

Minnesota Football Coaches Association

Fall Meeting, Friday, November 21, 2014 at the Doubletree Hotel at 9:00 AM

Officers

President	Jeff Ferguson, Totino Grace – 5A
First Vice President	Scott Tschimperle, GSL – 3A
Second Vice President	TBA
Past President	Gary Sloan, Grand Meadow – 9M
Secretary-Treasurer	Jim Dotseth, Mpls
Executive Director	Ron Stolski, Brainerd

- I. **Call to Order** – Scott Tschimperle, GSL – 3A
- II. **Introductions:**
 - Michelle Olewinski, Future Doubletree contact
 - Adam Rossow & Nick Harrall – Northstar Football News
 - New site furthering student athletes participation at the next level. Season previews, game previews, 7 on 7, profiling recruiting classes. To get some direction and guidance from coaches to see info both in season and off season. To drive interest in h. s. football.

www.northstarfootballnews.com
- III. **Approval of minutes** from spring meeting meeting
 - Jon Backen motion; & Ribsby Petermeier 2nd: Approved by voice vote
- IV. **Additions/deletions to agenda:**
- V. **Roll Call** – Dotseth

PRESENT: **Big 9:** Jon Vik, Rochester Century; **Big South:** Terry Bahlman, Marshall; **Central Lakes,** Jon Konold, Willmar; **Gopher Valley 1A,** Chad Gimbel, Blooming Prairie; **Gopher Valley 2A,** Jon Bakken, WEM; **Granite Ridge,** Larry Herm, Foley; **Great Polar Blue,** Mike Gindorff, Crosby-Ironton; **Lake,** Dave Nelson, Minnetonka; **Metro East:** Eric Longtin, No St. Paul; **Minneapolis City,** Giovan Jenkins, MPLS Washburn; **Mississippi 8 Blue;** Mike Hennen, Cambridge-Isanti; **North Suburban,** Will Wackman, Spring Lake Park; **NW Suburban No,** Tom Develice, Blaine; **NW Suburban So,** Derrin Lamker; **Prairie North,** Don Siepkes; **Prairie South,** Wayne Petermeier, Browerville; **Sea Range,** Derek Parendo, Proctor; **Southern FB Alliance White,** Brent Olson, Lewiston-Altura; **Wright County,** Paul Lemke, Glencoe-Silver Lake.

ABSENT: **Big North,** John Jirik, Orr; **Central Lakes North:** Troy Hendricks, Bemidji; **Great Northern,** Jeff Gronner, Cromwell; **Great Polar Red,** Mitch Dorr, Cook County; **Great Polar White:** Dave Louzek, Moose Lake/Willow River; **Heart-O-Lakes Classic;** Dave Haugen, Pelican Rapids; **Heart-O-Lakes North,** Flint Motschenbacher, Detroit Lakes; Aaron Morris, Park Rapids; **Central Minnesota,** Jon Thielen, Eden Valley-Watkins; **Little Sioux,** Mike Damman, MACCRAY; **Mississippi 8 Red;** Nick Nitti, North Branch; **Minnesota,** Bubba Sullivan, Northfield; **North Tri-County,** Dustin Flaten, Ulen-Hitterdal; **Minnesota River,** Justin Johnson, Belle Plaine; **Northstar East & West,** Mark Nohner, Lk/Woods-Baudette; **South Central,** Mat Mahoney, Fairmont; **Southeast,** Gary Sloan, Grand Meadow; **Southern Confederacy,** Tom Murphy, Nicollet; **Southern FB Alliance Blue,** Brent Schroeder, Caledonia; **Southern Minnesota,** Cory Haala, Sleepy Eye Public; **South Suburban,** Rick Sutton, Eagan; **Southern FB Alliance Red,** John Austinson; **Tri-Metro East,** Todd Niklaus, St. Anthony; **West Central South,** Scott Gonnerman, Benson; **St. Paul City,** Dave Zeitchick, Highland Park; **Suburban East,** Beau LaBore, Stillwater; **Top-of-the-State,** Cory Waling, Kittson Central; **Tri-Metro West;** Sean McMenomy; DeLaSalle;

VI. Treasury/Membership update:

A. Financial Report – Dotseth

- The financial stature of the MFCA is strong. Financial Report was approved.

B. Membership Report – F. Motschenbacher

- About the same as last year at this time - 1112

VII. Committee Reports:

A. Executive Director's Report – Ron Stolski

- MN Vikings have established a youth advisory board to increase awareness of the benefits of youth football. MFCA would like to create a positive video on the benefits of youth football...hopefully Vikings will pick it up.
- Tim McNiff works for a company that will help with the video, but substantial funding are required.

B. Presidents Report – preseason practice and heat acclimatization

Pre-Season Practice/Heat Acclimatization Policy

(Portions of this policy are based on National Athletic Trainers' Association Preseason Heat-Acclimatization Guidelines for Secondary School Athletics, June 2009)

DEFINITIONS:

Heat Acclimatization Period is defined as the initial 14 consecutive day period of pre-season practice, which begins the first day of practice prior to the regular season. Any practices or conditioning conducted before this time shall not be considered a part to the heat-acclimatization period.

Practice is defined as the period of time a participant engages in coach-supervised, school approved, sport or conditioning-related physical activity, including stretching, running, conditioning or physical training in the skills and fundamentals. Strength training and team meetings or video sessions do not count as a practice for the purpose of this policy.

Levels of Contact – as defined by USA Football, focuses on varying intensity levels throughout practices, to build player confidence, ensure their safety and prevent both physical and mental exhaustion. Five intensity levels are used to introduce players to practice drills which position them to master the fundamentals and increase skill development.

AIR: Intensity = 0 Players run a drill unopposed without contact.

BAGS: Intensity = 1 Drill is run against a bag or another soft-contact surface.

CONTROL: Intensity = 2 Drill is run at assigned speed until the moment of contact; one player is pre-determined the 'winner' by the coach. Contact remains above the waist and players stay on their feet when involved with contact.

RESTRICTED PRACTICE (Teaching Practice): Intensity = 3 Teaching safe & proper techniques (block, shed, tackle) involving shoulder pads, and wearing helmets for protection. Contact above the hips only with hands, shoulders and chest. Keep the head out! Use quick whistle; no gang-tackling or cut blocking/tackling. Players stay on their feet when involved in contact. (This piece has been added – the others listed are from USA Football Levels of Contact).

THUD: Intensity = 4 Drill is run at assigned speed through the moment of contact; no pre-determined "winner." Contact remains above the waist, players stay on their feet and a quick whistle ends the drill.

LIVE ACTION: Intensity = 5 Drill is run in game-like conditions and is the only time that players are taken to the ground.

Contact Practice is defined as a practice during which drills and/or team work includes "Thud" or "Live Action," as described below. There are no restrictions on "Air;" "Bags;" "Control;" and "Restricted Contact." The Contact portion of this practice may not exceed 30 minutes. (30 minutes recommended by Concussion Task Force and MN Sports Med Advisory Committee)

Walk-thru is defined as a teaching opportunity with the athletes not wearing protective equipment. A walk-thru is not considered part of the 3 hour practice, cannot last more than 1 hour, and does not include any kind strength training or conditioning activities. A "walk thru" is only for running plays and teaching Team schemes – full speed drills and physical contact is not allowed. Special team skills (punting and catching punts, kickoffs, and place kicking) is allowed.

Recovery Period is defined as the time between the end of one practice or walk-thru and the beginning of the next practice or walk-thru. During this time athletes must rest in a cool environment (65-80 degrees F), with no sport or conditioning-related activity permitted. Team meetings and video may be part of this recovery period if conducted in a cool environment.

POLICY -- Schedule for 14 Calendar Day Acclimatization Period:

Days 1 – 5: "Contact Practices" are not allowed.

- No single practice may last more than 2 hours with total practice time per day not to exceed 4 hours
- There must be at least a 2 hour recovery period prior to the second practice.
- Double practice days must be followed by a single practice day.
- A 1 hour walk-thru is allowed each day that there is a single practice, but there must be at least a 1 hour recovery period prior to the walk-thru.

Days 1: Helmets only

Day 2: Shoulder pads may be worn for up to 1 hour of practice time

Days 3 & 4: Helmets and shoulder pads only

Day 5: Full pads are allowed – No thud or live action

Day 6 and 7: Rest days, no practice is allowed. (Exception for 2015: Teaching practice is allowed on Day 6 – helmets only, no pads, no conditioning)– OK with Sports Medicine Committee

Days 8 – 12: No restrictions on what equipment can be worn.

- No practice may last more than three hours, with total practice time per day not to exceed five hours.
- Double practice days must be followed by a single practice day.
- There must be at least a 2 hour recovery period prior to the second practice.
- A 1 hour walk thru is allowed on single practice days, but there must be at least a 1 hour recovery period prior to the walk-thru.
- There may not be more than one contact practice per day.

Day 12 (day prior to scrimmage): Contact practices not allowed.

Day 13: Schools may participate in one “live action” interschool scrimmage event (multiple teams may be involved).

Day 14: No practice -- rest day – 14 Day Acclimatization ends.

Exception for 2015: Allow a Walk-thru practice on double practice days – up to one hour in length with at least a one hour recovery period. – OK with Sports Medicine Committee

Option for one “long” practice: When two practices per day are held and the two hour recovery period creates an issue, teams may opt to have a second practice of one hour in length, if there is a one hour recovery period, AND conditioning is conducted only during one of the two practices.

Day 15: No restrictions on number or length of practices. No more than two contact practices per week. Consideration in regard to the amount of contact must be given to players involved in lower level games.

Day 18: First date on which interscholastic contests are allowed. Note: If the varsity team plays on Day 18, a lower level game (B/JV) may be scheduled on day 17.

PENALTY:

1st Offense: Head Coach suspended for two games. 2nd Offense: Head Coach suspended for four games and not allowed to coach in post-season.

Notes: this is safer and better for kids. This may also help kids to stay involved with football. Less contact, less heavy conditioning and can be just as effective. Overall concept of progression in adjusting to heat and to contact.

Rationale: Heat Acclimatization has been a major emphasis at the national level, and many other states have adopted similar policies, many times even more restrictive than the above. This is based on what has been recommended by the National Association of Athletic Trainers and what is currently being done at both the NCAA and NFL levels – where athletes are training and conditioning at a much higher level than most high school athletes. Research has shown that following a program such as that outlined above is not only safer in regard to heat acclimatization, but will also result in fewer injuries. Research has also shown that students will learn more and retain more with shorter practices and in situations where conditioning is accomplished by starting slow and progressing to more intensity. At the end of the 14 day period students can be conditioned to the same level as with current policies, with less injuries, and greater retention of what they have been taught. This policy has been reviewed and approved by the MSHSL Sports Medicine Advisory Committee.

Summer Football Practice Restrictions

INTRODUCTION:

While there is much more to learn about safety and risk management for football, there is a growing body of knowledge in regard to safety and steps that can be taken to reduce the risk of injury and the long term, negative effect, on participants. Acclimatization to heat, equipment and contact is important, as are limitations on the amount of head impact exposures. Rest is also important for both conditioning and brain safety. The following

policy has been developed with the intent to keep student athletes safe, while allowing coaches the opportunity to use the summer waiver period to condition athletes and teach football techniques and fundamentals.

DEFINITIONS:

Practice is defined as the period of time a participant engages in coach-supervised, school approved, sport or conditioning-related physical activity, including stretching, running, conditioning or physical training in the skills and fundamentals. Strength training and team meetings or video sessions do not count as a practice for the purpose of this policy.

Levels of Contact as defined by USA Football . Levels of Contact focuses on varying intensity levels throughout practices, to build player confidence, ensure their safety and prevent both physical and mental exhaustion. Six intensity levels are used to introduce players to practice drills which position them to master the fundamentals and increase skill development.

AIR: Intensity = 0 Players run a drill unopposed without contact.

BAGS: Intensity = 1 Drill is run against a bag or another soft-contact surface.

CONTROL: Intensity = 2 Drill is run at assigned speed until the moment of contact; one player is pre-determined the 'winner' by the coach. Contact remains above the waist and players stay on their feet when involved with contact.

RESTRICTED PRACTICE (Teaching Practice): Intensity = 3 Teaching safe & proper techniques (block, shed, tackle) involving shoulder pads, and wearing helmets for protection. Contact above the hips only with hands, shoulders and chest. Keep the head out! Use quick whistle; no gang-tackling or cut blocking/tackling. Players stay on their feet when involved with contact.

THUD: Intensity = 4 Drill is run at assigned speed through the moment of contact; no pre-determined "winner." Contact remains above the waist, players stay on their feet and a quick whistle ends the drill.

LIVE ACTION: Intensity = 5 Drill or scrimmage is run in game-like conditions and is the only time that players are taken to the ground.

Contact Practice is defined as a practice during which drills and/or team work includes “Thud” or “Live Action,” as described above. There are no restrictions on “Air;” “Bags;” “Control;” and “Restricted Contact.” The Contact portion of this practice may not exceed **30 minutes**.

Recovery Period is defined as the time between the end of one practice and the beginning of the next practice. During these time athletes should rest in a cool environment (60-80 degrees F) with no sport or conditioning-related activity permitted. Team meetings and video may be part of this recovery period if conducted in a cool environment.

POLICY: **The intent of practices in the summer is for the development of individual skills and techniques, with limited contact and physical conditioning. Consideration must given for heat and humidity, with adjustments to contact and the amount of conditioning .**

Contact Practice:

- 1) Only allowed after a minimum of:
 - One day of practice with only helmets and mouth guards, followed by:
 - Two days of practice with shoulder pads and helmets, followed by:
 - One day of practice with full pads.

- 2) These four days do not need to be consecutive, but, if more than three consecutive days pass without a practice as defined above, a new four day acclimatization period is required before a contact practice can be held.
- 3) After this initial acclimatization period, practices do not need to be consecutive days, but if more than **four** consecutive days pass without a practice a new four day acclimatization period is required before a contact practice can be held. **Re—acclimatization is not necessary if practices are not full contact and do not include heavy conditioning.**

Number of Practices: During the Summer Coaching Waiver period (June and July) an individual or team may not participate in more than **eleven days of practice** as defined above, with no more than **four** practices may be a “Contact Practice” (as defined above). Days and-practices at a team camp count toward this limit.

Length of Practice:

- 1) During the summer waiver period, a practice, as defined above, is:
 - Restricted to **2 hours** or less for each individual player.
 - A second practice or training session of **2 hours** or less may be held in the same day, but there must be at least a **2 hour** recovery period between practices.
 - No more than one practice per day may be a “Contact Practice.”
 - A contact practice may not be conducted on consecutive days
 - If two practices are held in one day, only one practice may be held the next day if practices are conducted on consecutive days.
 - Up to one additional hour per day can be spent in video sessions and/or team meetings.
 - A student may not participate in more than a total of 5 hours of practice, team meetings, video sessions, or other type of training in one day

Note: At team camps, run by colleges or universities, with two or three consecutive days of practice, players may participate in two practices per day (with proper recovery period) and a total of 4 contact practices. These practices count towards the summer limitations.

- 2) 7 on 7 – (no pads or helmets only) with no contact, counts as a practice session for that day, but does not count toward the number of days of practice unless there is another practice that day.

Penalty:

Penalties will be dependent upon the seriousness of the offense and can include, but are not limited to: censorship of the Head Coach, suspension of the coach or other staff members from coaching one or more games, or suspension from the post-season.

- Advisory committee will meet on December 10th to discuss
 - For 2015, because of the constricted schedule, the committee will try to get an extra day of practice on Saturday of the 1st week.
 - Spalding FB contract has one more year.
- C. Academic All-State Reports – Con Natvig & Dave Frisell
- INDIVIDUAL ACADEMIC ALL-STATE TEAMS:
<http://www.mshsca.org/football/academindividuals.htm>
 - 2014 ACADEMIC GOLD TEAMS:
http://www.mshsca.org/football/academ_teamgold.htm
 - 2014 ACADEMIC SILVER TEAMS:
http://www.mshsca.org/football/academ_teamsilver.htm
 - Con suggested conference reps should bring the conference reps checklist to the conference meeting

The 10 finalists for the 2014 Mr. Football Award (in alphabetical order) are:

Name	School	Position	Conference	Class
Dalton Elliott	Nicollet	QB	Southern Confederacy - East	9M
Jackson Erdmann	Rosemount	QB	South Suburban	6A
Kez Flomo	Totino Grace	RB	Northwest Suburban - West	6A
Robbie Grimsley	Hutchinson	RB/FS	Wright County	4A
Alex Hart	Prior Lake	LB/RB	South Suburban	6A
Will Rains	Eden Prairie	RB	Lake	6A
John Rumpza	Blooming Prairie	QB	Gopher Valley A	1A
John Santiago	St. Francis	RB/DB/Ret	Mississippi 8	5A
Ryan Schlichte	Mankato West	QB	Big 9	5A
Michael Veldman	Becker	QB	Granite Ridge	4A

- The committee meets on November 22nd to select Mr. Football
 - Banquet is on Sunday, November 30th at the Doubletee at 8:30 AM.
 - Purchase tickets on-line: <http://www.mshsca.org/football/index.htm>
- E. Butch Nash/Coach of the Year – Dotseth
- Butch Nash Questionnaire: <http://www.mshsca.org/football/nash.pdf>
 - COY Questionnaire: <http://www.mshsca.org/football/coyquestioneer.pdf>
 - Assistant COY Questionnaire: <http://www.mshsca.org/football/AsstCOY.pdf>
 - Committee will meet on January 2, 2015
- F. Hall of Fame – Scott Tschimperle & Paul Lemke
- 6 high school nominations; 1 college nomination; 1 citation nomination; 2 assistant coach nominations:
 - Could use more nominations: <http://www.mshsca.org/football/hof.pdf>
 - Active 35 year coaches can be nominated
- G. Hall of Fame Banquet – Dave Nelson
- Saturday, March 28, 2015
- H. Tackle Cancer – Dave Nelson
- 201,000 raised (goal was \$200,000)
 - 40 high schools 6 colleges have yet to turn in funds
 - 170 high schools participated, as well as 20 colleges and the MN Vikings
- I. Recruiting Fair – Jeff Ferguson
- Monday, May 4, 2015
- J. Scholarships – Will Wackman
- 16 scholarships 32 applicants
 - Encourage coaches to send in nominations
- K. Camp Outreach – W. Petermeier
- 8 applications for 2015
 - 14 for 2014
- L. All-Star Game Report – Dave Fritze
- Game last year at St. John's because of field repair at SCSU
 - 2015 at St. Cloud – June 27, 2015 @ 1:00 PM
 - Looking for coaches who may not have won a conference championship but deserve to coach in the game
 - Kick-off for Tackle Cancer. Randy Shaver attended three events - \$1,300

- Looking to study the possibility of having the game the week after the prep bowl – greater exposure, D1 player, enhance the experience. 1st week in December preferable
- MSHSL has no jurisdiction
- No practices can be at the U
- Florida & Virginia have games following the season
- Suggestion to have players report on Sunday and have a Wednesday game.

M. Community Service Awards – Beau LaBore

- Could use more nominations: <http://www.mshsca.org/football/communityserviceform.htm>

N. MFC Clinic – Claud Allaire

- HIGHLIGHTS:
 - Gophers & Vikings Headliners
 - Joe Ehrmann, NFL Alumnus, Author
 - Joe Glenn & U of So. Dakota Staff
 - H. S. Coaches from OK, TX, AZ, PA & NV
 - Area High School & College Speakers

O. Power of Influence – Bubba Sullivan

- Could use more nominations: <http://www.mshsca.org/football/poiform.pdf>

P. Publications – Terry Turek

Q. Everything but “X’s & O’s” Clinic – Jeff Weiland

- January 10th – Orono Middle School
- 5 speakers

VIII. Old Business

A. AFCA Convention

- January 11-13 in Louisville

B. Viking Clinic

- Need to get info our early
- Usually held the week after the last game

IX. New Business

A. President’s Project

- Working to change from Conference Reps to Sub-District reps

B. 2nd Vice President – Nominee, John Clark, Jr. Mahnomen - Approved

NEXT MEETING: Friday, March 27, 2015 at the Doubletree at 7:15 AM