



# MUSKRAT ATHLETICS

VOLUME 1, ISSUE 1 JAMES THIEDE, ATHLETIC DIRECTOR

FEBRUARY 2012

## COACHING TIPS OF THE MONTH

VERY SIMPLY, GREAT COACHES HAVE GREAT PRACTICE PLANS. PRACTICE PLANS SHOULD BE USED FOR ALL PRACTICES. THE GENERAL RULE IS THAT YOU NEED 2 HOURS OF PREPARING A PRACTICE PLAN FOR EVERY HOUR OF ACTUAL PRACTICE. A SOLID PRACTICE PLAN IS ESSENTIAL IN MAXIMIZING PRACTICE TIME AND ELIMINATING WASTED TIME STANDING AROUND. EVERY COACH SHOULD HAVE A PRACTICE PLAN POSTED IN THEIR LOCKER ROOM OR ANOTHER AREA WHERE THEIR ATHLETES CAN LOOK AT IT FOR EVERY PRACTICE. PRACTICE PLANS SHOULD INCLUDE A MINUTE BY MINUTE BREAKDOWN OF WHAT YOU WILL BE PRACTICING ON FOR THE DAY. PRACTICE PLANS SHOULD ALWAYS VARY FROM DAY TO DAY TO ELIMINATE BOREDOM.

2012 FEBRUARY 1

“A CRITIC IS SOMEONE WHO NEVER ACTUALLY GOES TO BATTLE, YET WHO AFTERWARDS COMES OUT SHOOTING THE WOUNDED”

TYNE DALY

## INTRODUCING

In an effort to increase communication with our coaches, teachers, and community we have established a monthly news update for our athletic department. This news update will provide information about athletic related topics throughout the school year. This news update will be emailed out monthly and also posted on our web-site.

## Sports Boosters Auction Dinner

The 18th ANNUAL SPORTS BOOSTER AUCTION DINNER has been set for Saturday, March 24th, at Maniaci's Banquet Center in Richmond. Tickets are \$25.00/person includes Family Style Dinner, Beer, Wine, Pop, Coffee, Dessert and Door Prizes. This has been a wonderful event for the past 17 years that has raised thousands of dollars for all of our sports programs. Tickets will be on sale at various athletic events or you can contact Sandra Kacarka at 586-557-2159. We look forward to seeing you there!

## Sports Booster Members Needed!

The Sports Boosters are in need of volunteers to help support our athletic programs. If you are interested please consider attending a meeting on the first Monday of every month.

## College Bound Athletes

Is your son or daughter interested in college athletics? If so visit our athletic website for information on the process and links to great resources.

## Algonac Athletics Website

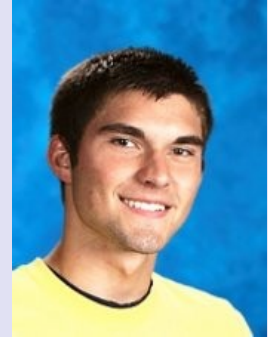
For the most up to date information about all of our athletic programs please visit the Algonac Community Schools website. Under the Athletics link you will find information on fundraising, schedules, college information, important forms, and much more. You will also find team pages for all our sports that will provide sports specific information.

## Increase Athletic Performance

What is the best way to increase athletic performance in any sport? Participate in a strength and conditioning program. Increasing muscle strength and endurance pays dividends in all athletic sports.

## STUDENT ATHLETE OF THE MONTH

This month's Student Athlete of the Month is Kyle Mikolowski. Kyle is a 3 sport athlete participating in football, basketball, and track. Kyle was a 3 year starter in football and was selected All Conference, 2nd Team All Area, and was voted the Offensive MVP of the football team. Kyle also set a school record for TD's in a game with 3. Kyle is also an outstanding student earning 3.85 GPA over his career. Currently Kyle is taking 3 IB classes and 1 AP class.



## Announcements

Need a sport schedule? Please visit our website at <http://www.highschoolsports.net/school/Algonac-HS-Clay-Township-MI/All/All/All/>

Coaches remember to complete MHSAA rules meetings on line well before your season starts!

Coaches remember to complete official ratings for all varsity events!

Next Sports Booster Meeting February 6th, 7pm @ Algonac H.S.

Wrestling Districts- @ Richmond 2/9 at 6pm

Cheer Districts-@ Capac 2/15 at 11am

Boys and Girls Basketball and Cheer Parent Night 2/24 at 7pm

Girls Basketball Districts-@ Richmond 2/27 at 7pm

Boys Basketball Districts-Home Vs. Richmond 3/5 at 7pm

The 2012 Winter Athletic Awards Ceremony will take place on Tuesday, March 13th at 6pm at Algonac High School and will honor our winter sport athletes.

18th Annual Sports Booster Auction Dinner Saturday, March 24th

Football Bowling Fundraiser 4/21 at 6pm @ Colony Bowl

Football Muskrat Golf Scramble 6/9 at 11am @ St.Clair Country Club