

Athletics  
Student & Parent  
Handbook



**HERBERT HENRY DOW HIGH SCHOOL**

2002 State & National Blue Ribbon School  
2002 MIAAA/MHSAA Exemplary Athletic Award  
20 Times -SVL Richard Leach Boys & Girls Trophy Winner

*"A Legacy of Excellence"*  
43 Years of Athletics

# H.H. Dow High School

## Athletic Staff

2011-2012

Athletic Director ..... Bob Wellman

Athletic Office Professional Karen Emeott

Faculty Manager ..... Beth Whelan

Asst. Faculty ..... Manager Pam  
Ponte

Baseball ..... **Kip Harris,**  
Justin Davis, Marshall Gray

Basketball (Boys) ..... **Dave**  
**MacDonald,** Marshall Gray, Steve Albertson

Basketball (Girls) ..... **Bob Wellman,**  
Kyle Theisen, Jenny Roan

Cheerleading (fall/winter) · **Kathy Snyder,**  
Rebecca Arnold

Cross Country ..... **Jed**  
**Hopfensperger**

Football ..... **Jason Watkins,**  
Phil Leigeb, Dirk DeBoer, Lee Kamin, Charlie  
Stinson, Mike Bruns, Sean Murray, Ned  
Seeberger

Golf (Boys ) ..... **Mark Pickering,**  
Doug Bradford

Golf (Girls) ..... **Doug Bradford,**  
Mark Pickering

Hockey ..... **Dick Blasy,**  
Troy Grunder

Lacrosse (Boys) ..... **Joe Stadelmair**

Lacrosse (Girls) ..... **Steve**  
**Altscheffel**

PomPon ..... **Colleen Rabine,**  
Kerry Robb, Kim Wylie

Soccer (Boys) ..... **Jeff Richards,**  
Marshall Gray

Soccer (Girls) ..... **Gary Strickler,**  
Erica Bader

Softball ..... **Jason Gehoski,**  
Jenna Nunamaker

Swimming (Boys) ..... **Gary Strickler,**  
Carl Smith

Swimming (Girls) ..... **Gary Strickler,**  
Renee Allen

Tennis (Boys) ..... **Terry**  
**Schwartzkopf,** Garrett Turner

Tennis (Girls) ..... **Garrett Turner**

Track (Boys) ..... **Jim Ferency,**  
Josh Criner, Kaitlin Irish

Track (Girls) ..... **Jed**  
**Hopfensperger,** Erika Schroll

Volleyball ..... **Kristin Eddy,**  
Scott Hill

Wrestling ..... **Gary**  
**Hollingshead,** Anthony Premo

Athletic Trainer ..... **Helen Oikarien**

**Bold Text - Head Coach**

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## Forward

This booklet has been prepared to give you an insight and to answer some questions about the H.H. Dow High School athletic program. We are very proud of the **“Charger Tradition” and “Charger Spirit.”** If you have any further questions, please feel free to call the H.H. Dow Athletic Department at 989-923-5416.

## *Athletic Program Philosophy*

The goal of education is to help young people to develop physically, emotionally, and intellectually. The athletic program at H. H. Dow High School is meant to contribute to this goal by providing our student-athletes with opportunities to participate as team members in athletic competition with other schools. Desirable individual outcomes include the development not only of physical skills but of sportsmanship, citizenship, teamwork, self-discipline, loyalty, tolerance and perseverance.

## *Policy on Sexual Harassment*

Midland Public Schools is committed to providing an educational environment which is free of discriminatory intimidation and sexual harassment. Abuse of the dignity of anyone through sexist slurs or through other derogatory or objectionable conduct is offensive behavior which will not be tolerated.

Sexual harassment is a violation of Title VII of the Civil rights Act of 1964 and the Michigan Elliot-Larson Civil Rights Act. It is also contrary to the policy of the school district for any staff or student member, male or female, to sexually harass a student or staff member.

Individuals who believe that their rights in this area have been violated should report their concerns to the building administrators or to the Director of Human Resources of the Midland Public Schools.

## ***MHSAA – Athletic Eligibility***

The Midland Public Schools is a volunteer member of the **Michigan High School Athletic Association**. The MHSAA rules listed in this brochure are only a summary of some of the regulations affecting student eligibility. Most rules found in the **MHSAA handbook** which can be located in the school administrative offices. Review these rules and ask questions of your principal, athletic director and coaches. **Your role in following the rules will assure eligibility to participate in interscholastic sports or prevent your participation as an ineligible athlete which would result in forfeiture of contest.**

1. **Age:** A student becomes ineligible if they are 19 before September 1 of the current year.
2. **Physical Examination:** Athletes must have on file in the athletic office a physician's statement for the current school year (**after April 15<sup>th</sup>**) certifying that he/she is physically able to compete in athletic practices and contests. The Midland Public Schools also requires that each athlete has their insurance company's name on file or a waiver of insurance form on file in the athletic office.
3. **Enrollment:** Students must be enrolled in school prior to the fourth Friday after Labor Day {1<sup>st</sup> semester} or the fourth Friday of February {2<sup>nd</sup> semester}. A student must be enrolled in the school for which he or she competes.
4. **Semesters of enrollment:** Students cannot be eligible in high school athletics for more than eight semesters and the seventh and eighth semesters must be consecutive. Students are allowed four first semester and four second semesters of competition and cannot compete if they have graduated from high school.
5. **Semester Records:** Students must have **passed** at least **four** full credit subjects in the previous semester of enrollment, and must be currently **passing four** full credit courses.

6. **Transfer Students:** A student in grades 9-12 who **transfers** to another high school is **not eligible** to participate in an interscholastic contest for one full semester unless the student qualifies for immediate eligibility under one or more of the 15 published exceptions.
7. **Undue Influence:** The use of undue influence by any person directly or indirectly associated with a school to secure or encourage the attendance of a student for athletic purposes shall cause the student to become ineligible for a minimum of one semester.
8. **Limited team membership:** After practicing with or participating with high school teams, students cannot participate in any athletic competition nor sponsored by his or her school in the same sport during that same season. Exceptions include Ice Hockey and all individual sports which apply the rule from the point of a student's first participation in a contest or scrimmage rather than practice. Students in individual sports may participate in a maximum of two (2) non-school individual meets or contests during the school season while not representing their school.
9. **All Star Competition:** Students shall not compete at any sport under MHSAA jurisdiction in All-Star contests or national championships regardless of the method of selection. Participation in such a contest shall cause that student to become **INELIGIBLE** for a maximum period of one year of school enrollment.
10. **Awards and Amateurism:** Students cannot receive money or other valuable consideration for participating in MHSAA sponsored sports or officiating in interscholastic athletic contests, except as allowed by the MHSAA handbook. Students may accept, for participation in MHSAA sponsored sports, symbolic or merchandise award which does not have a value over **\$25.00**. Awards in the form of cash, merchandise, certificates or any negotiable document are **never** allowed.

## ***Team Tryouts and Cutting***

All eligible students will be offered the opportunity to try out for an athletic team. Each sport has a starting date and there will be a minimum of three days of tryouts/practice before cuts are made. Junior varsity and freshman athletes need to be invited to try out for a higher level team.

## ***General Team Guidelines***

Each team and coach will have various guidelines that are relative to the particular sport. However, listed below are a few guidelines that are the same regardless of the sport.

1. **General Commitment to the Program** – Each athlete that is on a team must have a strong commitment to the team and athletic program in general. Being on a team will require **teamwork, self-discipline, loyalty, tolerance, sportsmanship, citizenship, perseverance**. If an athlete has a concern or conflict, first begin by talking with the Head Coach of the team (**see Issues in Athletics**).
2. **Practices & Contests** – Practices in general begin around 3:30. During the winter and early spring the practice times vary from day to day as a result of gymnasium use. Athletic contests are usually scheduled a year in advance or more. Each sport usually has its own pattern on which days in the week they play their contests.
3. **Equipment & Uniforms** – The athlete is responsible for all uniforms and equipment that the school provides. All equipment must be turned in immediately following the end of the season. The athlete will be charged for damaged or not returned equipment or uniforms.

4. **Athletic Training Rules**- All athletes in the Midland Public Schools fall under the Board of Educations policy on athletic training rules. The athletic training rules specifically **prohibit** drinking or possession of alcoholic beverages, abuse or possession of harmful narcotics and/or drugs, the use of tobacco in any form, or any socially unacceptable behavior such as failure to obey civil laws of our society or the serious of habitual violations of the Board of Education’s Code of Student Conduct. **These training rules are to be observed throughout the entire calendar year and throughout the athlete’s career at H. H. Dow High and Midland Public Schools.**

## ***Issues in Athletics***

The Midland Public Schools are very proud of our sound education and athletic programs. We have committed ourselves to continue to have a program that all student athletes can be proud to be a part of while they are in school. We perceive ourselves as having one of the best educational athletic programs in Michigan.

As a result of our commitment, we will also invite comments or criticism from our public. We enthusiastically participate in discussion of ways to address and resolve the issues and challenges that lie ahead.

When a person (such as a student, a parent, a coach, a teacher, or an administrator) has a question, concern or complaint regarding athletic situation we have found the following line of communication is **very effective** in resolving issues:

1. **Start with the source:** Talk directly with the coach, in private, face to face, away from the practice site or game arena. A telephone call may be necessary to arrange an appointment. **Right after a contest is NOT always the best time.**
2. **If necessary, talk next with the Head Coach of the sport.**

3. **If necessary, talk next with the Athletic Director.**
4. **If necessary, talk next with the Principal or Assistant Principal.**

\*All complaints MUST be heard at the lowest possible level BEFORE intervention by the higher authority can occur. This system has worked very well in the past. However, the next level arbitrator will always be willing to meet about a complaint if sub-level discussions do not accomplish their intended purpose.

\*Help the child learn to resolve his or her own differences. When a student successfully deals with difficult situations, he or she learns and grows. Of course, a parent always has the right to intervene on behalf of a child.

\*When stating your concern be prepared with the facts in so far as you understand, or can ascertain, them. Think through your expectations for the outcome resulting from voicing your concern. That is, be clear about what you hope will happen as a result of your meeting.

\*As you converse with the coach, or other authority, repeat back what you hear or say to be sure that you understand the important points. Stay calm and friendly as you talk and listen.

\*We always assume that all parties have the best interest of the students in mind when concerns are discussed. We will make every effort to assure that the student is not penalized or placed in an awkward position as a result of voicing a concern.

**THANK YOU FOR YOUR  
SUPPORT OF DOW HIGH  
ATHLETICS!!**

## ***Athletic Insurance and Injuries***

We never want to hear that athlete has been injured while participating in athletics; however, it is important that we are informed ahead of time of reasonable action to take if an injury does occur to your son or daughter. Athletics can play an important role in your child's development; however, there is a risk of injury while participating in athletics. The use of proper techniques and equipment is also essential.

It is encouraged that all parents have medical insurance in the event that an injury occurs while participating in school sports.

The Midland Public Schools does not provide insurance covering injuries to an athlete while participating or practicing with a school team. The school does provide information for parents to purchase insurance or additional coverage that will provide some coverage for injuries occurring during school athletics. Parents should contact the school Main Office for additional information on this insurance plan.

## ***Injury treatment Basics for Home***

As a parent, you may find yourself treating a sports injury at home. When treating an injury at home remember **R-I-C-E**.

**Rest** – Stop working the injured area and rest. Avoid anything that causes pain in the injured area.

**Ice** – Apply ice to control swelling and reduce pain. Do not apply heat. While applying heat may “feel good,” this actually increases swelling and recovery time. Always apply ice first.

**Compression** – Wrap the injured area to control swelling. If the skin is discolored (blue or purple), a doctor should be consulted.

**Elevation** – Elevate the injured area.

Please inform your son or daughter's athletic trainer and coach about any injuries as soon as possible.

**From: MidMichigan Regional medical  
Center Rehabilitation Services**

## ***Sportsmanship & Citizenship***

### **We all play a role...**

Rarely is an athletic contest played without negative reaction from a coach, athlete or spectator in the stands on a questionable call made by the official. Officials do make mistakes as well as the coaches, athletes and yes, we the "FANS." Our high school athletic program can bring out the very best in our athletes, students and adults or: *it can bring out the worst!*

We believe that our athletic program is **educational** and that there are very important lessons in *citizenship* and *sportsmanship* to be learned in the process. Everyone has a role to play. We can do this by being a good example and follow a few simple practices.

### **General Guidelines**

- Be a gracious host and show respect for our opponents
- Respect the decisions made by the contest officials
- Be an exemplary role model by positively supporting teams in every manner possible, including content of cheer and signs. **BE A FAN ... NOT A FANATIC**
- Realize that a ticket is a privilege to observe a contest and support high school activities, not a license to verbally assault others or be generally obnoxious.

### **Examples of a Good Sport**

- Exhibits spirit of benevolence and genuine concern for the opponent
- Accepts results gracefully and acts fairly and courteous at all times.
- Maintains self control in all circumstances

### **Unacceptable Behavior**

- Disrespectful or derogatory yells, chants, songs, or gestures
- Criticizing officials in any way; displaying of temper with an official's call.

## ***Academics and Athletics***

H.H. Dow High School has a rich tradition and history in academic excellence among its student athletes. The average athlete has a 3.0 GPA or higher and many of our teams average over a 3.0 as a team.

Parents can play an important role in helping student athletes **balance** the demands of academics, athletics and school in general. The preparation and practice necessary for success in athletic performance is also necessary for success in academics.

Listed below are a few helpful ideas provided by the Ruster Foundation

### **Motivational Assistance:**

- Emphasize the value of learning
- Discuss short-term goals
- Discuss long-term goals
- Encourage/promote good study habits
- Reward student for achieving study goals
- Gather information for advanced education
- Encourage positive peer influence

### **Promotion of Healthy Lifestyle:**

- Provide Nutritious meals
- Encourage adequate sleep
- Encourage adequate exercise
- Promote activity/study schedules
- Promote adherence to the athletic training rules

### **Supervising, Monitoring and Coaching:**

- Review student's study plan
- Track student's progress in school
- Promote basic skills – listening, reading, writing
- Review ideas for preparing for taking tests
- Encourage the use of help from – teachers, students and tutors

### **Providing a Positive Role Model:**

- Share your own system to accomplish goals
- Share personal education successes and failures
- Show that you value learning in your lifestyle
- Display respect for learning

### **Provide Facilities and Equipment**

- Appropriate desk, chair, lighting, paper, pencils, pens, etc...
- Reasonable quiet area with limited distractions
- Equipment: computer, calculator, etc...

## **Saginaw Valley Conference Richard Leach Sports Excellence Award**

The Richard Leach Boys' and Girls' Sports Excellence Trophies are awarded each year to the schools who's boys and girls team have compiled the most points in Saginaw Valley Conference and MHSAA District, Regional and State tournaments.

H.H. Dow High School has a proud history of having a competitive boys and girls athletic program. We have won the Richard Leach Award in the following years.

<u>Boys Teams</u>	<u>Girls Teams</u>
1987-88	1986-87
1989-90	1988-89
1996-97	1992-93
1997-98	2003-04
1998-99	2005-06
2002-03	2006-07
2003-04	2007-08
	2008-09
	2009-10
	2010-11

Goals are essential! I really believe that without them we kind of flounder around like the cliché "the ship without a rudder," We might go a long way, but we might end up going in circles too...this is why I believe goals are absolutely essential!

*Don Sutton, retired Major League Baseball Player*

If you have a goal in life that takes a lot of energy, that requires a lot of work, that incurs a great deal of interest and that is a challenge to you, you will always look forward to waking up to see what the new day brings!

*Susan Polis Schultz, American Poet*

Sure you feel better and you sleep better when you win, but there's nothing you can do about a game once it's over. You can't change it. You can replay it as many times as you want, but the score is always the same. All you can do is learn from it and look ahead to tomorrow.

*Walter Alston, Retired Major League Manager*

Show me a thoroughly satisfied man and I will show you a failure.

*Thomas Edison, American Inventor*

## **Athletic Awards**

**Varsity "letters"** are awarded in each sport who have completed the sport season as determined by the head coach. See **team information** for more details.

1. The **7" Varsity chenille letter** is awarded only once in an athlete's career at Dow High. It will be his/her first varsity award.
2. **Varsity certificates** are awarded to all letter winners.
3. **Senior Plaques** are awarded to seniors who have lettered in that sport for two years.

**Participation Certificates** are presented to each athlete not receiving a varsity letter but who has successfully completed a sport season either on a Varsity, JV or Freshman team.

**Special Awards:** Generally there are 3 special trophy awards per sport. Examples of awards: Most valuable player, Most Improved Player, Coaches Award.

**Saginaw Valley Conference Awards:** These awards are selected by the head coaches of the various sports. These awards are 1<sup>st</sup> Team, 2<sup>nd</sup> Team and Honorable Mention.

**Saginaw Valley Scholar Athlete Award:** This award is issued to any H.H. Dow High athlete who has met the following requirements:

1. Been involved in the sport for a minimum of two years at H.H. Dow High and/or the middle school. At least one year on the varsity team at Dow High.
2. Has maintained a 3.3 GPA or higher.

**H.H. Dow Charger Booster Club Scholar Athlete Award:** This award is awarded to one athlete on each team. The criteria is based on academics, athletic performance, attitude, team contributions and competitiveness.



## **H.H. Dow High Athletic Booster Club**

The **Dow High Athletic Booster Club** is dedicated to the support of the Dow High School athletic program. The Booster Club has been involved in the fundraising of many projects over the past several years by complimenting and supplementing the school program. Equipment, training aids, video equipment, warm-ups, financial assistance for clinics, student scholarships, field improvements and many others are examples of Booster Club support.

The Booster Club has included all sports and interested boosters to act as Sport Representatives for individual sports. These representatives attend Booster Club meetings and are the principal contact between the Booster Club and the sport they represent. All sport reps provide their respective coaches a ready contact for support.

Parents and other are urged to join the Dow High Booster Club. Regular Booster Club meetings are held the **second Monday** of each month during the school year. Everyone is welcome.

### **Booster Club fundraising events:**

**Booster Golf Outing --- Fall**

**Booster Charger Card --- Fall**

**Booster Casino Night --- Winter**

**Booster Spaghetti Dinner --- Spring**

\*\*FUNDING FROM THE BOOSTER CLUB IS CRITICAL FOR THE CONTINUED SUCCESS OF DOW HIGH ATHLETICS....BECOME A PART OF THE BOOSTER CLUB OR JUST HELP AT AN EVENT. YOUR SUPPORT WILL HELP US CONTINUE TO HELP FUND DOW HIGH ATHLETICS!!\*\*

## **Saginaw Valley Conference Going strong for 107 years - 1904-2011**

H.H. Dow High School is a member of the Saginaw Valley Conference. It is believed that this is the oldest and still active athletic conference in Michigan. It is a highly competitive and respected high school conference. Other members of the Saginaw Valley Conference include:

<b><u>School</u></b>	<b><u>Nickname</u></b>	<b><u>Joined</u></b>
<b>Bay City Central</b>	Wolves	1904
<b>Bay City Western</b>	Warriors	1972
<b>Flint Northern</b>	Vikings	1927
<b>Flint Southwestern</b>	Knights	1960
<b>Midland High</b>	Chemics	1960
<b>H.H. Dow High</b>	Chargers	1971,1980
<b>Mount Pleasant</b>	Oilers	2005
<b>Saginaw High</b>	Trojans	1904
<b>Saginaw Heritage</b>	Hawks	1994
<b>Saginaw Arthur Hill</b>	Lumberjacks	1904

Note: 1976-77 through 1979-80, H.H. Dow was independent

### **Teams joining the Valley in 2012-13:**

<b><u>School</u></b>	<b><u>Nickname</u></b>	<b><u>Joined</u></b>
<b>Davison</b>	Cardinals	2012
<b>Flint Carmen-Ainsworth</b>	Cavaliers	2012
<b>Flint Northwestern</b>	Wildcats	2012
<b>Flint Powers Catholic</b>	Chargers	2012
<b>Flushing</b>	Raiders	2012

## ***Statement of Belief***

*The Saginaw Valley Athletic Association believes that a quality co-curricular program plays an integral role in the educational process by enhancing the mental, emotional and physical well-being of each participating individual.*

## ***Charger Spirit***

***\*Strength \*Pride \*Integrity\*  
Respect \*Intensity \*Tradition***



**DOW HIGH ATHLETIC HISTORY**

**MHSAA**

**State Championships**

<b>Football</b>	<b>1976</b>	<b>Class A</b>
<b>Boys Tennis</b>	<b>1984</b>	<b>Class A</b>
<b>Gymnastics</b>	<b>1990</b>	<b>All Class</b>
<b>Girls Tennis</b>	<b>2009</b>	<b>Div. I</b>
<b>Boys Tennis</b>	<b>2009</b>	<b>Div. II</b>
<b>Boys Tennis</b>	<b>2010</b>	<b>Div. II</b>

**MHSAA State Championship**

**Runner-ups**

<b>Baseball</b>	<b>1983, 1987</b>
<b>Boys Tennis</b>	<b>1972, 1973, 1975, 1983, 1986, 1998, 1999</b>
<b>Football</b>	<b>1997</b>
<b>Girls Tennis</b>	<b>1988, 2010</b>
<b>Boys Swimming</b>	<b>2006</b>

**Saginaw Valley & MHSAA**

**District, Regional and State Championships**

**Boy's Sports**

**Baseball - started in 1969**

Saginaw Valley:	1981, 1983, 1985, 1986, 1987, 1988, 1989, 1990, 1992, 1993
Districts:	1983, 1984, 1987, 1991, 1993, 1996, 1997, 2005
Regionals:	1983, 1987, 1991
State Finalist:	1983, 1987
State Champions:	1983, 1987

**Basketball - started in 1968-69**

Saginaw Valley:

Districts: 1973, 1981, 1982, 1983,  
1985, 1986, 1988, 2000,  
2005, 2006

Regionals: 1981

**Cross Country - started in 1968**

Saginaw Valley: 1998, 2002, 2003

Regionals:

**Football - started in 1968**

Saginaw Valley: 1986, 1997, 2005

Play-off qualifier: 1976, 1988, 1997, 1998,  
2000, 2005, 2010

Regional: 1976, 1997

State Finalist: 1997

State Champions: 1976

**Golf - started in 1968**

Saginaw Valley: 1971, 1973, 1974, 1981,  
1982, 1985, 1986, 1992,  
1996, 1997, 1998, 2002,  
2003, 2009

**Hockey - started in 1976**

Saginaw Valley: 1984, 1988, 1990, 1992,  
1995, 1996, 1997, 1998

Districts: 1998, 1999, 2000

Regionals: 1983, 1999, 2000

**Soccer - started in 1984**

Saginaw Valley: 1985, 1986, 1987, 1988,  
1990, 1992, 1995, 1997,  
1998, 2000, 2001, 2002,  
2004, 2008, 2010

Districts: 1987, 1995, 1996, 1998,  
2000

**Swimming - started in 1968-69**

Saginaw Valley: 1986, 1987, 1988, 2003,  
2004, 2005, 2006, 2007,  
2008, 2009, 2011

State Runner-up: 2006

**Tennis - started in 1969**

Saginaw Valley: 1971, 1972, 1973, 1974,  
1975, 1981, 1982, 1983,  
1984, 1985, 1986, 1987,  
1988, 1989, 1990, 1991,  
1993, 1994, 1995, 1996,  
1997, 1998, 1999, 2000,  
2001, 2002, 2003, 2004,  
2008, 2009, 2010

Regionals: 1981, 1982, 1983, 1984,



**Saginaw Valley & MHSAA**  
**District, Regional and State Championships**

**Tennis cont....**

Regionals: 1985, 1986, 1987, 1988,  
 1991, 1995, 1998, 1999,  
 2000, 2001, 2002, 2003,  
 2004, 2008, 2009, 2010

State Runner-ups: 1972, 1973, 1975, 1983,  
 1986, 1998, 1999

State Champions: 1984, 2009, 2010

**Track – started in 1969**

Saginaw Valley: 2003, 2004

**Wrestling – started in 1970**

Saginaw Valley: 1981, 1987, 2011

Districts: 1988

**Girl’s Sports**

**Basketball – started in 1975**

Saginaw Valley: 1982, 1985, 2005, 2011

Districts: 1984, 1985, 1986, 1987,  
 1988, 1992, 1996, 2005,  
 2006, 2008, 2009, 2010

Regionals: 2010

**Competitive Cheer – started in 2001-02**

Districts: 2011

**Cross Country – started in 1978**

Saginaw Valley: 1989, 1990, 2001, 2010

**Golf – started in 1975**

Saginaw Valley: 2003, 2004, 2007, 2008,  
 2009

**Gymnastics – started in 1976-77 (no longer offered)**

District: 1990

Regional: 1990

State Champion: 1990

**Softball – started in 1974**

Saginaw Valley: 1981, 2000, 2003, 2004,  
 2007

Districts: 1983, 1989, 2004, 2007

**Soccer –started in 1984**

Saginaw Valley: 1987, 1988, 1989, 1991,  
 1992, 1993, 1994, 1995,  
 1996, 1997, 1998, 1999,

Districts: 2004, 2006, 2010, 2011  
 1988, 1991, 1992, 1993,  
 1994, 1995, 1996, 1997,  
 1998, 1999, 2006, 2010,  
 2011

Regionals: 1996, 1998

**Swimming –started in 1973**

Saginaw Valley: 1980, 1981, 1982, 1983,  
 1986, 1987, 1988, 1991,  
 1999, 2007, 2008, 2009,  
 2010

**Tennis – started in 1972**

Saginaw Valley: 1975, 1981, 1982, 1983,  
 1985, 1986, 1987, 1988  
 1989, 1991, 1992, 1993,  
 1994, 1995, 1997, 1998,  
 1999, 2001, 2003, 2004,  
 2005, 2006, 2008, 2009,  
 2010, 2011

Regionals: 1980, 1981, 1982, 1986,  
 1987, 1988, 1997, 1998,  
 1999, 2000, 2001, 2003,  
 2008, 2009, 2010, 2011

State runner-ups: 1988

State Champions: 2009

**Track – started in 1975**

Saginaw Valley: 1990

Regional: 1989, 1990

**Volleyball –started in 1972-73**

Saginaw Valley: 1982, 1983, 1984, 1985,  
 1993, 2009

Districts: 1983, 1984, 1985, 1986,  
 1990, 1993, 2007, 2009

Regionals: 1983

## Team Information

### Boy's Sports

**Baseball** – (Spring) Varsity, JV & Freshman teams. Baseball is a cut sport. Each team usually carries from 16-20 players. Most games are played on Mondays, Thursdays and Saturdays. Most games are double headers and on weekends we are involved in tournaments. Participating members of the varsity team will earn a varsity letter.

**Basketball** – (Winter) Varsity, JV & Freshman teams. Basketball is a cut sport. Each team usually carries from 12-15 players. We play twenty games in the regular season. The games are usually played on Tuesdays and Fridays. All members of the varsity earn a varsity letter.

**Cross Country** – (Fall) Varsity team only. The girls and boys teams practice together but they compete as separate teams. There is no limit on the team members, however, usually the top seven runners on each team count in the team scoring. The competition is a 3 mile course run over variable terrain. We have 10-12 meets per season including some invitational. Meets are usually run on Tuesdays and Saturdays. Varsity letter winners are determined by a point system.

**Football** – (Fall) Varsity, JV, Freshman teams. Football is a non cut sport. There are 9 games per season. The Freshman play their games on Wednesday or Thursday, the JV play on Thursdays and Varsity play on Fridays. In order to win a varsity letter, you must be a participating member of the varsity team.

**Golf** – (Spring) Varsity and JV teams. Golf can be a cut sport depending on the number of athletes in tryouts. There are 15-16 varsity matches in the regular season. We play as many JV matches as we can schedule. We carry around 15 team members; however, we are limited to the number of players in each match to 4-7. Match days vary and the weather is a big factor. Varsity letter winners are determined by a player's participation in varsity matches.

**Hockey** – (Winter) Varsity team only. Hockey is a cut sport. There are normally 17-20 players on a team. We practice and play our home games at the Midland Civic Arena. We generally play 22-24

games during the regular season. Games are generally played on Wednesdays, Fridays and Saturdays. Players will have to provide their own skates and sticks. Varsity letters are determined by a player's amount of playing time and practice dedication.

**Soccer** – (Fall) Varsity and JV teams. Soccer is usually a cut sport, each team carrying 18-20 players. The varsity team plays 18 game in the regular season. Members of the varsity team will earn a varsity letter.

**Swimming** – (Winter) Varsity team only. There is no limit on the number of team members. We normally swim 12-14 meets on Tuesdays, Thursdays and Saturday tournaments. Varsity letters are determined by a persons contributions in practice and meets.

**Tennis** – (Fall) Varsity and JV teams. Tennis is not normally a cut sport; however, if the number that tries out is too large, cuts may be necessary. We play 14-16 matches including some invitational. Matches are usually played on Tuesdays, Thursdays, and Saturdays. A varsity letter is determined by the number of varsity matches played.

**Track** – (Spring) Varsity team only. Track is a not cut sport. Track has usually 10-12 meets, relays, invitationals in the season. Meets are usually run on Tuesdays, Thursdays and Saturdays. Earning a varsity letter is based on a point system and contributions in meets and practice.

**Wrestling** – (Winter) Varsity and JV teams. There is no limit on the number of athletes trying out. Many of the matches are varsity only; however, we attempt to wrestle as many JV matches as possible. There are 13 weight classes. The matches are divided among duals, triangulars, quads, and invitationals. Receiving a varsity letter is based on your contributions to the team and the number of varsity matches wrestled.



**THE BEST WAY TO TEACH SPORTSMANSHIP  
IS TO  
PRACTICE GOOD SPORTSMANSHIP**

## Girl's Sports

**Basketball** – (Winter) Varsity, JV and Freshman teams. This can be a cut sport depending on the number of girls trying out. Each team carries between 10-15 girls. There are 20 games in the regular season. Games are played mostly on Tuesdays and Fridays. All members of the varsity team will receive a varsity letter.

**Cheerleading** – (Fall & Winter) Varsity and JV teams. There is a **fall** varsity and JV team selected in mid-June. In early November there are new tryouts for the **winter** competitive cheer team. There are normally 10-22 girls on a squad, which includes sideline and MHSAA Competitive Cheer.

**Cross Country** – (Fall) Varsity team only. See statement in Boy's Sports.

**Golf** – (Fall) Varsity and JV team. See Boy's Sports for more explanation.

**Pom Pon** – (Fall & Winter) Varsity and JV teams. Try-outs for the fall squad will take place in mid-June. The fall squad will perform at home football games. The winter squad performs at basketball games and competes at regional competition. To earn a varsity letter, you must compete one season on either squad.

**Soccer** – (Spring) Varsity and JV teams. See Boy's sport for more information.

**Softball** – (Spring) Varsity and JV teams. This is a cut sport. Each team carries 15-18 players. The games are played on Mondays, Tuesdays, Thursdays and Saturday tournaments. The varsity plays over 30 games throughout the regular season. Members on the varsity team will receive a varsity letter.

**Swimming** – (Fall) Varsity team only. See Boy's sports for more information on swimming.

**Tennis** – (Spring) Varsity and JV teams. See Boy's sport information to learn more.

**Track** – (Spring) Varsity team only. Information is the same as the boy's sports.

**Volleyball** – (Fall) Varsity, JV and Freshman teams. This is a cut sport. Each team carries 10-12 members. We play 18 days of competition on Tuesdays, Thursdays and Saturday tournaments. A varsity letter is earned by attending all practices and matches.

## Midland Public Schools

### Athletic ticket Prices

Adults: .....	\$6.00
FB reserved seats .....	\$7.00
Students (grades K-12) .....	\$5.00

Multiple Admissions – punch passes

5 Punch Pass (students).....	\$15.00
10 Punch Pass (adults).....	\$50.00
Season – All Sports Events (students).....	\$50.00

**Punch Passes** are good at any regular season H.H. Dow or Midland High athletic contest only.

Admission to MHSAA tournaments are controlled by the MHSAA and the price of admission varies as teams advance to higher levels.

## How to Follow the Chargers



### PRACTICE GOOD SPORTSMANSHIP!!!

**Bay City Central** – 1624 Columbus (989-891-0616)  
Take US 10 east into Bay City, cross over the Saginaw River via the Veteran's Memorial Bridge, go 3 lights to Madison and turn right. Go to Columbus Ave and turn left. Take Columbus about ½ mile east. BCC will be on the right.

**Bay City Western** – 500 W. Midland Rd. (989-662-2461)  
Take US 10 east to the Garfield exit and turn left, go to Midland Rd. and turn right, go about ½ mile and BCW will be on the left.

**Flint Northern** – G-3284 Mackin Rd. (810-760-1662)  
Take US 10 east to I-75 and go south the Pierson Rd. exit, turn left and go to Clio rd. and turn right to Dayton and turn right and make a quick left into the FN driveway. FN will be on the right.

**Flint Southwestern** – 1420 W. 12<sup>th</sup> St. (810-760-1405)  
Take US 10 east to I-75 and go south to I-69 east toward Lapeer, take I-69 to the Hammerberg exit and turn right to 12<sup>th</sup> St. and turn left. FSWA will be on the left.

**Mt. Pleasant** – 1155 S. Elizabeth (989-775-2204)  
Take M-20 west into Mt. Pleasant, and turn left onto Mission south to Bellows and turn left, go 3 blocks and MPHS will be on the left.

**Saginaw Arthur Hill** – 3115 Mackinaw (989-797-4815)  
Take US 10 east to M-47 toward Freeland. Take M-47 thru Freeland into Saginaw and stay on State St. to Mackinaw and turn right, go ¼ mile and Arthur Hill HS is on the right.

**Saginaw Heritage** – 3465 N. Center Rd. (989-797-1809)  
Take US 10 east to M-47 toward Freeland, take M-47 thru Freeland to Tittbawassee Rd and turn left, take to Center Rd. and turn right. Take Center 1-2 miles and Heritage will be on the right.

**Saginaw High** – 3100 Webber St. (989-399-6000)  
Take US 10 east to I-75 south to the M-46 west exit and turn right, go to the first light (Outer Dr.) and turn left, and go to Webber St. and turn right. Take Webber St. past the Fair Grounds and SHS will be 2 blocks on the left.

## ***NCAA Initial Eligibility***

Many college athletic programs are regulated by the Nationals Collegiate Athletic Association (NCAA), an organization founded in 1906 that has established rules on eligibility, recruiting, and financial aid. The NCAA has three membership divisions – Division I, D II, and D III. Institutions are members of one or another division according to the size and scope of their athletic programs and whether they provide athletic scholarships.

If you are planning to enroll in college as a freshman and you wish to participate in D I or D II athletics, you must be certified by the **NCAA Initial-Eligibility Clearinghouse**. The Clearinghouse was established as a separate organization by the NCAA member institutions in January 1993. The Clearinghouse ensures consistent interpretations of NCAA initial-eligibility requirements for all prospective student athletes at all member institutions.

### **The Student/Athlete’s Responsibility while in high school**

**Complete the following forms:**

- a. Completed and signed Student Release Form and fee.
- b. Foreign Student Application – see your counselor
- c. Official transcript mailed by H. H. Dow High School
- d. Your ACT or SAT scores – see your counselor

### **Starting the Process**

We advise you start at the end of your junior year in high school.

## ***H. H. Dow High School Administrative Staff***

Principal: Pam Kastl  
Asst. Principals: Brian Frankovich  
Ted Davis  
Amy Slabaugh

## **H. H. DOW HIGH SCHOOL**

Opened: 1968  
Grades: 9-12  
Member of: Michigan High School Athletic Association  
Member of: Saginaw Valley Conference  
Classification: Varies with sport  
Colors: Hunter Green and Gold  
Mascot: “CHARGERS”

**Athletic Office  
H.H. Dow High School  
3901 N. Saginaw Rd.  
Midland, MI 48640  
989-923-5416  
Fax: 989-923-5301**

