TORCH

lighting the way by sharing ideas

ICA WINTER 2024

EXECUTIVE DIRECTOR'S COLUMN



Drew Potthoff
Executive Secretary
Illinois Coaches
Association

Coaches, in the end, our career W/L record just won't matter. It won't be what we will want others to remember us by. All that will matter will be who we helped, how we went about it & the lasting impression we left on those who crossed our path. live each day with that in mind.

Hello Everyone,

Welcome to the 2024 Winter Edition of the TORCH. I hope everyone is having a great winter season and you are excited about the upcoming state tournaments.

Once again, we have expanded our TORCH newsletter to include several additional articles that should be of interest to you, your coaches, and your athletes. We are excited to share new articles from our friends from the Nebraska Coaches Association and Connecticut Coaches Association.

We are proud to introduce a great program called "Coaches vs Overdoses." Please read the article that explains this outstanding program that is leading a crusade against the opioid problem that is spreading and is championed by Dallas Cowboys great Randy White! Here is an excerpt from the article on page 5.

"Randy White planned to be in grandfather mode by now. The longtime Dallas Cowboys star envisioned spending his senior years doing some spoiling, cracking some corny jokes and maybe drifting off in a recliner. The good stuff.

Instead, in the wake of a family member's fatal overdose, White has a hands-on role assisting his grieving daughter, Jordan, in raising her 5-year-old daughter and 11-year-old son.

"I wanted to be Paw-Paw," White, 70, said. "I didn't want to be Dad."

This is just one of several initiatives the Illinois Coaches Association is proud to bring to it's member coaches. Along with the great articles we have found another great selection for our Good Reads section in the book, "Think Like a Warrior" by Darrin Donnelly. It is an easy read that I am sure you will enjoy!

On a personal note, I have just returned from a great meeting with one of the ICA's professional organizations NOCAD (National Organization of Coaches Association Directors) and have brought back these articles and other great information that will help us provide services to our memberships. I am proud to announce that at this conference I was appointed to be the liaison between the NOCAD organization and the NHSACA organization with my primary directive to share ideas between the two organizations to help our coaches and athletes.

Enjoy this issue and good luck with the rest of your winter seasons and state tournaments. As always if there is anything I can do for you, or your coaches please contact me at any time.



Drew Potthoff ICA Executive Director and Cowboys legend Randy White at the NOCAD Conference

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Anyone interested should contact:
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THERE WILL BE OBSTACLES.
THERE WILL BE DOUBTERS.
THERE WILL BE MISTAKES.
BUT WITH HARD WORK,
THERE ARE NO LIMITS.

DATES TO REMEMBER

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March 21-23	IHSFCA Clinic Champaign	
April 5	Last day for Scholarship Applications	
June 15	ICA Shriners All Star Game	Bloomington
June 22-27	NHSACA Conference Bismark, ND	
June 26	ICA High School Baseball All Star Game	Bloomington

Football Officials Needed- Illinois High Schools

Coaches and Athletic Directors are encountering much difficulty in securing officials for Football Games. Many games are being moved to alternate dates, thus disrupting the organization of high school teams. Their is definitely a need for interested parties to become involved as a high school football official. This a great way to stay involved in high school sports and work with young people. Encourage young people interested in football to pursue this avocation, or at least visit with some veteran official about the benefits of this involvement. Who knows where it could lead them!! Contact the IHSA 309-663-6377

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One American dies of a drug overdose "nearly every five minutes around the clock—that's unacceptable."

Rahul Gupta, MD, MPH
White House Office of National Drug Control Policy
March 31, 2023

112,000

"For the first time in U.S. history, fatal overdoses peaked above 112,000 deaths, with young people and people of color among the hardest hit."

- NPR News, December 28, 2023



The Gameplan: Prevention + Education + Drug Disposal

Coaches vs. Overdoses combines proven public awareness, education, prevention, and community drug disposal practices. The program provides coaches, parents, and student-athletes with best-in-class evidence-based tools to tackle the youth opioid/ overdose crises and help save lives.

During fall of 2023, 453 high schools hosted Coaches vs. Overdoses games across 5 states. During which, over 233,000 in-home drug disposal kits were distributed, and prevention and education materials were provided to over 1.23 million parents and student-athletes.

Scan Here to Learn more and Get involved.

The Athletic
January 9, 2023

Cowboys great Randy White crusades against opioids with help from 2 defensive greats



By Daniel Brown Jan 9, 2024

Randy White planned to be in grandfather mode by now.

The longtime Dallas Cowboys star envisioned spending his senior years doing some spoiling, cracking some corny jokes and maybe drifting off in a recliner. The good stuff.

Instead, in the wake of a family member's fatal overdose, White has a hands-on role assisting his grieving daughter, Jordan, in raising her 5-year-old daughter and 11-year-old son.

"I wanted to be Paw-Paw," White, 70, said. "I didn't want to be Dad."

Jesse Dempsey, his son-in-law, died in 2018 at age 42 after ingesting a single pill that he thought was an approved painkiller, White said. Dempsey was a charismatic professional snowboarder who one friend described as "the most athletic human being I have ever seen." But he wanted something for his achy knee after a day of planting trees at an Arbor Day event in Colorado. White said a friend offered him a pill, and Dempsey threw it down as casually as an aspirin.

It turned out to be poison in disguise.

Continued on page 6

Cowboys great Randy White cursades against opioids continued....

Like most counterfeit pills sold on the street, this painkiller was laced with fentanyl, according to White. Even a tiny amount of the stuff — imagine two grains of salt — can cause an overdose.

"But he took it," White said. "And now he's dead."

At the time, Jordan was pregnant was the couple's second child. While it had the air of a freak accident, it's a scenario that's playing out at alarming rates across the country. Deaths involving illicitly manufactured fentanyl increased by 182 percent over two years, according to the most recent data from the Center for Disease Control and Prevention.

Rocked by the tragedy, White has emerged as the face of a pilot program that aims to fight back against the opioid epidemic. He's doing it with help from fellow Pro Football Hall of Famer Mike Singletary and three-time Pro Bowler Ed "Too Tall" Jones.

Coaches vs. Overdoses, which taps into the football community as a way of reaching teenagers, is why White is on the phone line now, speaking with urgency.

"We need to get the word out," White says more than once, "because there's no telling how many lives we can save."

Legendary Cowboys coach Tom Landry, a taciturn man sparing with praise, once said of White: "His performances range anywhere from spectacular to spectacular."

He was named co-MVP of Super Bowl XII (along with fellow defensive lineman Harvey Martin), making him one of only seven defensive players to win that honor.

White was the 1978 NFC Defensive Player of the Year, made nine consecutive All-Pro teams, missed only one game in 14 seasons and earned the nickname "Manster" — half-man, half-monster.

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Continued on page 7

Cowboys great Randy White cursades against opioids continued....

He did all of this in Texas, which in 2022 became the first state to launch Coaches vs. Overdoses. It's the region with the most obvious fit. This is where "America's Team" plays and, perhaps more important, this is "Friday Night Lights" country, the place where high school football reigns supreme.

This is where the guys with the whistles have a chance of getting the message through to teens. The Texas High School Coaches Association expanded the program this year and along the way four other states have embraced the mission.

"Coaches are the way we get to them," White said during a news conference at McKinney High when the program kicked off in Texas in late October. "My football coaches were the guys I looked up to. So all these coaches in T exas, that are getting on board with this and doing it? I take my hat off to you."

Merely broaching the topic could go a long way. Studies show teens are much less likely (69 percent) to misuse prescription drugs if educated about the dangers, according to the Drug Enforcement Agency (DEA).

Of particular concern is the frequency with which adolescents are raiding their parents' medicine cabinets for prescription medications. Some teens are looking for painkillers, some simply for the thrill of swallowing any kind of pill recreationally — a makeshift party drug. On the streets, nearly every fake pill today contains fentanyl, according to the DEA. Fake pills are made to look like OxyContin, Xanax, Adderall and other pharmaceuticals.

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One former Texas high school coach knows the dynamic well. Singletary, the former Chicago Bears linebacker, spent two years coaching teenagers at Trinity Christian Academy in Addison, Texas, starting in 2018.

Continued on page 8

Cowboys great Randy White cursades against opioids continued....



Mike Singletary's tenure as a Texas high school coach opened his eyes to the pressures high school players face. (David Madison / Getty Images)

The experience gave Singletary a glimpse of modern high school pressures.

"The story that we're hearing is that kids are basically hurting, whether it's emotionally or physically. And they just want something a little stronger," Singletary, 65, said by phone. "They just want something that can get rid of the pain that they have, or the aggravation."

"But they have no idea that the decision they're making to take something — when they have no idea what's in it — is that you're not going to wake up. It's not only going to take away the pain, this will take away your life."

The onus is on the adults. According to Coaches vs. Overdoses literature, 92 percent of patients do not finish their painkillers and less than 10 percent dispose of them properly. More than half of American homes have unused prescriptions in their medicine cabinets.

That helps explain why 70 percent of teens say unused prescriptions were their first source of acquiring drugs. During the news conference at McKinney High, a student raised her hand and talked about losing her cousin, a teenager, who found some old pills in a medicine cabinet at a party one night. He took a few on a lark to see what type of high he could get. Instead, he wound up foaming at the mouth and dying from the overdose.

Stories like that are why Singletary joined Coaches vs. Overdoses.

"To me, this program makes all the difference in the world," he said. "It gives kids a chance to think twice — to think three times — about the decision that they're making, taking something that could possibly end their lives. Kids are kids. And they don't have a chance when they have no idea what they're doing."

Continued on page 9

Cowboys great Randy White cursades against opioids continued....

White's most ardent plea is for people to clear those forgotten prescription bottles out of their homes. As part of the program, Coaches vs. Overdoses will hand out 250,000 pocket-sized DisposeRx in-home drug disposal packets at high school sporting events.

"If your name's not on a prescription bottle, don't take it," White said. "I mean, that's a pretty good policy. But it's surprising how many adults out there aren't aware of this problem."



Ed "Too Tall" Jones learned early in life that misused substances can mean a trip to the ER. (Icon Sportswire, file)

Jones, 72, recalls more innocent times. As a kid in the South, he and his buddies once stole a bounty from their parents. Jones recalls that the cigarettes were Lucky Strikes and Camels and that the cigars were King Chesterfields. Because this was Jackson, Tenn., the pilfered alcohol was, of course, whiskey.

"Our plan was to head off at recess into the woods," said Jones, who played 15 seasons over two stints with the Cowboys. "And I'm telling you, we all got so sick that we had to go to the clinic. All of us are still friends to this day. And I can assure you none of us ever smoked again. I didn't touch alcohol again until I was in the NFL, and that's only because someone told me that drinking a beer would help me put on weight."

Jones told that story to underscore that modern medicine cabinets mean that the stakes are higher these days, and he's seen that firsthand through White's family tragedy. Jones met White in 1975 after the Cowboys drafted White out of Maryland with the second pick (behind Steve Bartkowski) in the NFL Draft.

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Cowboys great Randy White cursades against opioids continued....

"He's been my friend since that day," Jones said, adding that he's never admired him more. "I'm proud of what he's doing. He's really taken those kids under his wing, and he's trying to guide everybody down a better path. Wanting to help —that's the same attitude everyone everybody should have."

Singletary, who grew up a Cowboys fan, played with White and Jones on the 1983 NFC Pro Bowl defense. Now, they are teammates again, but this time they're on the offensive.

"It's still a relatively quiet thing. There are a lot of kids suffering alone," Singletary said. "And it (a fatal overdose) hasn't happened yet. They haven't taken enough yet. They haven't taken the wrong thing yet. So we still have time.

"For me, it's about getting the hay in the barn while it's still light. That, to me, is what a coach has to do. If you really care about your players, do everything that you can to protect them. That's just the greatest thing about coaching. You're always teaching the fundamentals of life."

The new program aims to emulate Coaches vs. Cancer, which has spread its message in all 50 states across all sports for the past 25 years.

To date, Coaches vs. Overdoses has reached 400 high schools in five states

(Texas, Delaware, Georgia, Maryland and South Carolina). According to the organization, the program has mobilized more than 26,000 coaches through various associations and aims to distribute educational materials to over 1.2 million parents and athletes.

Until then, among the sorrowful lessons White imparts to his grandchildren these days is how to react if they ever see a stray pill on the ground. He has instructed his 5-year-old to steer clear. "You don't touch it," White tells her.

"You come get me."

He added: "Now, if the kid never hears that, they're liable to take that thing andput it in their mouth. And that's a disaster."

Mishandled medication is White's enemy these days, his seek-and-destroy mission. It is the source of his sadness and the fire behind his crusade. The program's three-part message: Don't take what you're not prescribed, dispose of unused pills and remember that strange pills kill.

"I know first-hand the devastation that this issue is causing families," White said. "One pill killed him. There is nothing I can do to bring my son-in-law back, but I do want to try to help keep other families from going through that pain and heartache."

• *For more information and to watch Randy White's PSA, visit CoachesVsOverdoses.com*

(Top photo of Randy White from 1986: Al Messerschmidt / Associated Press)

Daniel Brown is a staff editor/writer for The Athletic MLB. He began covering Bay Area sports in 1995, including stints as a beat writer covering the Giants and 49ers. His feature story on Sergio Romo and a young cancer patient won first place in feature writing from the Associated Press Sports Editors in 2015. He is a native of Cotati, Calif., and a graduate of UC Davis. Follow Daniel on Twitter **@DrownieAthletic**

We are excited to announce that the ICA website has a new look and many new features that will Benefit our membership. Please go to www.icacoach.org

Did you know that the Illinois Coaches Association now has a Twitter account?
Follow the ICA, coaches and high schools around the state: @ICA_Illinois

"Coaches Corner" in every Torch that will include articles written by our coaches for our coaches. If you have an article, idea, new drill or special play you would like to share, please send it to me. Email your articles directly to me at soboad@yahoo.com I have taken the liberty of the first "Coaches Corner" to submit my own article. This article is for all of the coaches who have had, or will have the pleasure of coaching their own son or daughter. Coaching your own children can be a challenge, but the rewards can be limitless. The submission is something I wrote for my son when I was coaching him in youth football. Check it out in "Coaches Corner"; I hope you enjoy it.

We can't stress the importance of our corporate partners in the operation of the ICA. Check their website and ad in this edition. Remember - Give them your support!!! They are the lifeline of our programs!!! WHEN PURCHASING, USE THEIR PRODUCTS PLEASE!!

Coaches should all be aware an ICA membership includes the $2,000,000 Liability as a benefit. Inform your fellow coaches of this benefit and encourage them to obtain a membership. Urge your Athletic Director to take advantage of the school membership and at least purchase for the Head Coaches. At the ICA, we feel this is a benefit which all coaches can take advantage of by becoming an ICA Member. (Check the information in this publication)

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NEWS FROM THE IHSA



Craig Anderson
Executive Director

A belated Happy New Year to all high school coaches and best wishes for a great finish to your school year.

Recently IHSA member schools demonstrated significant input into the voting on the IHSA by-law amendment proposals that advanced to the all-school ballot in December. A record percentage of schools participated in the referendum process as over 89% of member schools voted on the proposals. As a variety of the proposals will impact coaches differently, please find some highlights of some of the proposals below including how they may impact you in the 2024-2025 school year.

Coaches will be permitted to conduct out of season strength and conditioning workouts with students during the school year and during the summer contact day period with specific limits on the number of times per week (4 days maximum) and a limit on the time period of the daily sessions (90 minutes). The IHSA Board of Directors has approved the implementation of the summer provision to begin when the summer contact days begin in the summer of 2024.

Schools that adopt a Board of Education policy to allow students of full-time staff members residing outside the attendance area of a district to attend the school tuition free will meet the residence by-law for athletic eligibility.

Limits on All-Star game participation prior to students completing their high school eligibility will be expanded to all sports beginning July 1, 2024. Coaches must communicate this limitation with their underclass athletes as this limitation is instituted.

Football teams will be permitted to conduct a pre-season scrimmage with another school on Friday or Saturday of IHSA Week 7 of the standardized calendar. IHSA Officials are required to officiate the scrimmages; no special teams are permitted; and four separate twelve play segments will be the maximum number of scrimmage plays. Additional practice limits before and after the scrimmage will be required as well as a minimum practice requirement of 8 days of practice for students to participate in the scrimmage.

A girls' flag football season and contest limitation has been established for schools organizing teams. Future consideration for a state series in girls' flag football will be determined by the IHSA Board of Directors. Stay tuned for updates regarding the future of girls' flag football.

Additional reminders on these changes and others passed by IHSA member schools will be included in future communications with coaches and administrators.

Please do not hesitate to contact IHSA administrators with any questions as we look to implement these positive changes for our member schools and the students we serve.

Yours in athletics and activities,

Craig Anderson

Executive Director



Nurturing Performance: Understanding and Combating Relative Energy Deficiency in Sport

By Dr. Kirsten Geary, M.D.

In the competitive world of high school sports, coaches play a crucial role in guiding young athletes to their peak performance. But be watchful of an invisible opponent that could be undermining the potential of your athletes: Relative Energy Deficiency in Sport (RED-S). This often-overlooked syndrome can have profound implications on an athlete's health as well as performance.

Studies show more than 67% of athletes are at medium to high risk of succumbing to the condition, and many physicians see it as an underreported syndrome. But there are ways coaches can help their students prevent and recover from RED-S.

Understanding RED-S

First, know that RED-S is the result of insufficient nutrients consumed to fuel the demands of physical activity. In other words, overtraining and under consuming calories – or a combination of the two – can lead to the range of physiological and psychological issues.

While it was initially identified as the Female Athlete Triad, researchers have since expanded the condition to include male athletes as well. RED-S is a spectrum. Females seems to be more severely affected because of menstruation. Amenorrhea (absence of menstrual periods) is an important marker for extreme energy imbalance, but this can also be masked by using oral contraceptive medications to stimulate withdrawal bleeding.

The syndrome is not merely a consequence of inadequate calorie consumption. It often stems from a complex interplay of factors, including dietary choices, intense training, societal pressures, and body image concerns. Coaches should be aware that restrictive diets, excessive exercise without adequate recovery, and an unhealthy focus on body weight can contribute to the development of RED-S.

Athletes participating in sports that prioritize a specific body image and weight, such as gymnastics, figure skating, wrestling or endurance sports, are most at risk for developing RED-S. Additionally, athletes undergoing rapid growth are more susceptible to the syndrome. Staying attuned to the unique challenges faced by each athlete and tailoring training and support accordingly are important to keeping your entire team healthy.

Symptoms of RED-S

Identifying RED-S can be challenging. Symptoms vary and can manifest differently in each athlete.

Common signs include persistent fatigue, increased susceptibility to illness, menstrual irregularities in females, impaired concentration, and a decline in athletic performance. The condition also can compromise bone health, hormonal balance, and cardiovascular function, leading to increased risk of stress fractures, hormonal irregularities, and cardiac abnormalities. These factors collectively contribute to a decline in an athlete's overall performance and well-being.

Coaches can be vigilant in recognizing these symptoms. Most notice a decline in performance and slower recoveries, which are earlier signs of the onset of RED-S. It is important to open channels of communication with athletes at that point to address any concerns. Coaches also can continually emphasize healthy balanced eating as opposed to praising a specific weight or encouraging weight loss as a goal.

Overcoming RED-S and Prevention Strategies

Overcoming RED-S requires a multi-faceted approach. Coaches can collaborate with sports medicine professionals, nutritionists, and mental health experts to develop personalized plans for affected athletes.

A referral to a physician can rule out an possible hormonal issues or rheumatologic conditions, depending on the specific situation. Evidence-based nutrition information also can be provided. One-on-one nutrition assessment can be especially helpful in more severe situations. Nutritional counseling, restorative training, and psychological support are crucial components of recovery.

Prevention strategies should be part of your approach to athlete development. Emphasizing the importance of a balanced diet, adequate rest, and fostering a positive body image can go a long way in preventing RED-S. Coaches should cultivate a supportive team culture that values the health and well-being of athletes over unrealistic performance expectations. Advocating for your athletes' holistic health includes creating an environment that promotes a healthy relationship with food, exercise, and body image.

RED-S is a serious concern that demands the attention of high school coaches. Coaches are positioned to collaborate with sports medicine specialists and other healthcare professionals to ensure that their athletes are not only reaching their athletic potential but also maintaining a foundation of health that will serve them well in the long run.

Kirsten Geary, M.D. is a primary care sports medicine specialist at Endeavor Health Orthopaedic & Spine Institute in Chicago and its surrounding suburbs. She sees patients at clinic locations in Skokie and Chicago's Bucktown and Lakeview neighborhoods. To schedule an appointment with her for and evaluation or treatment of RED-S or any other sports-related injury, call (847) 866-7846 or visit northshore.org/orthopaedics.



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ALL STAR FOOTBALL ROSTER BLUE

BLUE TEAM		
Name	High School	Head Coach
Dom Coronado	Yorkville HS	Dan McGuire
Will Shreeves	Knoxville HS	Ryan Hebard
Lebarion Gilmore	Amos Alonzo Stagg HS	Colt Nero
Nathan Grant	Seneca High HS	Terry Maxwell
Josh McClain	Sacred Heart-Griffin HS	John Allison
Jack Dettro	Glenwood HS	David Hay
Vincent Muci	West Chicago HS	Adam Chavez
Trey Welter	Monticello HS	Cully Welter
Daryle Jones	Centralia HS	Brad Goewey
Andrew Kelly	Vandalia HS	Jason Clay
Braden Clark	Kewanee HS	Matthew Taylor
Mason Gougis	Romeoville HS	Justin Trovato
Darren Pennell	Collinsville HS	Colton Rhodes
John McDonald	Eureka HS	Jason Bachman
Rocky Darr	Southwestern HS	Pat Keith
Ayden Ingram	BHRA HS	Mark Dodd
Brady Clodfelder	Villa Grove HS	Heath Wilson
Dillon Horrie	Annawan-Wethersfield HS	Tony Gripp
Brett Kasper	Wheaton Academy	Jim Johanik
CamRon Mitchell	Jacksonville HS	Mark Grounds
Gabe Munoz	Dunlap HS	Brett Cazalet
Blake Salvino	Glenbard East HS	John Walters
Dominic Gradford	T.F. North HS	Anthony Pignatiello
Ethan Head	Wheaton Academy	Jim Johanik
Matthew Kelley	United Township HS	Nick Welch
Julian Parker	Robinson HS	James Kent
Nico Bertolino	Belvidere North HS	Jeff Beck
Tristin Potts	Clinton HS	Ron Bass
Aidan Archibald	Charleston HS	Brian Halsey
Preston Moriarity	Cambridge (Ridgewood) HS	Patrick R. Elder
Evan Wells	Roxana HS	Wade DeVries
Humberto Velazquez	Prosser Career Academy	Jason Hosey
Chase Litwiller	Olympia HS	Eric Lyons
Brock Metzger	Rochelle Township HS	Kyle Kissack
Daniel Roman-Johnson	DeKalb HS	Derek Schneeman
Vukasin Dejkovic	Buffalo Grove HS	Jeff Vlk
Owen Mulder	Forreston HS	Keynon Janicke
Cory Craig Jr	Athens HS	Ryan Knox
Connor Sullivan	Casey-Westfield HS	Jeff Fritchtnitch
Cameron Schroth	Mt. Zion HS	Patrick Etherton
Josh Harris	Byron HS	Jeff Boyer
Ty Upton	Normal West HS	Nathan Fincham
Burke Wilkin	Sacred Heart-Griffin HS	John Allison
Emilio Gomez-Garcia	Edwardsville HS	Kelsey Pickering
Drew Schmidt	Lakes Community HS	Jason Ellerman
Joe Algood	Wilmington HS	Jeff Reents
Landen Hamm	Peotone HS	Apostolos Tsiamas
Jacob Bischoff	Downs Tri-Valley HS	Josh Roop
Braxton Waller	St. Joe Ogden HS	Shawn Skinner
Jamari Mcdonald	Galesburg HS	Derrek Blackwell
Luke Nelson	ROWVA Williamsfield HS	Grant Gullstrand
Connor Henley	South Fork HS	Zack Hanlon
Trevor Scheutz	Lake Zurich HS	Ron Planz
Jacob Vega	Prairie Central HS	Mike Goodwin
Garry Brown	Leo Catholic HS	Dr. Marques Stevenson
Vaughn Frere	Rockridge HS	Sam Graves
Eli Awalt	Eldorado HS	Joe Clark
Colby Buckles	Trenton (Wesclin) HS	Ray Kauling
Connor Shelby	Mt. Carmel HS	Michael Brewer
Aramis Steward	T.F. North HS	Anthony Pignatiello
Chris Flachs	Quincy Senior HS	Rick Little
Jayden Downs	Eastland-Pearl City HS	Jared McNutt
Connor O'Reilly	Carl Sandburg HS	Troy McAllister

All Star Coaches

Team	Name	School
Blue	Cully Welter- HC	HFC Monticello HS
Blue	Ron Planz	HFC Lake Zurich HS
Blue	Ryan Hebard	HFC Knoxville HS
Blue	Colton Rhodes	HFC Collinsville HS
Blue	Eric Lyons	HFC Stanford Olympia HS
Blue	Tolly Tsiamas	HFC Peotone HS



ALL STAR FOOTBALL ROSTER RED

RED TEAM

Name	High School	Head Coach
Brady Augstin	Normal Community HS	Jason Drengwitz
Shaun Reynolds	Richards (Oak Lawn) HS	Tony Sheehan
Kani Carson	Lincoln Community HS	Matt Silkowski
Seth Adams	LaSalle-Peru HS	Jose Medina
Kainon McQueary	Washington Community HS	Darrell Crouch
Dezmond Malone	Sesser-Valier HS	Mike Rude
Quincy Robinson	Corliss	Keith Brookshire
Colt Packer	Sesser-Valier HS	Mike Rude
Eli Liapis	Plainfield North HS	Anthony Imbordino
Tyce Albritton	Deer Creek-Mackinaw HS	Cody Myers
Austin Dedecker	Carbondale Community HS	Bryan Lee
Karmelo Abernathy	Murphysboro HS	Gary Carter
Desean Logan-Russell	Wendell Phillips HS Academy	Joseph Winslow
Dom Beres	St. Francis HS	Bob McMillen
David McGehee	Southeast HS	Michael T. Kinkade
Jack Wheelwright	Farmington Central HS	Toby Vallas
Eddie Jenkins, Jr.	Chicago HOPE Academy	Christopher Mallette
Javius Catlin	Rockford East HS	Gary D Griffin
Armon Vinson	Belleville East HS	Michael Harrison
Reese Frericks	Quincy Notre Dame HS	Jack Cornell
Jaden Rodriguez	Ridgewood HS	Vince Fanelli
A.J. Sypherd	Litchfield HS	Dan Carlson
Kamren Schumacher	El Paso Gridley HS	Tanner Benedict
Jacob Szymanski	Taft	Stacy Douglas
Jude Beers	Johnston City HS	Todd Thomas
Kameron Beckman	Springfield HS	Jon Hebb
Logan Smith	St. Joe Ogden HS	Shawn Skinner
Briar Rowland	Christopher HS (CZR)	Tommy Spillan
Logan Keith	Southwestern HS	Pat Keith
Luis Estrella	West Aurora HS	Nate Eimer
Austin Cummings	Tuscola HS	Andy Romine
Zander Ealy	Moline HS	Mike Morrissey
Payton Denny	Anna-Jonesboro HS	Brett Detering
Kaiden Maurer	Maroa-Forsyth HS	Josh Jostes
Baylen Damhoff	Fulton HS	Patrick Lower
Drew Paben	Camp Point Central HS	Brad Dixon
Ki'on Carson	Lincoln Community HS	Matt Silkowski
Andrew Jansen	Breese Central HS	Brian Short
Brendan Moran	Wilmington HS	Jeff Reents
Paulie Rudolph	Jacobs HS	Brian Zimmerman
Ja'Kai Vaughn	Herrin HS	Taylor Perry
Parker Lyons	Rochester HS	Derek Leonard
Jack Barnhart	Centennial HS	Kyle Jackson
Mikeshun Beeler	Simeon	Derrick Hunter Sr.
Porter Mihelich	Burlington Central HS	Brian Iossi
Jack Gallier	Mahomet-Seymour HS	Jon Adkins
Sami Odeh	Freeport Senior HS	Anthony Dedmond
Zechariah Miller	Carterville HS	Brett Diel
Dalton Timmermann	Breese Mater Dei Catholic HS	Jim Stiebel
Joe Hunt	Normal U-High HS	Brody Walworth
Chase Brendel	Mascoutah HS	Aaron Hilgendorf
Shawn Squires	Du-Pec HS	Tyler Hoffman
Chris Peura	Seneca HS	Terry Maxwell
Brayden Daily	St. Teresa HS	Brit Miller
Tyler Moon	Woodstock HS	Michael Brasile
Noah Bass	Clinton HS	Ron Bass
Will Hurley	Hardin Calhoun HS	Aaron Elmore
Arael Borrero	ASPIRA HS (Co-OP)	Waldemar Cruz
Dominic McKibbin	Bloomington Central Catholic HS	Kevin Braucht
Brendan Raciak	Mundelein HS	Vince DeFrancesco
Luke Barry	Benton HS	Justin Groves
Payton Harris	Newton Community HS	Jason Fulton
Brennan Blaine	Amboy HS	Scott Payne

All Star Coaches

Team	Name	School
Red	Chris Malette-HC	HFC (Chicago) Hope Academy
Red	Mike Noll	HFC Richmond Burton HS
Red	Patrick Lower	HFC Fulton HS
Red	Anthony Sheehan	HFC Richards HS
Red	Justin Groves	HFC Benton HS
Red	Jason Drengwitz	HFC Normal Community



https://blog.teambuildr.com/wearables-dashboard-for-coaches

How Early Sport Specialization is Killing Youth Athlete Potential

Written by Harrison Elias

For the most part, we all know that early sport specialization is bad for athletes. And yet, we still see youth athletes as young as 10 and under signing up for prospect clinics and camps where they are tracking 40 yard dashes, jump heights, and throwing speeds/distances, all to tell athletes and parents how talented they are right now at the age of 8 or 9. Then based on those numbers parents will sign their athletes up for endless private leagues, hire special skills coaches, and travel across the country to showcases because they think their kid might be falling behind. All this leads to the thought process of if they fall behind they'll never get on the best teams, and if they don't get on the best teams they'll never get a scholarship, and if they don't get a scholarship they won't go pro.

Meanwhile in that same sport, some kid who has never played will start playing his or her sophomore or junior year of high school and suddenly be the best player on the team, while the kid who specialized in the sport since 2nd grade is hardly playing anymore. So how does this happen?

Fun fact, there have been 20,447 MLB players in history. 64 of them were in the Little League World Series. It's extremely possible, and even very common for athletes to peak early in their athletic careers. Early on they showed a natural talent for their sport so they go all in on it and become a youth phenom. If you think back to old YouTube videos of youth all-stars or youth athlete phenoms, they rarely make it to the big leagues. I'm not saying none of them make it, I'm saying most of them don't. The reason they don't is because of two main reasons. Burnout, and overuse injuries.

Burnout

I currently own a youth sports performance facility that caters to athletes ages 10+. None of our athletes play their sport for only one season. And a lot of them will play for more than one team or league within the same season. For example, we have soccer players who will play for their school in the Fall, but then for the rest of the year play in multiple leagues for multiple teams. Some families are even traveling over an hour to play and practice multiple times a week. This isn't counting tournaments and showcases. And all of this typically starts by the age of 10 or 11 if not sooner.

So, what happens to an athlete that starts playing a sport when they are 7 or 8, and they play that sport, and only that sport, virtually every week until they are 18? They may get very good at their sport, but will they still love it and want to continue to play it in college and beyond (assuming they are good enough)? Some will. But it's also very likely that they will get bored of their sport and not want to play it anymore. They've known nothing but that sport for over a decade and now for maybe the first time, they get to decide what they do next without their parents telling them what they should be doing. Let's face it, in the above scenarios there is almost always a parent pushing their son or daughter to do more within the sport.

I've had more than a few athletes who were good enough to play in college at some level, but actively chose not to simply because they finally had an opportunity to rest, not play the sport, and explore new things, new activities, and new interests they didn't even know they had. It's possible that while spending all that time playing soccer, a kid was actually really good at tennis, and enjoys tennis more, but had no idea he liked it until he left for college because he always focused all of his attention on soccer. All his parents had to do was get him into more sports and a higher variety of activities and he might have ended up playing any number of sports in college.

continued on page 17

In fact, I would go so far as to say any athlete who has the requisite athleticism (good conditioning, decent strength, and reasonable hand/eye coordination) can play a sport in college if it's the right sport for them. But the only way we can know that is if they are given a wide variety of choices, and develop a wide variety of physical skills early in life. Russian athletes actually know this better than most. In Russia, it is very common for youth athletes to play many sports until they can hone in on the one that they are the best at. Only then do they start to specialize.

Overuse

The next factor (not counting actual skill) that will keep an athlete from furthering their athletic career is injury; specifically overuse injury. An overuse injury is essentially an injury that occurs in the body as a result of repeating the same or very similar movement over and over again until there's so much wear and tear that the joint, ligament, tendon, muscle, or bone, finally breaks or tears, or becomes too painful to move in that way anymore. A study by Jayanthi et al., (2015) showed that athletes were over twice as likely to sustain an overuse injury if they fit the following three criteria: training year round (> 8 months of the year), chooses a single main sport, and quits all other sports to focus son that one sport.

Two other studies suggest that early sport specialization which neglects movement diversification puts youth athletes at a disadvantage for developing the necessary neuromuscular skills to help prevent overuse injury (Gould & Carson 2004 and Lidor and Hackfort 2009). This simply means that with repeat movements, there is a continuous strain on one particular set of muscles, ligaments and tendons, leading to a disuse of other areas of the body that can eventually lead to injury. For example, in swimmers, if the scapula can not protract and retract effectively, or move inferiorly and superiorly as it should, then the glenohumeral joint itself will take the brunt of the force of movement leading to issues surrounding the labrum.

The research and empirical evidence is clear, early sport specialization is not the way to long term success in sport. If an athlete wants to be in the game for the long haul, they need to diversify their activities early in their physical development. However, we cannot ignore the reality that as an athlete starts to get older, they will likely start to phase out those other activities for their true sport.

Strength and conditioning is the best tool at an athletes disposal to ensure that they are not only strengthening their bodies for the rigors of their sport, but also continuing to get a variety of movements that they would otherwise not experience in their games and practices. This is why a good, well rounded strength program will focus on training GPP (General Physical Preparedness).

The worst thing an athlete can do in the weight room is attempt to mimic the movements of their sport in the weight room with an added load. Imagine a tennis player who spend a couple hours at practice working on serving, an aggressive high speed overhead movement; then they go into the weight room and now they do the same movement with a cable machine trying to "strengthen" that movement. Not only will using weight alter the movement negatively, but it will now continue to stress the shoulder joint with added load.

A proper strength program would instead, not just train the shoulder to withstand hours of practice, but focus on general full body strength and movement to ensure that the entire musculoskeletal system is prepared for not just the sport itself, but life in general from the ground up.

In closing, if an athlete does not wish to participate, or cannot participate in multiple sports throughout the year, then a well rounded strength and conditioning program is not just recommended, but required to ensure long term athletic success.





"To Build Character, a leader must exhibit competence, connection, and character." - John C. Maxwell

"A leader does not deserve the name unless he is willing occasionally to stand along." - Henry Kissinger

"Don't ask yourself what the world needs, ask yourself what makes you come alive, because what the world needs are men who have come alive." - John Eldredge

"You are closer to your dream than you think. You're one decision, action, etc. away!" - Ed Mylett

"POURING into OTHERS is a CARING act that shifts the focus from me to WE. It's giving YOURSELF UP with the intention to create the best team culture." - Freddie Quartlebaum Jr.

"You don't have to live in the labels that others try to give you. BE YOU". - David Nurse

...

And of course, I always want to remind everyone...

LIFE IS ALL ABOUT RELATIONSHIPS

The Jason Foundation, Inc.

Athletes and Mental Health

Coaches have a lasting impact on the lives of young athletes. Not only do they guide their physical development, but coaches must also serve an athlete's mental health needs. Attached is a link to an article sharing the impact of mental health on the lives and performance of athletes. Making the mental health of athletes important is the new norm and coaches must continue making the mental health of athletes a priority.

https://health.clevelandclinic.org/mental-health-in-athletes/

www.jasonfoundation.com



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The Illinois Coaches Association

Scholarship

By completing the information required in this application, you will enable us to determine your eligibility to receive funds provided specifically to help students whose parent/parents are members of the ICA. This application becomes valid only when the following has been submitted. This scholarship is open to any member's son or daughter planning on attending an institution of higher learning.



To be eligible for the scholarship:

— Your mother or father must be a member of the ICA.
— Submit the attached application.
— Submit a description of all the Community Service projects or activities you have participated in during high school.
— Submit a letter recommendation from your principal, counselor or teacher.
— Submit your High School Transcript and include your ACT results.
— Submit a 200 word essay on the following topic.
1) What are the essential characteristics of a successful teacher or coach?

DEADLINE APRIL 5

NAME: _____
Last First M.I. Social Security Number

PERMANENT ADDRESS: _____
Street City Zip Code

DATE OF BIRTH: _____ TEL #: _____
Month Date Year

PARENT/GUARDIAN _____
Address of Parent/Guardian if different from

HIGH SCHOOL ATTENDED _____ GRADUATION DATE _____

ADDRESS: _____
Street City Zip Code Telephone #

EMAIL ADDRESS: _____

PRINCIPAL: _____ COLLEGE PLANNING TO ATTEND _____

Check List: *Letter of recommendation *Transcript * Essay from applicant

Your application must be mailed to the following before April 5, 2024

Drew Pothoff / 2730 Via Tivoli Unit 335B / Clearwater, FL 33764
Phone or Fax: 815-405-3821 • soboad@yahoo.com

The Illinois Coaches Association
Tim "Mo" Caldwell
Memorial Scholarship

By completing the information required in this application, you will enable us to determine your eligibility to receive funds provided specifically to help students whose parent/parents are members of the ICA. This application becomes valid only when the following has been submitted. This scholarship is open to any member's son or daughter planning on attending an institution of higher learning.

To be eligible for the scholarship:

— Your mother or father must be a member of the ICA.
— Submit the attached application.
— Submit a description of all the Community Service projects or activities you have participated in during high school.
— Submit a letter recommendation from your principal, counselor or teacher.
— Submit your High School Transcript and include your ACT results.
— Submit a 200 word essay on the following topic.

1) What are the essential characteristics of a successful teacher or coach?

DEADLINE APRIL 5

NAME: _____
Last First M.I. Social Security Number

PERMANENT ADDRESS: _____
Street City Zip Code

DATE OF BIRTH: _____ TEL #: _____
Month Date Year

PARENT/GUARDIAN _____
Address of Parent/Guardian if different from applicant

HIGH SCHOOL ATTENDED _____ GRADUATION DATE _____

ADDRESS: _____
Street City Zip Code Telephone #

EMAIL ADDRESS: _____

PRINCIPAL: _____ COLLEGE PLANNING TO ATTEND _____

Check List: *Letter of recommendation *Transcript * Essay from applicant

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Drew Pothoff / 2730 Via Tivoli Unit 335B / Clearwater, FL 33764
Phone or Fax: 815-405-3821 • soboad@yahoo.com

ΛΧΑ Lambda Chi Alpha

ICA Academic Scholarship Winners 2023

For the twentyfourth year the ICA has scholarships available to a son or daughter of a ICA member. This year the offerings include five young adults. We feel that this is a substantial benefit of membership.

Students application process includes an essay, academic standing and recommendations by school personnel.

The screening process is handled by the ICA Board of Directors.



Samantha Hartoin
Triad HS



Alivia Crisco
Elmwood HS



Justin Pedersen
Antioch HS

Tim "Mo" Caldwell Scholarship



Samantha Hartoin
Triad High School

Congratulations!

2024 HALL of Fame Inductees

Joe Cliffe & Drew Potthoff

NHSACA Nominees

• Matt Hensley	AD	Mahomet Seymour HS
• Evan Massey	Girls BKB	Galesburg HS
• Nick Ruetteger	Boys Assistant	St. Charles East
• John Sipple	Boys Cross Country	Downers Grove North HS
• Barry Malloyd	Boys Track and Field	East St. Louis HS
• Mark Ramsey	Football	St. Theresa HS
• Pete Wintermute	Girls Cross Country	Prospect HS
• Marques Lowe	Girls Track and Field	Kankakee HS
• Perry Peterson	Softball	Barrington HS
• Jeff Wimer	Special Sports	Stevenson HS
• Jennifer Hayes	Volleyball	Hartsburg-Emden HS
• Rob Ledin	Wrestling	Mahomet Seymour HS
• Dan Grieves	Boys Basketball	Metamora HS
• Lee Milano	Baseball	Nazareth Academy

NHSACA Finalists

• Matt Hensley	AD	Mahomet Seymour HS
• Mark Ramsey	Football	St. Theresa HS
• Pete Wintermute	Girls Cross Country	Prospect HS
• Jeff Wimer	Special Sports	Stevenson HS
• Rob Ledin	Wrestling	Mahomet Seymour HS
• Dan Grieves	Boys Basketball	Metamora HS
• Lee Milano	Baseball	Nazareth Academy

Congratulations!

Best Answer is MaxPreps

Submitting stats and data to America's source for high school sports important for many reasons.

As a high school sports website, MaxPreps doesn't usually send representation to collegiate clinics, but I had the opportunity to attend the Women's Basketball Coaches Association Convention in Columbus, Ohio during the 2018 Final Four.

The main topic college coaches discussed? Player statistics on MaxPreps and their value as a recruiting tool.

We weren't talking to Geno Auriemma, Kim Mulkey or Muffet McGraw. We were talking to coaches on other NCAA D-I, II, III, NAIA and Junior College staffs. The common theme was most coaches and programs don't have exorbitant recruiting budgets and use MaxPreps as their first point of player exploration. Not having individual stats on MaxPreps – they would echo – leaves them looking elsewhere for answers.

Why is this important? In my stint at MaxPreps, the biggest hurdle I've heard is getting coaches to submit individual stats online. Why? Not wanting the opposition to see stats for scouting purposes is the most popular excuse. I've never understood that stance considering the current availability of information via social media. Neither have others, including Bob Corwin.

"Some coaches think by hiding (information), they will sneak up on the opposition," Corwin wrote. "By and large, those days are long over."

Yep.

Corwin, a girls basketball veteran of nearly four decades who contributes to the MaxPreps National Rankings, previously published a piece entitled "Why High Schools and Prep Schools Should Post on MaxPreps" on passthaball.com.

He made several valid points:

* MaxPreps is FREE.

* Every school team in every sport in the country has a page and team admin.

* Fans, scouting services and colleges can find out when teams play and how they are doing.

* MaxPreps is living and documented history. It can be accessed forever.

* MaxPreps allows each sport to build and contribute to a national network connecting all high schools in the country.

Other positives include populating statewide statistical leaderboards, recognizing athletes as Players of the Game (online and hard-copy) and the ability to send complete box scores directly to multiple media outlets at once.

By Eric Frantz
@EFrantzMP



"Parents and players should urge their team's leadership to help grow girls' basketball," Corwin said, discussing his sport of focus. "It may only be a small way, but posting on MaxPreps contributes to that cause."

To make things easy for coaches to enter stats, MaxPreps offers:

1) A season-stat entry option.

2) The ability to delegate the responsibility to someone else on staff or in the school.

3) Over 80 stat partners that make importing/uploading stats a couple-click job.

4) The MP Teams App for coaches and ADs to utilize before, during and after games.

The resources are readily available for all.

For free.

"How can fans, college coaches and journalists keep up with players and teams across the country?" Corwin pondered. "The best answer is MaxPreps."

Hands down. **—EF**

MAXPREPS.COM

IHSA/MaxPreps Partnership FAQ

MaxPreps is the "Official Statistician and Media Partner" for the Illinois High School Association. The IHSA partnership with MaxPreps provides great opportunities to promote your team and players and enables the IHSA to efficiently manage regular-season game results for the IHSA Score Zone, post-season seeding summary forms, statistical leaderboards, state records, media publications and more. In order to accurately manage these initiatives, all IHSA coaches are required to enter their scores into MaxPreps after each game. They are encouraged to enter statistics to be included on all IHSA stat leaderboards.

1. What do coaches need to do? Coaches need to enter their rosters and schedules at the start of each season, report scores immediately after each game and enter statistics to appear on statewide stat leaderboards.

2. What do Athletic Directors need to do? Athletic Directors need to communicate with coaches to keep their scores and other team information updated. While MaxPreps recommends coaches are responsible for their own team information, Athletic Directors can also control every single team page from their "School Administration" page on MaxPreps.

3. How do I get started? Coaches and Athletic Directors can register here by simply entering their email and following the prompts. If you are already a MaxPreps member, simply login in the top right corner using your current credentials.

4. Does MaxPreps have an app? Yes, the MaxPreps App allows coaches to update a score on their phone after the game. Coaches can also manage their schedule, stats and roster. The free app can be downloaded by ADs, coaches, athletes and parents from the iTunes app store and the Google Play store.

5. Is MaxPreps compatible with other stat programs? Yes! In addition to MaxPreps' own mobile, tablet and desktop tools, MaxPreps is compatible with over 80 different stat companies across multiple sports. HUDL and GameChanger are both MaxPreps Partners. Click here to see MaxPreps' stat partners.

6. Can coaches allow a team statistician or assistant coach to help manage their team information? Yes! Once the coach has access to their team page, they can give other individuals access to their page to help keep their team information accurate and up-to-date. Fans, parents, communities, college athletic departments and media outlets rely on this information.

7. Can I send my information to the media after each game? Yes, after scores and/or statistics are entered into MaxPreps, coaches may send that information to multiple media outlets at the same time. Click here for instructions on how to send boxscores and season statistics to media.

8. How can fans participate with their teams? Parents, fans and/or team personnel can provide live scoring updates on their mobile device during the game and post pictures, video and chat with others. All scores/updates will be available statewide on the IHSA Scoreboards and sent to those who follow the team.

9. Who can I contact with additional questions? Coaches and ADs may contact MaxPreps state representative Eric Frantz at efrantz@maxpreps.com, or may direct questions to MaxPreps coach support at support@maxpreps.com, or 800-329-7324 x1.

MaxPreps also has a support website at support.maxpreps.com that can help answer specific questions such as how to enter scores, schedules, rosters and stats, how to upload a team photo, how to sync with stat partners, etc.

MaxPreps and the IHSA are happy to provide this great partnership for member schools, coaches, student-athletes and communities.

Thank you for your important role in making this partnership a success!

Loomis & LaPann, Inc. is proud to insure over 100,000 high school coaches, including the Illinois Coaches Association.



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- Individual coaches can opt in for additional FREE resources:
- Weekly eNewsletter from Coach & AD
- Weekly eNewsletter from Training & Conditioning
- Announcement and invitations to Webinars
- Announcements from marketing partners containing key product information
- Eligible for Proactive Coaching Plus annual subscription discount for all state association members - preview
- Eligible to offer discounted benefits & services for all state association members - preview
- Eligible for Gipper (Social Media Content Platform) discount for all state association members

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Remember, we work daily with parents' most prized possessions, their children.
The ICA website is www:icacoach.org

The ICA continues to make efforts to increase benefits for coaches and young people. We have partnered to provide an opportunity for members to participate in a plan that would help save $$$$$$ on your electricity costs. Look elsewhere in this publication for the information from Constellation Energy.

" A happy life consists not in the absence of but the mastery of hardship."
Helen Keller

ICA MEMBER BENEFIT

ILLINOIS COACHES ASSOCIATION
SERVING ALL COACHES IN ALL SPORTS

GENERAL LIABILITY INSURANCE PROGRAM

As a membership benefit, coverage is provided by the Commercial General Liability Policy issued to the National Organization of Coaches Association Directors. This policy will provide general liability coverage to the Illinois Coaches Association and its members.

CARRIER

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$1,000,000	**Each Occurrence**
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$1,000,000	**Products/Completed Operations**
$1,000,000	**Personal & Advertising Injury**
$ 300,000	**Fire Damage**
$ 50,000	**Sexual Abuse (per Member)**
Excluded	**Medical Payments**

COVERAGES

- **Educator Professional Liability**
- **Participant Legal Liability for insured members**
- **Liability assumed under insured written contract**
- **Defense Cost outside limits**

EXCLUSIONS

- **The use of automobiles, buses, watercraft and aircraft**
- **Property of others in the care, custody, and control of the insured.**
- **This insurance does not apply to members that coach at an All-Star game that is not approved by your state coaches association.**
- **This insurance does not apply to any loss, cost or expense arising out of infectious or communicable disease.**

CAMP INSURANCE

Today, most Coaches are involved in some type of sports camp. Please note that our General Liability Program follows insured members while working at camps and/or conducting their own personal camp.

In addition, Participant/Accident Coverage is required for coaches and/or participants. Should an accident occur during a camp, clinic or event, this secondary coverage helps offset the loss suffered by families affected by such accidents.

NEW PROCEDURE FOR CAMP INSURANCE

As a member benefit of your state coaches association, all members in good standing have a $1,000,000 per occurrence General Liability policy limit that provides coverage for their coaching activities. In order to protect the General Liability policy from potential claims, the insurance company has mandated that all coaches must obtain signed waivers and provide Participant/Accident insurance for their participants.

In order to obtain a certificate of insurance showing proof of insurance or naming an additional insured, the following must be in place:

- **Waivers:** Signed waivers showing indemnification language
- **Participant/Accident Insurance:** You must have Participant/Accident coverage in place for all participants attending sports camps.

PURCHASE INSURANCE

- **Camp Insurance Request form is available on our website: www.loomislapann.com**

INSURANCE ADMINISTRATOR

LOOMIS & LAPANN, INC.
INSURANCE SINCE 1852

www.loomislapann.com
(P) 800-566-6479 | (F) 518-792-3426

Greg Joly	**gjoly@loomislapann.com**
Lori George	**lgeorge@loomislapann.com**
Karen Boller	**kboller@loomislapann.com**

Disclaimer: This is an insurance overview for summary purposes only; for complete policy terms and conditions please refer to the NOCAD Master Policy.



NEW CAMP INSURANCE REQUIREMENT: PARTICIPANT/ACCIDENT COVERAGE

As a member benefit of your coaches association, your members will continue to have General Liability coverage for their coaching activities (for example, State Association sanctioned All-Star Events, camps, other coaching activities and classroom coverage). The new requirement from the General Liability Company is that if a coach operates/conducts a camp he/she must have Participant/Accident coverage for all participants/campers attending the camp. Your member coach has the option to provide proof of existing Participant/Accident coverage or to purchase the coverage at a discounted rate through the NOCAD Camp Insurance Program.

WHY THE CHANGE?

When a coach is coaching at his/her school, student athletes are always covered by an Accident Insurance Policy that is provided by the school or the High School Association. The coverage is in place to help schools and High School Associations eliminate potential litigation; because when someone is injured, the Participant/Accident Insurance Policy can pay medical bills.

Even if the injured party has Primary Medical Insurance, most policies no longer pay 100% of the medical bills and parents could have high out-of-pocket expenses. For example, if a student has a $50,000 ACL injury and the parents' Primary Medical Insurance Policy has an 80/20 co-pay, the insurance company is going to pay $40,000 and the parents would have $10,000 in out-of-pocket expenses.

In today's legal climate, everything possible must be done to protect our General Liability Policy from lawsuits being filed for negligent acts when someone is injured. Camp Liability Policies could be unavailable in the near future if Participant/Accident coverage has not been added.

Thank you,

Greg Joly: gjoly@loomislapann.com
Lori George: lgeorge@loomislapann.com
Loomis & LaPann, Inc.
Insurance Administrator
800-566-6479
www.loomislapann.com

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ATTENTION:
ICA Membership Benefits

ATTENTION - COACHES, ATHLETIC DIRECTORS & PRINCIPALS

The ICA appreciates those of you have joined in the past. The school membership program makes it possible for more coaches to become members of their professional organization at a small cost per coach. Membership in the ILLINOIS COACHES ASSOCIATION also gives you membership in the National High School Athletic Coaches Association. We are the only coaching organization that can offer this bonus.

- The ICA Newsletter 'The Torch'
- $2,000,000 Liability Insurance Policy
- Discount on Accident/Medical Insurance for participants in sports camps (Available to Illinois Coaches Association Members Only)
- Membership in National High School Athletic Coaches Association NHSACA

FREE Coach and Athlete Subscription

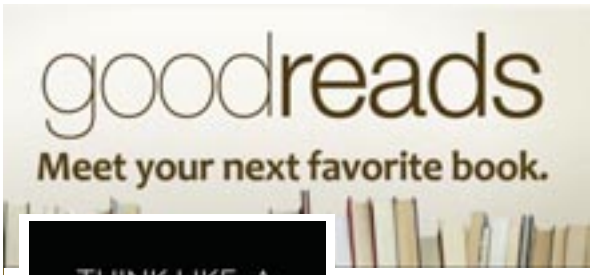
- FREE year-long access to digital editions of Coach & Athletic Director Magazine
- Normal Digital Subscription – $9.95 annually per coach
- FREE Podcasts featuring Proactive Coaching Series – Coaching for Significance
- Eligible to submit photos to Coach & Athletic Director Magazine of facility upgrades, sideline coaching, and in game action shots for an opportunity to be featured in issues of the publication.
- FREE year-long access to digital editions of Training & Conditioning Magazine
- Individual coaches can opt in for additional FREE resources:
    - Weekly eNewsletter from Coach & AD
    - Weekly eNewsletter from Training & Conditioning
    - Announcement and invitations to Webinars
    - Announcements from marketing partners containing key product information
    - Eligible for Proactive Coaching Plus annual subscription discount for all state association members - preview
    - Eligible to offer discounted benefits & services for all state association members - preview
    - Eligible for Gipper (Social Media Content Platform) discount for all state association members

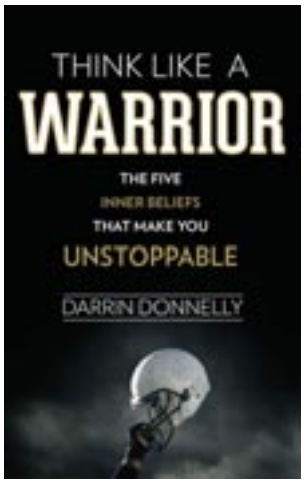
- Illinois Coach of the Year Awards for NHSACA
- Eligibility of Son or Daughter to Compete for one of five $750 Scholarships Annually
- Eligibility of Son or Daughter to compete for our new "Memorial Scholarship" for $500
- Eligibility to nominate athletes for the ICA/Shrine Football All Star game & All Star Baseball game

Individual Membership is $20
School Membership for all coaches on staff is $10.00 per coach

*If individual coaches are already a paid member of the IHSFCA, ITCCCA or IWOCA for the 2020-21 school year they are already automatically a member of the Illinois Coaches Association and would not need to be included in the school registration from.

Any questions please contact:
Drew Potthoff / soboad@yahoo.com / 815-405-3821





Darrin Donnelly

Publisher's summary

Discover the five inner beliefs shared by the world's greatest achievers.

In this inspirational fable, Chris McNeely is a college football coach who is at the end of his rope after a hard-and-fast fall from the top of his profession. Now bankrupt and on the verge of losing his job, he has no idea what he's doing wrong or how to get back on track. Angry, worried, and desperate for help, Chris receives mysterious visits from five of history's greatest coaches: John Wooden, Buck O'Neil, Herb Brooks, Paul "Bear" Bryant, and Vince Lombardi.

Together, these five legendary leaders teach Chris how to "think like a warrior" and take control of his life. The "warrior mindset" he develops changes his life forever-and it will change yours as well. Discover life-changing lessons in this inspirational tale of what it takes to achieve your dreams-whatever those dreams may be.

This book will show you how to: build your self-confidence; develop mental toughness; attack every day with joy and enthusiasm; use a positive mental attitude to achieve more; harness the power of positive self-talk; be a positive leader for your family and your team; become the person you were born to be; and much more . . .



John Beerbower, Ed.D.
Director of Strength & Conditioning, USAW-SPC

Asst. Division Chair - PE, Health, Driver's Education for D156
Twitter: @McHenryStrength

Inspiration and Motivation

We all GO through adversity....
But, we don't all GROW through adversity. When going through tough times, choose to get BETTER instead of getting bitter.

Our society today is so connected ... that we are often disconnected. We are taking so many pictures of everything.... and often missing the big picture.
LIVE LIFE.
Don't let life live you.
Enjoy the journey.

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ALL STATE SOFTBALL NOMINATION SITES.

1A- Greg Neisler / gneisler@lth5.k12.il.us
2A- Philip Applebee / applebep@mfschools.org
3A- Dwain Nance / fisherman0916@yahoo.com
4A- Jen Tyrrell / jtyrrell@d230.org



KEEP THEM HYDRATED, KEEP THEM SAFE

5 TIPS TO HELP ATHLETES STAY HYDRATED

1 KEEP HYDRATION TOP OF MIND

- Remind athletes to check their urine color before practice. If it's the color of pale lemonade, that's a sign of being hydrated.
- Take weather into account and give athletes opportunities to drink during practice.
- Teach athletes to pay attention to how they feel, including their thirst and energy levels.

2 KEEP FLUID LEVELS UP

- Athletes should drink enough fluid to maintain hydration without over-drinking.
- Flavored, cold, lightly salted sports drinks like Gatorade® Thirst Quencher are important, because sodium helps maintain the athlete's desire to drink and retain the fluid consumed.

3 KEEP THE BODY COOL

- Remind athletes to drink cool fluids to help maintain their body temperature.
- If your athletes experience heat illness, help them lower their body temperature by laying them down in a cool place with their legs elevated, applying cool, wet towels to their body and having them drink cool fluids.

4 KEEP HYDRATED BEFORE, DURING AND AFTER ACTIVITY

- Athletes need to think about their entire athletic schedule when it comes to fueling (not just when they are competing).
- Encourage them to drink plenty of fluids throughout the day to replace the fluids lost through sweat.

5 KEEP A RECOVERY SCHEDULE

- Rest and recovery are an essential part of avoiding heat illness.
- Ensure your athletes have time for breaks during practices.
- Encourage athletes to get 6-8 hours of sleep each night in a cool environment if possible.

THE EFFECTS OF DEHYDRATION:

- DECREASED PERFORMANCE
- DECREASED MENTAL FUNCTION
- DECREASED MOTOR SKILLS
- DECREASED FLUID ABSORPTION
- DECREASED TOLERANCE TO HEAT

THE SYMPTOMS OF DEHYDRATION:

- NAUSEA
- HEADACHE
- WEAKNESS
- FATIGUE/EXHAUSTION
- LOSS OF MUSCLE COORDINATION/ DECREASED PERFORMANCE
- LIGHT-HEADEDNESS
- VOMITING
- FAINTING
- POOR CONCENTRATION/ ALTERED MENTAL STATUS

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Individual Membership is $20
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Individual Membership $20.00 Retired Membership $5.00

NAME _____
Last First Middle Initial

ADDRESS _____
Street City State Zip _____

SPORTS COACHED _____ EMAIL _____

SCHOOL NAME _____

ADDRESS _____
Street City State Zip

ICA SCHOOL MEMBERSHIP FORM $10.00 per coach (No School Fee)

ROSTER OF ALL COACHES ON STAFF

School Name _____

Address _____

City _____ State _____ Zip _____

Coach Sport(s) Home Address

1. _____
2. _____
3. _____
4. _____
5. _____

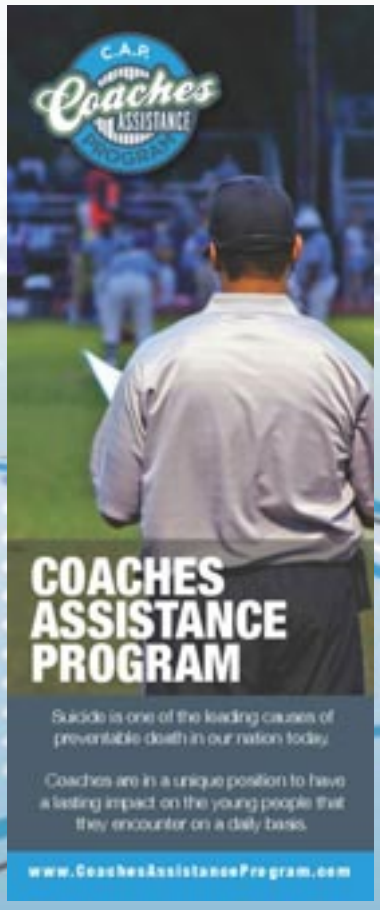
Complete application and mail with check payable to: ILLINOIS COACHES ASSOCIATION
Drew Potthoff, 2730 Via Tivoli Unit 335B / Clearwater, FL 33764

icacoach.org

The Jason Foundation, Inc.

ILLINOIS Coaches Association

Coaches are in a unique position to have a far-reaching impact on student-athletes. The Coaches Assistance Program (CAP) provides articles concerning young people and good mental health. Added to the CAP is a video exploring youth suicide and the unique pressures faced by student-athletes. "A Training for Coaches and Athletic Personnel" is an excellent tool accessible to coaches at no cost.





www.CoachesAssistanceProgram.com

As a theme for the year in partnership with the Jason Foundation, the ICA is attempting to increase the narrative of speaking about the "silent epidemic" of youth suicide.

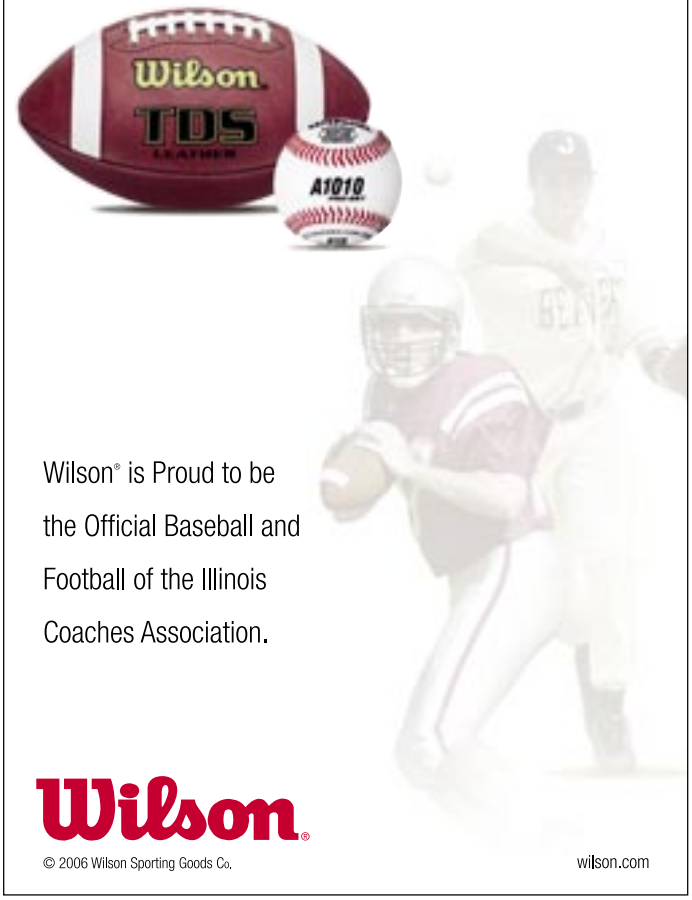


Our theme of " I won't be silent" has increased suicide awareness.

Coaches please visit iwontbesilent.com to enhance awareness and education of youth suicide.



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CHECK OUT THIS GREAT VIDEO FROM THE

JASON FOUNDATION

IN APPRECIATION OF THE

ILLINOIS COACHES ASSOCIATION

AND ALL OF OUR MEMBERS SUPPORT OF

THEIR GREAT CAUSE!



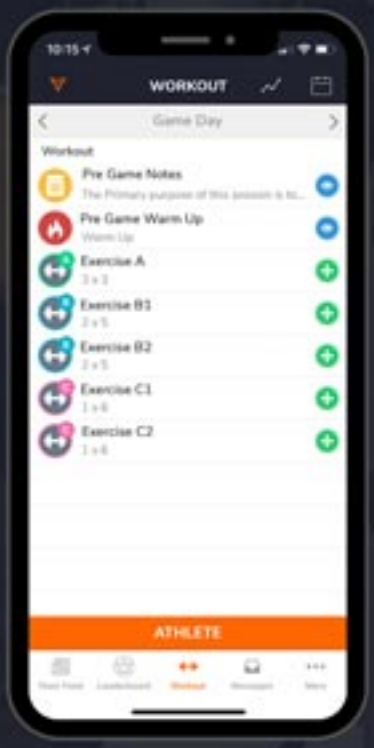
Here is the link to the video.

https:// 741917230vimeo.com/

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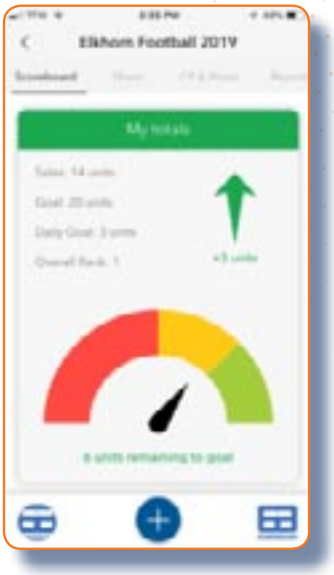
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- Daily, automated email reports to you and coaching staff
- Collect all prize information, including size, number and name
- Accept payment via credit/debit card for your sale
- Share fundraiser info with supporters via text and social media



I would highly recommend the usage of the Scoreboard App as it was EASY to setup and use!! TS Football had a sales increase of almost 40% over last year. Scoreboard played a major role in this increase and we can't wait until next season!

Bruce McClelland
Head Coach Terry Sanford High Football

The app was as simple as you could possibly make it! Easy to understand and a key motivator. Scoreboard made the fundraising efforts so much more competitive and basically eliminated the social loafers!! I found it to be the most significant change/addition you have ever implemented.

Kevin Todd
Head Coach Apex High Soccer

www.SCOREBOARD.coach

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Reach out to your fundraising coach or contact us directly for more info.
info@scoreboard.coach or 608-620-3916

The Nightmare Sports Parent

World Cup Scandal Highlights This Huge Problem

by Mary Beth Gahan
FOR THE WASHINGTON POST
Reprinted with permission

Last week, the mother of a U.S. Soccer star admitted she leaked information about his coach, because she didn't like his comments about her son, who played sparingly in the World Cup.

The revelation was a soap opera starring the worst of sports parents — snowplows who clear any obstacle to make way for a child's success.

The situation between the mother of U.S. Soccer star Gio Reyna and his coach, Gregg Berhalter, raised eyebrows in the sports world, not just because of the tactics used, but because of what it represents about the dark side of sports parents.

This type of parent involvement is prevalent in youth sports and even happens occasionally in college ball, said Jason Sacks, president of Positive Coaching Alliance, a nonprofit founded 25 years ago to change the culture of sports.

"It's very surprising that it's happening on the World Cup stage," Sacks said. "This, at the highest level, is a microcosm of what youth sports has become in our country."

Youth sports have grown into a behemoth in the U.S. The industry is a $19.2 billion market, according to a 2019 report from Wintergreen Research. That's $4 billion more than the NFL.

For cities, tournaments bring in tourism revenue. For parents, scholarships can ease the burden of skyrocketing college tuition. But kids can start to feel like what started as a backyard game is now a job.

"In the youth sports landscape in our country, there's a lot of pressure, a lot of focus on winning. There's a win-at-all-costs mentality," Sacks said. "There's been this shift of the parents feeling like their status is equated with how good their child is at sports. I don't know how we got here, but it's an unfortunate side of things."

Videos of extreme incidents, like parents of 7-year-olds throwing punches at a baseball game because they didn't agree with the call of a 13-year-old umpire, pop up every couple of years. In September, two fights broke out at a youth football game in El Paso, involving both parents and coaches.

But it's the countless stories of poor behavior that don't go viral that are leading to the loss of volunteers who make organized youth sports happen every weekend. Referees are hanging up their whistles, creating a nationwide shortage of rule enforcers. One Massachusetts high school football coach called it quits after 19 seasons, saying harassment from parents was so bad he needed an escort to his car after each game.

For Nina Johnson-Pitt, Little League senior strategy executive, her wakeup call was when her then-11-year-old daughter was in her first year on a travel softball team. In the last game of a tournament, the team acted like they didn't want to be there, she said. Then her daughter messed up a play, and the team lost.

"I remember just feeling so mad. We got in the car, and I just unloaded on her. She was in shock and crying," she said. "In that moment, I was like, 'Woman, what is wrong with you?' I didn't understand why this little kids' sport could do that to me."

Johnson-Pitt turned it into a teachable moment for both of them.

"As adults, we're allowed to make mistakes and show kids that you can apologize. I had to sit and evaluate why I would have that terrible reaction," she said.

The clarity came for Asia Mape, a former college basketball player and sports journalist, after she interviewed a youth sports mindfulness coach. The woman suggested paying attention to what it feels like internally when your child plays sports.

Mape was getting nervous before her daughter's games and irritated if she didn't perform well. "It didn't feel healthy inside," she said.

She realized she needed to take a step back and make sports fun again. Mape founded the website I Love To Watch You Play eight years ago. It has blog posts and videos with inspiration and tips for parents who are trying to figure out the line between support and pressure.

"When parents insert themselves in ways that are crossing the line, the kids lose interest. They withdraw. It happened with my oldest," she said. "If you're not owning your own journey, even as children, it's demotivating. It takes the fun out of it."

Sports parents have been so out of control that Little League introduced a parent-volunteer pledge back in 2002.

"I will teach all children to play fair and do their best. I will positively support all managers, coaches and players. I will respect the decisions of the umpires. I will praise a good effort despite the outcome of the game," it reads.

The pledge is said before every Little League World Series game as a reminder of something that probably should be common sense. But a survey conducted in 2012 by i9 Sports, a youth multi-sports provider, found that 31 percent of kids polled wished their parents weren't watching their games.



U.S. Men's National Team player Gio Reyna during a pre-World Cup friendly against Saudi Arabia in September. After he was benched in the World Cup, his mother revealed damaging information about the team's coach. JOSE BRETON/AP

Johnson-Pitt wonders if the advancement of technology has added to extreme parent involvement. It used to be that students came home with paper report cards, and grades were somewhat of a surprise.

"Now, I can track every paper my kid turns in. I can track everything that they're doing. I try not to. I try to make my kids come to me with those conversations, but knowing that it's available, it's hard not to check it," she said. "I think just the ability to do that has made us want to be more helicopter-ish. That extends to sports."

She said the role of a sports parent evolves as the child gets older. When they first start as preschoolers, parents should encourage the child to be part of the team and listen to the coach. And as they age, parents should be there as a support system and not be critical. One thing she asks her daughters is how much they want her to be involved. The answer has changed over the years and has strengthened their relationship, she said.

Getting parents and kids on the same page is something the Positive Coaching Alliance does at its thousands of workshops each year. Often, parents fill out a questionnaire ranking what they want their kid to get out of their time in sports. Things like college scholarships, leadership skills and making friends are on the list. Then the child does the same.

"When the parent looks at their goals versus their child's goals, it becomes this great conversation starter," Sacks said.

And, Sacks said, when issues like playing time pop up, allowing the child to take charge gives them a leg up in future situations.

"This is a great teachable moment for the child to talk to the coach and say, 'What do I need to do to get more playing time? What do you need to see from me at practice?'" Sacks said. "Hopefully these kids are going to work professionally somewhere someday. It would be great if they'd have some experience having conversations with someone of authority."



NHSACA
NATIONAL HIGH SCHOOL ATHLETIC COACHES ASSOCIATION

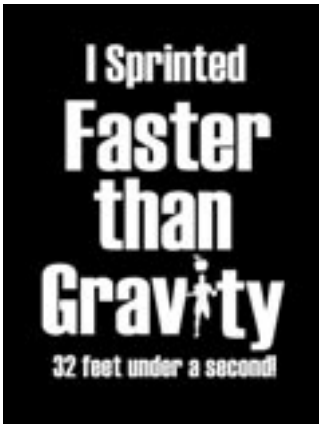
NATIONAL ORGANIZATION OF
NOCAD
COACHES ASSOCIATION DIRECTORS



Innovation in Sports Training

Turning the Games We Play into Games To Play

Ken Jakalski



At our recent Illinois Track and Cross Country Coaches Association Clinic, I presented a relatively new concept generating a great deal of interest in the coaching community: Deliberate Play. It is certainly raising many eyebrows relative to the word "play" being used to discuss workouts that will have a positive impact on sports performance.



So what is Deliberate Play relative to the way coaches condition their athletes for various sports, and why is it considered an essential element currently overlooked by many coaches?

Deliberate Play is a structured activity that is designed to amplify motivation and accelerate development. It makes the process of skill building enjoyable, and "enjoyable" is seldom associated with workouts designed to enhance performance.

What coaches are good at is designing deliberate practice–not play–the hard, slogging work essential for improvement. But is that enough? Are we correct in assuming no pain means no gain?

Deliberate Play is a blending of deliberate practice and "free play." Like free play, deliberate play is structured for learning and skill mastery along with recreation. Deliberate Play involves introducing novelty and variety into practice. That variety can be in the form of a game, a role-play, or an improvised exercise. Researchers look at Deliberate Play as the way coaches can bring harmonious passion–essentially fun– into any kind of skill practice.

What caught my attention was that Deliberate Play has become especially popular in various sports. Extensive evidence reveals that athletes who perform hard workouts at an early age are more likely to experience physical and mental burnout. My first reaction after reviewing the research was this simple conclusion: to play a sport well, make the sport feel like play.

In a sport like basketball, coaches can come up with clever games instead of drills. Legendary basketball player Steph Curry does this. In practice sessions, he will do odd things, like trying to score twenty-one points in a minute. I coached track. I could time athletes in a sprint workout, but that could quickly more like a drill. How did I make a typical speed workout into something "fun" to do? I gave sprinters an unusual challenge: sprint "Faster than Gravity." What does that mean? I set the training distance at 32 feet, and the goal is to sprint that distance under a second. You would be amazed at how focused these sprinters are, and how they want to accomplish this unique challenge.

Researchers believe it is Deliberate Play–not Deliberate Practice–that generates significant improvement. In Deliberate Play, we actually redesign the workout to make it both motivating and developmental. The bottom line: I've found that Deliberate Play amplifies motivation and accelerates development.

One other key benefit for the high school and junior high athletes we coach: Deliberate Play both sparks and sustains their passion for the sport they love.

Water the Bamboo and Watch your Team Grow

Tony Neels – Gothenburg – Boys Cross County
2022 NCA Coach of the Year

Instant gratification. It rules the world we live in. It seems that everyone, everywhere, wants something, and they want it now. We have been conditioned to expect that everything in life will be immediately available and when it is not, we don't know how to handle it. When things don't happen quickly, we get upset, we get frustrated and, oftentimes, we give up. This seems to be the case with many athletes today as well. Far too often, athletes who don't see instant results give up on the hopes, dreams, and goals they have set for themselves simply because success did not immediately come to them. This can be especially true for the sport of Cross Country.

Success Takes Time

In our program we discuss on a regular basis that success takes time. Nothing will happen overnight but, with hard work and dedication, over time you will see the results. In our program we use the phrase "Water the Bamboo". The reference is to a Chinese proverb that shows the importance of putting in the time.

"Giant Bamboo farmers plant a bamboo seed and begin watering the plant. Every day they tend to the bamboo. In the first year, the bamboo seed fails to grow. In the second year, still no growth. During the third year the farmer continues to water the plant, but still there is no growth. However, in the fourth year the bamboo seed grows 90 feet in 60 days"!!!

The moral of this story resonates with our team and is something that we live by in our program. Put in the work, show up day after day, give it time. Success will come your way. Regardless of the goals and aspirations of each individual athlete, this story sets the tone for what they want to achieve. Every season, I ask each individual runner on our team many questions about their goals and what they want to accomplish during the season. The first question I always ask is, "Why are you here"? In the 12 years I have been a Cross Country head coach the variety of answers I have gotten to that question have been widespread. Many runners are there for reasons you might expect. "Make it to State", "Be a State Medalist", or "Win a State Championship". Sure, those are the answers every coach wants, and expects, to hear from some of their top athletes. However, for every expected answer, I always get five or more unexpected answers. For some, they want to "get in shape" for another sport such as wrestling or basketball. Others want to be involved in many activities which will look good on their scholarship or college applications. And yet others have their own other personal reasons. I had a female runner many years ago simply tell me, "Coach, I'm only here so I can fit into my homecoming dress". Whatever the reason for them joining the team, I am happy they are there and will do whatever it takes to help them reach their goals.

Fill Their Watering Can

As coaches, it is our responsibility to help our athletes tend to their bamboo. We guide them, encourage them, and push them to keep them on the path to their goals. To do this, our coaching staff works hard to highlight student successes on a weekly basis. Every athlete, regardless of goals or abilities, can be recognized by the coaching staff based on their efforts and performances. We utilize the *Athletic.net* website to keep track of individual performances from week to week and year to year. The kids look forward to the practice days following meets when we highlight improvements made by individual athletes. Like most schools, we race the same courses year in and year out. This allows us to see improvements from one year to the next by every individual athlete who was on the team the previous year. We highlight this by announcing the time improvements each athlete made from last year to this season. Some kids may only improve by a few seconds, others by 30 to 40. Some improve, not in seconds, but in MINUTES, and they receive the loudest applause from the group. Last year we had a young man that consistently trimmed 2-3 minutes from his previous years' times. This of course motivated him week in and week out to continue smashing his personal course records. In addition to highlighting our individual improvements we also highlight those who display grit, determination, and tenacity during competition. Our coaches look for athletes who make an aggressive surge up a hill, pass multiple competitors in the homestretch, or show some other competitive spirit throughout the race. The day following the race, after highlighting our individual time improvements, we hand out our "Super Swede" awards to those who caught the attention of our coaching staff. Sometimes these athletes are our top performers. However, most of the time it is those who didn't earn a medal or maybe didn't even count in our team score but still showed the determination to make themselves better. This is the epitome of what we as coaches hope to see; athletes, no matter the situation, striving for greatness and always watering the seeds they have sown.

Water Your Own Plants Too

Coaches, like our athletes, have goals we strive to achieve, and just like our athletes those goals often come with a great number of obstacles that get in the way. Watering the bamboo is not just for our athletes, it is for coaches as well. Building a program takes time. Rarely does a coach take over a team and experience immediate success. For most of us we put in countless hours attending clinics, reading training programs, developing workouts, and motivating our runners to be the best they can be. All this time, and energy doesn't always result in visible success right away. Your team may not win any invitationals. They may not win a conference, district, or state championship. However, just like watering the bamboo plant, the work you put in makes a difference and that work will eventually show. Early on in my coaching career, I wanted nothing more than to win every meet my teams attended. When that didn't happen, I began to question what I was doing. Were we running enough mileage in the summer? Were our interval days as intense as they needed to be? Was I doing enough to help my athletes be successful? All these negative thoughts led to frustration and doubt in myself and my training program. However, over time success began to grow, not just in winning meets but in the growth of my athletes. Times began to drop, performances began to improve, and best of all, relationships began to grow. For me, winning is not why I coach. Rather, I coach for the relationships I get to build with every athlete that joins our team. The benefit of this profession is that we get to see the bamboo growing all around us. Every year we plant new seeds, and the process starts over, however, we also get to see the results of the years of work we have put in with each athlete we have coached. Growth will happen both in your athletes and in your program. Keep planting your seeds. Be patient. Keep working. Your bamboo will grow. It is happening right now even if you can't see it. You just must keep watering.

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