

T O R A R C H



Winter Edition 2014

lighting the way by sharing ideas

EXECUTIVE'S SECRETARY COLUMN



John K. Elder
Executive Secretary
Illinois Coaches Association

Noted Doctor Relates Concussion Research Information to Coaches

INDIANAPOLIS – By the end of a morning lecture Monday, Sandra Chapman, Ph.D., had essentially told an auditorium full of football coaches that all the doomsday stuff they've been hearing about concussions isn't quite as bad the media has made it seem.

"What's being touted is ahead of the evidence," Chapman later told a small group

of reporters off to the side.

Welcome to the newest twist in the discussion of head injuries and football – commissioned and endorsed, of course, by the folks whose livelihood depends on football.

Don't like what the research says? Find another researcher.

"Youth football's benefits to health and well-being far, far exceed the risks," Chapman, who is not a medical doctor but founded the Center for BrainHealth at UT-Dallas in 1999, told the American Football Coaches Association.

No wonder folks like National Football Foundation president Steve Hatchell and AFCA executive director Grant Teaff were giddy over Chapman's appearance, which concluded a morning session that sounded a lot like a pep rally for the football.

All the bad stuff you've heard lately about the sport, the declining participation among teenagers and the increased focus on its long-term dangers? The overarching message here Monday was this: Football is under attack, and it's time to fight back.

"In 38 years, I don't have one former player who isn't functional due to concussions, but I do have a whole lot of healthy players," Duke coach David Cutcliffe told USA TODAY Sports. "That's a case study, isn't it? We're trying to make people think before they react."

And in Chapman, who described herself as a former Texas cheerleader, the coaches have found their champion.

Which isn't to suggest Chapman's research and her conclusions about concussions are wrong. But they certainly are different.

Essentially, Chapman's point is that while the bulk of the research on concussions has focused on what goes wrong in the brain, her focus is on healing and regaining full function after an injury. And not only does the brain heal itself, it can "build resilience" through certain exercises she has developed.

Her method for how that happens was a bit fuzzy – it sounded like physical therapy for the brain through problem-solving and other intense cognitive exercises – but her basic conclusion was that concus-

sions don't pose a significant long-term health risk and that the brain will return to normal given proper care and recovery time.

"The myth is that brain damage is permanent," Chapman said, though she acknowledged later that once cases of Chronic Traumatic Encephalopathy (CTE) become severe, there is very little that can be done to bring them back.

Maybe that sounds more controversial than it really is. Chapman, after all, acknowledged that the most important aspect is concussion prevention and that there are risks if a football player returns to the field before being fully healed.

In other words, she's not saying concussions are good. And she claims that her methods to measure brain function are more intricate than conventional baseline tests, which are far from foolproof if a player wants to "sandbag" so that it's easier to meet the threshold once he gets a concussion.

On the other hand, it was a little curious to hear a neuroscientist tout health benefits of football such as making teenagers less likely to engage in other risky behaviors, less likely to become addicted to video games and encourage better sleep. She even talked about "brainomics" – her own word – which she defined as "the high economic cost if we don't encourage youth to play team sports."

Is that science or propaganda?

"We pick up where basic medicine drops off," Chapman explained. "Basic medicine will say, 'O.K., you've got this concussion; here, take this and go to sleep.' I'm a cognitive neuroscientist that is focused on how the brain learns, rewires. Medicine doesn't study how the brain rewires."

"Most research centers are focused on what goes wrong with the brain. We want to know how can we maximize it regardless of whether it's concussions or ADHD or drug addiction or bipolar disorder. Medicine doesn't do that. They kind of say here's your pill, goodbye."

This was the first time Chapman, who said she wasn't paid for the appearance, officially spoke with the backing of an organization like the AFCA, which is comprised mainly of college and high school coaches. The NCAA, which is embroiled in several lawsuits over concussion issues, "has been the toughest nut to crack in this whole domain," said Lori Cook, her research partner specializing in pediatrics. Cook also noted that a person like Dr. Robert Cantu, arguably the nation's leading voice on sports concussions, "has been so overpowering it's crowded out" other research.

But the AFCA is going to make sure Chapman's voice is heard, and she comes to the table with a very different viewpoint than what coaches and parents have been hearing the past couple years.

"A lot of moms will say, should (their son) take the risk if he's not going to be an NFL player?" Chapman said. "Yeah, because the benefits are so much greater than the risks. Just because he won't play in the NFL doesn't mean don't let him play football."

In other words, the battle over the concussion narrative has now been engaged, with the backing of an organization that represents thousands of coaches at all levels.



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DATES TO REMEMBER:

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Phone 309-482-5561

Website—www.icacoach.org Email-elder@icacoach.org

- March 2014 ICA conducts 3 pt. contest - Boys State Tourneys
 - April 26, 2014 IBCA Hall of Fame Banquet
 - April 27, 2014 ICA Spring Board Mtg.
 - May 16 & 17, 2014 ICA Golf Clinic
 - June 16-18, 2014 NHSACA Awards Program in Jackson Hole, Wyoming
 - June 28, 2014 ICA All Star Baseball Games
 - July 12, 2014 ICA/Shrine All Star Football Game
(Date in Fall 2013 'Torch' is incorrect)
- Midwest National Wrestling Tournament at Illinois Wesleyan

CURRENT SPORTS CHAIRMEN

CHAIRMAN	SPORT	SCHOOL	EMAIL
Carlin Nalley	CAPS	Lisle H S	ncnalley@aol.com
Dave Rodgers	Baseball	East Peoria HS	aj1443@hotmail.com
Jerry Parsons	Cross Country	Normal U-High	gparso@ilstu.edu
Jerry Parsons	Girls Track	Normal U-High	gparso@ilstu.edu
Steve Allen	Boys Basketball	Springfield Lutheran HS	allens@wcusd15.org
Chris Neville	Golf	Pekin HS	cnevelle@pekinhigh.net
Mike Manahan	Wrestling	Olympia HS	mikemani@aol.com
Windy Childs	NHSACA	Chillicothe HS	wc2225@aol.com
Skip Tarran	Athletic Director	Reed-Custer HS	skip255@aol.com
OPEN	Girls Basketball		
Sara Kinney	Membership	Chillicothe JH	skinney@ivcschools.com
Ken Jakalski	Boys Track	Lisle HS	coachj1@aol.com
Kendra Morgan			
& Lucy Gilbert	Softball	Deer-Creek Mackinaw	
Open	Volleyball	OPEN	
John Elder	Football	Alexis*	elder@icacoach.org
Position Open	Swimming, Tennis, Soccer		
Ed McNally	Soccer	Mother McAuley HS	mcsocr1@aol.com
		* Retired	

Anyone interested should contact:

John K. Elder, 206 S. Main, Box 240, Alexis, IL 61412
Phone or Fax: 309-482-5561 • alternate FAX: 309-482-3236

Achieving Peak Performance

The Illinois Coaches Association is endorsing Educational Resources as a source for Graduate Level Classes. This program has been quite successful in adjoining states and offers valuable opportunities for any educator.

To Gain Complete Information and review testimonials visit the website of the course sponsor—www.educresources.info

Football Officials Needed-Illinois High Schools

Coaches and Athletic Directors are encountering much difficulty in securing officials for Football Games. Many games are being moved to alternate dates, thus disrupting the organization of high school teams. There is definitely a need for interested parties to become involved as a high school football official. This is a great way to stay involved in high school sports and work with young people. Encourage young people interested in football to pursue this avocation, or at least visit with some veteran official about the benefits of this involvement. Who knows where it could lead them!! Contact the IHSA 309-663-6377

ILLINOIS COACHES ASSOCIATION has a brochure outlining benefits of membership and activities available through membership. Contact the ICA Office and we will send you an ample amount for your coaches.

HELP NEEDED AT GIRLS STATE TRACK MEETS—Due to many conflicts and the overlapping with Boys Sectional Meets, The IHSA Girls State Track Meet has a need for event officials. Interested parties contact Ron McGraw at 309-663-6377 or 2715 McGraw Drive, Bloomington, IL 61702-2715

HELP NEEDED AT GIRLS STATE TRACK MEETS

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REQUIREMENTS FOR NOMINATION AND SELECTION TO ILLINOIS ALL-STAR BASEBALL TEAM

The dividing line in the state is basically east to west, I-55 running north until it intersects state road 59. Follow state road 59 north to I-90 East to the junction to I-294. I-294 South to I-55 East into Chicago.

The Illinois Coaches Association district baseball representatives will be responsible for the selection of the players and coaches and general game operation.

PLAYERS MUST BE NOMINATED BY THEIR COACH ON THE FORM PROVIDED.

Number of players: 22 players on each team divided as follows: 6 pitchers, 2 catchers, 2 first basemen, 6 infielders, and 6 outfielders. All players will be selected by positions and alternates will be selected at each position.

GENERAL RULES

1. Each baseball player must be nominated by his coach, all information must be complete, and the form signed by his principal or the player's nomination is not valid.
2. Must be a graduated **SENIOR** from an IHSA member school and an amateur.
3. Must never have been declared ineligible by the IHSA except for 30 day transfer rule.
4. Must not have been suspended or quit the squad during his senior year. (principal certifies this)
5. Must have parent or guardian's permission.
6. Must have a doctor's certification within the last year before All-Star game.

STEPS TO FOLLOW

- 1) Read Requirements for nomination
- 2) Fill out form by May 22nd.
- 3) Fill in statistics completely no later than May 22nd.
- 4) Mail nomination to: DAVE RODGERS, ICA Baseball, 113 Mount Aire Drive, EAST PEORIA, IL 61611
Must be received by May 22nd or online at icacoach.org
- 5) Selection of the players will be Sunday, May 25th.



7. Must have played IHSA fall or spring baseball this school year.
8. Each baseball coach may nominate up to 4 players with **no more than two from his own team**. Nominate player **for one position only**, or we will use the first position listed.
9. This will be a doubleheader, each a seven inning game, with the re-entry rule in effect. The top vote getters will start the first game and play four innings, then the non-starters will play 3 innings. The top vote getters will again start game 2 and play three innings, the non-starters will then play the final 4 innings. Pitching rotation will be 2-2-2(3) with the top vote getter having the option of starting or finishing.
10. This game will be played using the National Federation rules.

BATTING RACTICE--

The day of the game. (June 28, 2014)

GAME AND PRACTICE EQUIPMENT--All

practice and game equipment must be furnished by the participant, except for catching gear, which will be provided.

MEALS--

Food will be provided for all participants between games.

CONDUCT--

Proper conduct is expected at all times. If the athlete does not comply, he will be sent home.

HEALTH AND SAFETY--

An insurance policy will cover each participant during the course of the practices and the game.

TRANSPORTATION--

Each player and coach must furnish his transportation to and from the game.

Practice day of game. Game is June 28th at 5:00 p.m. at EastSide Centre, East Peoria, Illinois

NOMINATION DEADLINE--The nomination form on the previous page must be completed and received by Dave Rodgers no later than May 22nd.



ILLINOIS ALL STAR BASEBALL PLAYER NOMINATION FORM



CHECK "REQUIREMENTS FOR NOMINATION" to determine appropriate squad then check correct blank.

_____ East Squad _____ West Squad (See opposite page to determine east or west)

COACHES PLEASE NOTE: You may nominate two players from your school. Please duplicate this form if you wish to submit two nominations. All players must be eligible the entire year.

Register player online @ icacoach.org

ALL STATISTICS MUST BE COMPLETE! PLEASE INDICATE WHICH POSITION PLAYER IS BEING NOMINATED.
 NOMINATIONS MUST BE RETURNED TO: DAVE RODGERS, ICA BASEBALL, 113 Mount Aire Drive, EAST PEORIA, IL, 61611
 or completed pdf form to: dr2559@gmail.com

PLEASE PRINT:

PLAYER _____
 Last Name First School City Zip

HOME ADDRESS _____
 Street City ZIP Email Cell Phone #

NOMINATED POSITION: _____ Age _____ HT _____ WT _____ Throws: _____ Bats: _____

HITTING _____
 G AB R H RBI 2B 3B HR SAC SF SB / SBA SO BB B.AVE.

PITCHING _____
 ERA W L SA GS GC APP SHO IP H R ER SO BB HBP WP BK

FIELDING _____ **CATCHERS:** _____
 POS. G PO A E TC F.AVG. TO ATO PB

COACH _____
 LAST NAME FIRST SCHOOL YEARS COACHED AT VARSITY **LEVEL**

SCHOOL ADDRESS _____ PHONE () _____

HOME ADDRESS _____ PHONE () _____

COACHES EMAIL _____ **COACHES CELLPHONE** _____

IF YOU WISH TO NOMINATE A SECOND PLAYER FROM YOUR SCHOOL, DUPLICATE THIS FORM. PLEASE RETURN-POSTMARKED BY MAY 22nd to:

TO: DAVE RODGERS, ICA BASEBALL, 113 Mount Aire Drive., EAST PEORIA, IL 61611
 email address: dr2559@gmail.com

(HITTING) G-GAMES, AB-AT BATS, R-RUNS, H-HITS, RBI-RUNS BATTED IN, 2B-DOUBLES, 3B-TRIPLES, HR-HOME RUNS, SAC-SACRIFICES, SF-SACRIFICE FLYS, SB-STOLEN BASES, SBA-STOLEN BASES ATTEMPTED, SO-STRIKE OUTS, BB-BASE ON BALLS, B.AVE-BATTING AVERAGE

(PITCHING) ERA-EARNED RUN AVERAGE, W-WINS, L-LOSSES, SA-SAVES, GS-GAMES STARTED, GC-GAMES COMPLETED, APP-APPEARANCES, SHO-SHUTOUTS, IP-INNING PITCHED, H-HITS R-RUNS, ER-EARNED RUNS, SO-STRIKE OUTS, BB-BASE ON BALLS, HBP-HIT BY PITCH, WP-WILD PITCH, BK-BALK

(FIELDING) POS-POSITION, G-GAMES, PO-PUT OUTS, A-ASSISTS, E-ERRORS, TC-TOTAL CHANCES, F.AVG-FIELDING AVERAGE,
 (CATCHERS) TO-THROW OUTS, ATO-ATTEMPTED THROW OUTS, PB PASSED BALL

Illinois Coaches Assn: Constellation Energy Program Description Copy, Code & Links

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ALL STATE SOFTBALL NOMINATION SITES.

- 1A- Greg Neisler / gneisler@lth5.k12.il.us
- 2A- Philip Applebee / applebep@mfschools.org
- 3A- Dwain Nance / fisherman0916@yahoo.com
- 4A- Jen Tyrrell / jtyrrell@d230.org

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CAMP COVERAGE

Today, most Coaches are involved in some type of sports camp. Please note that our General Liability Program follows insured members while working at camps and/or conducting their own personal camp.

GENERAL LIABILITY INSURANCE PROGRAM

As a membership benefit coverage is provided by the Commercial General Liability Policy issued to the National Organization of Coaches Association Directors. This policy will provide general liability coverage to the Illinois Coaches Association and its members.

CARRIER

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POLICY PERIOD

August 1, 2012– August 1, 2013

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- \$ 300,000 Fire Damage
- Excluded Medical Payments
- \$ 25,000 Sexual Abuse/Molestation

PARTICIPANT/ACCIDENT COVERAGE

In addition, Participant/Accident Coverage is available for coaches and/or participants. Should an accident occur during a camp, clinic or event, this secondary coverage could help offset the loss suffered by families affected by such accidents.

CERTIFICATE OF INSURANCE

- ❖ If a member has a camp and requires proof of insurance, certificates are at no additional charge.
- ❖ If a member has a camp and requires a certificate of insurance naming an Additional Insured on the General Liability Policy the cost is \$ 150.00.
- ❖ Participant/Accident Coverage must be in place for all participants prior to the issuance of a certificate of insurance naming an Additional Insured on the General Liability Policy.
- ❖ Certificates of Insurance and Participant/Accident request forms are available on our website. Please click on the link below for all required forms that can be completed and submitted online.

www.loomislapann.com

For any additional information please contact Loomis & LaPann, Inc. at 800-566-6479 or by Fax 518-792-3426

Greg Joly gjoly@loomislapann.com
Kevin Joyce kjoyce@loomislapann.com
Karen Boller kboller@loomislapann.com

The following is a sample list of some major coverages and exclusions. For a complete description of the scope and limitations of coverage, you must request a copy of the policy itself.

Coverages Provided by this Policy

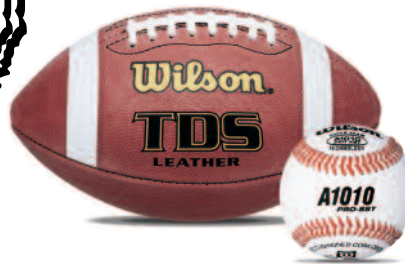
Educators Professional Liability
Participant Legal Liability for insured members
Liability assumed under insured written contract
Defense Cost outside limits

Exclusions

The use of automobiles, buses, watercraft and aircraft
Property of others in the care, custody, and control of the insured.

Lexington Insurance Company, a Chartis company, is the leading U.S. - based surplus lines insurer. Chartis is the marketing name for the worldwide property-casualty and general insurance operations of Chartis Inc. For additional information, please visit our website at www.chartisinsurance.com. All products are written by insurance company subsidiaries or affiliates of Chartis Inc. Coverage may not be available in all jurisdictions and is subject to actual policy language. Non-insurance products and services may be provided by independent third parties. Certain coverage may be provided by a surplus lines insurer. Surplus lines insurers do not generally participate in state guaranty funds and insureds are therefore not protected by such funds.





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1A & 2A nominations start May 13

3A & 4A start May 20

Forms will be on site May 1

USE THE FOLLOWING EMAIL ADDRESS TO NOMINATE PLAYERS

Be conscious of Dates

1A gneisler@lth5.k12.il.us

2A applebep@mfschools.org

3A fisherman0916@yahoo.com

4A JTyrrell@d230.org



DEADLINE: APRIL 5
ILLINOIS COACHES
ASSOCIATION

SCHOLARSHIP



By completing the information required in this application, you will enable us to determine your eligibility to receive funds provided specifically to help students whose parent/parents are members of the ICA.
This application becomes valid only when the following has been submitted.
This scholarship is open to any member's son or daughter planning on attending an institution of higher learning.

To be eligible for the scholarship:

- Your mother or father must be a member of the Illinois Coaches Association.
- Submit the attached application.
- Submit a letter of recommendation from your principal, counselor or teacher.
- Submit your High School Transcript and include your ACT results.
- Submit a 250 word essay on the following topic.

1) What are the essential characteristics of a successful teacher or coach?

Name _____
Last First M.I. Social Security Number

Permanent Address _____
Street City Zip Code

Date of Birth _____ **Telephone Number** _____
Month Day Year

Parent/Guardian _____
Address of Parent/Guardian if different from applicant

High School Attended _____ **Graduation Date** _____

Address _____
Street City Zip Code Telephone Number

Email Address _____

Principal _____ **College Planning to Attend** _____

Check List
—Letter of recommendation
—Transcript
—Essay from applicant

Your application must be mailed to the following before April 5
John K. Elder—P.O. Box 240—Alexis, IL 61412—Telephone (309)



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Glazier Clinics and IHSFCA Deliver Illinois Football Coaches Great Opportunities for Education

2014 Illinois Glazier Clinics:

Chicago – February 6-8

Chicago – February 28-March 2

Illinois High School Football Coaches Association and Glazier Football Clinics share a passion for educating football coaches and providing opportunities for coaches to succeed on and off the field.

An ongoing partnership between the two organizations began in 2012 and continues to give Illinois football coaches access to excellent football education. Combined, they'll host three Illinois clinics in 2014, including two Glazier clinics in Chicago and the IHSFCA clinic in Champaign.

Access to Local Glazier Clinics

Glazier Football Clinics offers a Staff Season Pass, which allows an entire coaching staff to attend any of 34 Glazier clinics nationwide in 2014 for only \$369. Register online at www.glazierclinics.com/coaching_clinics/register. Glazier clinics nationwide feature talented speakers and a variety of topics.

The Illinois Glazier clinics boast a premier speaking lineup, including coaches from the University of Illinois, University of Iowa, Michigan State University, Syracuse University, New York Giants, Ohio State University, University of Wisconsin, Cleveland Browns, University of Maryland, and many more. Besides the Illinois Glazier clinics, other regional Glazier clinics include Indianapolis, St. Louis, Grand Rapids, Detroit, and Cincinnati.

Online Football Education

The Glazier Clinics Season Pass also provides coaches with 24/7 football education by including a one-year membership to Glazier Clinic Online. There, coaches can access over 1,200 sets of clinic speaker notes, over 300 hours of online video and over 250 archived webinars. Finally, the Season Pass includes 10 live eClinics, streamed for high-quality viewing to a coach's home or office. The Premium Staff Season Pass, new for 2014 and available for \$499, also includes hundreds more coaching videos provided by efootballflix.com.

Together, IHSFCA and Glazier Clinics provide coaches with the resources to take their teams to the next level. We wish you the best as you finish the 2013 season strong!

**For updated Glazier Clinic registration information,
visit our website at www.GlazierClinics.com.**

**For a speaker application or recommendation,
e-mail Allen Means at ameans@glazierfootballclinics.com**

"If you're a high school coach in Illinois, you need to be at the Chicago Glazier Clinics. It's the best way to keep up with new philosophies and schemes and stay ahead of the curve."



2014 ILLINOIS GLAZIER CLINICS

Chicago February Clinic
February 6-8, 2014

Chicago March Clinic
February 28 – March 2, 2014



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Illinois Coaches Association

35th Annual Golf Clinic - May 16 & 17, 2014

Clinic Focus - "Finish your practices well"

Friday, May 16 *The Den at Fox Creek & Doubletree Hotel, Bloomington*

8:30 - 9:00am Registration Check-In and open range time.

9:00am - Noon Clinic to be held at The Den (this order may change)
Breakfast to be served, provided by the Illinois Junior Golf Association
 9:00 - 9:30 *IHSA & IJGA Presentations in the clubhouse of The Den*
 9:30 - Noon *Rotation through stations (approx. 30 min. per station, 5 stations)*

Morning - Time TBD	Hall of Fame selection	HOF member only meeting
	Evaluation and screening criteria for membership nominations for class of 2015 Only current Hall of Fame members are eligible to vote in process Meeting will be in the clubhouse main room	

Noon - 12:20pm Prepare for shotgun start (pick up box lunch before scatter at 12:20pm)

12:20 - 5:30pm Shotgun *FIRST 144 to register for clinic play Friday*

6:30pm **DINNER AWARD CEREMONY - HALL OF FAME AWARD**
 Sit-Down dinner (Steak or Chicken). Informal attire
 ICA MERITORIOUS SERVICE and State Championship Coaches Awards
Hall of Fame induction - 1 deserving member of our association
 Prizes from Friday's play, Door Prizes

Saturday, May 18 *Weibring Course at ISU, Normal, IL*

6:30am Doubletree Hotel Breakfast Buffet begins, included with room if ICA Block is used

7:30 - 9:00am Tee times for playday at The Weibring (up to 72 players, 18 groups)

Hotel **Doubletree Hotel 10 Brickyard Ln, Bloomington (309) 664-6446**

for other hotel choices, log on to: <http://www.bloomingtonnormalcvb.org/>
 ICA has a block of rooms reserved for Thursday 5/15 and Friday 5/16

Room rate (including breakfast buffet) is \$115.00 per room (+ 12% tax)

Registration Guidelines	Thursday, April 24 FRIDAY, April 25 Friday, May 9	Doubletree Inn releases reserved rooms Due date for Clinic signup and golf fees Dinner count needed, all non-golf fees due
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Try to return registration before your spring break

Questions?? - Contact Chris Neville, ICA Golf Chairman (309)647-0071 or cneville@pekinhigh.net



35th ICA Golf Clinic - May 16 & 17, 2014

Please return this entire page with fee

Mail to: Chris Neville - ICA Golf
Pekin Community HS
1903 Court St
Pekin, IL 61554

Checks are to be payable to:
Illinois Coaches Association

Friday Golf: The Den @ Fox Creek

Saturday Golf: Weibring Course at ISU, Normal

Option Details of option

All fees include \$20 annual dues to the ICA (\$5 for retirees)

1	2 days of clinic (includes all events)		\$200
2	Friday activities (Clinic, Golf, Dinner)	No Saturday Activities	\$150
3	Friday: Clinic and Golf only	No Dinner	\$135
4	Friday: HOF Dinner only	Saturday: Golf	\$120
5	Saturday activities	No Friday Activities	\$95
6	Friday: Morning Clinic Only (No Golf or Dinner - No Saturday)		\$50
Prices Reduced for our retirees			
7	7A Retirees only - Both days: \$160	7B - Retirees (Friday only): \$115	7C - Retirees (Dinner): \$35

Friday at The Den @ Fox Creek 9:00am - Noon CLINIC on The Den property 12:20pm shotgun
PLEASE check with your group BEFORE you sent me 4 names in your group. Thank you very much!!!

My Friday group is: _____ from _____
 _____ from _____
 _____ from _____
 _____ from _____
 (Name) (Boys or Girls Coach / School)

Check here if you wished to be place in a group for Friday play

Saturday at Weibring Course at ISU Tee times 7:30 - 10:00 (up to 18 groups)
PLEASE check with your group BEFORE you sent me 4 names in your group. Thank you very much!!!

My Saturday group is: _____ from _____
 _____ from _____
 _____ from _____
 _____ from _____
 (Name) (Boys or Girls Coach / School)

Check here if you wished to be place in a group for Saturday play

\$ _____ Clinic fee (from options 1 - 7C above) Name: _____
 Address: _____
 Deduct \$20 if: City: _____ ZIP _____
 School paid ICA member E-Mail address: _____
 Home Phone: _____
 \$ _____ TOTAL enclosed (check to ICA) School Phone: _____

Check one please: Steak Chicken

Entry Deadline: Friday, April 25, 2014
 Questions?? - Contact Chris Neville, ICA Golf Chairman (309)360-2161 or cneville@pekinhigh.net





ATTENTION:

ATTENTION - COACHES, ATHLETIC DIRECTORS & PRINCIPALS

The ICA appreciates those of you have joined in the past. The school membership program makes it possible for more coaches to become members of their professional organization at a small cost per coach. Membership in the ILLINOIS COACHES ASSOCIATION also gives you membership in the National High School Athletic Coaches Association. We are the only coaching organization that can offer this bonus.

ALL ACTIVE MEMBERSHIPS INCLUDE:

- The ICA Newsletter 'The Torch'
- \$1,000,000 Liability Insurance Policy
- Illinois Coach of the Year Awards
- Eligibility of Son or Daughter to Compete for one of five \$500 Scholarships Annually
- Sponsor of Annual All Star Games in Football and Baseball
- Nomination of Coaches for IHSA Advisory Committees in All Sports
- Sponsor of Service Award Program

MEMBERSHIP IN NHSACA, WHICH INCLUDES:

- Clinic Participation - locally, statewide, nationally
- Opportunity to earn up to 6 credit hours with clinic participation
- Increase in recognition for deserving coaches
- Reduced fees to all Clinics

MEMBERSHIP For 2013-2014			
Individual Membership \$20.00		Retired Membership \$5.00	
NAME _____			
Last		First	Middle Initial
ADDRESS _____			
Street		City	State Zip
SPORTS COACHED _____		HOME PHONE _____	
SCHOOL NAME _____			
ADDRESS _____			
Street		City	State Zip

MEMBERSHIP FOR 2013-2014 SCHOOL MEMBERSHIP FORM		
Jr. High Membership	\$25.00 per year plus \$1 for each coach	
High School Membership:		
1-10 Coaches	\$50.00 per year plus \$8 for each coach	
11-20 Coaches	\$75.00 per year plus \$8 for each coach	
Over 20	\$100.00 per year plus \$8 for each coach	
ROSTER OF ALL COACHES ON STAFF		
School Name	_____	
Address	_____	
City	State	Zip
	_____	_____
	_____	_____
	_____	_____
	_____	_____
	_____	_____
	_____	_____

Complete application and mail with check payable to ICA to:

John K. Elder, Illinois Coaches, 206 S. Main-Box 240 Association, Alexis, IL 61412

icacoach.org

Illinois Coaches Association Makes Nominations for National Coach of Year Program

The following coaches were nominated for NCOY competition in preparation for the National High School Athletic Coaches Association Awards Program to be held in June 16-18, 2014 in Jackson Hole, Wyoming. These awards are Coaching Career Awards and the nominees will compete with coaches from across the United States for the recognition.

Athletic Director	Eric Matthews	Farmington HS	Farmington, IL
Boys Basketball	Mike Flaherty	Mt. Carmel HS	Chicago, IL
Football	Scott Hamilton	Unity HS	Tolono, IL
Baseball	Pete Meyer	Lisle HS	Lisle, IL
Softball	Skip Penning	Tremont HS	Tremont, IL
Golf	Chris Fricke	New Trier HS	Winnetka, IL
Wrestling	Tim Haak	Harvard HS	Harvard, IL
Boys Track	Jim Aikens	Fremd HS	Palatine, IL
Girls Track	Caroline Gerhsten	Lincoln-Way East	Frankfort, IL
Boys Cross Country	Lester Hampton	University HS	Normal, IL
Girls Cross Country	Chris Muth	Yorkville HS	Yorkville, IL
Tennis	Tom Stanhope	Stevenson HS	Lincolnshire, IL
Special Sports	Katherine Karubas	Lyons Twp. HS	LaGrange, IL

Those advancing to the District Winners Level are: Scott Hamilton, Fb, Pete Meyer, BB, Ruth Vostal, Soc., Jim Aikens, Tr. & Fld. And Tim Haak, Wr.

Jakalski To Be Inducted into NHSACA Hall of Fame

Ken Jakalski, longtime Track and Field Coach at Lisle High School will be inducted into the National High School Athletic Coaches Association Hall during the activities in Jackson Hole, Wyoming. Ken has been an innovator in the Track area and has been a recognized speaker at numerous clinics nationwide. He has administered meets for competition at all levels during his career. The noon luncheon recognizing the HOF Class will be held on Tuesday, June 17, 2014.

The ICA is constantly working to improve sports activities for young people as well as benefits for coaches. Get Involved! Be a member! Help make a difference!

Remember, we work daily with parents' most prized possessions, their children.

The ICA website is www.icacoach.org

The ICA continues to make efforts to increase benefits for coaches and young people. We have partnered to provide an opportunity for members to participate in a plan that would help save \$\$\$\$\$\$ on your electricity costs. Look elsewhere in this publication for the information from Constellation Energy.

Remember-Give your support to our Corporate Partners!!! They are the lifeline of our programs!!! WHEN PURCHASING USE THEIR PRODUCTS PLEASE!!

**RENEW YOUR MEMBERSHIP
TAKE ADVANTAGE OF
BENEFITS AVAILABLE**

ITCCCA SELECTS 2014 HALL OF FAME CLASS

Seven coaches were voted into ITCCCA's Coaches Hall-of-Fame at the recent Hall-of-Fame Committee meeting. They will be inducted at the annual ITCCCA Hall-of-Fame Banquet, following the Clinic on January 11, 2014. The selection meeting takes place in October each year. ITCCCA by-laws allow the committee to select up to seven members each year. This year there were nearly 40 coaches nominated.

Derrick R. Calhoun (Chicago Morgan High School) In his 25 years as coach of Morgan Park girls track and field and cross country teams, the Mustangs have had unparalleled success. The track and field teams have earned 7 IHSA State Championships and earn 7 State Runner-up titles. They also won 15 consecutive Chicago city championships in track and field and 9 City Championships in cross country. 43 times his athletes have won gold medals at the state track and field meet. Derrick has coached 18 individual and 25 relay state champions. Six times his athletes have set state records. Morgan Park girls have earned a total of 106 individual state metals. Derrick has also been involved in track and field on a national level. In 2011 he was head coach for the USA world youth team which competed in Lilli France. He also served as USA youth national team coach in Poland and Hungary. Eight times he has been awarded ITCCCA Coach-of-the-Year.

Doug Engle (Oregon High School) In over 20 years as coach at Oregon high school, Doug has been one of the most successful throws coaches in Illinois. Every year he has coached, he has qualified at least one thrower to the IHSA State meet. Doug has coached 64 state qualifiers. 16 of his athletes have earned all-State honors. In six of his seasons Doug has qualified at least four different athletes to the state meet. Once he qualified six different athletes. Doug has proven he is a hard worker. He is always running one or both of the throw events at most meets. A true technician of the throw events Doug won ITCCCA's assistant coach of the year award in 1999. He is known as a coach who can make the average athlete into a great athlete.

David Jokisch (Carlinville High School) He was the Carlinville high school track and field and/or cross-country coach from 1970 through 2001. His boys track and field team won 9 sectional titles. The team was IHSA Class A State Track and Field Champions in 1996 and State Runners-up in 1995. He also coached Carlinville's girls cross country team to 2nd place at the 1996 IHSA Class A State Meet. During his coaching career, Dave's athletes won 33 State medals. He coached Babatunde Ridley to six individual State Championships including a record of 24' 2" in the long jump. While coaching at Carlinville, Dave hosted many meets making Carlinville the hotspot of track in the south central Illinois area. After retiring from teaching and coaching Dave continued to stay involved in track and field. He has been owner and operator of a track and cross-country timing services for nine years.

Jim Martin (Wheaton North High School) He has spent over 40 years coaching mostly at Wheaton North High School. He has served as both head boys track and field coach and head boy's cross-country coach. He is currently an assistant coach in track and field at Wheaton North. His responsibilities include the sprint hurdles and relays. Jim has coached 30 State medalist including 8 IHSA State Champions. He also served as a coach for Wheaton North when the team placed 3rd in IHSA State Track and Field meet in 2002 and 2004. Seven times the track and field team has won sectional championships and ten times won the DuPage Valley conference track and field championship. Coach Martin has been a registered IHSA official for 35 years and has worked the State Meet 10 times.

John McInerney (Eastern Illinois University) He has served as a coach of cross country and track and field for over 25 years. After stints at Charleston and Crystal Lake South High Schools, John became the head men's cross country coach and assistant men's track coach at Eastern Illinois University in 1990. He also became the head women's cross country coach and assistant women's track coach in 1997. He continued in those duties until retiring from coaching in 2004. At Eastern teams he coached won 33 Ohio Valley conference championships. In cross country John coached athletes to a total of 60 all-conference honors. Four times his athletes won the individual conference championship. He has served as assistant meet manager for both the boys and girls IHSA State Track & Field Meets for 15 years.

Irv Sanderson (Erie and Prophetstown High Schools) He began his coaching career in 1961. He spent 48 years of his life serving as a track coach. Most of that time was at Prophetstown and Erie Co-op. He was also head cross country coach for Prophetstown from 1969 to 1989. In cross country his teams qualified for the State meet three times. In 1981 his team won the district and placed 3rd in the IHSA State Meet. He coach five athletes to state medals. His tenure as a track and field coach included 11 conference championships and 2 Sectional championships. In 1975 his team placed 4th at the IHSA Class A State Track and Field Meet. In the State meet Irv has coach 28 individual place winners along with 8 relay place winners. He coached 5 State Champions. Two athletes set class a state records in the 100 yard dash (1975) and the pole vault (1980).

Pete Struck (Rich Township and Carl Sandburg High Schools) He has been involved with coaching cross country and track and field for 34 years. He began his career in the Rich Township District where he coached for 16 years. He primarily coached at Rich East. He then went to Carl Sandburg High School where he has been involved in both sports for a total of 18 years. Pete has coached a total of 11 athletes to All-State performances. At Carl Sandburg he qualified seven teams to the IHSA State Cross Country finals. His boys won the 2001 sectional championship. His teams also captured six regional titles. Pete continues to mentor coaches and is an IHSA official starter and coach at Carl Sandburg. He, also, continues to works the State meets for cross-country and track and field.



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ILLINOIS HIGH SCHOOL FOOTBALL COACHES ASSOCIATION

2014 CLINIC SCHEDULE

THURSDAY, APRIL 10, 2014

3:00-8:00 PM	Registration	
3:00-5:15 PM	Pre-Practice Meetings	
<i>Coaches will be able to sit in on player/ Coaches meetings plus weight room</i>		
5:45-8:00 PM	Illinois Practice	Memorial Stadium
9:00-11:30 PM	Chalk Talk/Social	Alumni Room, Hilton

FRIDAY, APRIL 11, 2014

6:00 AM	Set-up	Hilton/Hawthorn
7:00 AM	Registration	Hilton

SESSION 1 8:00 – 9:00 AM

HAWTHORN

Damon Tomeo, Knox College / 3-4 Defense: Schemes and Position Techniques
Mike Emendorfer, University of Wisconsin-Platteville / New Concepts For The Trips
Rob Ericson, University of Wisconsin-Platteville / Being Multiple With The Cover 3
Jon Cooper, Benedictine University / BenU's Secondary Techniques and Coverage

HILTON

Mike Conway, North Park College / Philosophy and System: Not Scheme Defense

HOMEWOOD

Joe Freitag, Benedictine University / BenU's Run Scheme and Techniques

9:10-9:25 AM	IHSA Speaker/John Elder	Illini Ballroom, Hilton
9:25-9:45 AM	Awards Ceremony	Illini Ballroom, Hilton
9:45-10:30 AM	Tim Beckman, University of Illinois	Illini Ballroom, Hilton
10:30-11:40 AM	Marc Trestman, Chicago Bears	Illini Ballroom, Hilton
11:40 AM-12:35 PM	Lunch	

SESSION 2 12:40 – 1:50 PM

HAWTHORN

Joe Sanchez, Barrington H.S. (8A) / Defense-Bronco Swarm Philosophy, Pursuit, Tackling, and Takeaways

Tyson LeBlanc, Oswego East H.S. (7A) / Spreading the Wealth-Using Formations and Motions to get The Most Out of The Zone Read

Bryan Stortz, Rock Island H.S. (6A) / Program Development: Buy In and Sell Out Motivation and Mentality

Darin Driscoll, Limestone H.S. (5A) / Offseason Strength and Conditioning

HILTON

Pat Fitzgerald, Head Coach Northwestern University / Wildcat Leadership Development: Wildcat Games and Leadership Council

Rod Carey, Head Coach Northern Illinois University / Developing A Program Multiple Head Coaches

Derrick Nelson, Rochester H.S. (4A) / Rochester Running Game: Counter and Power
Chuck Milem, Erie/Prophetstown H.S. (4A) / Practice In The Triple Option

HOMEWOOD

Kurt Barth, Head Coach Eureka College / Quick Passing Game

SESSION 3 2:10 – 3:15 PM

HAWTHORN

Dick Duval, St Joseph-Ogden H.S. (3A) / Playoff Preparation/What WE Have Learned and What We Have Done

Matt Fox, Mommence H.S. (2A) / Using Formations, Motion, and Shifts in the Screen Game and Vertical passing Game

Jim Innis, Argo H.S. (6A) / Practice and Game Productivity and Organizational Efficiency

Filip Filipovic, Pro Kicker / The Kicking Game

HILTON

Larry Johnsen Jr., Geneseo H.S. (4A) / Jet Sweep Series From Under Center

Craig Buzea, Homewood-Flossmoor H.S. (8A) / Getting the Ball to your Tight End/ H Back in the Spread Formation

Dave Lenti, Mount Carmel H.S. (7A) / Mount Carmel's Versatile 8 Man Front

Josh Roop, Downs Tri-Valley H.S. (1A) / Developing Leaders Through Your Program

HOMEWOOD

James Brown, Brooks College Prep H.S. (5A) / The pressure 4-4 Defense

SESSION 4 3:30 – 4:40 PM

HAWTHORN

Vito Andriola, Dundee Crown H.S. (8A) / Trying to Change the Program Culture

Chris Hammond, Simeon H.S. (8A) / Offensive Line Play and Drills

Jeff Beck/Jim Ryan, Belvidere North H.S. (7A) / Spread Offense: Passing Game, Protections And Running Game

Mike Holmes, Leo H.S. (1A) / Leo Lions Defense: Attack Package, Using Everyone To Attack the Gaps

HILTON

Ken Leonard, Sacred Heart-Griffin H.S. (5A) / Spread: Fast Tempo Run/Pass Offense

Joe Ryan, Sycamore H.S. (5A) / Involving Your QB in the Run Game

Zac Wells, Merrillville H.S. (Indiana) / Practice Planning and Program Development

Phil Acton/Dave Maurer, Hall of Fame Veteran Speaker / Drills and Activities to Improve Conditioning for Games

HOMEWOOD

Chad Eisenmenger, Argenta-Oreana H.S. (1A) / Flex Bone Option Game vs Various Fronts

5:00-6:30 PM Cookout Great West Hall – Memorial Stadium

6:30-8:00 Illinois Staff Interactive Session Irwin Indoor Football Facility
Illinois staff/players will conduct a Q&A and demonstrate drills for coaches

SATURDAY, APRIL 12, 2014

7:00-10:00 AM	Registration	Hilton
7:45-8:30 AM	Jim Rexilius Memorial/FCA Breakfast	Chief Illiniwek Ballroom, Hilton

SESSION 5 9:15 – 10:20 AM

HAWTHORN

Pat Watson, Naperville Central H.S. (8A) / Offensive Line Play vs Various Fronts

Chad Beaver, Lake Zurich H.S. (7A) / Total Program Development

Marc Delaere, Normal West H.S. (6A) / Enhancing Mental Toughness and Leadership Skills

Tom Jobst, Ottawa Marquette H.S. (1A) / TBD

HILTON

Troy McAlister, Wendell Phillips H.S. (4A) / Variations of the Zone Read in the Pistol Offense

Gabe Cesaretti, Nokomis H.S. (2A) / Nokomis Football Family: Philosophy/Practice Drills

Michael Parmentier, Staunton H.S. (2A) / Targeting the Shot Gun Spread with the 3-3 and 3-4 Defense

HOMEWOOD

Brian Hutsler/Daryl Graves, Sycamore H.S. (5A) / Coordinating the Sophomore Program with the Varsity

SESSION 6 10:35 – 11:40 AM

HAWTHORN

Michael Papocchia, Sterling Newman H.S. (2A) / Drills and Frills

Nick Hildreth, Willowbrook H.S. (7A) / Changing the Program - Off-Season Prep, Practice Planning/Tempo and Schematic Philosophy

Tim Franken, Whitney Young H.S. (6A) / Whitney Young's Winter Strength and Conditioning Program

Andy Kerley, Cerro-Gordo-Bement H.S. (2A) / We Are CGB-Make Your Coop Work With Program Development

HILTON

Jeremy Cordell, Glenbard South H.S. (5A) / Attack The Spread With The Hit Squad 3-3 Defense

Mike Lalor, Stillman Valley H.S. (3A) / Stillman Valley Football, Less is More and Other Ideas to Help Improve Your Program

Fabray Collins, Robeson H.S. (3A) / Drills to Become a Better Defensive Player

12:15-2:00 PM Hall of Fame Banquet/Induction Ceremony
Speaker: Tim Beckman, University of Illinois

2:00 PM Spring Game Memorial Stadium

**Illinois Coaches Assoc.
Chillicothe Jr. High
914 W. Truitt
Chillicothe, IL 61523**

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