

WELCOME TO BENZIE COUNTY CENTRAL SCHOOLS FEATURED FRIDAY ALUMNI.

Today we would like to recognize 1986 alumni, Ted Quick. Ted attended Benzie County Central Schools (K-12), starting at Crystal Lake Elementary and later graduated from Benzie Central High School in 1986. He was active in the athletic program, participating in football, baseball, basketball, cross-country, and track. Ted was a member of two State Championship cross country teams at Benzie Central in 1984 and 1985. There were many teachers, coaches, and staff that influenced Ted while in high school, including (but not limited to) Mr. and Mrs. Lynch, Mr. Gehring, Mr. Sheets, Mr. Plont, and Mr. Siderman. They not only provided an excellent education, but taught many life lessons through education and athletics that Ted continues to utilize today in his professional and personal life.

While growing up in Benzie County, Ted learned the value of hard work while working for his parents in many of their family businesses, most notably, the Hungry Tummy Restaurant. He spent many hours in the kitchen, making the best pizza in the North! After graduation, he spent a few years working with his family, but due to his love for athletics and suffering a few of his own injuries along the way, Ted decided to pursue a career in sports medicine. He graduated from Grand Valley State University (Cum Laude) with a B.S. degree in Physical Education/Athletic Training in 1993. After college, Ted completed an internship at Hackley Hospital Sports Medicine in Muskegon, MI, in 1994, and accepted a position at the hospital later that year, providing rehabilitation services in the outpatient sports medicine clinic and providing athletic training services to Muskegon Heights High School (1994-2012). After leaving Muskegon Heights HS and surviving a hospital merger, Ted accepted the same position at Mercy Health Sports Medicine/ Muskegon High School in 2012. During his athletic training career, Ted has been fortunate to serve as the Athletic Trainer for many successful athletic teams. The Muskegon Heights Tigers basketball program made the MHSAA Final Four seven times and advanced to the finals three times. While at Muskegon High School (2012-present), the Big Reds won a basketball State Championship in 2014 and the football program advanced to the MHSAA finals five times, winning the State Championship in Division 3 in 2017. The Muskegon Big Reds have been playing football for 123 years, are the winningest high school football program in the State of Michigan, and rank seventh in the nation with 833 total wins!!

While working in the clinical rehabilitation setting, Ted has continued to expand his education in the sports medicine field. His interests in the field of strength and conditioning, injury prevention, and orthopedic rehabilitation has led him to obtain additional credentials. He earned his Certified Strength and Conditioning Specialist (CSCS) designation through the National Strength and Conditioning Association (NSCA) in 1997, became a certified Sports metrics instructor (ACL/knee injury prevention program) in 2006, and has obtained certification in the Selective Functional Movement Assessment (SFMA) and the Functional Movement Screen (FMS). Ted continues to support the profession of Athletic Training and the GVSU Athletic Training Education Program by serving as an Affiliated Clinical Faculty member and teaching a few classes, and serving as an Affiliated Clinical Preceptor, working at Muskegon High School with GVSU undergraduate students in the Athletic Training Program. He has also supported the profession on the state level, serving as a committee member for the Michigan Athletic Trainers Society (Co-chair of Fundraising/Scholarship Committee, 2002-2008). For more information about the profession of Athletic Training, visit the National Athletic Trainers Association website at www.nata.org. Ted lives in Norton Shores, MI, just south of Muskegon with his wife, Paula, and two daughters Rachel (18) and Taylor (14). In his spare time, he enjoys playing golf, kayaking, attending sporting events (go figure!) and travelling with his family. Their favorite places to visit include Gatlinburg, Disney World, and of course, Beulah and Northern Michigan as often as possible. If he has any advice for current Benzie Central students, it would be to develop a strong work ethic and live your life with the highest level of integrity possible. These are two values that can help you reach all of your goals and dreams, no matter

what your situation. Hard work beats talent when talent doesn't work hard!! Go Huskies, and Go Big Reds!!

Ted, we are in fact #OneBENZIE proud of your journey and continued accomplishments. Your non-stop climb to achieve more is something we all can strive for. Continued success and good wishes to you and your family. Lastly, that pizza..yes! That is some good stuff!





