

Booster Bulletin

VOLUME 1, ISSUE 1

AUGUST 2009

ALL School District Parents, We Need You!

For years Holmen Booster Club has assisted Holmen athletic programs by sponsoring events and giving the proceeds to different athletic and activity programs. The organization has been faithfully run for many years by a core group of people. Now more than ever, we need parents and friends to help out with organization and events.

Booster Club membership is open to anyone in the Holmen School District who would like to support Holmen athletics at any level. Please come to the next meeting to see how the organization works. Meetings are held the

3rd Wednesday of every month at 7 p.m. in the High School LMC. Booster Club is a great opportunity for young and old to show their support for all Holmen athletic and activities programs.

We would like to involve Middle School parents and staff as much as possible in the future. If you have a student involved in Middle School athletics or activities, consider joining Booster Club now.

We are looking for new ideas for the organization to

keep up with the ever dwindling District funds for programs. It is important for all students to have the opportunity to participate in programs, and having that limited due to funding restrictions is something we don't want to see happening.

Parents we need you to:

- *Support
- *Volunteer
- *Run for Office
- *Give us your ideas
- *Participate

Booster Club is for all students and their parents!

Through the years some of the programs that have benefited:

- High School Quiz Bowl
- Girls Volleyball-Nets
- Boys Golf-rain suits

and golf bags

Boys Swimming

Boys Hockey

HAPY

Power Lifting

MS-National History Day

Gymnastics-Spring Floor

Track-Hurdles

Girls Softball-Press box

MS-Odyssey of the Mind

Football

Various Scholarships

Misc. Program Support

All for a total of over \$35,000 for 2008-2009!

Many parents support their children's athletics by being involved with traveling teams. Then when the athletes move to the Middle School and High School, parents may be confused about their role in athletics.

Booster Club is the ideal place for parents to actively support Middle School and High School athletics and co-curricular activities. We are currently looking for a new treasurer to work with the current treasurer who will be retiring soon. If you have bookkeeping or accounting skills or can even balance a checkbook, please consider this opportunity to support the children of the Holmen School District.

Booster Club would also like to enlist some help with coordinating advertising. If this is something you can help with, contact a board member.

A big Thank You to all parents who help out with Booster Club, you are making a difference!

son for the request and when you would like the funding. Then sign up to work a tournament.

If you have questions about getting support for your club or organization, please contact one of the board members.

INSIDE THIS ISSUE:

Board & Officers	2
Meet the Coaches	2
Teaching Character	4
Upcoming Events	6



MISSION STATEMENT

We are advocates for co-curricular activities in the School District of Holmen. The Holmen Athletic Booster Club welcomes the opportunity to provide needed funding support for athletic and activity programs.

Don't let what you cannot do interfere with what you can do.
John Wooden

Booster Club 101

The Booster Club raises funds by sponsoring concessions at local tournaments. We provide concession food, equipment and supervision of concessions for youth basketball tournaments, power lifting meets

and other events. Those groups looking for monetary support can fill out an application from our website, attend a Booster Club monthly meeting and present their funding need. Be sure to discuss how much you are requesting, the rea-

BOARD AND OFFICERS

Nicole Stegner-President
stenic@holmen.k12.wi.us
 Phone: 399-1266

Kathy Skoug-Vice President
 Phone: 781-4003

Sue Cejka - Secretary
skctownona@charter.net
 Phone: 386-6441

Bob Headrick—Past President
foot21@centurytel.net
 Phone:

Cindy Jerome-Board Member
 Phone 678-480-9314

Bob Netwal—Board Member
netbobe@yahoo.com
 Phone: 526-2062

Lloyd Dresen—Treasurer
 Phone: 526-4643

Jim Schmeling-Youth Basketball Coordinator—jimschmeling@charter.net
 Phone: 526-9508 (home)
 797.3129 (cell)

Linzi Gronning-Holmen School District Activity Department Liaison
grolin@holmen.k12.wi.us
 Phone: 526-9208

MEET THE HIGH SCHOOL VARSITY COACHES—FALL 2009

Football—Coach Steve King

Who most influenced your coaching style?

My high school coach (Luther Selbo) as well as Roger Haring who was my coach at UW-L

What do you hope athletes take away from being in your program?

I hope that each one of our athletes leave our program better men because of what we try to teach them.

What high school did you go to and when did you graduate?

Holmen High School (1972)

What sports did you play in high school?

Football, Basketball, Track, Baseball, Cross Country

What college did you go to and when did you graduate? Bachelors? UW-La Crosse (1977)

Masters? UW-La Crosse (1992)

What sports did you play in college?

Awards/Recognitions? Football, Honorable Mention All Conference both my Junior and Senior seasons

How many years have you coached the sport you are currently coaching? 27 total years 23 as Head here at Holmen

What other sports have you coached in your career ? Track, Boys and Girls Basketball

Girls Golf—Nick Weber

Who most influenced your coaching style?

Five very different coaches; all successful in their own ways:

Coach Pete Weber (Dad), Coach John Shelton, Coach Bill Riberich, Coach Bob Parker, and Coach Tony Dungy.

What do you hope athletes take away from being in your program?

We hope our athletes leave our program as good people who will continue to care for others, work well with others, and always do their best. We hope that our players all had a great time competing, and when their future challenges are even greater, we hope they will use the lessons they learned as a high school athlete to help them be successful.

What high school did you go to and when did you graduate?

Onalaska High School, 2001

What sports did you play in high school?

Baseball, Basketball, and Football

What college did you go to and when did you graduate? Bachelors? Masters?

Winona State University, 2005 (Bachelors) Viterbo University, 2010 (Masters)

What sports did you play in college?

Awards/Recognitions?

Baseball

How many years have you coached the sport you are currently coaching?

3 years - golf

What other sports have you coached in your career as well?

Basketball, Baseball, Football, Softball

G Tennis—Lynn Wilson

Who most influenced your coaching style?

My high school tennis coach was my influence for the way that I coach. She was a very hands-on coach and showed us by example, that is what I try to do.

What do you hope athletes take away from being in your program?

I hope my athletes learn how to be a better person in life, not just in a sport. I hope they learn to enjoy the sport and play it for many years after they have graduated from school. I want the athletes to become a well rounded citizen and be able to give back to others in their community.

What high school did you go to and when did you graduate?

I graduated from Austin High School in 1985, in Austin, MN.

MEET THE COACHES-FALL 2009 (cont'd.)

What sports did you play in high school?

I played softball my first two yrs of high school, basketball for 4 yrs of high school and tennis for 4 yrs of high school.

What college did you go to and when did you graduate? Bachelors? Masters?

I went to Austin Community College for 2 yrs., then University of California for 3 yrs. and then Chapman University for 1 1/2 years.

I received my Bachelors in Social Ecology from UC Irvine, and then my Elementary Teaching Certification from Chapman University. Later I went to the University of Missouri, St. Louis and received my Masters in Special Education.

What sports did you play in college? Awards/Recognitions?

I only played tennis and basketball my first two years of college. I went to Nationals for tennis at the Junior College level both years.

How many years have you coached the sport you are currently coaching?

I have coached tennis, both boys and girls, for ten years.

What other sports have you coached in your career as well?

I have also coached middle school level basketball and volleyball.

Swimming -Heather Harris

Who most influenced your coaching style?

Jon Brenner and Eric Wojta my swim coaches at the YMCA.

What do you hope athletes take away from being in your program?

That they learn how become better people by working with others on a team, time management, setting and achieving goals, and how hard work pays off in the long run.

What high school did you go to and when did you graduate?

Holmen High School 2001

What sports did you play in high school?

Volleyball, track, and swimming

What college did you go to and when did you graduate? Bachelors? Masters?

Bachelors: UW-Stevens Point

Masters: UW-La Crosse

What sports did you play in college? Awards/Recognitions?

Swimming: Team captain, finish 5th at conference

How many years have you coached the sport you are currently coaching?

This is my 4th year

What other sports have you coached in your career as well?

None

Cross Country— Steve Malley

Who most influenced your coaching style? National Coaches Joe Vigil, Jack Daniels and the successful Wisconsin coaches

What do you hope athletes

take away from being in your program? To find confidence in themselves to go beyond their limits and break away from mediocrity. To be a strong leader and a good person.

What high school did you go to and when did you graduate? I graduated in 1980 from Hartford Union High School in Hartford , WI

What sports did you play in high school? Cross Country and Track & Field all 4 years

What college did you go to and when did you graduate? Bachelors? Masters? I graduated from Loras College with a B.S. in Biology in 1984. I recieved my Masters from UWL in Dec. of 1986.

What sports did you play in college? Awards/ Recognitions? I ran Cross Country and Track & Field at Loras and was a letter winner.

How many years have you coached the sport you are currently coaching? This will be my 19th year as a Cross Country Coach and my 5th as a Track and Field Coach

What other sports have you coached in your career as well? None

Boys Soccer-Andy Olson

Who most influenced your coaching style? Tom Kammer

Success isn't something that just happens - success is learned, success is practiced and then it is shared.

Sparky Anderson

SCHOOL BOARD FUNDING QUESTIONS

Did you know that Holmen School District employee overtime will be cut by 50% this year? This will significantly impact all weekend activities at any of the Holmen schools. Custodial staff charges may be billed to the organization holding events.

Contact a board member if you or your organization would like to volunteer for staffing Booster Club sponsored activities.

TEACHING CHARACTER THROUGH SPORT

The following are excerpts from Coach Bruce Brown's book "Teaching Character Through Sport." It is the goal of all student athletes, coaches and parents to assist the students in having a positive high school career at whatever activity they engage in. Coach Brown has worked at every level of education in more than 30 years of coaching football, volleyball and baseball at junior high and high school levels and basketball at junior college and college levels. He was involved with championship teams at each level of competition.

Player's role:

- Play the game for fun
- Be gracious when you win and graceful when you lose
- Give 100% effort every day
- Respect and abide by the rules of the game
- Put the TEAM ahead of you in every situation
- Accept decisions made by those in authority
- Be accountable for your own actions.
- Develop a teachable spirit that allows you to take correction as a compliment
- Accept and embrace the discipline involved in athletics, because it benefits the team
- Be an athlete of character

Coach's role:

- Coach for the love of the game and the love of the athlete
- Put the welfare of the athletes above winning
- Abide by the judgment of the officials and accept the rules of

the game as "mutual agreements" required to play within the spirit of the game

- Reward effort and behavior and not outcome
- Give dignity to mistakes made with full speed and attention
- Lead with character by example

Eight Qualities of Great TEAMS:

- Leadership
- Guiding principles
- Pride
- Communication
- Motivation
- Persistence
- Role Players
- Positive Attitude

- Put the needs of the team ahead of any individual
- Constantly work to improve your knowledge and ability to teach the game and the athletes
- Be willing to confront incorrect behavior or less than all-out-effort
- Encourage multi-sport participation
- Keep the game simple and fun
- Be willing to work with parents for the benefit of the individual athlete
- Develop a positive-demanding coaching style

Parent's role:

- Attend as many games as

possible

- Be a model, not a critic; model appropriate behavior, poise, and confidence
- Attend preseason team meetings
- Do everything possible to make the athletic experience positive for your child and others
- View the game with team goals in mind
- Attempt to relieve competitive pressure, not increase it
- Encourage multi-sport participation
- Release your children to the coach and team
- Look upon opponents on the field as friends involved in the same experience
- Accept the judgment of officials and coaches; remain in control
- Accept the results of each game; do not make excuses
- Demonstrate winning and losing with dignity
- Dignify mistakes made by athletes who are giving their best effort and concentration
- Be an encourager—encourage athletes to keep their perspective in both victory and defeat
- Put the TEAM ahead of your child
- Be a good listener
- Accept the goals, roles and achievements of your child.

Prior to the season, parents should ask themselves these questions:

- Do you want your child to

play? Why?

- What will be a successful season for you as a parent?
- What are your goals for your child?
- What do you hope they will gain from this experience?
- What do you think their role will be on this team?

Once they have answered those questions for themselves, they should spend time with their child and ask them:

- Why are you playing?
- What is a successful season?
- What goals do you have?
- What do you think your role will be on the team?

Parents should understand concerns that are appropriate to discuss with their child's coach:

- Mental and physical treatment of your child
- Ways to help your child improve
- Concerns about your child's behavior

Inappropriate areas of concern that parents should not discuss with their child's coach include:

- Playing time
- Team strategy or play calling
- Other team members

By releasing their young athlete to the game and coach, parents are telling their children that all

successes are theirs, all failures are theirs, and all problems are theirs. There are not many places in a young person's life where their parents can say, "this is your thing."

A parent should realize that he is taking everything too seriously and has not released the child to the activity when:

- He is nervous before his child's game.
- He has a difficult time bouncing back after his child's team suffers a defeat.
- He makes mental notes during a game so he can give his child advice at the conclusion of the game.
- He becomes verbally critical of an official.

After the game, Coach Brown offers the following advice for parents: *most athletes desperately want their parents to give them time and space after a game.*

While a parent's questions after a game may be intended to show his son or daughter that the parent is an ally or shares an interest in the sport, they are often interpreted by that athlete as the parent saying "In my opinion, your coach doesn't know what he or she is doing."

Athletes do not need adults to question their actions, the actions of other players, or the coach's decisions concerning

strategy or playing time. Parents should be a source of confidence and help build relationships on the team when their child plays well but the team loses, when their child plays poorly or when their child plays very little or not at all.

Parents should keep their corrections and criticisms in check and let their child bring the game to them if they want. Good athletes learn better when they seek their own answers.

Many young athletes often indicate that conversations with their parents after a game have somehow made them feel as if their value as a person is tied to playing time or winning or losing athletic contests. This may not be the parents intentions at all and many parents don't realize the effect their attitude is having on their children. Keep positive about your child's sports and keep talking with your child first and foremost.

By positively working together, coaches, parents and athletes can create as strong a team and program as they would like, the sky is the limit—go for it!

Regardless of personal accomplishments, the only true satisfaction a player receives is the satisfaction that only comes from being part of a successful TEAM.

Vince Lombardi

2008-2009 Booster Club Donations

Booster Club donated a whopping \$35,000 to a variety of organizations within Holmen School District last year. For a complete list of donation recipients, visit our website at www.holmenabc.com.

Holmen Athletic Booster Club

PO Box 363

**SUPPORTING
HOLMEN
CO-
CURRICULARS**

We're on the Web!
www.holmenabc.com

The way a team plays as a whole determines its success. You may have the greatest bunch of individual stars in the world, but if they don't play together, the club won't be worth a dime.
-Babe Ruth

UPCOMING EVENTS

HIGH SCHOOL ACTIVITIES OFFICE:

July 27, 2009—Fall High School Activities Code Meeting and Meet the Coaches Night—Free Food and Beverage

October 26, 2009-Winter High School Activities Code Meeting and Meet the Coaches Night—Free Food and Beverage

February 15, 2009-Spring High School Activities Code Meeting and Meet the Coaches Night—Free Food and Beverage

THESE MEETINGS ARE MANDATORY FOR ALL ATHLETES AND PARENTS!

BOOSTER CLUB EVENTS:

10/10/2009-Homecoming Alumni Golf Tournament—10:00 a.m. at Drugan's

11/7/2009—Great Northwest girls basketball tournament

12/5/2009-Holmen High School Boys & Girls Basketball at the La Crosse Center

12/12/2009-Great Northwest girls basketball tournament

1/9/2010-Great Northwest boys basketball tournament

1/23/2010-Alumni Basketball /Volleyball Tournament

1/30/2010-West Coast Regional Powerlifting Competition

2/6/2010-Great Northwest boys basketball tournament

3/27/2010-Freshman Boys Basketball Tournament

5/26/2010-Senior Awards Banquet at the La Crosse Center

All year long:

Aluminum Can Recycling

7 days weekly-Festival Foods & Pizza Corral parking lots - GET OFF YOUR CANS AND DONATE - proceeds benefit Holmen Booster Club and World Tour

MEET THE COACHES-FALL 2009 (cont'd.)

and John Mazzola

What do you hope athletes take away from being in your program? **I hope athletes in my program gain self confidence, mental fortitude, and emotional maturity. I hope they carry fond memories of their experiences playing and the camaraderie of their teammates.**

What high school did you go to and when did you graduate? **Onalaska High School, 1994**

What sports did you play in high school? **Soccer and Tennis**

What college did you go

to and when did you graduate? **Bachelor of Science from UW-La Crosse in 1999**

What sports did you play in college? I refereed a little more than 450 youth hockey games during college. I also refereed high school soccer and umpired youth baseball and softball.

How many years have you coached the sport you are currently coaching? **15 years**

What other sports have you coached in your career as well? **T-Ball**

Booster Club would like to thank all coaches for their hard work and dedication to Holmen students. Together, we can make a difference in Holmen sports and activities and in the lives of our youth.

Good luck to all Fall sports and program participants, we'll see you on the field, stadium, gym floor and at the school!

GO VIKINGS!