'd share his main points here. First, get organized, get rid of the clutter and take time to create a system that allows you to be more efficient in the long run. Being organized affords you more space, less stress, fewer mistakes and it also makes a favorable impression. Second, communicate effectively with all constituent groups. It seems you can never provide enough information these days! Work on being clear, concise

and comprehensive. Timely messages are important as is quality, but don't become perfectionistic. Keep things simple and get them out. Third, do what you do best and delegate the rest. Don't feel like you need to do it all, deputize others to help you and certainly ask your coaches to pitch in where appropriate. Fourth, re-charge yourself. I certainly hope you've already taken steps to reenergize yourself before this school year begins. Spending time with family and friends can and should be a priority for you. Don't feel guilty about spending time with the most important people in your life. And lastly, give appreciation to those around you for the support they provide and the work they do. Everyone likes to be validated in some way. Often all it takes is a simple thank you delivered either in person or in writing. Showing gratitude through personal recognition makes everyone feel better and makes for a pleasant workplace. We will never have enough time to do our job, so we must prioritize. It's always good to share experiences with one another in an effort to maintain balance and perspective. Remember why we're in this profession; we enjoy educating kids and seeing them develop into responsible adults.

I would like to extend a heartfelt thank you to our membership for allowing me this opportunity. Our goal is to provide quality professional development opportunities to you. I hope we succeed. I also hope to see many of you at the annual conference in Traverse City, March 20-24, 2015 and please consider attending the national conference in National Harbor, Maryland December 12-16, 2014. Take care of yourself and have a balanced year.

My best,
Meg Seng



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Regional Representatives

Region Representatives

Reg I	Fred Bryant – Newberry
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Reg XIII	Sal Malek, CAA – Academy of the Sacred Heart
Reg XIV	Jolinda Lucas – Grand Rapids University Prep

Alternate

Sean Jacques – Calumet
Mark Mattson – Glen Lake
Ken Overla – Muskegon Orchard View
Jerry Haggerty, CAA – Hamilton
Kevin Guzzo, CAA – St. Joseph
John Roberts – Adrian
Jason Porter – Parma Western
Jon Studley – Caro
Jeff Kline – Mt. Morris
Jeff Cook, CAA – St. Clair
Greg Michaels – White Lake Lakeland
Dave Pinkowski, CAA – Southgate Anderson
Mike Evoy, CAA – CHSL
Mike Porco – Grandville Middle School

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Go to: www.miaaa.com

Register for the 2015 MIAAA Annual Conference today!
The registration forms are in this issue!



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989/295-0141 (mobile)
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MIAAA Regional Representatives & Leagues & Conferences

Independent schools are usually in the closest to their school



REGION 1 – FRED BRYANT

Rep: Fred Bryant, Newberry – fbryant@eup.k12.mi.us

Alt Rep: Sean Jacques, Calumet – sjacques@clkschools.org

Leagues and Conferences

Central Upper Peninsula
Eastern UP Athletic
Mid-Peninsula Athletic

Eastern UP Athletic
Copper Country
Great Northern UP

Northern Lights
Skyline
Porcupine Mountain

Strait Area
West PAC



REGION 2 – RICH GIDDENS

Rep: Rich Giddens, Cadillac – rich.giddens@cadillac.k12.mi.us

Alt Rep: Mark Mattson, Glen Lake – mattsonm@glenlake.k12.mi.us

Leagues and Conferences

Big North
North Star

Cherryland
Northern Lakes

Lake Michigan
Northwest

Ski Valley



REGION 3 – CARL ARKEMA

Rep: Carl Arkema, Ravenna – carkema@ravennaschools.org

Alt Rep: Ken Overla, Muskegon Orchard View – ken.overla@orchardview.org

Leagues and Conferences

Highland
Western Michigan

Lakes 8 Activities
Western Michigan D

River Valley



REGION 4 – DAVE CHRISINSKE

Rep: Dave Chrisinske, Middleville Thornapple Kellogg – dchrisinske@tkschools.org

Alt Rep: Jerry Haggerty, Hamilton – ghaggert@hamiltonschools.us

Leagues and Conferences

OK (Black Div)
OK (White Div)
OK (Silver Div)

OK (Gold Div)
OK (Blue Div)
OK (Bronze Div)

OK (Red Div)
OK (Green Div)
Alliance



REGION 5 – MIKE ROY

Rep: Mike Roy, Vicksburg – mroy@vicksburgschools.org

Alt Rep: Kevin Guzzo, St. Joseph – kguzzo@sjchools.org

Leagues and Conferences

Cornerstone
Southwestern Athletic

Kalamazoo Valley
Southwestern MI Ath.

Lakeland Athletic
St. Joseph

Red Arrow
Wolverine

MIAAA Regional Representatives & Leagues & Conferences

Independent schools are usually in the closest to their school



REGION 6 – STEVE BABBIT

Rep: Steve Babbitt, Blissfield – sbabbitt@blissfieldschools.us

Alt Rep: John Roberts, Adrian – jroberts@adrian.k12.mi.us

Leagues and Conferences

Big “8”
Southeastern

Cascade
Southern Central Athletic

Lenawee County
Tri-County

Mid-South



REGION 7 – TOM HUNT

Rep: Tom Hunt, E. Lansing – hunt_tm@elps.k12.mi.us

Alt Rep: Jason Porter, Parma Western – jasonporter@westernschools.org

Leagues and Conferences

Capital Area Activities
Mid-State Activities

Central MI Activities

Central State Activities



REGION 8 – MIKE THAYER

Rep: Mike Thayer, Bay City Western – thayerm@bcschools.net

Alt Rep: Jon Studley, Caro – jstudley@caro.k12.mi.us

Leagues and Conferences

Inner State
Saginaw Valley HS Assoc.

Jack Pine
Tri Valley

North East Michigan
Huron Shores



REGION 9 – DAVE DEROCHER

Rep: Dave Derocher, Reese – dderocher@reese.k12.mi.us

Alt Rep: Jeff Kline, Mt. Morris – jkline@mtmorrisschools.org

Leagues and Conferences

Blue Water
Greater Thumb

Flint Metro
North Central Thumb

Genesee Area



REGION 10 – SEAN ZABOROWSKI

Rep: Sean Zaborowski, Lakeview – szaborowski@scslakeview-k12.com

Alt Rep: Jeff Cook, St. Clair – jcook@ecsd.us

Leagues and Conferences

Macomb Area

MIAAA Regional Representatives & Leagues & Conferences

Independent schools are usually in the closest to their school



REGION 11 – TOM FLYNN

Rep: Tom Flynn, Birmingham Groves – tf01bps@birmingham.k12.mi.us

Alt Rep: Greg Michaels, Lakeland – gregory.michaels@hvs.org

Leagues and Conferences

Kensington Lakes

Oakland Activities



REGION 12 – SCOTT WIEMER

Rep: Dave Pinkowski, CAA, Southgate Anderson – pinkd@sgate.k12.mi.us

Alt Rep: Zac Stevenson, CMAA, Woodhaven – stevenz@wbsdweb.com

Leagues and Conferences

Detroit Public
Charter School

Huron
Downriver

Western Wayne
Southeastern



REGION 13 – SAL MALEK

Rep: Sal Malek, Academy of the Sacred Heart – smalek@ashmi.org

Alt Rep: Mike Evoy, CHSL – evoy.michael@aod.org

Leagues and Conferences

Catholic HS League

MI Independent Athletic



REGION 14 – JOLINDA LUCAS

Rep: Jolinda Lucas, Grand Rapids University Prep – lucasj@grps.org

Alt Rep: Mike Porco, Grandville Middle School – mporco@gpsk.net

Leagues and Conferences

All Middle Schools in Michigan





Registrations

WILL BE DONE *online* FOR THE 2015 ANNUAL CONFERENCE

All members and administrative assistants (secretaries) need to use the link on the web site (select "Conferences" on the left menu, then "2015 Annual Conferences Registration Form") to begin the registration procedure.

Each attendee must complete the form – answer all questions as directed, print off the form at the end and send it with a check to George Lovich, 44142 Parkside, Canton, MI 48187

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March 2015

MIAAA Annual Conference Hotel Registration

To better accommodate your request and to avoid duplications of your reservation, please use one of the following reservation methods listed below. Use 1 form per room accommodation. Check-in time is at 4pm. Check-out is at 11am.

Fax

(231) 534-6670

Telephone

(800) 748-0303
(231) 534-6000

Mail To:

Grand Traverse Resort & Spa
Attn: Reservation Department
100 Grand Traverse Village Blvd.
PO Box 404
Acme, MI 49610-0404

Online

www.grandtraverseresort.com

Organization: MIAAA | Conference Dates: March 20-24, 2015

Name _____	Number in Party _____
Company Name _____	Business Phone _____
Address _____	City/State/Zip _____
Email _____	
Share With _____	Flight#/Time _____
Arrival Date _____	Departure Date _____

All reservations must be received by February 20, 2015 to secure your reservations

If you are paying with a school district check please remember to bring school districts tax ID # form

Amex/Visa/MC/Diner Club/Discover (Please Circle One)

Card Number _____	Expiration Date _____
Card Holder Name _____	Signature _____

Accommodations Requested

All reservations must be received by 2-12-14. Reservation requests after 2-13-14 will be taken on a space available basis. Requests after room block is filled will be placed in the next available accommodations type with the rate changing accordingly.

Hotel: \$104 _____ Tower: \$129 _____ 1 Bed Condo: \$129 _____ Studio Condo: \$106 _____

Special Requests: NON-SMOKING**SMOKING**BARRIER FREE**PORTACRIB**ROLLAWAY @ \$15.00 NIGHT

Rates quoted are subject to Michigan State and Local taxes of 11% per day. Rates quoted are based on double occupancy.

Resort Fee:

In addition to the rates set forth above, there will be a Daily Resort Fee of \$8.00 per room, per night, which includes unlimited use of resort fitness center including cardiovascular and strength training equipment, whirlpools, saunas, and indoor pools and, seasonal access to outdoor pools and beachfront facilities, preferred guest pricing for golf and tennis facilities, in-room coffee, high speed internet access in hotel and Tower guest rooms, on property shuttle to airport and Turtle Creek Casino, unlimited toll-free and credit card access phone calls, voice mail message service, daily newspaper upon request, use of safety deposit box, preferred car rental pricing through Enterprise in Traverse City, golf bag storage, and parking.

This form should be sent to the Grand Traverse Resort & Spa

For On-line Reservations go to www.grandtraverseresort.com

Hotel Registration – Conference Date: March 20-24, 2015 March 2015

Click on reservations and use group code "MIAAA15"



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MIAAA Important Deadlines

The MIAAA has many important deadlines throughout the year for its members to keep track of.

Below is a list of many such dates. Please keep a copy of this for future reference.

MIAAA Awards Committee

Dedicated Service Award – 5, 10, 15, 20, 25, 30, 35, etc. see newsletter for application	February 1
Athletic Director of the Year (also considered for Regional AD of the Year).....	September 10
Distinguished Service Award – Inside or Outside the field of athletics	September 10
Special Recognition Award – Inside or Outside the field of athletics	September 10

The above awards should be turned into your Regional Representative

MIAAA members should look for deserving athletic administrators around the state and write letters of recommendation and support for the following awards issued by the Michigan High School Athletic Association:

Award	Issued By	Deadline
Charles E. Forsythe Award	MHSAA	October 15
Allen Bush Award.....	MHSAA	April 1
Women In Sports Leadership	MHSAA	October 15
Vern Norris Award (for officials only)	MHSAA	February 15

Scholarship Committee

MIAAA Scholarship (members HS seniors only) To: Greg Lattig – Mason	February 1
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Publications Committee

Fall Issue of MIAAA Newsletter	To Megan Thayer - Midland, MI	August 1
Winter Issue of MIAAA Newsletter	To Megan Thayer - Midland, MI	November 1
Spring Issue of MIAAA Newsletter	To Megan Thayer - Midland, MI	April 1

MIAAA Life Membership - Life Members Committee

Life Membership Application	To Bill Mick or Gary Oyster	Throughout Year
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MIAAA Elections

Regional Representative	To MIAAA President	December 1
Even Regions in March EVEN Years	Odd Regions in March ODD Years	

MIAAA Scholarship Applications – February 1, 2015

MIAAA Annual Conference Early Registration – February 20, 2015

Date: March 20-24, 2015 – Grand Traverse Resort & Spa – Traverse City

MIAAA Summer Workshop – June 23-25, 2015 – Mt. Pleasant, MI



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MIAAA SCHOLARSHIP GUIDELINES

Revised 3/15/2013

The Michigan Interscholastic Athletic Administrators Association has established a scholarship program for Michigan High School Student-Athletes. The MIAAA believes in rewarding students who flourish in academic and athletic excellence, and commits to service to his/her local communities.

Each school year the MIAAA will award four \$1,000 scholarships honoring top high school male and female student-athletes. Only student-athletes graduating during the current school year will be eligible for the scholarships.

Criteria for Selection

- Each high school in Michigan may select one male and one female student-athlete. The school's Athletic Director must be a member of the MIAAA in order to nominate student-athletes and to be considered for the scholarships.
- Student-athletes must meet the following criteria to be nominated:
 - A minimum cumulative GPA of 3.50 on a 4.0 scale
 - One Letter of Support from a school staff member
 - Must have earned a Varsity Letter in at least two different sports during their high school career
 - Complete application with approval signatures from Athletic Director and Principal
 - Application must be typed***

Application Deadline

- Applications will be available via the October and January issues of "The Michigan Athletic Director", and the MIAAA website.
- Deadline for applications is February 1st.
- Notification of selection will be made in late February. Scholarship winners will need to provide a wallet size photograph suitable for reproduction.
- Applications for nominated student-athletes must be mailed/*emailed* by the MIAAA Athletic Director to:

Greg Lattig, MIAAA Scholarship Co-Chairperson
Mason High School, 1001 S. Barnes St.,
Mason, MI 48854
glattig@mason.k12.mi.us

Scholarship Recognition

- Presentation of scholarships will be made locally by MIAAA Representatives.
- Scholarship winners will be publicized in the May edition of "The Michigan Athletic Director".
- MIAAA Athletic Directors may utilize the certificate of recognition found on the MIAAA website to honor those student-athletes who were nominated but not selected for the scholarships.

*Scholarship money will be paid directly to the students for their first year of course work in college.

The MIAAA is a state professional organization administered by and for athletic directors for the purpose of promoting professional growth and image of interscholastic athletic administrators.

MIAAA SCHOLARSHIP FORM

NAME _____ DATE _____

HIGH SCHOOL _____ AD OF YOUR SCHOOL _____

SCHOOL ADDRESS _____ CITY _____ ZIP _____

HOME ADDRESS _____ CITY _____ ZIP _____

HOME PHONE _____ HIGH SCHOOL GPA (4.0 SCALE) _____ ACT _____

COLLEGE STUDENT PLANS TO ATTEND _____ MAJOR _____

School Sports (and years)	Sports Awards/Recognition	School Activities (and years)	School Awards/Recognition

Complete page #2 on back side of application

Please complete the following short answer questions:

1) What have you done during high school that has demonstrated student leadership and **how has it** positively impacted your school?

2) How has a coach affected your life?

Please list all community service activities and hours you have participated in during your high school career. You may also attach a separate list if desired.

<u>Description of Activity</u>	<u>Hours</u>	<u>Description of Activity</u>	<u>Hours</u>

VERIFICATION BY SCHOOL ADMINISTRATION

We, the administrators of the above named high school, verify the eligibility of this student for consideration for the MIAAA Scholarship, based on the criteria and requirements listed in the rules and regulations. We recommend this student based on the character and attributes the student has shown at the high school and in the community.

Athletic Director Signature

Are you a member of the MIAAA? Circle: YES NO

Principal Signature

Activities at Summer Workshop

Bowling 2014



Activities at Summer Workshop

Golf 2014



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MIAAA/MHSAA holds 4th Annual Leadership Academy for Athletic Directors

Michigan's professional organization of school athletic directors, the Michigan Interscholastic Athletic Administrators Association (MIAAA) and the Michigan High School Athletic Association (MHSAA), held the fourth Leadership Academy for high school athletic directors in Mt. Pleasant, Michigan on August 6th & 7th. Thirteen athletic directors attended and began the process of obtaining national certification in athletic administration.

The Leadership Academy began as a strategic plan initiative for professional development and is supported by the Board of Directors. The MIAAA received NIAAA Outreach funds to help fund the participants' national membership dues as well as a generous grant from the MHSAA. In today's ever changing educational environment, the job of athletic director is becoming more demanding and complex. The Leadership Academy targets athletic directors with 1-5 years of experience and provides them the tools necessary to lead their athletic programs successfully. Attendees received professional memberships for 2014-2015 in both the MIAAA and the NIAAA. They completed NIAAA Leadership Training Institute courses 501

& 502. Additional topics included coaching evaluations, student leadership, and Arbiter training. Speakers at the academy were Michael Roy of Vicksburg High School, Ken Mohny of Mattawan High School, Mike Garvey of Hackett Catholic Prep, Fred Smith of Buchanan HS and Meg Seng of Greenhills School.

The 4th annual Leadership Academy attendees were enthusiastic in their praise. Attendees commented on the value of the event, "I felt that this academy was very informative and I benefited greatly by attending. Hearing personal stories and problem solving situations from some of the best ADs in the state was invaluable."

One new athletic director commented, "Being able to learn from veteran ADs and to begin forming a network of people I can talk and work with in the future is a tremendous asset in this profession."

The MIAAA is a 55-year-old association with over 500 members serving as athletic administrators in numerous high schools and junior high/middle schools in Michigan. In conjunction with the Michigan High School Athletic Association, the MIAAA works to promote the educational value of interscholastic athletics and the role and profession of athletic director. The MIAAA is very proud to highlight the work of these professionals.

For further information contact:

MIAAA Professional Development Co-Chair,
Fred Smith, Buchanan High School, fsmith@buchananschools.com

MIAAA Professional Development Co-Chair,
Meg Seng, Greenhills School, mseng@greenhillsschool.org



MIAAA/MHSAA holds 4th Annual Leadership Academy for Athletic Directors



Camp Mid Attendees

See You Next Year!



Camp Mid Candids



Camp Mid Candids



Camp Mid Candids



Camp Mid Candids



Camp Mid Candidids



Camp Mid Candids



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NIAAA News Clips

MIAAA Athletic Directors Gain CAA Certification

Congratulations to the following MIAAA members who are now Certified Athletic Administrators:

Christopher Adams
Kalamazoo Central HS,
Kalamazoo

William McKoy
Summit Academy North,
Romulus

Dan Hutcheson
Howell HS, Howell

Jefferson Upton
Niles HS, Niles

Nicholas Kocsis
U of D Jesuit HS, Detroit

Robert Wellman
H.H. Dow HS, Midland

National Scholarship Finalist

Bailey Baker from Eaton Rapids HS was chosen as the 2014 NIAAA Scholarship Female Section 4 Winner. From all of the state winners, one female and one male are chosen from each of the eight sections to win an additional \$1,500.

Congratulations Bailey!

MIAAA Life Membership Application *Qualifications*

- Must be retiring from or taking another position out of the field of athletic administration
- Must have been a paid up member of the M.I.A.A.A. for 10 or more years
- Must be approved by the M.I.A.A.A. Board of Directors

Benefits of Life Membership

No Membership Dues; All Registration Fees Waived (except meal functions);
Life Membership Plaque; M.I.A.A.A. Publication
3 times a year opportunities to continue to serve the M.I.A.A.A.

Name: _____ School: _____

Home Address: _____ Home Phone: _____

City: _____ State: _____ Zip: _____

Send Application to: Bill Mick, 1614 Poseyville, Midland, MI 48640
Gary Oyster, 1721 Kingswood Lane, Lapeer, MI 48446

Roberts named as Hall of Fame Inductee

Congratulations to Jack Roberts for being named as a 2014 Michigan Society of Association Executives Hall of Fame inductee. This Hall of Fame award honors individuals who have excelled in the association management profession. Those nominated for the Association Hall of Fame inspire individuals and students to consider careers in the association management profession and bring honor and recognition to the association industry. Individuals selected to be part of the Michigan Association Hall of Fame will join a distinguished group who exemplify the very best in association management.

The Michigan Society of Association Executives Diamond Awards ceremony will shine a spotlight on the best of the best and showcase spectacular

achievements in the association industry. Jack will be inducted on Wednesday, September 17 at the Diamond Awards Banquet held at the Royal Park Hotel, Rochester, Michigan.

Then, on Sunday, September 21, Jack will be honored as the recipient of the Michigan High School Coaches Association Distinguished Service Award at the Terrace Room of the Bovee University Center (Central Michigan University). This award is presented each year to someone who has done an outstanding job for athletics and has shown consideration and assistance to the high school prep scene and the Michigan High School Coaches Association.

Congratulations to Jack on both of these deserving awards!



We hope you have enjoyed reading this
Newsletter

Alabama-based surgeon to the stars pleads with parents to give young athletes a break

By Cliff Sims | Faith and Culture | Sports

My summers growing up were consumed by “travel ball.” I feel like I saw most of the south-eastern United States before I was 12 because every summer weekend meant another district tournament, state championship, world series, or showcase.

During the school year, football season overlapped with basketball season, which led right back into baseball.

I loved it. Unlike some of the other kids, I was fortunate in that my parents were always supportive, but never pressured me to do more than I wanted to. Other kids weren’t so lucky.

The father of one of the kids on my travel baseball team growing up was a firefighter. He would throw batting practice to his son almost all day. He would leave him sitting on a bucket in the batting cage just long enough to answer a call from the fire station, then return and get right back to it. They did that for years. The kid went on to play in the Atlanta Braves organization, so maybe it paid off. But while the rest of us were having fun, baseball for him was already a job at the age of 10.

When high school rolled around, there were days during the summer when basketball and baseball games would be scheduled on the same day. My basketball coach would bench me for weeks if I missed a game, so I played both on the same day whenever possible.

When it was time to decide what I wanted to play in college, I chose basketball. The NCAA had

strict rules on the amount of time we could spend practicing, but by that point basketball for me was a year-round thing.

But as active as I was in sports growing up, it absolutely pales in comparison to what kids are being put through today.

I can’t recall a single friend of mine growing up from elementary school through high school who had to have surgery to repair an injury that could be attributed to overuse. Sure, there were some torn ACLs, a few broken bones and some severely sprained ankles — heck, most of my front teeth were knocked out — but nobody was going in for Tommy John surgery to fix a frayed ligament that resulted from throwing a curveball all summer in elementary school.

My how things have changed.

Nowadays it’s not abnormal at all for a middle-schooler to come in for a surgery to repair a repetitive stress injury, and world-renowned Alabama-based doctor James Andrews — orthopedic surgeon to the stars — has had enough.

“I started seeing a sharp increase in youth sports injuries, particularly baseball, beginning around 2000,” Andrews told The Cleveland Plain Dealer in an interview last year. “I started tracking and researching, and what we’ve seen is a five- to sevenfold increase in injury rates in youth sports across the board.”

‘Break’ continued on Next Page

In an effort to spread the word that there is an epidemic of repetitive stress injuries in youth sports, Andrews partnered with Don Yaeger, a former editor at Sports Illustrated, to write “Any Given Monday: Sports Injuries and How to Prevent Them, for Athletes, Parents and Coaches — Based on My Life in Sports Medicine.”

“I’m trying to help these kids, given the epidemic of injuries that we’re seeing. That’s sort of my mission: to keep them on the playing field and out of the operating room,” Andrews said. “I hate to see the kids that we used to not see get hurt. . . Now they’re coming in with adult, mature-type sports injuries. It’s a real mess. Maybe this book will help make a dent.”

Here are some other interesting nuggets from Andrews’ interview with the Plain Dealer:

“Specialization and “professionalism” are leading to a spike in youth injuries

Specialization leads to playing the sport year-round. That means not only an increase in risk factors for traumatic injuries but a sky-high increase in overuse injuries. Almost half of sports injuries in adolescents stem from overuse.

Professionalism is taking these kids at a young age and trying to work them as if they are pro athletes, in terms of training and year-round activity. Some can do it, like Tiger Woods. He was treated like a professional golfer when he was 4, 5, 6 years old. But you’ve got to realize that Tiger Woods is a special case. A lot of these kids don’t have the ability to withstand that type of training and that type of parental/coach pressure.

The whole youth sports system has gotten out of control

The systems out there in youth sports, particularly travel ball, have been important financial resources for the people who run them. Parents spend a fortune keeping their kids in a year-round sport, with travel and everything else. What’s happening is, the tail is wagging the dog. The systems are calling the shots: If your son or daughter doesn’t play my sport year-round, he or she can’t play for me. Never mind that your kid is 12 — I need year-round dedication.

Simply giving kids a little bit of a break could prevent most of these injuries

Kids need at least two months off each year to recover from a specific sport. Preferably, three to four months. Example: youth baseball. For at least two months, preferably three to four months, they don’t need to do any kind of overhead throwing, any kind of overhead sport, and let the body recover in order to avoid overuse situations. That’s why we’re seeing so many Tommy John procedures, which is an adult operation designed for professionals. In my practice now, 30 to 40 percent of the ones I’m doing are on high-schoolers, even down to ages 12 or 13. They’re already coming in with torn ligaments.

Give them time off to recover. Please. Give them time to recover.

There’s a lot more that can be gleaned from Andrews’ interview, and the full post at The Plain Dealer is worth a read.

But the bottom line is, as the summer wraps up and the school year begins, this might be a good time to give the superstars of tomorrow a break, and let them just be the kids of today.

2015 Gatorade Secondary School Athletic Trainer Award



The Gatorade Secondary School AT Award recognizes a certified athletic trainer from each NATA district who has made outstanding contributions in furthering their high school's athletic care program or the overall profession of secondary school athletic training.

AWARDS

Each district winner will receive:

- (1) \$1,000 grant toward the program featured in the winner's submission
- (1) Gatorade G Series Performance Package*
- (1) Gatorade Sidelines Cart*
- Full-paid trip to 2015 NATA Annual (including flight, accommodations and registration)

* See back for details.

CRITERIA

- Candidate must be an active certified athletic trainer in the year of consideration and a current member of NATA in good standing.
- Candidate must have a current NPI #.
- Candidate must be BOC certified.
- Candidate must currently be a full-time or part-time employee in the secondary schools for at least one full academic year.

APPLICATION PROCESS

- The application will be live on the NATA website under the secondary school committee section starting **July 15**.
- Individuals cannot self-nominate. Nominations may be submitted by one of the following:
 - School Athletic Director
 - Fellow Team Practitioner (athletic trainer, physician, registered dietitian, strength and conditioning coach)
 - Recognized Athletic Training Associations
 - Athletic Conferences
- Nominators must submit 750-1,000 words on the candidate's contribution to furthering their high school's athletic care program or the overall profession of athletic training at the secondary school level, which includes but is not limited to the implementation of the protocols and programs related to:
 - Heat Safety
 - Concussions
 - Sudden Cardiac Death
 - Sickie Cell Trait
 - Diabetes
 - Athletes with Disabilities
 - Anaphylactic Shock
 - Emergency Action Plans
- Nominators must submit evidence to support description (photos, videos, collateral, etc.).
- Nominators must provide a letter of recommendation from at least three individuals on the below list. (Letter of recommendation cannot come from the nominator and at least one letter of recommendation must come from an employee at the candidate's school.)
 - School Athletic Director
 - Team Practitioner (Fellow athletic trainer, physician, registered dietitian, strength & conditioning coach)
 - Recognized Athletic Training Associations
 - Athletic Conferences
 - Principal (and other school administrators)
 - Parents

2015 Gatorade Secondary School Athletic Trainer Award



DEADLINES

The deadlines are rolling based on NATA District Meetings timing. All completed nominations must be received by the NATA Secondary School Committee by the dates below. Incomplete nomination forms will be deemed ineligible.

NATA DISTRICT	APPLICATION DEADLINE	MEETING DATE
1 and 2	10/15/14	1/9-12/15
3	1/30/15	5/15/15
4	11/30/14	3/12-15/15
5	11/30/14	3/15/15
6	3/30/15	7/16-18/15
7	12/30/14	4/15/15
8	12/30/14	4/16-19/15
9	11/30/14	3/13-15/15
10	11/30/14	3/27-28/15

AWARD WINNER ANNOUNCEMENT

- Winners will be notified approximately one month in advance of the NATA District meeting.
- Winners will be announced at each district meeting and will culminate with an announcement and celebration at NATA Annual's Secondary School Committee Meeting and Reception.*

*The SWATA winner will be informed prior to 2015 NATA Annual.

GATORADE SIDELINES CART



GATORADE G SERIES PERFORMANCE PACKAGE**



**Limited items will be selected from the offerings above.



NFHS GET CERTIFIED



SEPTEMBER NEWSLETTER 2014

Here are some important notes you will want to share with your state membership in regards to the new www.nfhslearn.com website.

Below is the NFHS Coaching Education Update from Dan Schuster. As you can see, there are some fantastic things going on with Coaching Education. Please share this success and forward the email to all interested stakeholders!

The **NFHS Learning Center** at www.nfhslearn.com delivered over **200,000** online courses in August! This is the **most courses in a month** in the program's history. Over 2.3 million courses have now been delivered on NFHSLearn.com since 2007.

The launch of the new website took place in July and the NFHS continues to make improvements to create the best user experience possible. With the launch of the new website came "Coaching Swimming", a sport specific course developed in partnership with the National Interscholastic Swim Coaches Association (NISCA). The course teaches the skills and tactics of swimming, including all four strokes, starts, turns and finishes.

1. **NFHSLearn.com** now offers 35 courses, 14 of those are available at no cost!
2. The **NFHS** also launched its second level of its National Coach Certification Program, Certified Interscholastic Coach (CIC).
3. **In 2009**, the **NFHS National Coach Certification Program** was unveiled. **7,118** individuals became **Accredited Interscholastic Coaches** from November 2009 - July 6, 2014.

4. The new **NFHSLearn.com** features **AIC** and **CIC** and there is **no longer** a certification fee! Complete the required courses and an individual becomes automatically certified.
5. **2,280 individuals became AIC when the new website was launched!**
6. **As of July 31, 2014** there are **9,398 AICs nationwide!** That is not counting August, which we will have soon.

Dan Schuster, CAA, CIC
Director of Coach Education

Update September 2014 Important Note:

We ask that you and your schools add admin@nfhslearn.com to your email safe list. **You will not receive promotions or announcements from this email account. It is strictly used for transactions and course distribution.**

A New Course Record! Over 200,000 courses were accessed in August on www.nfhslearn.com. This broke the August 2013 record of 196,000. Over 2.3 million courses have been delivered on www.nfhslearn.com since 2007. These exciting numbers translate into a positive impact for the millions of young people we serve.

Newest Member of NFHS Team. We are excited about the addition of **Maddie Hall**, who joined us on August 20th. She will be primarily working with NFHS Coach Education promotions. Maddie grew up in Urbana, Illinois, and attended Urbana High School. While in high school she participated in swimming, soccer, cheerleading, basketball, and cross country. She attended Anderson (IN) University, where she played soccer, and earned her Bachelor of Arts degree in Marketing. She holds an M.B.A from John Brown University. Maddie is excited about joining the coach education team because she believes in the positive value that interscholastic sports can have on students' lives academically and relationally. Maddie lives in Indianapolis with her husband Drew. During her free time she enjoys running, baking, and spending time outdoors.

Tips for the Transition. The **NFHS** continues to iron out wrinkles that occurred during the transition to the new website. Improvements are made daily and will continue to be made throughout the fall. The following information may prove helpful:

1. Email the help desk. The new site has a learning curve, including features that users simply have never seen before and may not understand. The best way to reach the help desk and receive a quick response is through email. Go to the help desk page on nfhslearn.com and fill out a form. Upon receipt of the email, they will investigate the reported issue, diagnose it and reply as soon as possible.
2. Tests within courses have been "sticking points," and is an area that is constantly being evaluated. It is the area where we see most of the freezes. If a user gets "stuck", please have them email the help desk, or you can email the issue directly to the NFHS staff. Both the help desk and NFHS have tools to get them "un-stuck."
3. Certificates now have a new appearance. Be aware that they will look different than the certificates from the old system.
4. User Lookup has new features. Since launch, a date range has been added to the user search. You also can search for people by city and by school. The data you search is only as good as the content the user has entered in his/her profile. In the coming months, the national high school database will be added to NFHSLearn.com, but until then coaches should make sure they enter school information in their profiles so that they can be easily found by their athletic director through the User Lookup feature. Thank you for your efforts in promoting NFHS Coach Education!

Personnel Contact

Dan Schuster - dschuster@nfhs.org 317-822-5714

Barbara Johnson - bjohnson@nfhs.org 317-822-5732

Matt Rohlf - mrohlf@nfhs.org 317-822-5718

Maddie Hall - mhall@nfhs.org 317-822-5720



M.I.A.A.A Official Awards Application Form



1) Download & input, 2) type **OR** 3) print neatly in **black ink**

Check the appropriate award, then complete the designated sections

- | | |
|--|-------------------|
| <input type="checkbox"/> Dedicated Service Award, Athletic Director*Complete Sections 1,2,3 | Due Feb. 1 |
| <input type="checkbox"/> Dedicated Service Award, Secretary*Complete Sections 1,2,3 | Due Feb. 1 |
| <input type="checkbox"/> Jack Johnson Distinguished Service Award**Complete Sections 1,2,4 | Due Oct. 1 |
| <input type="checkbox"/> George Lovich State Award of Merit, Athletic Director**Complete Sections 1,2,4 | Due Oct. 1 |
| <input type="checkbox"/> Athletic Director of the Year, Regional** / State**Complete Sections 1,2,4 | Due Oct. 1 |

***Make certain you have signatures, plus sections #1 & #2 completed before forwarding to your Regional representative.**

****Attach 2 or 3 letters of recommendation relating to one or both criteria; include an up-to-date colored photo.**

****If award requires Section 4 include page 2. "PLEASE do not make your nominee acquire the letters of recommendation."**

Section 1: Address Information (Type as it should be on the Award)

Name		MSRAA : <input type="checkbox"/> RAA: <input type="checkbox"/> CAA: <input type="checkbox"/> CMAA: <input type="checkbox"/> N/A: <input type="checkbox"/>		Region #
Home Street Address		Home City/Zip		
Email		Current NIAAA Membership # _____ Not a NIAAA Member <input type="checkbox"/>		
School		Check One		High School <input type="checkbox"/> MS/JH School <input type="checkbox"/>
School Street Address		School City/Zip		
Home Phone		Work Phone		
Date	Number of years I have served in the capacity of Athletic Director (or Athletic Secretary) is:		Number of years I have been a registered and Current MIAAA member is:	

Section 2: Brief Career Summary

Give a brief career summary including positions, locations & length of service

Section 3: Verification

1. Signature of Applicant	2. Signature of Principal/Superintendent
3. Signature of Nominating Person	4. Signature of Regional Representative

Nomination Process (Does not apply to Dedicated Service Awards)

1. Persons may be nominated by anyone within the community or organization
2. Application form and letters of recommendation, plus recent photo are sent to the Regional Representative to verify information on nominee. **Nominating Person is responsible for obtaining ALL required information.**
3. Please **mail your completed form** (with any appropriate attachments) **to your Regional Representative**, who will forward the form to the Awards Chairperson.
4. Awards Committee meets to recommend award winners to Executive Committee.

Dedicated Service Forms **due February 1**; all other award forms are **due Oct. 1**.

Section 4: Background

1. Educational background (High School & College, undergraduate & graduate)
2. Media Release Information: List contact name, phone and e-mail,
3. Name, title and address of immediate supervisor
4. Professional affiliations & activities (e.g. membership in professional organizations, offices held, etc.)
5. Honors & awards received
6. Services to the community
7. Significant achievements in the field of your profession and also contributions to local, state & national organizations
8. Any personal information you may wish to include

Michigan High School Coaches Association

Hall of Fame Application

Criteria for application: Only persons who have coached and/or directed a secondary school athletic program for **25 years or more** and actively coached in Michigan for a minimum of 10 years are eligible for the 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 induction into the Hall of Fame. This form must be completed. You may submit additional information regarding your career. Also please forward **two** letters of support.

Name of Candidate: _____ Birth Date: _____ Title: _____

Home Address: _____ City _____ State _____ Zip _____
phone _____

School Address: _____ City _____ State _____ Zip _____
Phone _____

Coaching and/or Athletic Director Record

<u>School</u>	<u>Sport</u>	<u>Years</u>	<u>Won</u>	<u>Lost</u>
_____	_____	19__ - ____	____	____
_____	_____	19__ - ____	____	____
_____	_____	19__ - ____	____	____
_____	_____	19__ - ____	____	____

Number of years as a Coach _____ Number of years as an Athletic Director _____

Total number of years of service in secondary school athletics as a coach and/or athletic director _____

SERVICE TO COMMUNITY: (Service Clubs, Church Organizations, etc.)

SERVICE TO STATE: (Coaches Associations or Athletic Associations, i.e. MHSAA, etc.)

COACHING HONORS: (please include any other Hall of Fame memberships) _____

RECOMMENDATIONS: Please forward two letters of support and photo with the application form: (Please check)

Superintendent _____ Principal _____ Athletic Director _____ Church _____ Mayor _____ Other _____

Nominator's name, address, phone _____

Please return to:

Kim Spalsbury 427 Morley St., Grand Ledge, MI 48837 ph.# 517-627-2034 Current Membership Card No. _____

MIAAA | MHSAA

"Exemplary Athletic Award"

In 2000, behind the leadership of Dave Price, then the Athletic Director at Rockford High School, the MIAAA initiated the MIAAA Exemplary Athletic Program Award to athletic programs throughout the state of Michigan who have displayed an overall quality in their athletic programs. Each school experienced rigorous screening including an application process, written documentation of the program's strengths and a two-day visit by an MIAAA evaluation team comprised of veteran athletic administrators. This award is presented each year at the annual MIAAA Mid-Winter Conference in conjunction with the Michigan High School Athletic Association. To date, the following schools have completed the process and been recognized by the MIAAA as Exemplary Athletic Award recipients.

YEAR	SCHOOL	ATHLETIC DIRECTOR
2000	Gull Lake High School	Marc Throop, CMAA
2000	Port Huron High School	Ken Semelsberger, CMAA
2000	Greenville High School	Brian Zdanowski, CMAA
2000	Okemos High School	Keith Froelich, CAA
2000	Schoolcraft High School	Ted Manning, CAA
2000	Swartz Creek High School	Tim Bearden, CAA
2001	Shelby High School	Steve Guy, CAA
2001	Troy High School	Jim Johnson, CAA
2002	H.H. Dow High School	Dan McShannock, CMAA
2002	Troy Athens High School	Bob Dowd, CAA
2003	Grosse Pointe North	Chris Clark, CAA
2003	Saginaw Heritage High School	Pete Ryan, CMAA/Jim Noble, CMAA
2004	Grosse Pointe South High School	Matt Outlaw
2005	Leslie High School	Scott Farley
2005	Mattawan High School	Ken Mohny, CMAA
2006	Midland High School	Bob Scurfield, CAA
2007	Novi High School	Curt Ellis, CAA
2008	Fruitport High School	Ken Erny, CAA
2009	Notre Dame Prep High School	Betty Wroubel, CAA
2011	Constantine High School	Mike Messner, CAA
2012	Grand Haven High School	Robin Bye

MIAAA Committee Members

Co-Chair:	Betty Wroubel, CAA, Director of Athletics, Pontiac Notre Dame Prep
Co-Chair:	Meg Seng, CMAA, Director of Athletics, Ann Arbor Greenhills School
	Jim Feldkamp, CAA, Director of Athletics, L'Anse Creuse Public Schools
	Blake Hagman, CAA, Retired
	Keith Froelich, CAA, Retired
	Ken Erny, CAA, Director of Athletics, Fruitport High School
	Randy Allen, Commissioner Capitol Area Activities Association
	Sean Jacques, Director of Athletics, Calumet High School
	Marc Throop, CMAA, Director of Athletics, Gull Lake High School
	Cody Inglis, CAA, Michigan High School Athletic Association

EXEMPLARY ATHLETIC PROGRAM

"Is Our School Ready to Apply"

Below is information that Athletic Directors should consider when deciding whether it is time to apply for the prestigious Exemplary Athletic Award. The application itself is very detailed and takes a great deal of time. Before deciding to make application, the information below represents the expectations of the formal application. If your school has what it takes, APPLY! It's a great way to recognize the hard work that so many people in your district have done to make your school EXEMPLARY.

- 1) Ability to assemble and facilitate a representative committee to author the application.
- 2) Student body participation rates that range between 30% and above 60%
- 3) Have a school vision for what your athletic department represents.
- 4) 2 and 3-sport athlete participation at your school
- 5) Grade point averages of athlete versus non-athletes
- 6) Athletic Director certification and involvement in Leadership Training courses
- 7) Coaches' involvement in their state and national sport associations, as well as involvement in the MHSAA's CAP program.
- 8) Clerical and event supervision positions
- 9) Criteria for the addition of new sports
- 10) Risk management plans and athletic training services
- 11) Communication policies and practices for coaches, parents, media, students, community, non-coaching faculty, and district administration
- 12) Sportsmanship policies and enforcement
- 13) Policies for coaching responsibilities, evaluation of staff, budgeting process for the athletic program, and student-athlete expectations.
- 14) Facility policies and American Disabilities Act enforcement
- 15) Future vision for the athletic department
- 16) Areas of special recognition that are unique to your department

Yes, there is a lot to consider when making application for this award. By reviewing the above information you can determine if your school is ready or if there are areas in your department that need to be enhanced before making that formal step. Please do not hesitate to contact any of the members of the Exemplary Athletic Award committee if you have questions concerning the process.

Co-Chair: Meg Seng, CMAA, Greenhills School

Co-Chair: Betty Wroubel, CAA Notre Dame Prep High School

Committee Members:

- 1) Randy Allen, Capital Area Activities Association
- 2) Ken Erny, CAA, Fruitport High School
- 3) Keith Froelich, Retired
- 4) Blake Hageman, CAA, Retired
- 5) Jim Feldkamp, CAA, Retired
- 6) Sean Jacques, Calumet High School
- 7) Marc Throop, CMAA, Gull Lake High School
- 8) Cody Inglis, CAA, Michigan High School Athletic Association

MIAAA Corporate Sponsors

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Silver Level

Daktronics – Brookings, South Dakota
PCMI - Professional Contract Management, Inc – Marine City/Portland, Michigan
Royal Publishing – Peoria, Illinois
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Bronze Level

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Grand Traverse Resort and Spa – Acme, Michigan
Maxwell Medals and Awards – Traverse City, Michigan
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Please show your support of these Corporate Sponsors and Patrons when making your Athletic Department purchases in the coming year!

For Information contact:

George Lovich 734-455-5056 | Karen Leinaar 231-218-6983



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