

Let The Games Begin!

It has been said that without referees, umpires, judges and officials, our games are simply recess. In many parts of our state, we need more MHSAA registered officials to make sure the game experiences for our students continue uninterrupted.

Registered officials come from all walks of life. These women and men are teachers, business owners, doctors, lawyers, first responders and law enforcement officers. They give back to students because they often had great experiences as a student-athlete and simply want to “stay in the game” to allow kids of today that same privilege.

How can you join this team or help grow the ranks of officials? If you are interested in officiating, go to MHSAA and click on the OFFICIALS button. All the information you need is right at your fingertips.

If you have no interest in becoming an official, you can still help the cause. When attending your next game, simply cheer for your team and remain quiet when a call is made that you see differently. Common decency and respect are harder to find in these current times, and you can help support officials by just leaving them alone!

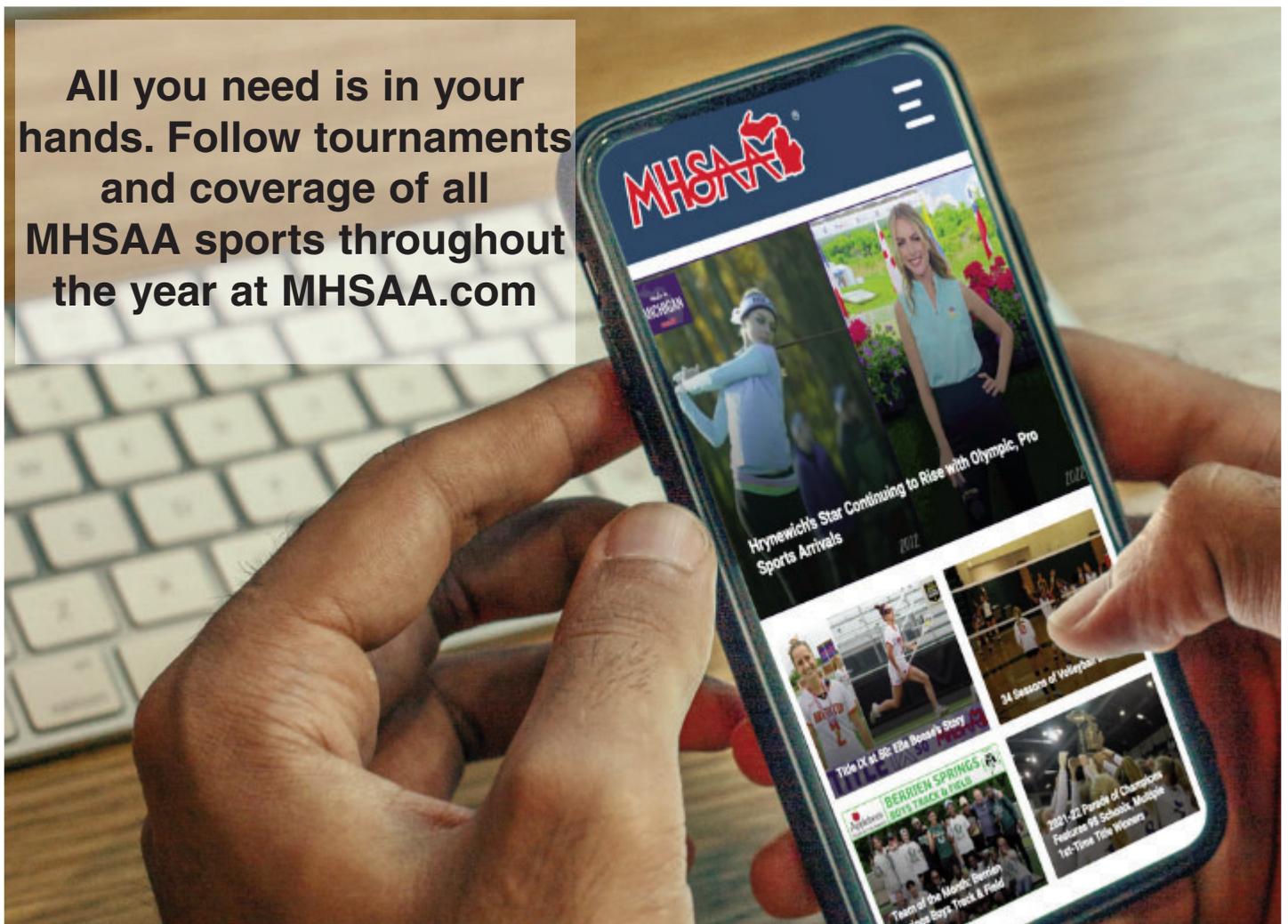
Let's continue to come together and support everyone involved in school sports at a time when these events are needed now more than ever.

Enjoy the games.



— Mark Uyl
MHSAA Executive Director

All you need is in your hands. Follow tournaments and coverage of all MHSAA sports throughout the year at MHSAA.com



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Living each day with an “attitude of gratitude” is a daily pursuit that is worth chasing for us all.

As we move from the regular season into MHSAA tournaments, let’s take a moment to thank those working on the “athletic front lines” who have found ways to make athletic activity happen during these past few years. These athletic leaders in each of our school communities continue to work hard for our kids and are worthy of our respect.

At this event, the front-liners are the school administrators creating a safe environment, our coaches teaching kids about the game, and more importantly life lessons, and officials applying the rules impartially for fair competition. It also includes those working behind the scenes in athletic department offices and in sports medicine that make our games happen and happen safely.

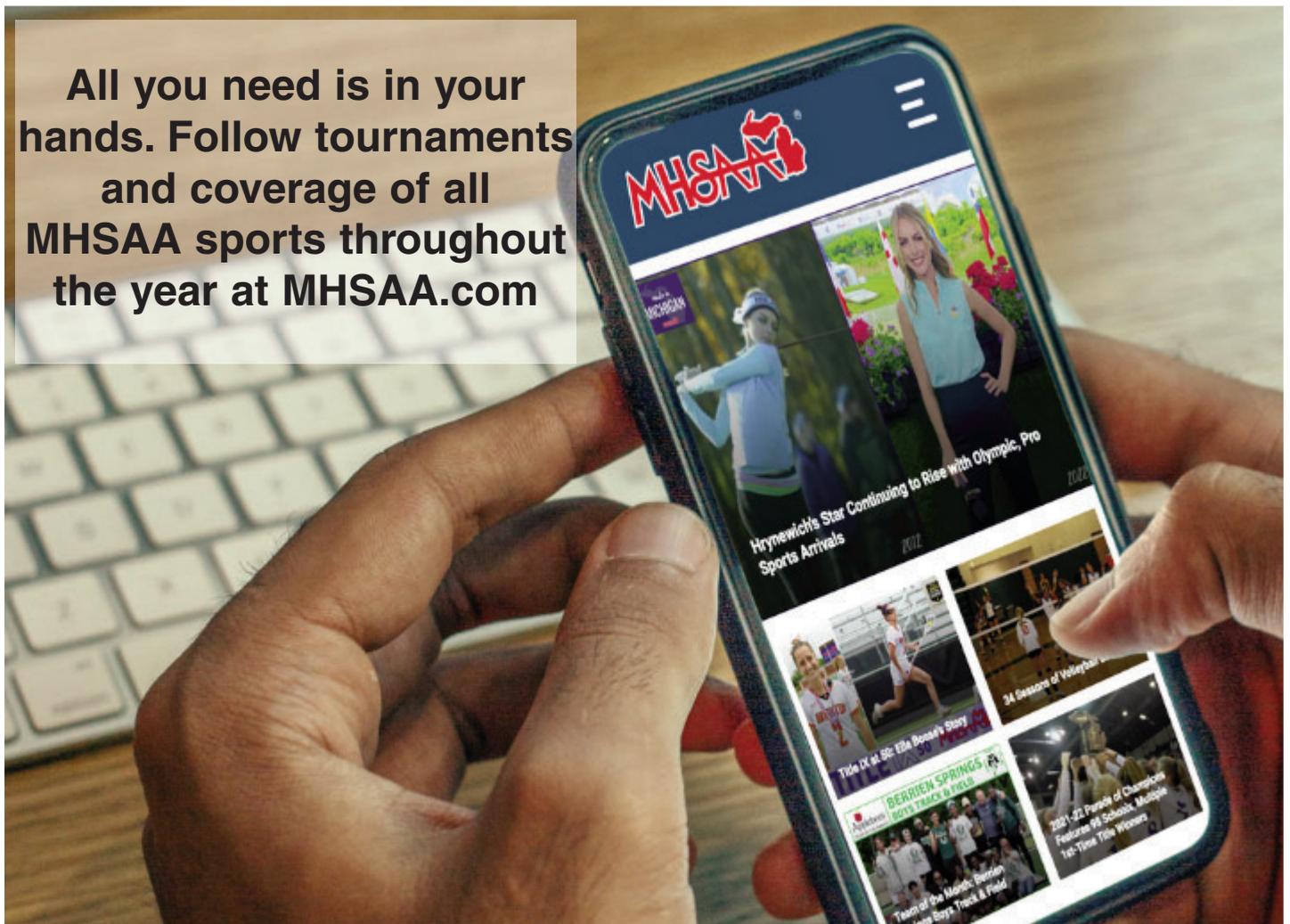
Let’s remember and be thankful for the efforts of these people and many others behind the scenes for making today’s contest possible.

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Let The Games Begin!

As we move down the tournament trail, we need to appreciate the opportunity to play these games while realizing the end result is not an all-or-nothing proposition. The sun will come up tomorrow for all participants and teams, and one of the lasting lessons of school sports is the outcome of a game or competition is never life-defining.

All too often, the immense pressure of winning or losing is brought to bear on kids and coaches – and that’s just not fair. There’s no doubt we all want to win, but in sports – just like in life – you can’t win all the time.

Many times, the most valuable lessons in sports and in life don’t come after wins and success. It’s getting back up after you have been knocked down, knowing that a temporary setback never defines a person in the long-term. That is what is important. That is what’s life-defining.

Enjoy the game- and remember what’s most important today.



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(For Use in QUARTERFINALS/SEMIFINALS PROGRAMS Only)

Let The Games Begin!

Deep tournament runs are the canvas that paint lifelong memories for all involved- the players, coaches, the families and school community. Congratulations to all on reaching the final stages of this MHSAA tournament.

We often like to talk about the 99 percent factor in high school sports. For approximately 99% of the participants, this is the biggest athletic stage they'll ever perform on, and the memories made are what they'll revisit in memories and reunions for years to come.

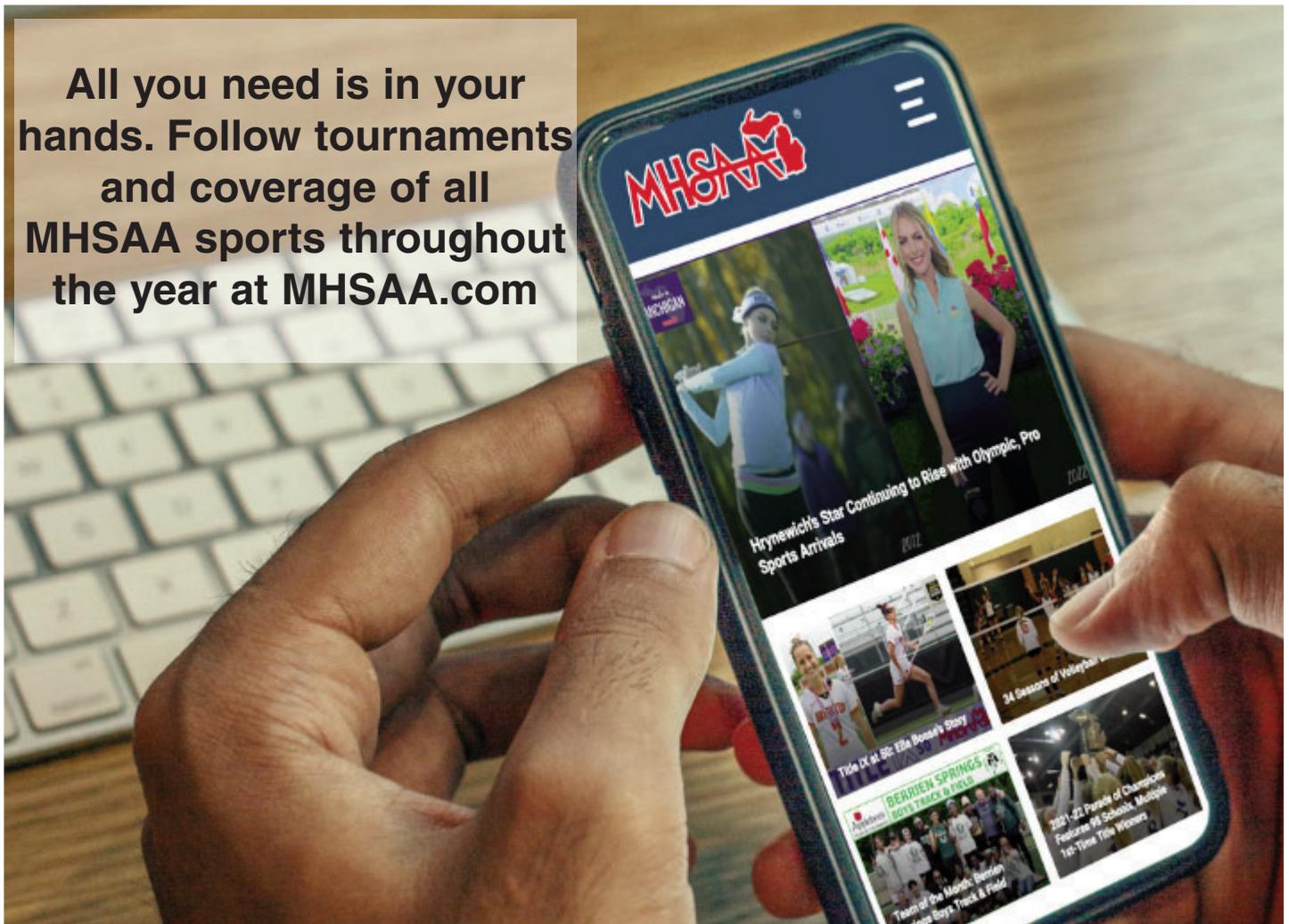
For that incredibly small group that will be blessed enough to continue playing competitive athletics beyond high school, the day will come at some point in their post-high school careers when they're asked about standout memories and accomplishments. Many will point back to this week – this team – playing with their friends from the neighborhood with the overwhelming community support.

That doesn't happen anywhere but in high school sports. Good luck to all involved today- you will be making memories that will last a lifetime!



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MHSAA Executive Director

All you need is in your hands. Follow tournaments and coverage of all MHSAA sports throughout the year at [MHSAA.com](https://www.mhsaa.com)



(For Use in REGULAR-SEASON PROGRAMS Only)

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MHSAA Executive Director*

Sportsmanship Extends to Online Behavior

With the changes that have occurred in college sports the past couple of years, high school sports is truly the last level of pure amateur competition in our country – and the NFHS and its member state associations want it to remain that way.

As football, volleyball, soccer, cross country and other sports begin this fall, high school coaches and athletic/activity directors will be involved in preseason meetings to emphasize the expected outcomes of education-based sports, as well as speech, debate, music, theatre and other programs.

Among those fundamental values of education-based activities that must be discussed is sportsmanship, or good sporting behavior. More than winning, more than learning the skills of a sport, a focus on sportsmanship has been one of the defining elements of high school sports and other activities for more than 100 years.

Along with maintaining the sound traditions of sports and minimizing the risk of injury, NFHS playing rules encourage sportsmanship, and the first page in all NFHS rules publications includes a statement noting that “each athlete is responsible for exercising caution and good sportsmanship.”

In the past, with an emphasis on conduct on the playing field or court – or in the auditorium or rehearsal hall – sportsmanship has been defined as those qualities of behavior that are characterized by generosity and genuine concern for others. More so than preparing students to play sports or another activity at the next level, one of the significant goals of education-based high school sports and activities is helping the 12 million-plus individuals in these programs to become responsible citizens.

And in today’s online world dominated by handheld devices, that goal has become more challenging. Now, messages to students in high school sports and other activities about sportsmanship must be communicated before they hit the practice field or court because one inappropriate post, tweet or message could alter their lives forever.

At the recent virtual National Student Leadership Summit hosted by the NFHS, Christina Jontra of Neptune Navigate, one of the newest NFHS corporate partners, discussed the need for good sportsmanship online as much or more so than on the court or field.

In the digital age in which we live, participants in high school activity programs need to be aware that

their character and respect for others should be the same, whether in the sport or activity itself, or online.

As the popularity and influence of social media continues to surge, it is imperative that student-athletes, as well as coaches, administrators, parents and everyone involved in education-based athletics, are aware of the ways they can endanger themselves with their online behavior and understand the techniques they can employ to prevent that from happening.

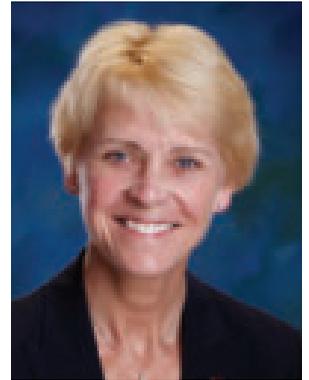
In her recent presentation, Jontra noted five characteristics of good sportsmanship online – honesty, compassion, respect, responsibility and courage. Just as a student would respect an opponent on the field or in the debate room, the same must occur online.

At preseason meetings this fall, coaches and athletic/activity directors should encourage students in their programs to be mindful of online contact with individuals on opposing teams – particularly any bantering that could be perceived as cyberbullying. As Jontra mentioned in her message during the NSLS, hurtful words can ruin a person’s life forever.

Fortunately, during the season, the millions of high school students involved in sports and performing arts have less free time to spend online on a daily basis, but the time spent must be done in a positive manner. Not only could damaging words on social media affect a student’s chances for an athletic scholarship, inappropriate messages could also negatively impact future job possibilities as employers are more actively auditing social media.

Whether the setting is before hundreds of people at an actual game or event, or a private experience alone online, positive and respectful behavior should be the choice every time.

— *Karissa Niehoff, NFHS Executive Director*



KARISSA NIEHOFF



Fans:

ENOUGH IS ENOUGH!

Bad behavior at high school athletic events
has gotten OUT OF CONTROL.

Are YOU part of the problem?

Always be respectful, encouraging and positive.

Let's come together to [#BenchBadBehavior](#) for good!

BenchBadBehavior.com



MHSAA Student Advisory Council in Place

Eight student-athletes who will be juniors at their schools during the 2023-24 academic year have been selected to serve two-year terms on the Michigan High School Athletic Association's Student Advisory Council.

The Student Advisory Council is a 16-member group which provides feedback on issues impacting educational athletics from a student's perspective, and also is involved in the operation of Association championship events and other programming. Members of the Student Advisory Council serve for two years, beginning as juniors. Eight new members are selected annually to serve on the SAC, with nominations made by MHSAA member schools. The incoming juniors will join the group of eight seniors-to-be appointed a year ago.

Selected to begin serving on the Student Advisory Council in 2023-24 are: **Cale Bell**, Sault Ste. Marie; **Drew Cady**, Oxford; **Macy Jenkins**, Milford; **Isaiah Kabban**, Harbor Beach; **Ella Knudsen**, Leland; **Kaylee Kranz**, Clinton; **Joey Spada**, Kalamazoo Central; and **Aynalem Zoet**, Grandville Calvin Christian.

Those eight new members were selected from 105 applicants. That number of applicants was the fourth-most ever, with the last four years featuring the four highest totals.

The first Student Advisory Council was formed for the 2006-07 school year. With the addition of this class beginning this summer, members will have represented 137 schools from 50 leagues plus independent schools that do not play in a league. Combined, the new appointees have participated in 16 MHSAA sports, and all eight will be the first SAC members from their respective schools.

The Student Advisory Council generally meets seven times each school year, and once more for a 24-hour leadership camp. In addition to assisting in the promotion of the educational value of interscholastic athletics, the Council discusses issues dealing with the 4 S's of educational athletics: scholarship, sportsmanship, safety (including health and nutrition) and the sensible scope of athletic programs. There also is a fifth S discussed by the group – student leadership.

This school year, the Council handed out championship trophies at Finals events, helped create a new online captains course for students across the country and provided feedback to the MHSAA Representative Council on proposed rule changes.

The new additions to the SAC will join the Class of 2024 members who were selected a year ago: **Kannon Duffing**, Manchester; **Claire Gorno**, Gaylord; **M'Khi Guy**, Muskegon; **Dawsen Lehw**, Marcellus; **Christian Sanders**, Detroit Renaissance; **Ben Sytsma**, Grand Rapids Christian; **Madeline Werner**, Bay City All Saints; and **DaNia Womack**, Dearborn Advanced Tech Academy.

Student Advisory Council Belief Statement

Adopted Nov. 2007

As the voice of Michigan's student-athletes, the Student Advisory Council's role is to convey the message of how high school sports are supposed to be played. We are responsible for helping the MHSAA maintain a positive and healthy atmosphere in which interscholastic athletes can thrive.

We believe **athletes** should be competitive, sportsmanlike and excel academically. We believe **students** in the stands should have fun, but not take the focus away from the game. We believe **coaches** should act as teachers, helping student-athletes develop while still keeping high school sports in perspective. We believe that **parents** should always be positive role models and be supportive of their child's decisions. We believe **officials** commit their own time to high school sports and respect should always be shown and given to them.

The most important goal for student-athletes is to enjoy high school sports while keeping a high level of respect between all those involved in the games.

– Written by the Student Advisory Council, adopted by MHSAA Representative Council in Nov. 2007

Fans:

ACT YOUR AGE.

Bad behavior by fans at our
athletic events will not be tolerated.

BenchBadBehavior.com



Get in the Game. We Need You!

They don't make the headlines, their names are not in the box scores and they don't make the all-star teams. But perhaps the most important individuals in high school sports are the contest officials.

These individuals are so important that, in fact, there would be no organized competitive sports at the high school level without the men and women who officiate these contests every day across the country. Subtract the dedicated men and women who officiate high school sports, and competitive sports would no longer be organized; they would be chaotic.

In some areas of our country, high school officials are retiring faster than new ones are being added. And junior varsity, freshmen and middle school games are being postponed – or even cancelled – because there are not enough men and women to officiate them.

Anyone looking for a unique way to contribute to the local community should consider becoming a registered high school official. For individuals who played sports in high school, officiating is a great way to stay close to the sport after their playing days have ended. Officiating helps people stay in shape, expands their social and professional networks and offers part-time work that is flexible, yet pays. In fact, officiating is a form of community service, but with compensation.

Another benefit of officiating is that individuals become role models so that teenagers in the community can learn the life lessons that high school sports teach. Students learn to respect their opponents and the rules of the game and the impor-



tance of practicing good sportsmanship thanks, in part, to those men and women who officiate. And the objectivity and integrity that high school officials display is an example that every young person needs to observe firsthand. In short, communities around the country will be stronger because of the life lessons that high school officials help teach the next generation.

Officiating is a great way to stay connected to sports and to give back to the local high school and community. We need dedicated men and women to become involved so that high school sports can continue to prosper for years to come.

Individuals interested in learning more about becoming a high school official, and beginning the application process, can do so at mhsaa.com/Officials/Begin-Registration



Scholar-Athlete Class of 2023 Honored

The Michigan High School Athletic Association/Farm Bureau Insurance Scholar-Athlete Award has been recognizing the top student-athletes for 34 years. Applicants for the Scholar-Athlete Award must meet the following criteria: A minimum cumulative grade-point average of 3.5 on a 4.0 scale; and must have previously won a varsity letter. Applicants also show involvement in other school and community activities; submit two letters of recommendation and a 500-word essay on the importance of sportsmanship in educational athletics.

Recipients of the 2022-23 Scholar-Athlete Award receive a \$2,000 college scholarship to be used at the college, university, or trade school of their choice during the 2023-24 school year. This year, a total of 1,440 applications from 421 schools were received for the 32 scholarships. Class A students were guaranteed 12 winners, Class B eight winners, Class C six winners and Class D four winners. Two at-large winners were also selected.

All scholarship recipients were honored during the MHSAA Boys Basketball Finals at the Breslin Center in East Lansing last March.

For information on the 2024 Award Application Process, visit MHSAA.com this fall!



32 student-athletes from around the state are honored during the MHSAA Boys Basketball Finals each year for academic excellence.

2023 Scholar-Athlete Award Winners

James Baer, Holland, Class A
 Jane Barnett, Royal Oak, Class A
 Ella Blank, Birmingham Groves, Class A
 Brennan Cannaday, Royal Oak Shrine Catholic, Class C
 Nora Chamas, Dearborn, Class A
 Caroline Colt, Milford, Class A
 Saylor Cuthrell, Cass City, Class C
 Brendan Downey, Grosse Pointe South, Class A
 Noah Etnyre, Plymouth Christian Academy, Class C
 Jacob Fenbert, Dundee, Class B
 Abby Frushour, DeWitt, Class A
 Ethan Green, Kingston, Class C
 Laina Harger, St Charles, Class C
 Camden Johncheck, Williamston, Class B
 Ryan Lee, Grand Rapids Forest Hills Northern, Class A
 Ryan McDonell, Bay City All Saints, Class D

Shubhan Nagarkar, Midland Dow, Class A
 Amos Norland, Dollar Bay, Class D
 Isaiah Pelc, Portland, Class B
 Shane Pitcher, Saline, Class A
 Isaac Postema, Grand Haven, Class A
 Sreejay Ramakrishnan, Ada Forest, Hills Eastern, Class B
 Jordan Richie, BH Cranbrook Kingswood, Class B
 Megan Roberts Hillsdale Academy, Class D
 Ian Robertson, Traverse City West, Class A
 Carney Salo, Escanaba, Class B
 Anna Smith, Clawson, Class B
 Naomi Sowa, East Lansing, Class A
 Allison Tate, Whitehall, Class B
 Keira Tolmie, Clarkston, Class A
 Makennah Uotila, Ontonagon, Class D
 Quinn Watts, Fowler, Class C



*O say, can you see, by the dawn's early light,
What so proudly we hailed at the twilight's last gleaming?
Whose broad stripes and bright stars, through the perilous fight,
O'er the ramparts we watched, were so gallantly streaming?
And the rocket's red glare, the bombs bursting in air,
Gave proof through the night that our flag was still there.
O say does that star spangled banner yet wave
O'er the land of the free,*

...and the home of the brave

A recent Harris poll found that two out of three American adults don't know all of the words to "The Star-Spangled Banner" - and many don't even know which song is our National Anthem or why it was written.

The song of our nation was penned by Washington attorney Francis Scott Key at a dramatic moment during the War of 1812. On the night of September 13, 1814, Key watched as our country was attacked by the British navy at Fort McHenry. After watching the rockets' red glare and bombs bursting in air throughout the night, dawn broke. Key was expecting to find Baltimore firmly under British control, but was stunned to see a battered but still flying American flag waving in the sunrise. So inspired was Key that he wrote the poem, "The Star-Spangled Banner." Set to a tune attributed to John Stafford Smith, "To Anacreon in Heaven," it became America's national anthem in 1931.

There has been a noticeable decrease in the respect given the National Anthem presentation over the last few years. Whether it is team members joining hands and swinging them back and forth during the anthem or a student body screaming for the start of a competition over the last few notes of the song, or the prevalent wearing of hats and talking on cell phones during the anthem, school sports provide us with the vehicle to remind

everyone of the manner in which we pay respect to the flag, our nation, and the competition that it precedes.

Students, participants and spectators are reminded that when the National Anthem is played, they should remove

their hats, stand at attention, face the flag, and place their right hand over their heart from the first note of the music until the last note.

Learn more about the National Anthem Program on the web at: nationalanthemproject.org





October is
**NATIONAL
HIGH SCHOOL
ACTIVITIES
MONTH**

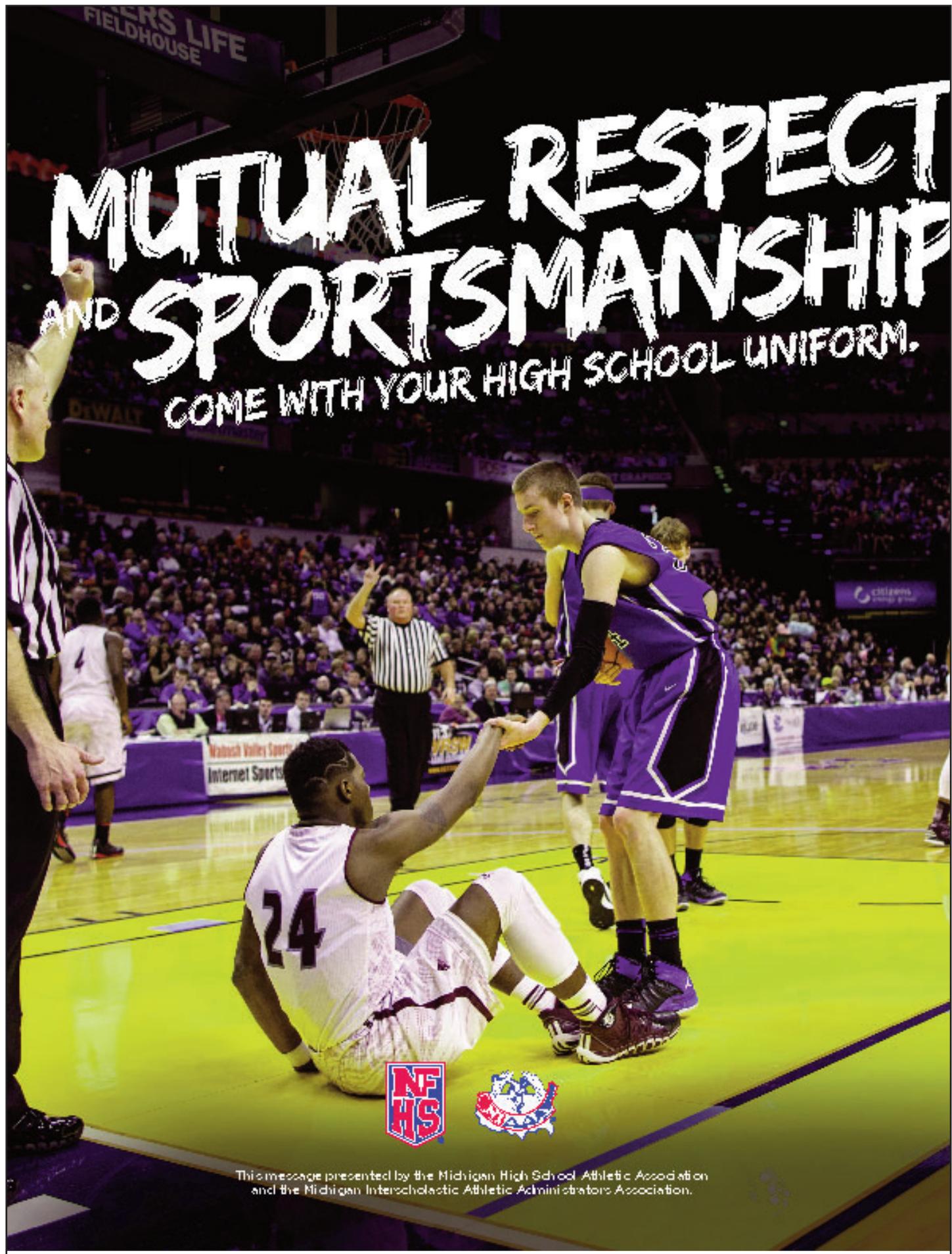
Join us in celebrating all the groups that make high school sports and performing arts programs possible!

You can show your appreciation each week by using the hashtag #HSActivitiesMonth on social media.



#HSActivitiesMonth

MUTUAL RESPECT AND SPORTSMANSHIP COME WITH YOUR HIGH SCHOOL UNIFORM.



This message presented by the Michigan High School Athletic Association
and the Michigan Interscholastic Athletic Administrators Association.

In non-school sports, nobody's cheering for you.
In high school sports, everybody is.

Nothing brings communities together like high school sports. Whether it's playing a Friday night game in a sold-out gym or making a run at a conference championship, nothing compares to the thrill of wearing the uniform of your high school.



This message presented by the Michigan High School Athletic Association and the Michigan Interscholastic Athletic Administrators Association.

ACHIEVEMENT AND SATISFACTION COME WITH YOUR HIGH SCHOOL UNIFORM.



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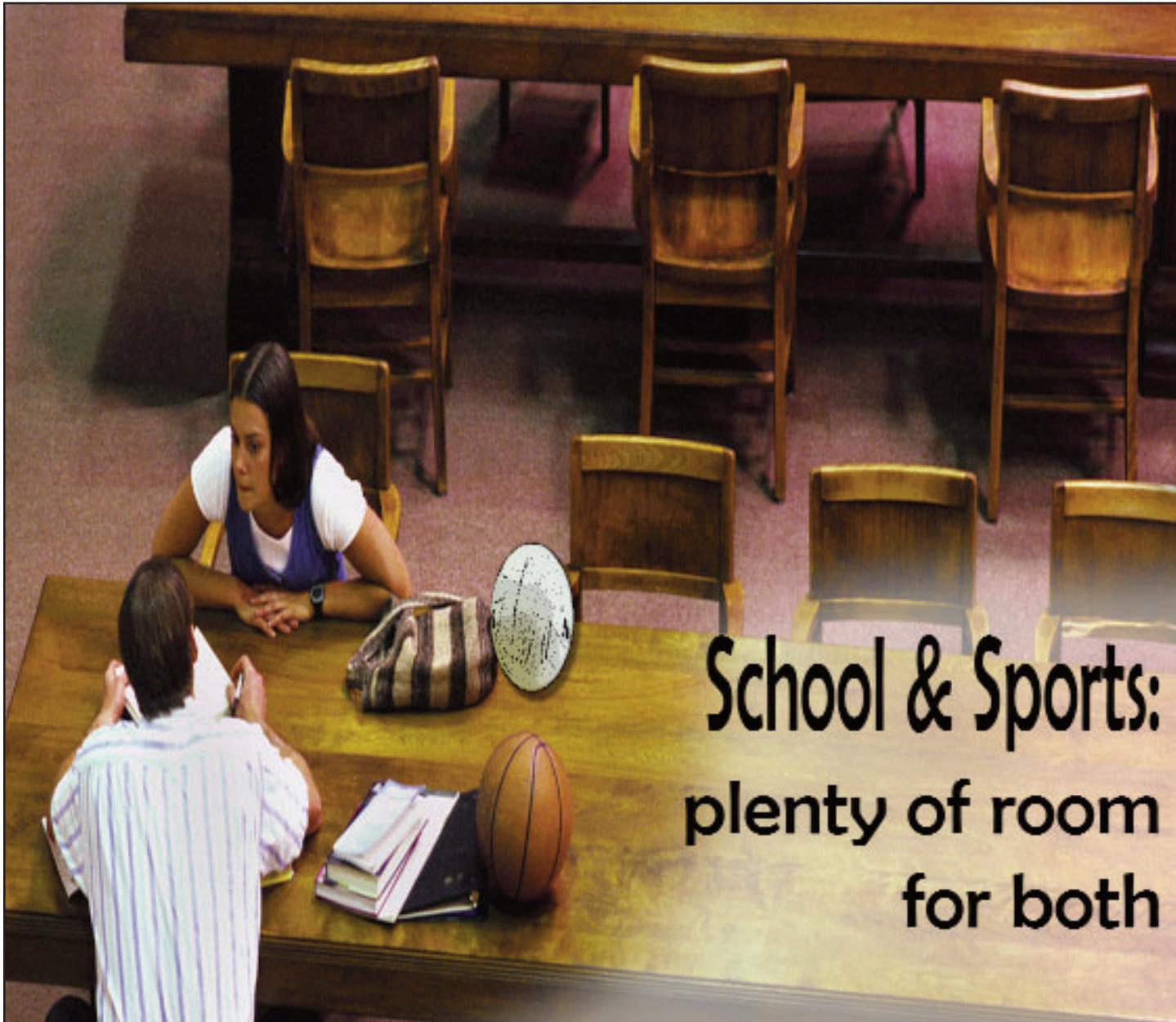


Is there a Cap
on your Season?

MHSAA[®]
michigan high school athletic association

School Sports:

**Excellence
Without Excess**



School & Sports:
plenty of room
for both



MHSAA
michigan high school athletic association

**Excellence
Without Excess**



If this is
your offseason,
next year's
opponent is
already ahead

GET UP!
GET ACTIVE!



PLAY:

Preparation Lasts All Year



When you're dreaming of
next season, your opponents
are preparing for it

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What Is Sportsmanship?

Sportsmanship is . . .



Sportsmanship is the practice of playing fair, of taking defeat without complaint or victory without gloating and treating opponents with respect, generosity, courtesy, etc.

- Sportsmanship is a demonstration of generosity and genuine concern for others. It is a concrete measure of the understanding and commitment to fair play, ethical behavior and integrity.
- Sportsmanship is a blending of cheers for “your team” and applause for the “opponents,” observing the letter and spirit of the rules and showing consideration for others.
- Sportsmanship is respect. Respect for others and for one's self.
- Sportsmanship is all this and much more.
- For a coach, sportsmanship may be accepting a “questionable” call without protest.
- For an athlete, it may be extending a helping hand to an opponent who is down.
- For a spectator, it may be cheering for his team when it loses, and applauding the opponent when it wins.
- For an official, it may be showing restraint when verbally assaulted by coaches, athletes and spectators.
- Sportsmanship encompasses all that which is good in human nature.
- Sportsmanship is citizenship in action.

Good Sports Are Winners!



A Letter From An Official To Parents:

This is something that I wanted to do for a long time. I want to talk to the guy that is up in the stands and as usual is yelling at the officials.

Sir,

I want to make a statement about the noise you make. At every game you do your best to spoil it for every one. When you are not at a basketball game, you are a perfect gentleman. Today it is appropriate to tell you what most athletic directors and coaches would like to tell you. Before we start, it might be better to share a story that happened to me recently.

The time was last year at a tournament in Grand Rapids. One of the teams involved was called the Spartans, which had an outstanding player who was quite a treat to officiate and watch play. The game itself was not too exciting. The Spartans were winning easily and tension was low. This was my fourth game in less than 24 hours, my knees were hurting and I just wanted to finish the game.

As the game progressed, a voice from the stands could be heard. This person was making one comment after another. The targets of course were the officials. I was really focused on the game and it didn't bother me. He presented nothing new so I made moving the game along a priority and tried to ignore it.

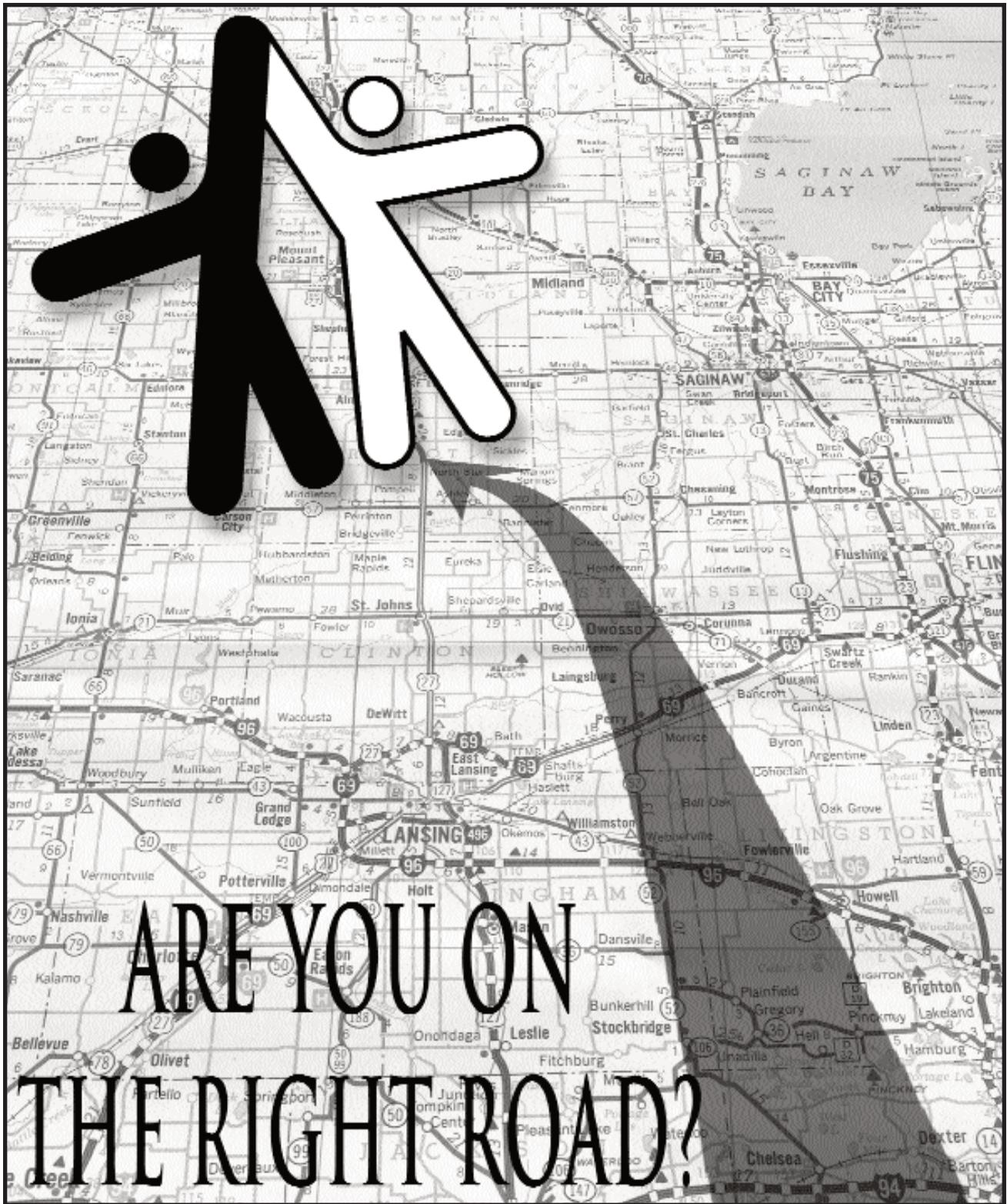
Later in the game I called a routine foul and the girls lined up for the shot. As they did so a voice came from the stands with another criticism. Again I ignored the voice. The girls on both teams made comments about who that was up in the stands. You see, he was spoiling the game for everyone.

One girl looked up and said to no one in particular, "That's my dad, I wish he would just go home." Her eye caught mine for just a brief second. She dropped her head quickly and her hands went to both knees. The hurt in her eyes told the story.

I don't know what you're thinking or what you are trying to achieve, but all it does is distract the players. You are an embarrassment to your school and your team. The hurt you cause to your son or daughter cannot be measured. I am speaking to you for their sake. Relax, enjoy the game, cheer wildly for your team. If you want to make a criticism, do so quickly and then let it drop. The players want to play and not listen to you the entire game. The game belongs to them. This is *their* time. Let them play.

Good Sports Are Winners!

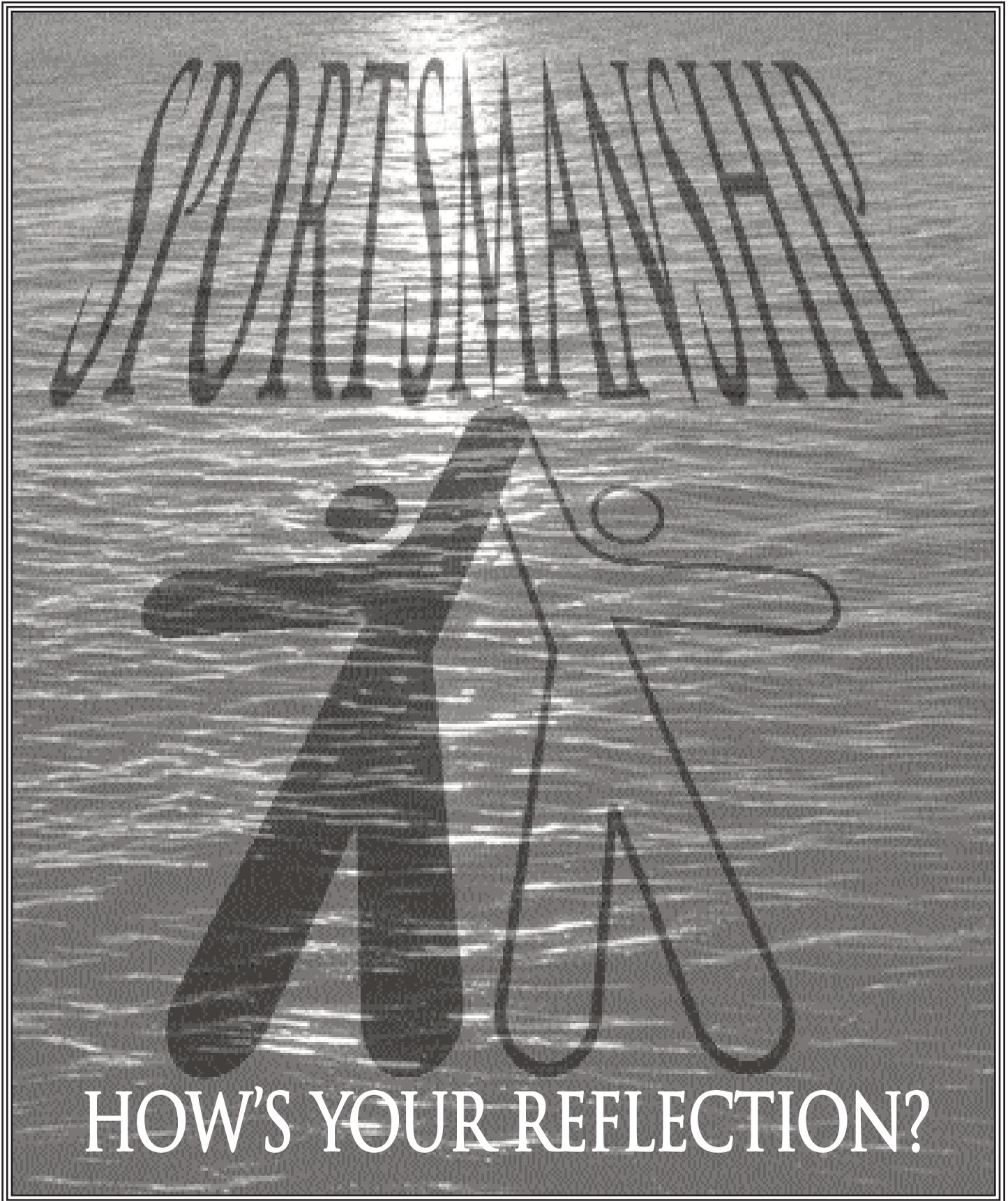




SPORTSMANSHIP: NO ALTERNATE ROUTES!

Good Sports Are Winners!





HOW'S YOUR REFLECTION?

Good Sports Are Winners!

