

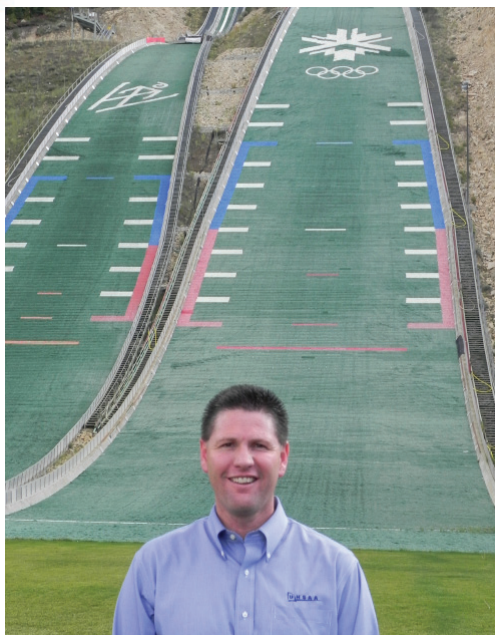
Raise the Bar

Sportsmanship Matters!

UPDATE December 2013 - Volume 27, Number 2

Valuable Life Lessons

By Rick Nielsen, Principal, Union High School



Off the CUFF

Thoughts from UHSAA Executive Director Rob Cuff

North Central Utah is Ski Country

North Central Utah is known for its event sites from the 2002 Winter Olympic Games and the best of Utah Ski Country. As told by Utah's license plate marked with a skier and the slogan, "The Greatest Snow on Earth," Utah is passionate about its skiing. With 14 world-class ski resorts, 11 are in North Central Utah and are within a short distance from Utah's capital city.

However, when it comes to the Utah High School Activities Association, North Central Utah is known more for its nine member schools stretched over five districts and three counties.

In the height of the beautiful autumn weather of September, I had the amazing opportunity to visit all nine North Central high schools and five districts in the span of three days.

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This past football season, our student-athletes were able to learn valuable life lessons on personal responsibility, service, leadership and the true meaning of success. They learned there is something bigger and more important than themselves and the football game that they love. Coach Matt Labrum and his coaching staff helped our students to realize



what true character is and how student-athletes have the power and opportunity to make a positive difference among peers as they display humility, gratitude, respect, courage, honor and overall just good character.

After hearing that a few football players were being disrespectful in the classroom, not handing in school-assignments, bullying, and not displaying good character, the coaches came to the administration with a plan. The plan was to have the junior varsity and varsity football players turn in their jerseys after Friday's game, win or lose. The athletes would not be allowed to play football until certain criteria were met, even though the next game would be homecoming and an important region contest. The expectations for the players to earn back their jerseys included: 1) Attend all planned practices, which were service projects in the community instead of practice on the field. 2) Be on time and prepared. 3) No F's or discipline problems. 4) Complete an individual service project for their families with a typed report and pictures. 5) Memorize and pass off an assigned quote about character to one of the coaches.



As the principal of Union High School, I and the

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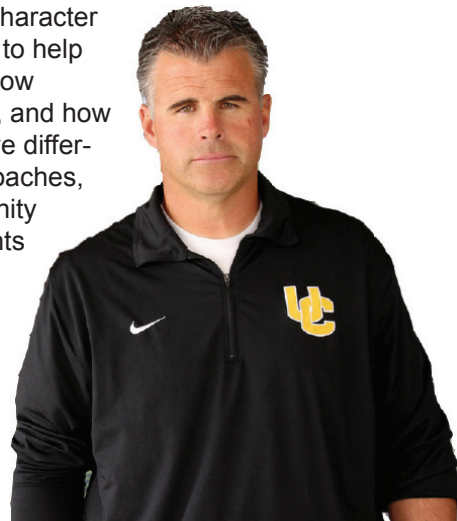
other administrators were very supportive to our coaches and their plan. We were proud of their integrity and desire to help our student-athletes learn to be leaders and to be successful on and off the field. Students need to realize that participating in extra-curricular activities is an opportunity and a privilege, not a right. I am also the parent of the senior captain on the football team. I know how important



Union High School Senior Captain Gavin Nielsen

football is to him and his wish to do well his senior year. I am grateful to his coaches and teachers for their example, which is helping mold his character in a positive way. We had some long talks and he recognized the love his coaches have for him and the team. He and his teammates realized the importance of displaying good character everyday.

We are lucky to have great coaches in all of our sports and activities here at Union High School. We have amazing teachers and a community that is willing to do anything to help our students succeed. We have implemented a character program in the school to help each student realize how important character is, and how we can make a positive difference everyday. Our coaches, teachers, and community are helping our students with opportunities to learn valuable life lessons of personal responsibility, leadership, and the true meaning of success.



"Sport has the power to change the world. It has the power to inspire. It has the power to unite people in a way little else can."

~ Nelson Mandela

UHSAA Distinguished Service Awards

Once a year, the UHSAA takes special pleasure in recognizing outstanding educators, coaches, officials and individuals throughout Utah who have made a significant contribution to high school activities in a number of areas. The UHSAA Distinguished Service Award was initiated in 1987 to honor individuals for their service and contributions to high school activities. Each recipient was chosen because of the standards of excellence they exemplify through their service, professional responsibilities, leadership and sportsmanship. Congratulations to the following individuals, who were selected as this year's DSA recipients.

Quincy Lewis, 5A Coach/Advisor of the Year from Lone Peak High School
Scott Haney, 4A Coach/Advisor of the Year from Salem Hills High School
Jim Wiscombe, 3A Coach/Advisor of the Year from Morgan High School
Blake Turner, 2A Coach/Advisor of the Year from Millard High School
Eric Jessen, 1A Coach/Advisor of the Year from Bryce Valley High School
Scott Ferguson, Athletic Director of the Year from Rich High School
Ann Esplin, Female Official of the Year
Orley Bills, Male Official of the Year
Brad Flinders, Music Educator of the Year from South Summit High School
Steven Hendricks, Music Educator of the Year from Davis High School
Carol Shackelford, Speech Educator of the Year from Bingham High School
Clin Eaton, Theatre Educator of the Year from Riverton High School
Kathy Howa, UHSAA Distinguished Contributor for Swing for Life
Bryan Durfey, Kelly VanDongen, Molly Shaheen, Ameen Shaheen, and Jeff White,
UHSAA Distinguished Contributors for Jostens
Jordan Buscarini, Distinguished Media Contributor from KOAL Radio in Price



The UHSAA Selects Candidates for NFHS Awards

Since 1982, the National Federation of State High School Association has recognized outstanding coaches and officials through an annual awards program. Each state has the opportunity to nominate deserving individuals who exemplify the highest standards of sportsmanship, ethical conduct and moral character. The following selections are based on the 2012-13 school year. Congratulations to these individuals who were selected by the UHSAA as their candidate for this prestigious award for their designated sport.

NFHS Coaches Association: UTAH COACHES OF THE YEAR

Blaine Monkres, Football, Dixie
Sam Wood, Boys Track and Field, Woods Cross
Jim Wiscombe, Boys Basketball, Morgan
Joey Sato, Baseball, Bingham
Jerry Preisendorf, Boys Soccer, Lehi
Brock Moore, Wrestling, Pleasant Grove
Jeff Hunt, Boys Cross Country, Monticello
Dave Reynolds, Boys Tennis, Logan
Johnny Averett, Boys Golf, Maple Mountain
Joe Pereira, Boys Swimming and Diving, Skyline
Brad Foster, Girls Track and Field, Wasatch
Joe Cravens, Girls Basketball, St. Joseph Catholic
Malayna Knowles, Volleyball, Sky View
Susan Hatch, Softball, Manti
Chip Eichner, Girls Soccer, Park City
Mark Oftedal, Girls Cross Country, Rowland Hall
John La Cognata, Girls Tennis, Lone Peak
Todd Etherington, Girls Swimming and Diving, Brighton
Mike Williamson, Girls Golf, Rich
Robin McClellan, Drill Team, Uintah

NFHS Officials Association: UTAH OFFICIALS OF THE YEAR

Lyle Mangum, Baseball, Cedar Hills
Kelly Kinghorn, Boys Basketball, Sandy
Robin Bryant, Cross Country, Orem
Chad Broderick, Football, Cedar Hills
Richard Grigg, Boys Soccer, St. George
Gerard Collet, Track and Field, South Jordan
Kemp Barney, Wrestling, West Point
Ann Arrington, Girls Basketball, Pleasant View
Nikki Wardle, Competitive Spirit Squad, Riverdale
Kory Parker, Girls Soccer, Lehi
George Regopoulos, Softball, Washington
Shelda Bennett, Volleyball, Fruit Heights



Make Plans to Attend the 2014 UIAAA Conference

By Marc Hunter, Executive Director, UIAAA



The Utah Interscholastic Athletic Administrators Association (UIAAA) State Conference will be held at the Best Western Plus Abbey Inn, 1129 South Bluff St, in St. George April 9-12, 2014. The 34rd annual conference will host over 300 athletic administrators, spouses, guests and exhibitors. All Athletic Directors, Principals, Assistant Principals, and Athletic Administrators with responsibilities

for athletics and activities are invited and encouraged to attend. The UIAAA is offering LTC 501, LTC 504, LTC 508, LTC 611, and LTC 622. The UIAAA and its Athletic Directors Executive Committee are pleased to present an outstanding cast of featured speakers this year, along with a wide variety of workshop topics. Bruce Whitehead,

CMAA, Executive Director of the NIAAA in Indianapolis, will be the keynote speaker on Friday evening. Two LTI courses, LTC 611 and LTC 622, will be offered in Utah for the first time. Mark Nicholls, authority and specialist on sports fields and safety, will be teaching LTC 622. The UIAAA will host a golf tournament at 7:00 a. m., Friday, April 11, 2014. Jostens is once again generously sponsoring the tournament, which will be held at Sunbrook Golf Course. Conference registration will be handled entirely online this year. Information can be found and downloaded from the UIAAA website (uiaaa.org) and will not be mailed this year. The conference registration fee has not increased from last year. The fee is \$210 prior to January 31, 2013. From February 1 until March 15, 2013 the fee is \$235, and after that date and in person the fee will be \$260.





Eligibility and Transfer Policies

When schools return from the holiday break, schools will begin preparations for registering students for the 2014-15 school year. Counselors will hold orientations, distribute registration materials to their students and visit classrooms at their feeder junior high/middle schools. As junior and senior high school student-athletes choose their schools, select their classes and develop their educational plan for the future, it is important they make informed decisions that include an understanding of both UHSAA and NCAA rules and requirements.

The National Collegiate Athletic Association (NCAA) has increased the eligibility requirements for those students that will begin college in August of 2016 and thereafter. In other words, these increased standards affect current high school sophomores who will graduate in the spring of 2016 and enter college that fall. Included in this newsletter, Bruce Hunter, Counselor at Rowland Hall High School reviews the changes to the NCAA eligibility requirements and how to plan accordingly.

As students contemplate their educational choices and work towards their future goals, principals, athletic directors, coaches and counselors can play an important role educating parents/guardians and students regarding UHSAA eligibility and transfer policies and the implications it might have on current and incoming high school students. Students establish their initial eligibility upon first date of attendance at any high school or by trying out and being selected for membership on a high school team while attending a junior high/middle school in grade 9. Eligibility

continues at this school throughout a student's educational career unless the student transfers high schools.

In the case of a transfer the student becomes ineligible to participate in UHSAA sponsored athletic activities AT ANY LEVEL (i.e. varsity, JV, sophomore, freshman) for twelve months from the first day of attendance at the new school. Ineligible student athletes may try out and practice with a high school team. However, on game day, ineligible student athletes may not be in uniform, be introduced, warm up with the team, or compete. Contests in which an ineligible participant competes shall result in a forfeiture of the contest or disqualification from the competition in which the ineligible participant competed.

A transfer student may apply to the UHSAA for a waiver of the ineligibility due to hardship, which includes a bona fide change of residence. A hardship is defined "as an unforeseeable, unavoidable, and uncorrectable act, condition or event which causes the imposition of a severe and non-athletic burden upon the student and/or his/her family." In the case of a bona fide change of residence or recent divorce, parents or legal guardians must submit a completed "Change of Residence" application, required signatures and supporting documents to the UHSAA office. In the case of a hardship, a completed "Hardship Waiver" application, required signatures and third party documentation must be submitted for review. The UHSAA Transfer Rule also applies to students transferring to an alternative high school or transferring in from out-of-state.

Coaches Be Careful Who You Play

Coaches need to be careful of who they may invite to their practices or schedule to scrimmage. According to UHSAA Interp & Guideline 2.2.2 regarding Contest Limitations, a contest is defined as any meet, game or competitive activity (including practices and scrimmages) in which one or more students participate, and at least one of whom is not a member of the student-body or the school sponsored program, counts toward the contest limitations.

Schools are allowed to schedule alumni games as an outside team. Alumni games may only be played against the member school's alumni and will count towards the contest limitations. UHSAA high school teams (i.e. Varsity, JV, Sophomore, Freshman) may play any other member high school team or

junior high school team consisting only of 9th grade students. According to UHSAA rules, member high school teams may not practice or compete against non-member high schools, college/university teams or any students below the ninth grade.

UHSAA DEFINITION OF A TOURNAMENT

The UHSAA defines a tournament as a competition among four or more schools. By definition, contests between two, three or four member schools are considered sanctioned. Contests between two, three or four member schools are considered sanctioned. Competitions or tournaments involving more than four schools (from more than one region) must be approved by the UHSAA at least 30 days prior to the event.

New UHSAA Moratorium Policies

This year, the UHSAA has in place new UHSAA Annual moratorium policies that place restrictions on the facilities and the coaches (paid or non-paid) who make up the school's immediate past, current or projected future coaching staff. There are five annual UHSAA moratoriums: Thanksgiving, Christmas, New Year's Day, Summer (July 7-13, 2014) and a four week Sport Specific Moratorium. On the UHSAA site, click on Calendars and then the specific sport calendar for the dates of the sport specific moratorium.

Moratorium days apply to current 9th through 12th grade students. During moratorium days, activities shall not meet, practice, compete or travel. Facilities used by the

school shall not be used related to the sport. During a Sport Specific Moratorium, any member of the coaching staff for that particular sport shall not supervise or observe in the weight room outside of the school day. Coaches shall not have player contact or communication related to the sport and shall not organize or conduct any activities related to the sport. Coach shall not observe any potential player related to the sport. A coach may observe only if his/her own child is participating or if acting as a registered official assigned to that specific contest. For additional info, read pages 38-39 of the UHSAA Handbook available online under the Publications tab at www.uhsaa.org.

"Two Weeks Prior" to Start Date Restrictions

Spring sport coaches can find their start dates on the UHSAA master calendar or the UHSAA sport specific calendar under the Calendar tab at www.uhsaa.org. Two weeks prior to the start dates the following UHSAA restrictions are in place: coaching is prohibited; no practice sessions, no drills, no review of video with athletes, no team offense or defense nor chalkboard X's and O's are allowed. An athlete may not attend a clinic or camp hosted or sponsored by a member school within two weeks of

the starting date. This includes sending teams to team camps or competitions outside of the school. During the "Two Weeks Prior" weight lifting, conditioning and sport specific exercise (i.e. pitchers and quarterbacks throwing) is allowed without instruction from the coaching staff. Open gym, court, pool or field is permitted as long as there is no coaching, no participation fee of any kind, nor team selection taking place.

Ejected Players and Coaches Required to Complete Course

If a coach or player is ejected from a contest, they not only have to serve their required game suspension but they are required to complete a designated online NFHS sportsmanship course before they can return to play. While serving their suspension, ejected players shall complete the free 20

minute course, "Sportsmanship" and ejected coaches shall complete the NFHS course (4-5 hrs, \$20), "Teaching and Modeling Behavior." To complete or track the completion of these courses, go to www.nfhslearn.com. Click on "Coach Search" to see if a course has been completed.

Do Rowdy Right

Cheer for our team; not against your opponent!

Make SPORTSMANSHIP & POSITIVE SCHOOL SPIRIT a priority at your school.

Students need to understand the meaning and importance of sportsmanship. Sportsmanship is conducting oneself with respect and dignity. Teach it, Enforce It, Award it and Model it (TEAM)!

The TRUE PURPOSE of high school activity programs is to educate and inspire lifelong values. Extracurricular

activities are an extension of the school day, providing unique and valuable opportunities for further enrichment, growth and personal development. Everyone is a winner if administrators, athletic directors, coaches, staff, players, students, parents, spectators and fans TEAM-up to support appropriate behavior at all of our high school activities. Derogatory and demeaning cheers or conduct are considered detrimental to the orderly and positive conduct of education-based interscholastic activities.

2014 Dare2LEAD Conference on Friday, June 20

On Friday, June 20, 2014, the Utah High School Activities Association (UHSAA) will sponsor their third statewide leadership conference in partnership with the Utah Interscholastic Athletic Administrators Association (UIAAA). Administrators at UHSAA member schools should select two students, one boy and one girl, to participate in this full day conference which includes speakers, breakout sessions, and a bowl-a-thon to benefit Special Olympics Utah.

In March, principals will be asked to submit the names and contact information for their two students attending the conference. The UHSAA hopes that all schools will participate in the conference, which will be held at Murray High School. Contact Becky Anderson at the UHSAA if you have any questions.



The Need for “Co-Curricular” Activities

By Charisse Hilton, Principal, Brighton High School
Executive Director, Utah Association of Student Councils

As I interviewed for my first teaching position in 1993, I was asked if there was anything “extra-curricular” I was willing to do. I had been involved in student leadership in college and two days later I was hired as a teacher and student government advisor. Twenty years later, I am serving as the director of the Utah Association of Student Councils under the direction of UASSP. I am passionate about student leadership and activities that keep our students engaged. I have attended many conferences over the years listening to experts in the field of student leadership. Dr. Brian Shelly, one of the co-founders of The Alliance For Student Activities suggests we refer to these activities as “co-curricular” rather than “extra-curricular” as they are often the missing piece when it comes to school reform. Dr. Shelly further states that not only are student activities a positive intervention-but they are also an effective preventative for many of the ills present in today’s education arena. (The Advocate, September, 2013)

The Alliance for Student Activities is committed to providing stakeholders with the information, the tools, and the motivation needed to ensure that student activities become an indispensable part of every educational reform equation. The following is shared from The Alliance Newsletter, The Advocate with permission. Executive Director, Kate Pojeta, explains “the national dropout statistics are obviously a huge concern, but the research shows that there is a clear path to reversing this trend.” She cites a study prepared by Joseph Mahoney and Robert Cairns published in Developmental Psychology which indicates that student activities are a critical part of the educational reform equation. In the study, the high school dropout rate among at-risk students was significantly lower for students who participated in student activities when compared with those who did not participate.

From The Advocate, August, 2013:

In middle school, with no participation in student activities,	52% of at-risk students dropped out
When middle school students participated in one activity,	the dropout rate fell to 25.7%
When middle school students participated in more than one activity,	the dropout rate decreased to 12.5%
In high school, when at-risk students were involved in one activity,	only 4.5% dropped out
When high school students were involved in more than one activity,	the risk was eliminated entirely!

On a personal note, I met Sealter Siliga in 2007. Sealter was the newly elected junior class president at Copper Hills High School. Sealter is the youngest of eleven (his family recently adopted a five year old) and would be the



first high school graduate in his family and the first to attend college. Through a series of events, I worked closely with Sealter and his amazing counselor as he sought NCAA eligibility since he was being heavily recruited to play college football. Academics did not come easily for Sealter but, through his hard work and desire to play for a major college, he not only achieved his eligibility but, also enjoyed a successful football career at the University of Utah maintaining a 3.0 g.p.a. On Sunday, December 8, 2013 Sealter had his first NFL start as a defensive tackle for the New England Patriots. He had 6 tackles in the game and expressed his gratitude through social media. I asked Sealter what message he would share for this article. This is his reply, “I’m just happy I have the opportunity to have been blessed with



great influences in my life that helped me get to where I am today. If it wasn’t for the sacrifices of others to help a poor, troubled kid like me to see a future other than what I had been labeled, I would not be the man I have become.”

I too support the work of the Alliance, coaches, administrators and advisors who support student activities. There is no question that engagement comes in many forms and activities should be an essential piece.

“The preeminent purpose of sports and activities is not to teach someone how to hit a three-pointer or to throw a curve ball but how to harness the discipline, desire and commitment that comes from striving to achieve these goals and then channeling those traits into overcoming the challenges of everyday life.”

- Robert F. Kanaby, Former NFHS Executive Director

NCAA Eligibility Requirements

By Bruce Hunter, Director of College Counseling, Rowland Hall

Utah high school principals and athletic directors recently received a highly informative and timely email message from Mr. Zak Pendleton, Eligibility Coordinator in Athletics Compliance at the University of Utah, regarding changes to NCAA Eligibility requirements.

This article discusses the new NCAA requirements that take effect in 2016, presents a sample four-year high school academic schedule that shows how a prospective student-athlete might meet those requirements, and invites Utah high school student-athletes, parents, coaches, and athletic directors to consider college athletics at the NCAA Division III level.

The NCAA Eligibility changes noted by Mr. Pendleton affect current high school sophomores who will graduate from high school in 2016 and plan to enter college that Fall. Prospective student-athletes who hope to compete in college sports at the NCAA Division I or Division II level must register with the NCAA Eligibility Center, take the ACT or SAT, and have those test results and their high school transcript sent to the NCAA, usually by the end of their junior year in high school.

The most important new changes are:

1. Prospective student-athletes must earn at least a 2.3 grade point average in the required Core courses in English, Math, Science, and History and achieve a minimum ACT or SAT test score according to the NCAA Initial Eligibility sliding scale. That scale and complete information both for school officials and for student-athletes can be found at www.eligibilitycenter.org.
2. Prospective student-athletes must complete at least of 10 the required 16 Core courses before they begin their senior year in high school. Seven of those courses must be completed in English, Math, or Science.

Utah high schools vary widely by size, setting, and environment, as well as by academic and athletic offerings. But most students at most Utah high schools who take four full-year academic courses per year in 9th, 10th, and 11th grade will meet this new requirement both on the total number of courses and on the seven required in English, math, and science.

School officials need to regularly double-check their List of Approved Core courses on file with the NCAA Eligibility Center, and must advise their prospective student-athletes accordingly. Presuming that the individual courses taken appear on the school's NCAA List of Approved Core courses, here's an example of courses taken by one student.

9. English, Math, Science, Language
10. English, Math, Science, Language
11. English, Math, Science, History

The prospective student-athlete who successfully completes that program of study during her/his first three years in high school will have taken 12 Core courses by the end of junior year, 9 of them in English, Math, or Science. Let's presume that that the same student continues on and takes the following schedule as a senior.

12. English, Math, Science, History

Presuming that all the courses taken appear on the school's List of Approved Core courses on file with the NCAA Eligibility Center, this student will have completed the 16 core courses required by the NCAA, both by total number and by distribution of courses across the academic disciplines, by the end of senior year.

Many Utah high school students and student-athletes will far surpass this "bare bones" example by taking five full year academic courses per year, including some AP or IB coursework.

The question then turns to the student's ACT or SAT score, and where that score falls on the new NCAA Eligibility Center sliding scale along with the student's Core course GPA. Students who take the ACT receive their Composite as well as their English, Math, Reading, and Science scores reported on a 1-36 scale. But the NCAA uses ACT sums, not Composites, so that can be very confusing when consulting the sliding scale, where the ACT scores range from 37 to 86.

In my experience, one of the very best sources for explanation and discussion of these NCAA Eligibility requirements is university Athletic Compliance officers like Mr. Pendleton. The six Utah higher education institutions that complete in NCAA Division I, including Utah, BYU, Utah State, Weber State, Utah Valley, and Southern Utah, and the one Utah institution that competes in NCAA Division II, Dixie State, all have Compliance officers within their Athletic Departments.

These dedicated professionals know the NCAA Eligibility rules, regulations, and procedures very well, and most are happy to answer questions, offer advice, and speak to interested school officials, athletic directors, coaches, and student-athletes. When in doubt, call or email an Athletic Compliance officer at the nearest NCAA Division I or Division II university.

Unfortunately, many Utahns don't know about NCAA Division III, where 450 different, mainly smaller, colleges and universities across the country compete in college athletics. The highly competitive intercollegiate athletic teams at these institutions compete for regional and national championships, but NCAA Division III members agree not to award athletic scholarships or to give any athletically-related financial aid.

There are no NCAA Division III colleges or universities in Utah, but a number of Utah high school student-athletes have experienced success as college student-athletes at the NCAA Division III level in other states.

The nearest NCAA Division III institutions to Utah are the University of Redlands, which competes in the Southern California Intercollegiate Athletic Conference in 19 sports with 8 other colleges, and Colorado College, which competes in the Southern Collegiate Athletic Conference in 19 sports with 7 other colleges in Texas and Louisiana.

The Northwest Conference in Oregon and Washington offers NCAA Division III competition in 18 sports at 9 different member institutions, including recent NCAA Division III national champions Linfield, Pacific Lutheran, and George

Fox in football, baseball, softball, and women's basketball.

Southern Virginia University offers 7 men's and 7 women's sports, competes in the Capital Athletic Conference with 9 other NCAA Division III institutions in Delaware, Maryland, Pennsylvania, and Virginia, and enrolls a very substantial number of LDS students.

Complete information on those NCAA Division III athletic conferences, including links to their member colleges and universities, can be found on their websites at:

www.scacsports.com www.thesciac.org
www.nwcsports.com www.cacsports.com

Prospective student-athletes at NCAA Division III institutions do not need to register with the NCAA Eligibility Center, but they do need to qualify for admission to these colleges and universities that range widely in selectivity, and they may receive merit, academic, and/or other non-athletic scholarship aid.

Many Utah high school student-athletes who may not "make the cut" to compete at the "big time" athletic programs in NCAA Division I and Division II, and even some who might be "second stringers" at that level, would do very well to consider continuing their academic and athletic careers in college at NCAA Division III.

The Importance of Teacher Involvement

By George Henrie, Principal, Manti High School

Manti High School hired two new teachers this year. Let me tell you their stories.

Mrs. Jordann Vaha applied for a position with my school a year ago and ended up not receiving the position.

This must have been a terrible blow for her and was incredibly painful for me. I had known Jordann as an

incredible student and a very hard worker from her time at Manti High School where I am currently the principal. I am also a good friend with her family. When another opening came up, she applied again and was again one of the top candidates. After her interview, there was no question about whom we should hire. She was an excellent candidate and I knew she would be an excellent teacher.

It took a lot of courage and determination to apply again. It took a great deal of determination to move away from home and set out on a course, which might have never come back to Manti High School. I am so glad she did! She is a dynamic teacher and a great example.

When Mr. Brett Albrecht's application recently landed on my desk for a teaching position at Manti High School, I was impressed. Of course, I knew Brett from a prior administrative life when I was at Beaver High School. I knew he was a great student. I knew he was a great athlete. I knew he was a quality individual and that he would be a great teacher.

I eventually decided to give him an interview. When Mr. Albrecht showed up at my office door, I asked him to have a seat and I told him, "Well, Brett, this isn't the first time you have been to my office, is it?!" We both had a good laugh. After a few minutes reminiscing about our time together back in Beaver we got down to the business of the interview. Wow, was I impressed! To make a long story short, we eventually ended up hiring him. He was the man for the job and it was obvious to us all.

Over the course of the past 15 years, I have hired many new teachers. One thing that always ends up as a part



of the equation is what these new teachers have to offer my school. I don't want someone who can just teach one subject or even two. I want a teacher who is balanced, one with a wide range of interests who can relate to a wide range of students. I want teachers who can teach one or two subjects but who can also bring other things to the table. I need class advisors, Junior Prom Chairmen, athletic coaches, newspaper editors, hall monitors, science fair chairmen, speech and debate coaches, musical directors and the list goes on and on. Of course, most of these positions are huge time commitments for very little or no monetary rewards so candidates must have the right attitude and the right perspectives because they are, after all, role models for our children. Mr. Albrecht and Mrs. Vaha are just that, great role models. No doubt this is in part because of the opportunities they had in high school, participating in high school athletics and activities. This participation laid the foundation for the success they are now finding in their professional careers.

Their stories aren't unique. In fact, they are common threads woven into the cloth of each and every great high school faculty. I am fortunate to have them as a part of my faculty.

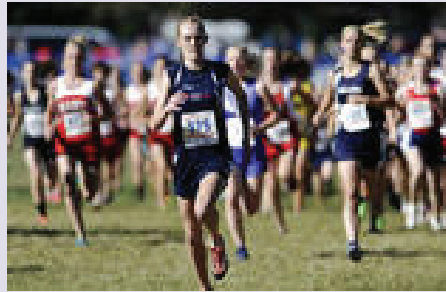
I can't in good conscience mention Mr. Albrecht and Mrs. Vaha without mentioning the other teachers on my faculty. They are all great role models. They are all great teachers. They are all great men and women who had their beginnings in high school athletics and activities and now they are paying it forward. They are men and women of honor and are exactly what the youth of today need in their lives.

Fall Sports 2013 Results

BOYS CROSS COUNTRY

1A

1st Place	Monticello
2nd Place	Panguitch
3rd Place	Bryce Valley
4th Place	Altamont
5th Place	St. Joseph
6th Place	Duchesne



2A

1st Place	Rowland Hall
2nd Place	North Summit
3rd Place	Wasatch Academy
4th Place	Millard
5th Place	San Juan
6th Place	Parowan

3A

1st Place	Desert Hills
2nd Place	Park City
3rd Place	Pine View
4th Place	Stansbury
5th Place	Cedar
6th Place	Bear River

4A

1st Place	Orem
2nd Place	Timpanogos
3rd Place	Ogden
4th Place	Salem Hills
5th Place	Skyline
6th Place	Sky View

5A

1st Place	American Fork
2nd Place	Lone Peak
3rd Place	Davis
4th Place	Bingham
5th Place	Westlake
6th Place	Alta

GIRLS CROSS COUNTRY

1A

1st Place	Panguitch
2nd Place	Monticello
3rd Place	Wayne
4th Place	Duchesne
5th Place	Altamont
6th Place	Bryce Valley

2A

1st Place	North Summit
2nd Place	Enterprise
3rd Place	North Sevier
4th Place	Emery
5th Place	Parowan
6th Place	Rowland Hall

3A

1st Place	Park City
2nd Place	Cedar
3rd Place	Canyon View
4th Place	Stansbury
5th Place	Desert Hills
6th Place	Uintah

4A

1st Place	Ogden
2nd Place	Timpanogos
3rd Place	Skyline
4th Place	Maple Mtn
5th Place	Mountain Crest
6th Place	Mountain View

5A

1st Place	Davis
2nd Place	American Fork
3rd Place	Jordan
4th Place	Bingham
5th Place	Lone Peak
6th Place	Herriman

FOOTBALL

1A

1st Place	Duchesne
2nd Place	Rich

2A

1st Place	South Summit
2nd Place	Grand

3A

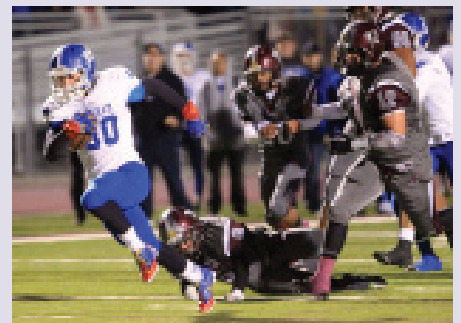
1st Place	Judge Memorial
2nd Place	Manti

3AA

1st Place	Desert Hills
2nd Place	Pine View

4A

1st Place	Timpview
2nd Place	East



5A

1st Place	Bingham
2nd Place	Brighton

BOYS GOLF

2A

1st Place	Manti
2nd Place	Grand
3rd Place	Layton Christian
4th Place	Rowland Hall
5th Place	Emery



Fall Sports 2013 Results continued

3A

1st Place	Park City
2nd Place	Dixie
3rd Place	Desert Hills
T-4th Place	Uintah
T-4th Place	Snow Canyon

4A

1st Place	Timpview
2nd Place	Bonneville
3rd Place	Orem
4th Place	Maple Mountain
5th Place	Olympus

5A

1st Place	Lone Peak
2nd Place	Viewmont
3rd Place	Syracuse
4th Place	Davis
5th Place	Brighton

GIRLS SOCCER

1A/2A

1st Place	Summit
2nd Place	Waterford



3A

1st Place	Dixie
2nd Place	Juan Diego

4A

1st Place	Timpanogos
2nd Place	Skyline

5A

1st Place	Brighton
2nd Place	Viewmont

BASEBALL

1A

1st Place	Panguitch
2nd Place	Piute



GIRLS TENNIS

1A/2A

1st Place	Manti
2nd Place	Waterford
3rd Place	Wasatch Academy
T-4th Place	St. Joseph
T-4th Place	San Juan
6th Place	Delta



3A

1st Place	Park City
2nd Place	Pine View
3rd Place	Desert Hills
4th Place	Grantsville
5th Place	Snow Canyon
T-6th Place	Juan Diego
T-6th Place	Payson

4A

1st Place	Timpview
2nd Place	Olympus
T-3rd Place	Bonneville
T-3rd Place	Bountiful
T-3rd Place	Maple Mountain

5A

1st Place	Davis
1st Place	Lone Peak
3rd Place	Bingham
T-4th Place	Alta
T-4th Place	Pleasant Grove
T-4th Place	Viewmont

VOLLEYBALL

1A

1st Place	St. Joseph
2nd Place	Piute
3rd Place	Panguitch
4th Place	Rich
5th Place	Monticello
6th Place	Wayne



2A

1st Place	Enterprise
2nd Place	San Juan
3rd Place	Delta
4th Place	South Summit
5th Place	Beaver
6th Place	Gunnison

3A

1st Place	Hurricane
2nd Place	Desert Hills
3rd Place	Snow Canyon
4th Place	Morgan
5th Place	North Sanpete
6th Place	Park City

4A

1st Place	Timpview
2nd Place	Sky View
3rd Place	Woods Cross
4th Place	Mountain Crest
5th Place	Springville
6th Place	Mountain View

5A

1st Place	Pleasant Grove
2nd Place	Bingham
3rd Place	Fremont
4th Place	Layton
5th Place	Brighton
6th Place	Lone Peak



Park City High School

With the enchanting slopes of three legendary ski resorts meeting a charismatic village, is it any wonder that many people consider Park City the most fast and furious ski town in the country. It is home to the Park City Miners, a beautiful high school on the historic town's north side. We met Principal Bob O'Connor in his office and he showed us the captivating campus. Currently in Region 10, the Miners have been competitive in all sports over the years and have excellent tradition in the fine arts programs, since the community hosts several fine arts events, including the



annual Park City Jazz Festival. We visited the spectacular Eccles Performing Center and other school music rooms where the UHSAA has hosted several state jazz festivals. A large 3A school housing students in grades 10-12, the colorful red and white gymnasium is relatively small, creating an atmosphere for great



energy and enthusiasm during games. The outdoor facilities have excellent panoramic settings of ski slopes and foliage. The soccer facility is off-campus and northeast of the school by the Olympic Ice Arena. Many individuals made fortunes from the historic

booming mining town up in Parleys Canyon, which a century ago produced more than \$400 million in silver ore. Today, as the only high school in the Park City School District, the Miners continue their rich athletic and activity tradition.



South Summit High School

After leaving Park City, we travelled east across Summit County to Kamas, home of the South Summit Wildcats, where a painted "SS" on the hillside overlooks the 2A school. The only high school in the South Summit School District, South Summit is celebrating 100 years of existence this school year. Principal Steve Camp, a member of the UHSAA Executive Committee representing Region 16, and Athletic Director Jeff Greiner showed us the school and athletic facilities. With the extreme fall weather and large amounts of early winter snow, South Summit was the first high school in Utah to get turf for their football field. The turf has helped with the maintenance of the wear and tear that would otherwise take place with wet and cold weather on a grass surface. We walked through a small grove of trees south of the stadium over Beaver Creek to the baseball field that rests east of the new Aquatics and Fitness Center. The new center provides swimming, weightlifting and other opportunities for both the students and community. The



school has a great "Wildcat" gymnasium decorated in forest green and white representing the school's colors. The Wildcats participate in all UHSAA activities, except boys' and girls' tennis, and has approximately 400 students in grades 9-12.



Oakley School

Five miles from Kamas to the north is Oakley School, a therapeutic boarding school with a recreational and outdoor

sports program. The Explorers participate in cross country, swimming, soccer and track. The school has played in volleyball and basketball in the past and has a nice gym on the south end of campus away from the main school building. The large and attrac-



tive soccer field is located directly in front of the entrance to the main school building and is home to several elk that bed down during the winter months. The campus is beautiful and recreational located along the Weber Canyon Road. A 1A school in Region 18, the Explorers have been a UHSAA member school for more than 10 years with as many as 100 students over the years and as few as 30 students. Athletic Director Russ Love introduced us to nearly all the teachers and coaches in the school, and we had the opportunity to have lunch with the students and staff in the cafeteria. The school colors are maroon and kelly green.

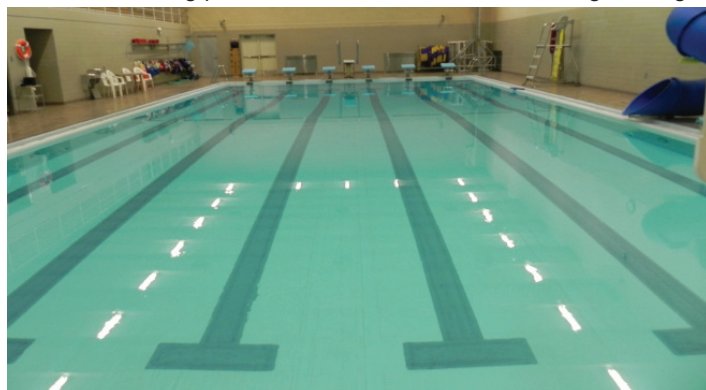


North Summit High School

Located between Rockport Reservoir and Echo Reservoir is Coalville, the county seat of Summit County. The town named for mining is home to the North Summit Braves, the only high school in the North Summit School District. It was homecoming week and the school had many activities scheduled celebrating 100 years of becoming a school. A sign as we entered the front doors indicated the mission statement as being a high school which provides opportunities for students to become lifelong learners and successful contributors to society. UHSAA Board of Trustees



member representing the 2A principals, Russ Hendry, greeted us in the main office and gave us a tour of the campus on the hill. We visited the football field first, which is across the street to the south behind some residential homes, and is one of the few Utah football fields that runs in an east to west direction. South of the football field on a hill is painted "NS" announcing North Summit country. The high school hosts grades 9-12, which has approximately 300 students, and across the street to the west is the new middle school, which houses grades 5-8. The new indoor facilities are shared with the high school for practice and other activities. A 2A school in Region 16, the main building was built in 1977 on the same location as the former high school. The Braves have one of the few swimming pools located within the main building of a high



school. The gymnasium is laced with the school colors of purple and gold and the Braves highly successful athletic tradition is evident throughout the school.



Morgan High School

Leaving Coalville and passing Devil's Slide along the Weber River, we eventually reached Morgan High School, a 3A school in Region 10. The Morgan Trojans have had athletic tradition year in and year out in nearly every sport which was evident by the many trophies lining the top shelves in the library. The school is most notable for volleyball; however, most recently, the Trojans won their second boys' basketball championship and first since 1974. Principal Wade Murdock and Athletic Director Renn Hoopes showed us the school and athletic facilities. Built in 1962 and updated over the years, the school is decorated with the colors



OFF THE CUFF continued from page 12

of maroon and white, including the tennis courts, gymnasium and wrestling room. An amazing sports facility named the Trojan Century Center or TCC was built in the 100th year of the school and this school year marks the second year the school has used it. As we entered the center, we first encountered the volleyball/ basketball court in a large open space. We then moved passed the curtain which separated the court from an incredible turf field marked with separate lines for football, baseball, softball and golf



allowing for practice and physical education classes during all kinds of weather. It certainly is a state of the art facility that sits directly in the middle of campus between the main school building and the football field. Morgan High School is the only high school in the Morgan School District and is on the bank of the Weber River that extends through town.

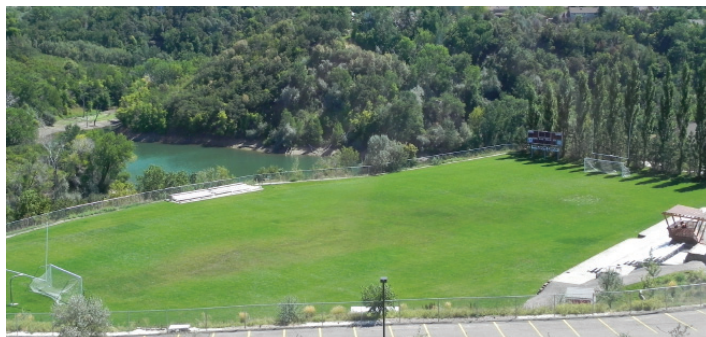


Layton Christian Academy

A private 2A school in Region 14, Layton Christian Academy in Layton is located on the east side of the city nestled against the hills. Administrator Greg Miller, a member of the UHSAA Board of Trustees, began our tour in the classrooms and music rooms. In addition to approximately 200 students in grades 10-12, the school is also home to pre-school through ninth grade. Layton Christian participates in all UHSAA activities except for swimming



and drill team. The gymnasium, with a balcony and a stage on the west side of the court, has 1200 chair seats and also doubles as a large auditorium for school activities and church events. A total transformation from the gymnasium to the auditorium happens frequently for events such as church on Sundays, and then back to the gymnasium for the school's physical education classes and team practice. The Eagles football field is astonishing located



directly below the school in a small ravine against a small pond and several trees. The athletic field is also used for soccer and other school activities. The school colors are maroon, gray and white. Layton Christian Academy has been a member school since the fall of 1998.



Ben Lomond High School

Only a short distance from Utah's capital city and minutes from the stunning slopes of three ski resorts, Ogden serves as a mecca for the outdoor industry. Ogden is also home to the Ogden City School District, which includes two UHSAA member schools. Established in 1953, Ben Lomond High School is a 3A school in Region 11 and gets its name from the nearby Ben Lomond, named by Scottish settlers since the mountain reminded them of its namesake Ben Lomond in Scotland on the shores of Loch Lomond. This local cultural influence gave the school its mascot. Students are known as the "Friendly Fighting Scots" and the school's colors are patterned after the traditional Scottish uniforms: the Stewart tartan. A sculptured Scot playing the bagpipes greets visitors in the school's new commons area, part of a major renovation completed in 2010. Principal Dale Wilkinson



and UHSAA Board of Trustees and Ogden City School District board member Don Belnap showed us the history and tradition of Ben Lomond activities. The view of Ben Lomond peak from the football field is paramount and breathtaking. The baseball field

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has a staggering backdrop of the Wasatch Mountains east of Ogden. Some of the original buildings are still part of the school,



including a beautiful renovated red, white and blue gymnasium, which is a definite highlight of the school. A separate building housing a swimming pool was added 40 years ago in 1973.



Ogden High School

Board member Don Belnap also accompanied us on our visit to a second high school in the Ogden City School District. First established in 1897 on a different site, Ogden High School was one of Utah's very first high schools. A 4A school in Region 5, Principal Stacey Briggs met with us and showed us the facilities at the school, recognized as an architectural landmark. The main building is four-stories high and the rotundas on each level add to the beauty of the historic school. Used for school activities as



well as community events, the auditorium has been completely refurbished and seats several hundred people. The balcony is stunning, beautiful and majestic. Furthermore, a new cafeteria and gym complex with an incredible weight facility were recently completed. The gymnasium and halls are decorated in orange and black and Tigers from the center courts of two former gymnasium floors hang on the walls. The renovation took away the original gymnasium to make way for new classrooms and labs, music rooms and a nice dance room for the drill team and dance



company. Much of the new construction on the school's east side was built around the outside walls of the original historic school, which was built in 1936 and opened for students the fall of 1937.



The history of Ogden High School is displayed in a variety of ways in the library, and the athletic success of the Tigers is exhibited in the multiple trophy cases throughout the halls of the school.



St. Joseph Catholic High School

A 1A private parochial school on the east bench of Ogden city and directly below the foothills of the Wasatch Mountains is the St. Joseph Catholic High School Jayhawks. A member of Region 18, the mission statement for the approximately 200 students in grades 9-12 provides a commitment to excellence in education



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and a challenge to students to reach their full potential. Principal Patrick Lambert and Athletic Director Alex Salvo met with us and provided a tour of the school. The main building and the gymnasium were built in 1952 and other campus buildings and upgrades have been added since that time. In the 60 year old



green and gold gymnasium, the UHSAA Sportsmanship banner is hung proudly on one side of the court with the school's 2013 star already displayed on the banner. The banner is part of the Raise the Bar, Earn Your Star, UHSAA Sportsmanship program introduced to all member schools three years ago. One of the



highlights of the school is the captivating Jayhawks soccer field on the east side of campus bordering the foothills, which has served as a site for past UHSAA state playoff games and championships.



Ogden vs. Wasatch Football

The architectural landmark known as Ogden High School served as a cool and rainy setting for a football game between the Tigers and the Wasps. As a result of the most recent alignment of member schools, both Ogden and Wasatch are new this school year to the 4A classification. Both 3A schools last year, a new rivalry one classification higher may be built through the course of several high school activities. A magnificent flag ceremony by the Ogden High School ROTC and the playing of the national anthem by the Tiger band preceded the battle between the two schools.



Wasatch won the game easily on Ogden's home field 35-0. The Ogden Tiger band brilliantly performed at halftime in cool and wet conditions. Despite the rainy weather, the entire event had a great backdrop at the base of the Wasatch Mountains on Ogden City's east side. A tremendous display of sportsmanship on the part of both teams was evident for yet another honorable high school football game.



In the height of the beautiful autumn weather of September, I had the amazing opportunity to visit all nine North Central high schools and five districts in the span of three days.



On the road again!
UHSAA Director Rob Cuff is coming to a school near you.