

PRESIDENT'S MESSAGE

By Brent Schimek, President • Deer River



THE NEW NORMAL?

Wow, what a spring that was! By May 1st as spring sports seasons were being officially cancelled, and I was sitting in my office after 6 weeks of social distancing, distance learning, and virtual training. I was actually thinking it would be nice to have a knock at my office door with somebody, anybody, complaining about the time the bus is leaving or their student's playing time! As ADs we always tell stories about the challenges of spring; unpredictable weather, late cancellations of events, finding officials, end of the year awards ceremonies, graduation, etc.... In the future all of the "remember when" stories told at the AD conference will pale in comparison to the Covid-19 story of 2020.

Through it all, MN high school ADs, coaches, and directors were out in front cheering and encouraging our students through these times of a "New Normal". In most instances you are the face of your school. You are the one community members see at all the events and think of when your mascot name is mentioned. Most of the community members may not see the inside of the classrooms in your school, but most see the fields, gyms, and auditoriums where you are supervising, coaching, and directing their kids. The many social media events you participated in and created during the spring such as #BeTheLightMN, #WeWillComeBackStrongerMN, on-line virtual concerts, honoring spring athletes via social media and school sites, and so many others were an inspiring sight for all throughout Minnesota.

There are still many unanswered questions ahead of us. What will that "New Normal" be? I do know there will be one "Normal" that will not change and is not new. We will all continue to be out in front doing what we can, being that face they can see, supporting our kids, and helping to establish the "New Normal".

I would like to thank Bob Grey of Montevideo for his leadership and vision the past 4 years as an MnIAAA officer. I would also like to congratulate Jeff Boran of Waterville-Elysian-Morristown on his election as the new 2nd Vice President and Ken Hubert of Faribault chosen as the new Associate Treasurer. Two established leaders in the organization for the future.

I am very humbled to serve as your MnIAAA President this year and would like to thank each of you for all of your efforts this past spring. Have a great summer and be sure to take some time to relax. Fall will "ZOOM" in soon enough!





EXECUTIVE DIRECTOR'S MESSAGE

By Mike Beck, Executive Secretary

Hope life has settled down for you. Hopefully you will never have a spring season like this again. With the Spring Conference being cancelled, here are some updates.

If you decided to carry over the fee you paid for this year's conference to the 2021 conference, you should have received your membership card for 2020-21. It was mailed to you at school. It is green this year. Next year, to attend the conference all you will have to pay is the MnIAAA dues.

If you opted for a partial refund, mailed to your school was a membership card and a check for \$225. Those who got the entire refund, got a check for \$350. You are really encouraged to renew your MnIAAA membership for 2020-21. This way you will continue to be covered by the MnIAAA and NIAAA insurances.

All LTI course dollars were refunded. Administrative Assistants also had their dollars refunded. We attempted to send only one check to each school.

Since we have a positive fund balance, we should be able to weather this crisis. When everything does start up again remember to spend with the firms that do show at our conference. It's sad that many of them may not survive this.

If you want to attend the Section Five meeting in June, you are welcome. This year it will be a virtual meeting. No one has to drive. Contact us for details.

National Athletic Directors Conference is in Tampa Bay December 11-15. If you are planning on attending, get your hotel room first. They start taking reservations on July 10. Recommend the Marriott Waterside. It is the host hotel. Look at the NIAAA website for details. Recommend you get the room first. Hold on booking your travel until later. With the evolving nature of the virus, if the conference gets cancelled, you will not have to deal with any airlines for a credit or refund. The rooms go fast. The other details can be handled in October.

New Administrators Workshop will be in August prior to start of fall sports. We have two possible formats. A virtual workshop if things are still in flux. If life is back to normal, we can hold the traditional face to face workshop.

Pleased to announce the hiring of Ken Hubert as the MnIAAA Associate Treasurer. We had an outstanding pool of candidates. This is in accord with the Constitutional change you approved this spring. This move will protect the organization. In the worst-case scenario, the MnIAAA will continue to pay its bills and continue with its operations, if anything would happen to myself or Ken. The cost of this is rather small to add this position. We will have small set up costs for Ken to be able to function. We both work out of our homes. Salary costs do not change because the salary paid to Becky and myself now will be divided between Ken and myself.



NATIONAL ATHLETIC DIRECTORS CONFERENCE

Tampa Convention Center

Tampa, Florida | December 11-15, 2020



2ND VP MESSAGE

By Jeff Boran, 2nd VP • Waterville-Elysian-Morristown



With the cancellation of the state conference, our second vice-president candidates did not get to actually introduce themselves to the membership. The election was still held and Jeff Boran was the eventual winner. To help with his introduction to those of you who do not know him, Jeff has written a short introduction of himself below.

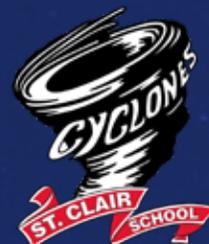
Jeff Boran - Waterville Elysian-Morristown - Region 2A - Gopher Conference Activities Administrator

I have been blessed to be shaped by many of the outstanding mentors (Teachers, Coaches, Activities Administrators) I have had throughout my career and life. Most importantly, my seven older brothers and sisters were unbelievable role models for me growing up and continue to be. The MnIAAA is made up of the most professional and supportive people I have been a part of and as I continue to work in this profession I want to serve as a mentor and resource for colleagues in my area as well as around the state. I am always so amazed by the creativity and leadership Activities Administrators around the state show and the willingness to share, compare and collaborate. My hope is that my service to the MnIAAA will inspire many others to step up, whether it be at the state, region or local level and serve to continue to provide educational based opportunities and activities for MN students. I also feel that we all work and deal with very serious issues on a daily basis, but we need to remember to laugh, smile and enjoy what we do. I want all MN Activities Administrators to also remember that our State Conference is a "Celebration of us", a time to have fun, laugh, learn and recharge! Membership in this Association is a privilege so register early and step up to share your ideas, passion, creativity and find a way to get involved!



NIAAA MESSAGE

By Brad O'Donnell, St. Clair • NIAAA Liaison



As we all continue to navigate this uncertainty that Covid-19 has developed over these past few months, it's important to continue to realize that change is normal and while it's normal to question and wonder how this will impact our student athletes and schools in the months to come, it's important to continue to improve as administrators of high school education based athletics / activities. The NIAAA wants to remind all of us to continue to improve as an administrator as we offer our LTI courses that can help in your development as an administrator at your school. The professional development that we offer goes well beyond the scoreboard. Athletic administrators who complete LTI courses attain additional knowledge and perspective of the athletic administrator's role that you will deal with each and every day. Completion of leadership training courses will enhance the daily operations of your athletic department and improve the program being administered for your community and especially for your students at your school.

As we continue to navigate this world of changes, I believe the bigger and more important question that we can ask ourselves is "the world is changing, but are you changing?" After all, it won't matter how the world changes after we go through this experience of Covid-19 if you don't change to thrive in this new world. During this time I encourage each and every one of you to take a challenge to make yourself a better Activities Administrator. As it has been said many times ...

"Nothing Changes if Nothing Changes"

Take this extra time to look into the on-line courses / webinars that the NIAAA is offering during these months ahead. Getting your certification is a great way to continue your education in the field of sports management. I hope all of you and your families stay safe during the months ahead.

<https://members.niaaa.org/page/SpringLearning>

CERTIFICATION REQUIREMENTS FOR EACH LEVEL

Certification Requirements

REGISTERED ATHLETIC ADMINISTRATOR (RAA)

- Bachelor's Degree or higher from an accredited institution
- Approval of Personal Data Form (PDF)
- Completion of LTC 501, LTC 502 & LTC 503
- Obtain the verifying signature of a sponsor (athletic administrator, principal, superintendent, state athletic/activities association staff)
- Read the NIAAA Code of Ethics

REGISTERED MIDDLE SCHOOL ATHLETIC ADMINISTRATOR (RMSAA)

- Bachelor's Degree or higher from an accredited institution
- Approval of Personal Data Form (PDF) Completion of LTC 501, LTC 502, LTC 503, LTC 504, LTC 700 & LTC 701
- Employed by (or retired from) a school, school district or state high school athletic/activities association in such capacity that the administration of interscholastic athletics is (was) among job responsibilities
- Obtain the verifying signature of a sponsor (athletic administrator, principal, superintendent, state athletic/activities association staff)
- Read the NIAAA Code of Ethics

CERTIFIED ATHLETIC ADMINISTRATOR

- Bachelor's Degree, or higher, from an accredited institution
- Approval of Personal Data Form (PDF) –
- Two (2) or more years of experience as an athletic administrator
- Employed by (or retired from) a school, school district or state high school athletic/activities association in such capacity that the administration of interscholastic athletics is (was) among job responsibilities
- Completion of LTC 501, LTC 502, LTC 503, LTC 504 and LTC 506
- Successful completion of the CAA examination
- Read the NIAAA Code of Ethics

CERTIFIED MASTER ATHLETIC ADMINISTRATOR

- Attained CAA designation
- Approval of Personal Data Form (PDF) –Submission of supporting documentation
- Completion of LTC 501, LTC 502, LTC 503, LTC 504, LTC 506, LTC 508 and LTC 510
- Completion of minimum of five (5) LTC electives, one course must be from the management category (600 level), one course must be from the leadership category (700 level), and 3 additional courses from any category.
- Employed so that administration of interscholastic athletics is/was one's primary responsibility
- All requirements and points earned since CAA designation
- Complete a practical written exercise
- Optional program implementation
- Read the NIAAA Code of Ethics

*****Reminder that next year's National Conference will be in Tampa, FL • December 11-15, 2020*****

<https://www.adconference.org/>

Associations (NFHS) and the National Interscholastic Athletic Administrators Association (NIAAA), is the sin is foremost in featuring professional speakers and an exhibit show with more than 300 exhibit booth spaces, as well as proven athletic administrators who willingly share their experience and expertise on a variety of educational too.



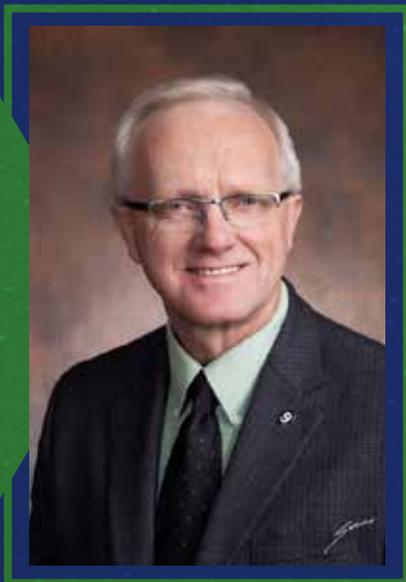
NEW MnIAAA ASSOCIATE TREASURER

We are very excited to announce that Ken Hubert will fill our new Associate Treasurer position starting this year. Ken was chosen from a pool of very qualified finalists for the position and the Exec Team would like to thank all those who applied for the position.

The Associate Treasurer position was created from dividing the duties of the current Executive Director position. Mike Beck will continue to serve in his role as Executive Director with the financial aspects of that position in the past being transitioned into the Treasurer role. The past Exec. Director salary will be split between the two positions so there is no new expense to the association. The salary split percentages will be evaluated in the future years as we transition into this format.

The need for this split was recommended by Mike Beck as well as Exec. Team members to strengthen several areas. The first being transparency to our members in all financial matters. The second would be a more secure and fluid transfer if the Executive Director position would change due to an untimely event or resignation. Both positions will have full access to accounts and financial matters so the affairs of the MnIAAA may proceed and grow through that time.

Ken has proven to be a loyal and tireless supporter of the MnIAAA and I have no doubt he will be a great resource to members for years to come. We are excited to have him on board.



NEWSLETTER EDITOR MESSAGE

By Ken Hubert, Faribault



PICKING ROCKS

The shallow area along the shoreline of my mother's lake property is loaded with rocks, detritus of a receded glacier from ages past. Instead of the idealized sand beach and shallows most people desire when they look for a lake place, our shoreline has always been a conglomerate of various sized stones, some golf ball sized and easily removed. Others as big as basketballs, buried to the point that only a small portion peeks out above the sand that fills the gaps. The lake itself is actually a reservoir, one of man's efforts to tame nature to meet his own needs. But because of this, the water level has varied over the years depending on rainfall and the electrical needs of the region, sometimes revealing more rocks and sometimes fewer.

In what could only be called a long-term misguided effort, members of my family have spent time picking rocks for the past sixty years in hope that by removing the rocks we would gradually produce a sand beach similar to our neighbor's property a couple of cabins away. We built rock buttresses along the shoreline, we stacked a couple of rock piles, and we even built a rock 'dock' at one time. The dock is now permanently submerged under higher water levels, but the shoreline rocks have prevented further erosion of the property in front of the cabin. And, after all this time, while the shallows have certainly become sandier, the rocks are still there.

Six decades have passed since we started the process and I still pick rocks anytime I visit the lake. After all this time, am I still trying to create a sand beach for my mother? I don't think so, but, like most things, intended and unrealized results sometimes produce other, more fruitful, rewards. As a child and teenager, I sometimes picked rocks to pass the time, but it was never something I looked forward to doing. If I was picking rocks, it meant that I was pretty well bored with everything else that day. Not so today. I actually seek out rock picking time.

We all have our islands of calm, those places that we go to in an attempt to get away from the stresses of everyday life. For me, the Boundary Waters Canoe Area is one such place. Picking rocks at my mother's lake place is another. It has become a cleansing activity for me. Part nostalgic, part reflective, a lot of thinking takes place as I dig the rocks out of their aquatic refuge and move them. No matter how often I go or how

many rocks I pick, there are still more the next time I visit. More rocks to pick, more thoughts to ponder. Maybe these rocks represent all that I've accomplished and, hopefully, all that I have yet to do.

A number of summers ago, I took one of these rocks home. I left it on a counter in our kitchen for a while, forgetting my original purpose. Then one day, my wife asked me why I had a rock sitting there. I couldn't give an answer that made sense at that time, so I didn't venture any sort of answer at all. I just removed the rock. It would have been hard to explain the meaning of the rock to her.

For my last five to six years as an AD, the rock sat on my desk at work. I'm sure some people wondered why I had a rock sitting there, but nobody ever asked. During those days, when stress was reaching a high point within me, all I had to do was look at the rock and my blood pressure would drop several points. It reminded me of a place of calm, a place of serenity, a place where the tedium of an everyday activity can become a contemplative, enjoyable respite from the daily grind.

In these dark and challenging times as you see kids lose the opportunities that you'd like to be providing for them, I hope you are able to find your own island of calm...your own rock.



NATIONAL ATHLETIC DIRECTORS CONFERENCE

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GET TO KNOW...

ROB NORMAN
Blue Earth Area Buccaneers



1. What is your educational background?

High School - Fairmont Mn

College - Mankato State

2. In what sports or activities were you active in high school and/or college?

High School - Football and Basketball

3. What schools have you served as a teacher, coach, director, or administrator? How many years at each?

Physical Education Teacher at Blue Earth Area for 5 years

Coached: Asst Varsity Football Coach---Head Gymnastics Coach--Head Track Coach at BEA 5 years

Activities Administrator/Dean of Students/DAPE at Blue Earth Area 24 years

4. Who were some of the role models who have influenced your career as a coach, director, or athletic administrator?

Coaches - Football Coach Tom Mahoney; Basketball Coach Ron Hested

AD's - Tom Mahoney, the Legend Mr. Dick Maher and my brother from another brother Larry Traetow (LT)

5. Who are current colleagues who have made a positive impact on your work?

The AD's from the Big South and the AD's from Region 2A.....GREAT people to work with.

6. What has been your most memorable moment in interscholastic activities? What made it memorable?

When I became the head coach for gymnastics at BEA the program had won only one meet the year before. The girls believed in my assistant and me and they earned a state trip only 4 years later. What made it so memorable was the work ethic and the team bonding of the girls and parents.

7. How would you describe the athletic climate in your community?

Blue Earth Area has always had great support for all the programs we offer for Athletics and the Fine Arts.

8. What part of your job might be unique compared to other ADs around the state?

That I wear a few different hats throughout the day.....AD---Dean of Students--DAPE teacher.

9. What is your favorite Minnesota sports venue whether high school, college, or pro? Why?

Wilson Field in Blue Earth.....there are big pine trees that create a natural wall around the track and football field.

10. What are some of your spare time interests?

Fishing, golfing, anything with my family.

11. Married? Children? If so, how are they involved because of your role as an administrator?

Married for 23 years to Marnie

4 Children Twin girls just finishing up their second year of college

Son that is a sophomore in high school

Son that is a freshman in high school



GET TO KNOW...

SHANNON FROBERG

Math and Science Academy Dragons
Region 4A



1. What is your educational background?

I have a BA from The University of St. Catherine's in Elementary Education, MA from Hamline University in Teaching and Learning, Math 5-8 teaching licensure as well as a k-12 Administration license from Hamline University.

2. In what sports or activities were you active in high school and/or college?

I played softball and basketball in high school. I was also very involved in different bands in high school.

3. What schools have you served as a teacher, coach, director, or administrator? How many years at each?

I have taught in many different schools throughout my 32 years in education. I have taught grades 4 - grad school. I have worked in private, traditional public, charter school, and on-line. I have been the AD at MSA for the past 7 years and also the assistant director for the past 3 years.

4. Who were some of the role models who have influenced your career as a coach, director, or athletic administrator?

It is difficult to name specific people who have influenced me because there have been so many. I think every person we meet and work with influences us in our development and growth. I know I could not have been successful in this position without the help of our of the AD's that I have met and worked with during my 7 years as AD. My fellow ADs in the TCIS, TCAC and now the EMAC have been amazing to work with. They are always there to support each other and share funny stories. This is a job that is dependent upon each other.

5. Who are current colleagues who have made a positive impact on your work?

Ilse Larson and Rob Carpentier were there for me as I started in this AD world. They answered many questions on a regular basis for me. I would have been so overwhelmed without those two.

6. What has been your most memorable moment in interscholastic activities? What made it memorable?

The most memorable moment for me is always senior night. I have watched these student athletes develop for years and to honor them at these competitions is always amazing. I love seeing them at conference tournaments, sectionals and state as well. It is an honor to see them develop into such well-rounded young adults.

7. How would you describe the athletic climate in your community?

MSA is a very rigorous academic school. When it comes to athletics our students are just as committed as they are to their academics. They work very hard and have learned the value of teamwork and competition. We have grown from 8 sports 7 years ago to now having 15. Our additional sports are driven by students. They are committed and ambitious.

8. What part of your job might be unique compared to other ADs around the state?

The academic expectations are unique at MSA. Our students need to balance their time due to the amount of time needed to complete their academics. It is not easy, but they do a great job.

9. What is your favorite Minnesota sports venue whether high school, college, or pro? Why?

My favorite venue would be 3M Arena at Mariucci. I love that place for both hockey and robotics. It always has such a great enthusiastic environment.

10. What are some of your spare time interests?

In my spare time I like to read, go to concerts, and spend time with my kids. Travel is also always amazing.

11. Married? Children? If so, how are they involved because of your role as an administrator?

I have 3 children who all participated in high school and college activities. It made such a difference in their development. Watching all of their games, concerts, and performances gave me a first-hand view of the value of teammates and coaches. These adults were so important as a single parent raising children.

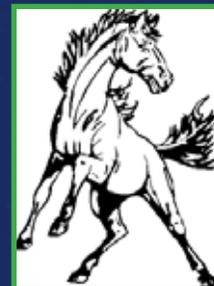
12. And an added question in these times, and it's up to you if you'd like to answer. While we know the loss of activities this spring is a huge letdown, what have you seen on the positive side during these challenging days?

This has been a very difficult Spring for participants. We have tried to keep in contact with the participants and given them support and understanding. We have let them know that we are there for them. We have seen students step up and find creative things to do for their teammates.



GET TO KNOW...

TODD MORTIMER
Warren-Alvarado-Oslo Ponies
Region 8A



1. What is your educational background?

High school—Deuel High School, Clear Lake SD; Bachelors degree in Social Studies—Moorhead State; Masters in Curriculum and Instruction —St Thomas

2. In what sports or activities were you active in high school and/or college?

High school—football, basketball, golf, baseball

3. What schools have you served as a teacher, coach, director, or administrator? How many years at each?

Devils Lake teacher and asst football and basketball-3yrs, the last 22 years I have been at WAO as a teacher and coach. I have coached football, head boys basketball for 21 years and asst golf. (This past school year was my first not being Head BBB). This past school year was my first as AD.

4. Who were some of the role models who have influenced your career as a coach, director, or athletic administrator?

My Dad, Dan Mortimer—who was a band director and coach and also my high school basketball coach—Tim Casper

5. Who are current colleagues who have made a positive impact on your work?

Tony Gullikson, Rick Schmiedeberg, are teachers at WAO that have been a big influence on my overall educational/coaching career. This past year while trying to learn the ropes of AD— my Principal —Ben Miska and Supt —Lon Jorgensen guided me and let me find my own way as well. Kevin Kuznia was AD/Principal at SAC and helped me a lot over the course of my first year. Also Greg Garmen AD at Crookston and Mike Biermaier AD at TRF helped a lot as well.

6. What has been your most memorable moment in interscholastic activities? What made it memorable?

Making State in Football and being a Head Coach in Boys Basketball for 21 years was an honor to do.

7. How would you describe the athletic climate in your community?

Good Kids to work with— and like most many more Positives than Negatives

8. What part of your job might be unique compared to other ADs around the state?

Still trying to figure that one out

9. What is your favorite Minnesota sports venue whether high school, college, or pro? Why?

I enjoy watching the Vikings because that is one of the few pro sports my wife will watch.

10. What are some of your spare time interests?

Family, golf, fishing

11. Married? Children? If so, how are they involved because of your role as an administrator?

Married to Jan for 25 years, 4 kids Taylor —Senior at UND, Rylie a senior at WAO—going to UND, Tyson—10th grade at WAO and Reegan 7th grade at WAO. My family has always been helpful in my career and especially this year as I tried to figure out and learn my role as AD.

And an added question in these times, and it's up to you if you'd like to answer. While we know the loss of activities this spring is a huge letdown, what have you seen on the positive side during these challenging days?

Students/coaches/teachers are learning new way of doing things, which will make us better down the road.



GET TO KNOW...

CHRIS FINK

Irondale Knights
Region 5AA



1. What is your educational background?
Elementary Education, Masters degree in Special Education EBD, Administration
2. In what sports or activities were you active in high school and/or college?
College Baseball. Coached basketball and baseball
3. What schools have you served as a teacher, coach, director, or administrator? How many years at each?
St. Francis High School (2), Irondale High School (20)
4. Who were some of the role models who have influenced your career as a coach, director, or athletic administrator?
Dan Hoverman Superintendent, Jeff Fink AD, Ron Larson AD, Jim Coletti AD
5. Who are current colleagues who have made a positive impact on your work?
Jim Coletti, John Ward Chris Lennox
6. What has been your most memorable moment in interscholastic activities? What made it memorable?
1986 State Title Iowa Baseball. Continued the tradition of winning state titles at Kee High School.
7. How would you describe the athletic climate in your community?
Improving. Currently we are updating our facilities and youth programs.
8. What part of your job might be unique compared to other ADs around the state?
In charge of custodians and facilities

9. What is your favorite Minnesota sports venue whether high school, college, or pro? Why?
CHS Field. Great place to watch a game whether high school or Independent league.

10. What are some of your spare time interests?
Fishing

11. Married? Yes. Children? 2. If so, how are they involved because of your role as an administrator?
Children play sports and my wife helps out with ticket sales whenever it is needed.

12. And an added question in these times, and it's up to you if you'd like to answer. While we know the loss of activities this spring is a huge letdown, what have you seen on the positive side during these challenging days?

As AD's we forget the impact we have on kids. Through Google Meets I am able to connect with a mass amount of kids on a weekly basis. They provide insight to help our programs improve. It is a great time to get to know more kids on a one to one basis. We are also able to help kids process this difficult experience.



GET TO KNOW...

VIRGIL JONES

Apple Valley Eagles
Region 3AA



1. What is your educational background?

I graduated with a Bachelor of Arts Degree from the University of Wisconsin-La Crosse in 1996. I received my Masters Degree in Leadership in Student Affairs from the University of St. Thomas in 2004. I received my Educational Specialist Degree from Minnesota State University – Mankato in 2015

2. In what sports or activities were you active in high school and/or college?

I was a three sport athlete in High School. I participated in Football, Wrestling and Track and Field and was Captain of all three sports. I went on to compete on the collegiate level in Football at the University of Wisconsin - Lacrosse. I am proud to be a member of the 1992 Division III National Championship Team.

3. What schools have you served as a teacher, coach, director, or administrator?

I spent a decade at Gustavus Adolphus College working in several capacities as an Administrator. I also coached football under the leadership of Head Coaches Jay Schoenenbeck and Pete Haugen. I have worked in Independent School District 196 as an Administrator at Rosemount High School and currently at Apple Valley High School for the past four years. How many years at each? 3 years at Rosemount High School.

4. Who were some of the role models who have influenced your career as a coach, director, or athletic administrator?

I played for legendary University of Wisconsin-La Crosse Football Coach Roger Haring. He has been recognized as one of the Winningest Coaches in NCAA history. Former University of Wisconsin-La Crosse Athletic Director was also a positive influence on how I approach my passion in Athletics. Both of these men created a culture of success that has been a guiding force in my life since I was in my late teens. Their commitment to discipline and consistency are ever present in my work with student-athletes.

5. Who are current colleagues who have made a positive impact on your work?

I am fortunate to work with an incredible group of Administrators in the South Suburban Conference. They are all great role models for me and truly exemplify the title "Servant Leaders". Former Apple Valley High School Athletic Director, Pete Buesgens, has also had a tremendous impact on my career as an Athletic Director. His work ethic, competitive spirit and desire to do good in the world is undeniable.

6. What has been your most memorable moment in interscholastic activities? Each State Championship that we have won over the last 4 years in Basketball, Girls Lacrosse and Wrestling have been memorable. What made it memorable?

The thing that is consistent about all of those memorable moments is the look of satisfaction and elation on the faces of our coaches, athletes and parents is unforgettable. At Apple Valley the joy in the success has been shared by our entire community.

7. How would you describe the athletic climate in your community?

It has a strong history. I believe that each coach feels the pressure to maximize the potential of their teams by building every single athlete. Hanging a State Championship banner has a special meaning at Apple Valley.

8. What part of your job might be unique compared to other ADs around the state?

Serving as Assistant Principal and Athletic Director

9. What is your favorite Minnesota sports venue whether high school, college, or pro?

The Mini Met in Jordan, MN. Why? Nostalgia

10. What are some of your spare time interests?

I spend time golfing, mentoring others and spending time with my family.

11. Married? Yes, Children? 4 children under 14. If so, how are they involved because of your role as an administrator?

They are not very involved



FITNESS CENTER

FITNESS EQUIPMENT, TRAINING TOOLS & HIIT CARDIO TO FIT YOUR ATHLETIC, PE, & COMMUNITY NEEDS

**A more detailed version of this article and information on the equipment discussed is available upon request, please email drew.wurst@johnsonfit.com I am happy to discuss details specific to your facility and needs.*

Many fitness spaces in schools are multi-purpose and cater to PE classes, athletic teams, faculty/staff and it is increasingly more common that community members have access to the school fitness room.

One of the newest and more popular components of school fitness rooms and curriculum are group training, circuit, "HIIT", and cross-training workouts and equipment. These same types of group training classes and workouts not only appeal to athletes and PE classes, but are an increasingly more popular way for community fitness classes and general fitness members to achieve their fitness goals. Facilities can easily convert an office, classroom or other space into a "HIIT" or "Circuit Training" room. The programs usually incorporate a series or circuit of stations that are rotated through as you complete a time requirement, prescribed number of repetitions or achieve the required distance set by the instructor. Typically, stations are completed in one minute or less and circuits can contain any number of stations completed once or rotated through several times. The appeal of these types of training classes and programs is the variety, intensity, work output and results achieved in a minimal amount of time and they can cater to all fitness levels as the participants self-select their effort in each station.

As a general rule of thumb these types of workouts, classes and programs incorporate a more "specialized" type of fitness equipment and "cardio" machines that users can quickly get on and go and get off and move to the next station without having to set up programs or other workout parameters. These items can consist of everything from rowing machines, spin bikes and "fan bikes with arms" to plyometric boxes, battle ropes, medicine balls and kettle bells to non-motorized treadmills and sleds/sleds on wheels. *The commercial grade versions of these HIIT Cardio units will have preprogrammed intervals and programmable interval programs that also make set-up and use quick and easy for all participants. Some of them, such as the Octane Fitness models, also have a "circuit" program setting, where you can set time for use on the equipment and time at other stations.

It is particularly important to keep quality in mind when purchasing the equipment for these interval-based and circuit programs as typically they are used more frequently by more groups (PE, athletic teams, community members) and with greater intensity than other equipment due to the "high intensity interval training" that they are typically employed for. In addition to quality and durability variances, there are many feature

differences that might not be readily apparent until you start using and comparing the options. In the long run, the more durable options will save you budget dollars because they will require fewer repairs and less frequent replacement, while the higher quality models will have features that cater to a wider range of fitness levels and users.

For the “cardio machine” equipment such as rowers, bikes, performance training non-motorized treadmills and resistance sleds you want to look for those that have adjustments for resistance and can accommodate a variety of fitness levels and user sizes – particularly if your facility caters to adult community members in addition to students and athletes.

For these types of cardio equipment items make sure that the resistance is adjustable to provide a range of intensities and meet different training goals of the various user demographics. Whether it is a non-motorized Pro 6 Arcadia Air Runner Curved Treadmill, AirDyne fan bike or rowing machine, you want to select those models with a variable resistance setting because these can be used by the top level athletes, the beginning level fitness class participant or anyone in a community fitness class. The ability to adjust resistance will cater to the widest range of users and allow you to elicit the desired training outcomes. Anything with a seat should have the ability to adjust to various user heights such as horizontally and vertically adjustable seats and handlebars on spin bikes and AirDyne fan bikes.

The non-motorized Pro 6 Arcadia Air Runner treadmills and all-surface sleds with wheels such as the Torque TANK are excellent training tools for sprint training and conditioning, sled work, and sport specific training while also providing an option that can be used in PE classes or in group training classes and workouts for community members. The treadmills require little space while the TANK sleds can be used on a variety of surfaces indoors and out. The treadmills can be used immediately upon stepping onto the treadmill with little or no set-up required, making switching between users and stations a very rapid process.

Development of speed year-round in Minnesota can be tricky due to lack of indoor space for sprint work during the winter months. Many schools rely on using treadmills to build speed. There are a variety of non-motorized treadmills that alleviate the need for sprinting space and allow coaches and athletes to work on mechanics, start/drive phase, and top end speed with minimal space and while allowing the coach or instructor to stand next to the athlete for instruction, monitoring, and motivation. The non-motorized treadmills that most closely mimic true sprinting form have a flat belt, such as the Matrix S-Drive Performance Trainer Treadmills – because humans do not run on curved surfaces in sports or real world settings the flat belt treadmills most closely mimic the form and mechanics used in outdoor and sport-specific running and offer the best solution for indoor sprint training. The flat belt treadmills teach the athletes to drive and stride as they would on a court, track, or field.

Curved-belt non-motorized treadmills are another option – they do not mimic outdoor running as closely as flat-belt non-motorized treadmills but can still be used for conditioning and some top-end speed work. Whether flat-belt or curved-belt, you should always look for a treadmill with variable resistance settings to accommodate different training purposes – speed, strength, power and even to mimic a sled push/pull. Matrix S-Drive Performance Trainer Treadmills have a traditional resistance setting and a secondary parachute resistance setting for a variety of resistance and training options ranging from start training, acceleration training, explosiveness, speed, speed-endurance, and conditioning including sled push/pull exercises. For curved-belt treadmills, the Pro 6 Arcadia Air Runner non-motorized Treadmills are unique in their offering of 6 settings for resistance to allow for different training intensities and options including sled push/pull work. Having a variety of hand positions and grips on the treadmill frame allows the user to put their body into different positions mimicking sport stances – such as driving off the line in football or a sprint start in track.

Having a display to read out time, distance, speed and other metrics is useful for monitoring workouts and tracking progress.

All-Surface Sleds with wheels, such as the Torque Fitness TANKs, are excellent tools for all abilities and all surfaces – indoors and out. They do not require specialized turf or outdoor space because their wheels allow them to be used in hallways, gyms, and other indoor areas as well as on grass, turf, blacktop and other outdoor surfaces. The TANK has variable resistance allowing teachers, coaches and instructors to change the intensity level to accommodate the fitness levels of the users and to achieve the desired training effects. All fitness levels from small children to elite athlete adults can use the TANK sled due to its variable magnetic resistance system that incorporates an eddy-current brake which accommodates the effort and speed of the user. Sleds with wheels also offer a greater variety of exercises and uses over the traditional sleds with skid plates including upper body exercise variations and multiple grip and tow strap attachments to make the pushing/pulling sport specific.

Various models of Rowers and AirDyne fan bikes may seem similar until you use them and compare their feel and performance. Rower machines using magnetic resistance systems with a belt or belt-strap handle connection have a smoother feel, more durability, quiet or almost silent sound and offer a wider range of resistance options than rowers with the simple chain and fan design. The magnetic resistance is reliable and consistent and requires no maintenance. Some rowers such as the Octane RO incorporate both magnetic resistance and a fan for added resistance variety – for each level, the harder you pull the more drag you get from the fan in addition to the magnetic resistance setting. When a fan is incorporated in addition to a magnetic resistance system on the rower this is the best option and most natural feel. The higher quality rowers will have ergonomically designed, soft-padded seats as opposed to those with plastic seats. The rower handle should have some sort of padding or grip to it and plastic handles should be avoided due to their rigidity and stress on the hands. The rower handle should connect to the drive system by a belt or belt strap for maximum responsiveness with the least maintenance and no sound. The Matrix Rower features a completely silent magnetic resistance system while the Octane RO Rower is unique with its magnetic resistance + fan resistance and features a multi-grip handle that allows for a variety of hand position and muscle recruitment. The display should be a well-lit easily readable display so that coaches, teachers and instructors can easily see what participants are accomplishing without having to lean over in front of the user. Rowing machines should have wheels to make moving them easy and should be able to stand up on the front of the frame for space-saving storage.

Fan bikes using a belt drive are more responsive, durable and quieter than those using the old chain-drive systems that required frequent maintenance, produced more noise and were less responsive than the new belt drive designs. Newer models of AirDyne fan bikes have sturdier arm designs and their multi-grip handles are preferred over single grip handles to fit a variety of user heights, cater to grip preferences, and offer a way to target different muscle groups of the upper body with an added variety. Seats on fan bikes should be adjustable both vertically and horizontally. AirDyneX & AirDyne Pro bikes have a belt drive, multi-grip handles, vertically and horizontally adjustable seats, and have several interval and HIIT programs set up in the console for quick access.

Soft cover plyo boxes, medicine balls, kettle bells, and dumbbells are all very common items with a wide range of durability and quality of design. In pictures they can all look the same, but in use you can quickly discern which are higher quality.

Some general guidelines to use to select equipment that will perform the best and last the longest include:
*check product warranties and ensure you are getting commercial-grade equipment

- *Soft-cover wall ball medicine balls should have thick vinyl shells and the fewer seams the better. It is important to note that soft-cover medicine wall balls are not meant for slamming.
- *Iron kettle bells are the least expensive and with proper storage can look good for a long time, however in school settings iron-handle kettle bells tend to get chipped during usage and when putting them back on the shelves. If the handles are not chipped, then this is only a cosmetic issue, however, once handles start to chip then you risk injury to the users. I recommend an iron kettle bell with a vinyl cover over the “bell” portion of the kettle bell as these will prevent chipping, protect floors, protect other equipment and maintain aesthetics for a significantly longer period of time.
- *For aerobic dumbbells (colored dumbbells) – always opt for vinyl covers over neoprene as neoprene will absorb sweat and the neoprene covers are easily damaged. Vinyl covers are moisture resistant, more durable, and will also protect floors.
- *General use dumbbells should be urethane rather than rubber. Urethane is more durable, is non-marking, and odor-free. These are available in hex head or round head options.
- *Weight plates should be rubber coated or urethane coated to protect the plates, the equipment in the room, and the floors. Rubber weight plates (non-bumper plates) should have a multi-grip design for easy loading and unloading and to avoid finger pinching. They are also easier to pick up off the floor and less likely to be left lying around. An additional feature of multi-grip plates is that they can serve as resistance for dynamic movements in place of dumbbells or kettle bells when you have large groups.
- *Bumper plates should have center hubs secured by “spokes” or a significant insert around the hub that is recessed into the rubber to avoid the center hub from popping out with use.
- *Soft cover plyo boxes that are heavier are sturdier, more durable, and have better covers than lighter plyo boxes because the added weight comes from a thicker, heavier duty internal frame and heavier internal padding and foams that will hold shape longer.
- *Barbells should always be commercial grade, particularly if being used in squat racks, for dead lifts, cleans, and other Olympic lifts. Lower grade barbells will bend, rust, and their “loading sleeves” where the plates sit will not “spin” as needed to alleviate stress on the wrists during cleans and snatch movements. A good manufacturer will disclose all of the barbell specifications and while the best barbells tend to have higher tensile ratings and test ratings, these are not the only factors in quality and durability because the manufacturing process is also important. Many well-known barbell “brands” are actually manufactured by a select few companies and then simply re-branded with a new logo. Some of the highest quality and most popular barbell models and brands are produced in a factory that is located in the United States. Johnson Fitness works directly with this factory to have the same barbells produced without name branding so that the highest quality barbells are available from us at the best prices. (For more information on barbells, trap/hex/dead lift and other styles of bars please contact Drew Wurst).
- *Battle ropes should have a nylon cover over them to avoid the fraying that happens with use. The life of a battle rope can be extended by many years if you go with the nylon-covered options.

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