



UPDATE

YOU are US and WE are YOU

Off the CUFF

By Rob Cuff, UHSAA Executive Director

Sportsmanship is Key

The game was just five minutes old and several parents were already hollering at their own kids competing on the field. A few moms and dads demanded their children play harder. "Take a shot!" they shouted. Others ordered their young athletes to hold the ball longer. "Don't be so quick to pass!" The coaches on both sidelines soon found themselves shouting over the parents' din simply to be heard.

Ten minutes into the game and the parents were screaming at the referees. From opposing sides, they barked the same, tired protests the officials had likely heard countless times at countless games: "Hey Ref, call the game both ways!" and, of course, "Open your eyes, Ref, you're missing a good game!"

Fifteen minutes into the game and the parents were hollering at each other. Some accused their counterparts of instructing their children to play rough. "Shut your mouths!" snapped a woman. One dad challenged another dad to fight him after the game. A faint threat of violence had degenerated into a distinct possibility.

continued on next page

2009 Spirit of Sport Award Winners

McKay Wood, Bountiful High School

McKay Wood was selected as the recipient of the 2009 UHSAA Spirit of Sport Award. He will be Utah's nominee for the National High School Spirit of Sport Award sponsored by the National Federation of State High School Associations (NFHS). This prestigious award recognizes student-athletes from across the country who exemplify the ideals of the spirit of sport and the core mission of education based athletics. In addition to our overall winner, McKay Wood, the following five individuals were selected as winners in their classification for demonstrating the high ideals of sportsmanship and service that this award represents. These recipients serve as positive role models in their schools and communities.



Elizabeth Harbuck, West High School: Elizabeth Harbuck was selected as the winner of the 5A Spirit of Sport Award. She was nominated by Athletic Director Kristy Proesch who says, "Liz is dedicated, diligent, hardworking, organized, and dependable."

Briar Sands, Lehi High School: Briar Sands was selected as the winner of the 4A Spirit of Sport Award. She was nominated by Coach Brett Berholm who says, "I am proud to say I had the privilege of coaching Briar Sands, an incredible goalie but most importantly an incredible person."

Shacari Hinck, Richfield High School: Shacari Hinck was selected as the 3A winner of the Spirit of Sport Award. She was nominated by Athletic Director Richard Barton who says, "She is a student leader at our school and one of the most highly respected students because of her integrity and example."

Matt Bossart, Rowland Hall-St. Mark's: Matt Bossart was selected as the winner of the 2A Spirit of Sport Award. He was nominated by Athletic Director Kendra Tomsic who says, "Matt's compassion, humor, and willingness to work hard are traits that serve him and the communities in which he lives."

Justice Limb, Rich High School: Justice Limb was selected as the winner of the 1A Spirit of Sport Award. He was nominated by Coach Scott Ferguson who says, "His constant excitement and love for athletics is contagious to those around him."

IN THIS ISSUE

- George Welch, NFHS Hall of Fame (page 3)
- UHSAA 2009 Circle of Fame Awards (page 4)
- 2009 UHSAA Super Fan Awards (page 5)
- Bob Gardner, NFHS Executive Director (page 6)
- New NFHS Education Courses (page 6)
- NFHS Student Leadership Conference (page 6)
- UIAAA State Conference, April 14-17 (page 6)
- Chalk Talk: Coaches Certification Changes (page 7)
- Utah Coaches Receive NFHS Recognition (page 7)
- The Value of Arts in Education (page 8)
- List of Winter Sports Winners (page 9)
- What I Learned from Wrestling (page 10)
- Calendar of Coming Events (page 10)
- 2010-11 Tentative Calendar at uhsaa.org

On the field, coaches and players began to argue and protest every call. No matter what the referees called or didn't call, there was complaining in every instance. Exasperated, the referee blew the whistle, bringing play to a halt. The referee walked to one sideline and told coaches, players and parents that no one had come to the game to listen to them moan, yell and whine. Then the referee turned to the other sideline and offered the same plea. Meanwhile, the players were left to witness the awkward scene of their coaches and parents being scolded by another adult.

Some of the athletes were likely embarrassed by the lack of sportsmanship on both sides. One or two might have decided at that moment that the game wasn't much fun anymore. Other young players might have left the field believing, wrongly, that passionate, competitive play justifies poor conduct and abandoned self-control. Perhaps they would continue to follow their coaches and their parents' bad example in future games.

If we do it the right way, then high school sports and activities offer one of the best opportunities for young people to learn valuable life lessons including respect, integrity, honesty, teamwork, leadership, learning to deal with adversity, fair play, goal setting, discipline and personal responsibility. Character is taught when we are fitting examples of good sportsmanship!



Photo Credit: Craig Adams

Maintaining the value of sportsmanship is all of our business! Robert Kanaby, NFHS Executive Director said, "As coaches, administrators and educators, we hope to instill in our students and athletes the desire to act with character, not just because they believe it is expected, but because they believe it is right."

Sportsmanship is a set of actions that avoid negative behavior and demonstrate respect and appreciation for opponents, officials, fans, coaches and fellow team

members. Underlying sportsmanship are values of generosity and genuine concern for others. Athletes and performers are good sports when they celebrate their success without diminishing others' efforts, when they accept defeat and their own mistakes in performance with dignity, when they are good hosts for visiting teams or groups when they compete fairly and ethically.



Photo Credit: Tammy Calder

It is our collective responsibility to promote positive sportsmanship at all our activities. Bernie Saggau, Retired Executive Director of the state of Iowa said, "High School activities capture it all—the excitement of competition, the thrill of wearing the school colors, learning valuable lessons for a lifetime and the admiration of young kids watching their idols and dreaming of the day they will play for 'Coach.'" We must keep it this way. Through working together, we create positive learning laboratories where practical life lessons are taught—it doesn't just happen on its own.

High school activities are education based activities. Let's rededicate ourselves to the values and traditional purposes of education based activities as part of the total educational framework. There is much to be learned from high school activities that can serve students well in later years. As coaches, administrators and educators, it is important to make activities fun, inviting and educational. We must expect high levels of citizenship and sportsmanship by enforcing standards of excellence within all of our activities at all times. As a result, we can then enjoy the positive products of our programs as our students and athletes grow and develop in so many ways.

SPORTSMANSHIP

It's up to all of us to do our part!

George Welch, NFHS Circle of Fame Honoree



From basketball to band, and from Music Committees to Strategic Planning Committees, many innovative programs and policies have George Welch's fingerprint all over them, a result of 34 creative years of service to Utah high schools. His sterling career affiliation with activities is a life-long affiliation as a music teacher, principal, Jordan School District administrator and member of several elite National Federation high school committees. This self proclaimed "Sports & Activities Junkie" admits that much of his life revolves around high school activities.

George says, "I have always had a firm belief that an integral part of a comprehensive high school is the athletic and activities programs. They are essential to the character development of young people. Through athletics and activities, they learn the value of teamwork, fair play, and

healthy life styles."

When asked why high school sports are so important, he replied, "Simply put, I love to see young people excel. I remain convinced that these programs are anchors that keep some students in school and allow them to graduate. They truly are provided ways to become champions in life."

Please join the Utah High School Activities Association as we thank a legendary teacher, administrator and friend to high school youth.

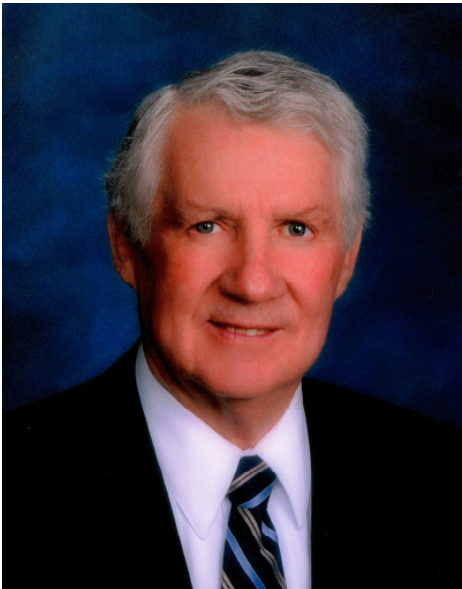
George Welch has nurtured the environment in which young people express themselves and we would like to congratulate him on being presented with the National Federation of High School Association's highest honor, a place in the NFHS Circle of Fame.



CIRCLE of FAME AWARDS

The Circle of Fame is the Utah High School Activities Association's highest honor. Each year, UHSAA honors three exceptional educators that bring out the best in their students in the classroom and in activities. This year's inductees are Mr. Joel Gardner, Mr. Paul Dart, and Dr. Avery Glenn.

Joel Gardner



Mr. Joel Gardner has spent over 40 years serving the students of Utah in many different capacities. As an exceptional educator in the classroom and on the basketball court, he has been a positive influence in the lives of countless students across the state.

Gardner taught at Spanish Fork, Logan, Orem, and Mountain View High Schools. His teams won numerous region championships and the state basketball championship at Mountain View in 1982. He served as the Athletic Director at Mountain View for 16 years and, working closely with UHSAA, was the president of the Athletic Directors Association and the president of the Basketball Coaches Association. He has been inducted into the Utah High School Coaches Hall of Fame and the Utah Athletic Directors Hall of Fame. He currently serves on the Board of Directors of the Utah Sports Hall of Fame.

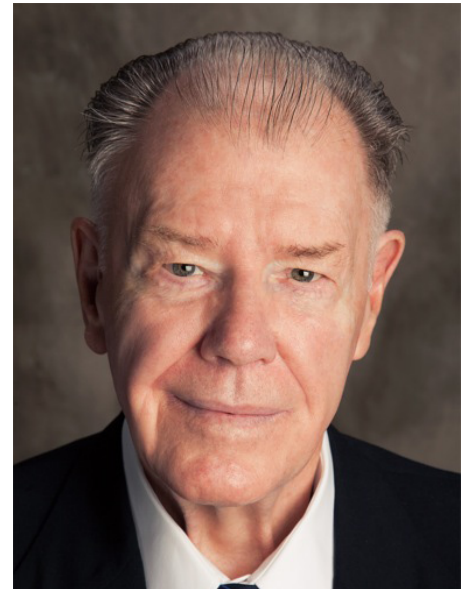
Paul Dart



Mr. Paul Dart taught high school for 39 years and was the head wrestling coach at Tooele High School for 21 years. His team won several region championships and the state championship in 1981. He became the Athletic Director at Tooele and served in that position for 15 years. Working closely with the UHSAA, Paul was the president of the Athletic Directors Association, president of the wrestling coaches association and president of the wrestling officials association.

Paul says, "I enjoy the camaraderie with my fellow coaches and referees along with the student athletes. I have gained many life-long friends and associations. There will always be a brotherhood with those coaches and referees that I have associated with throughout the past forty-plus years. High school activities keep children involved in a positive environment. What better place to teach youth about getting along, sharing and self-esteem?"

Avery Glenn



Dr. Avery Glenn has spent 60 years serving students in many different capacities. As an educator and music administrator with both the Montana and Utah High School Activities Associations, he has positively influenced many students.

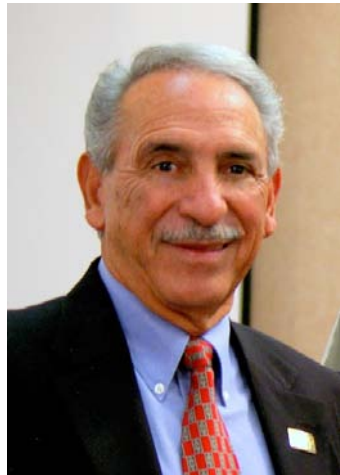
Dr. Glenn was the Music Education Specialist for the Utah State Office of Education. He received the Distinguished Service Award from the UHSAA for his work in strengthening music festivals and adjudication, and he received the Outstanding Music Award from the Utah Music Educators Association. He represented Utah on the National Federation of State High Schools Music Committee from 1988 through 1992.

Dr. Glenn says, "High school activities give students a variety of opportunities to participate in activities outside the school day. I believe all students should have the opportunity to participate in something during their high school careers whether it is sports, drama, debate or music."

Super Fans

David Trujillo was nominated as a Super Fan by Layton High School. He has supported activities for nearly 40 years and a coach in the Layton area for over 30 years. He was a founding member of the Layton High Booster Club.

David says "Involvement in high school activities beyond the classroom develops life-long social skills, builds character, and develops potential. My enjoyment stems from watching young people develop and grow through high school activities."



Roy and Jeanette Hatch were nominated by Manti High School and have supported high school activities for over 50 years. Roy taught high school students for 20 years and Jeanette taught elementary school for 18 years. Their son, Dean, is the girls' tennis coach and his wife, Susan, is the softball coach at Manti High School.

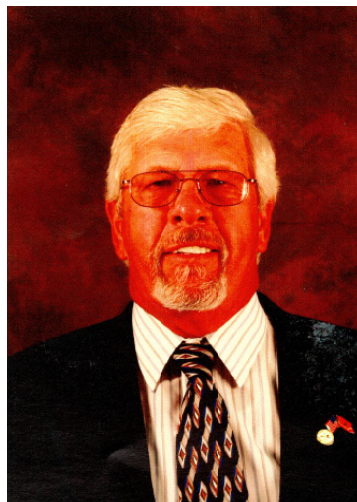


Roy and Jeanette say, "We feel that high school activities should be used to help students become and stay healthy. If we are healthy, we can be of greater service to others. Also, we can learn lessons that will help us succeed in life."

Roy and Jeanette say, "We feel that high school activities should be used to help students become and stay healthy. If we are healthy, we can be of greater service to others. Also, we can learn lessons that will help us succeed in life."

Bill Ford was nominated by Payson High because of his long-standing support of Payson football. Bill was the president of the first football booster club at Payson High School. In addition to raising funds for Payson's football team, Bill has attended almost every game for the past 25 years. One of Bill's sons, Sam Ford, is a teacher and wrestling and baseball coach at Payson High School.

Bill also always attends the state wrestling tournament, travels to St. George to support the Payson baseball games, and supports the girls basketball team during playoffs.



Danny Fleming was nominated by San Juan High School. He has been a football and basketball referee for 20 years and a baseball and softball umpire for 25 years, but is best known as the voice of sports in Southeastern Utah. For the past 20 years he has been the radio broadcaster for San Juan and Monticello.

Danny says, "As an athlete in high school, my father never saw me play because he was blind. I tried to announce the games on the radio as if I was describing what I saw to my father. That made it special. The excitement, attitude, thrill, and even the agony, are all part of high school sports and activities. These young people are the future. If I can in some small way have an influence on molding them, then I will have succeeded."

Velda Young was nominated by Tabiona High School. She has been supporting high school activities for more than 70 years, since she was a student participating in softball, music and cheerleading for the Tigers.

Velda says, "High school activities give students a great opportunity to grow and learn. They develop team spirit and pride. They help students develop talents and abilities to get along with others."



Bob Gardner Named NFHS Executive Director

Bob Gardner, who has served as chief operating officer of the National Federation of State High School Associations (NFHS) for the past 10 years, has been chosen by the NFHS Board of Directors as the organization's next executive director. "We are pleased to announce Bob Gardner as the new executive director of the NFHS," said Dr. Ennis Proctor, executive director of the Mississippi High School Activities Association and current NFHS president. "Bob has a long and successful background with our member state associations, along with his outstanding work as the chief operating officer for the past 10 years. The Board of Directors believes he is the ideal candidate to continue to move this organization forward in the years to come."

Gardner, 61, has been involved in high school athletics in the state of Indiana throughout his entire 40-year career in secondary education. He started as a teacher and coach in 1970 and concluded as commissioner of the Indiana High School Athletic Association (IHSAA) for five years prior to joining the NFHS staff in 2000.

Among his notable accomplishments at the IHSAA, Gardner led the change in the IHSAA football playoffs to permit participation by all schools, negotiated the association's largest corporate sponsorship agreement in history with Indiana Farm Bureau Insurance and led the transition to multiple classes in team sports. He also

New NFHS Education Courses

The NFHS is developing two courses that will be provided at no cost to anyone who wishes to complete them. The NFHS encourages schools to require individuals to complete these courses. The first is a course designed to educate coaches, parents, officials and students about concussions. This course will take only 20 minutes to

UIAAA State Conference, April 14-17

The Utah Interscholastic Athletic Administrators Association will be hosting the State Conference at the Holiday Inn and Convention Center in St. George, Utah. The conference will be held Wednesday thru Saturday, April 14-17, 2010. At the conference there will be a variety of Leadership Training Courses offered and several workshops designed to assist Athletic Directors, Principals, Assistant Principals, and District Athletic Administrators.

The UIAAA is offering LTC 501, LTC 504, LTC 630, and LTC 710. Athletic Administrators are strongly encouraged to take these courses to become a Certified Athletic Administrators. It is not too late to register for the conference. You can find updated conference registration information online at the UIAAA website. Among the many conference high-

lights there is also the annual Golf Tournament held at Sky Mountain Golf Course in Hurricane, sponsored by Jostens. In addition, this year the UIAAA is putting together the first ever 4-wheeler excursion. Doug Snell, AD at Spanish Fork High School, will be organizing a 4-wheel excursion after 4:00 p.m. on Thursday. Anyone who is interested should contact Doug at doug.snell@nebo.edu

was instrumental in the IHSAA winning a landmark Indiana Supreme Court case affirming the restitution rule and a Federal Court case protecting the state's right to enforce eligibility standards.

During his years with the IHSAA, Gardner was a voting member of the NFHS Football Rules Committee and served on the NFHS Football Officials Manual Committee. He also chaired the Fiscal/Funding Subcommittee of the NFHS Strategic Planning Committee. As chief operating officer of the NFHS since July 1, 2000, Gardner has chaired the NFHS Rules Review Committee, an internal committee composed of all NFHS rules editors. He has been responsible for NFHS insurance programs and the NFHS committee nomination process. He represented the NFHS on the NCAA Anti-Gambling Task Force, has been a presenter at numerous state and national meetings, and has served on the USA Football Board of Directors.

Gardner, who earned his bachelor's degree from the University of Evansville (Indiana) and his master's and Ed.S. degrees from Ball State University in Muncie, Indiana, previously served on the USA Basketball Board of Directors and the Indiana Sports Corporation Board of Directors, and he is a member of the Indiana High School Wrestling Hall of Fame.



Chalk Talk

Coaches' Certification

UHSAA Executive Committee Approves Changes

The requirements for coaches' certification includes four components:

Background Check, First Aid Training, CPR Training, and the "Fundamentals of Coaching" Course.

All head coaches and paid assistant coaches must receive certification in both First Aid and CPR prior to coaching. All head coaches and paid assistant coaches must receive coaching training by June 30th of the school year in which they begin coaching. A head coach or paid assistant coach shall be prohibited from coaching a second year except that said person complete the UHSAA/USOE coaches training program. The First Aid, CPR and Coaches' Training must be completed through an approved or recognized program which complies with the State requirements. The UHSAA executive Committee approved a change that will now require drill coaches to meet the same requirements as other coaches, including the "Fundamentals of Coaching" course. The deadline for drill coaches to complete the "Fundamentals of Coaching" course will be June 30, 2011.

Districts Must Verify Coaches' Certification (NEW)

On March 10, 2010, the UHSAA Executive Committee approved the following:

As of June 1, 2010, school districts will have the

responsibility to verify compliance with all four components required for coaches' certification (Background Check, First Aid Training, CPR Training, and the "Fundamentals of Coaching" course. To confirm that a coach has completed the NFHS Fundamentals of Coaching course, go to www.nfhslearn.com and click on "Coaches Search" in the top right hand corner and enter the name of the individual.

Completing Coaches' Certification

All athletic head coaches and assistant coaches shall submit to a criminal background check as a condition for employment or appointment (R277-517-3). See the school principal or district office.

First Aid Training and CPR Training requires evidence of completion (must get proof of certification). A coach only needs to complete the First Aid and CPR training once. Options may include a Red Cross course, district course or on-line course.

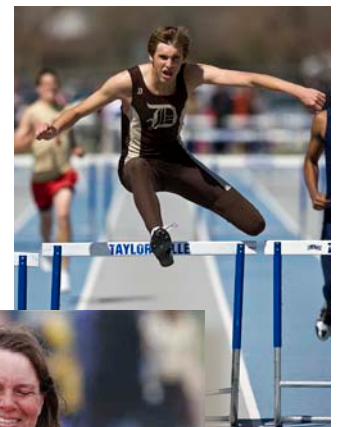
"Fundamentals of Coaching" Course can be completed through a blended course under the direction of a certified NFHS/UHSAA instructor OR by completing the National Federation ON-LINE "Fundamentals of Coaching" course available at nfhslearn.com. Coaches should print off the certificate for proof of completion (4-6 hours to complete). Requires a registration cost.

For a list of certified NFHS/UHSAA Coaches Instructors, go to the "Training" link at UHSAA.org.

Utah Coaches Receive NFHS Recognition

The Utah High School Activities Association would like to congratulate the seven Utah coaches that were recently selected by the NFHS to receive the 2009 Section 7 Coach Award in their designated sport. Section 7 includes the states of Arizona, California, Hawaii, Nevada, and Utah. The NFHS Coaches Association is the official national coaches association of the National Federation of State High School Associations (NFHS). The contributions of these coaches to high school athletics are truly deserving of our recognition and thanks.

- Dan Quinn, Girls Track & Field, Judge High School
- Bryan Griffin, Boys Cross Country, Richfield High School
- Tim Sleeper, Boys Tennis, Rowland Hall
- Corbin Talley, Boys Track & Field, Davis High School
- Jody Warren, Wrestling, Weber High School
- Mikki Jackson, Softball, Bingham High School
- Kathy Mendenhall, Volleyball, Brighton High School



The Value of Arts in Education

By Neil Hendriksen, President of the Utah Music Educators Association



Education is an important component in the life of all individuals or groups. Indeed, many communities are judged on the educational background of its citizens. Large companies and corporations look for just the “right” place to set up shop, based upon these backgrounds and standards.

I am grateful to have the opportunity to work in education as an arts

instructor, specifically in music. I get to see “first hand” what music and arts do for the individual, and hence the community. Music helps a person become more “human” to appreciate beauty, and all the best things that life has to offer. Music can help one truly become “whole”.

Music helps one understand and appreciate emotional and personal communication, not just as a performer to an audience, but as a person to another person. Music can help build empathy and understanding of individual experiences; and individual differences between people

of all classes, races, ages, and cultures. Music can help bring us together.

Music and the arts add richness to life in general. The study of music helps one become better at critical thinking and problem solving. It also helps one learn to appreciate cooperation in working toward a common goal. These are skills that help students make informed decisions, with a true depth of understanding and the ability to observe the fallout of actions taken.

Education, in my opinion is not complete with out music and the arts. These things are what will help our future generations to be well rounded, contributing members of society. Music and the arts are as important to a complete and “whole” education as math, science, and language studies. They give us joy, and a reason to celebrate life. Understanding aesthetics of all varieties helps enlighten our citizens, and raises our community standards. Music and the arts help us to become complete.

Every effort possible should be utilized in providing and maintaining quality educational opportunities and experiences in the arts and music. Perhaps society as a whole may depend upon it.

Neil Hendriksen is the president of the Utah Music Educators Association, Director of Choral Music Activities and Department Chair at Woods Cross High School

2010 State Jazz Festival: March 26-27
Jordan High School
For a performance schedule, go to the
UHSAA.org “Music” page.

2010 State Drama Festivals, April 15-17
1A & 2A at Parowan High School
3A at Juab High School
4A at Mountain View High School
5A at Taylorsville High School

2010 State Solo & Ensemble Festivals, April 24
Northern Festival: Northridge High School
Southern Festival: Lone Peak High School



Congratulations to our Winter Sports Winners

BOYS' BASKETBALL

- 1A: 1st Bryce Valley
2nd Piute
3rd Rich
4th Monticello
5th Panguitch
2A: 1st South Summit
2nd Waterford
3rd South Sevier
4th Kanab
5th Enterprise
3A: 1st Wasatch
2nd Judge Memorial
3rd Hurricane
4th Emery
5th Morgan
4A: 1st Timpview
2nd Mountain Crest
5A: 1st Alta
2nd Davis

GIRLS' BASKETBALL

- 1A: 1st Piute
2nd Duchesne
3rd Rich
4th Panguitch
5th Intermountain Christian
2A: 1st Beaver
2nd Enterprise
3rd South Sevier
4th North Summit
5th Kanab
3A: 1st Richfield
2nd Union
3rd Canyon View
4th Juab
5th Carbon
4A: 1st Springville
2nd Timpanogos
5A: 1st Syracuse
2nd Pleasant Grove

DRILL TEAM

- 1A: 1st Duchesne
2nd Piute
3rd Tabiona
4th Altamont
5th St. Joseph

- 2A: 1st South Sevier
2nd Millard
3rd Kanab
4th North Summit
5th South Summit
3A: 1st Cedar City
2nd Canyon View
3rd Bear River
4th Wasatch
5th Emery
4A: 1st Bountiful
2nd Bonneville
3rd Dixie
4th Mountain Crest
5th Logan
5A: 1st Bingham
2nd Hillcrest
3rd Lone Peak
4th Brighton
5th Hunter

BOYS' SWIMMING

- 3A: 1st Park City
2nd Wasatch
3rd Juan Diego
4th Judge Memorial
5th Desert Hills
4A: 1st Mountain Crest
2nd Springville
3rd Box Elder
4th Lehi
5th Snow Canyon
5A: 1st Brighton
2nd American Fork
3rd Bingham
4th Skyline
5th Hunter

GIRLS' SWIMMING

- 3A: 1st Judge Memorial
2nd Park City
3rd Wasatch
4th Desert Hills
5th Cedar City
4A: 1st Logan
2nd Olympus
3rd Timpview
4th Springville
5th Sky View

- 5A: 1st Brighton
2nd Alta
3rd Lone Peak
4th Skyline
5th Bingham

WRESTLING

- 1A: 1st Altamont
2nd Monticello
3rd Rich
4th Duchesne
5th Milford
2A: 1st Millard
2nd South Summit
3rd North Sevier
4th Beaver
5th South Sevier
3A: 1st Delta
2nd Wasatch
3rd Morgan
4th Hurricane
5th Canyon View
4A: 1st Payson
2nd Box Elder
3rd Mountain Crest
4th Maple Mountain
5th Uintah
5A: 1st Viewmont
2nd Pleasant Grove
3rd Bingham
4th Weber
5th Layton



Coming Events Updates@uhsaa.org

ACTIVITIES

| | |
|------------|-----------------------|
| Mar. 12-13 | Forensics Tournaments |
| Mar. 26-27 | State Jazz Festival |
| Apr. 15-17 | Drama Festivals |
| Apr. 24 | State Solo & Ensemble |

BASEBALL

| | |
|-----------|--------------------------|
| May 1 | 2A 1st R & Quarters |
| May 6-8 | 2A Tournament |
| May 8 | 3A First Round |
| May 11-12 | 4A & 5A 1st & 2nd Rounds |
| May 13-15 | 3A Tournament |
| May 17-21 | 4A & 5A Tournament |

GOLF

| | |
|--------|----------------------|
| May 11 | 1A Boys' State |
| May 12 | 2A & 4A Girls' State |
| May 13 | 3A & 5A Girls' State |

BOYS' SOCCER

| | |
|---------|------------------------|
| Apr. 28 | 2A 1st Round |
| Apr. 29 | 3A 1st Round |
| May 1 | 2A & 3A Quarter Finals |
| May 7-8 | 2A & 3A Tournament |
| May 11 | 5A 1st Round |
| May 12 | 4A 1st Round |
| May 14 | 4A & 5A Quarter-finals |
| May 18 | 4A & 5A Semi-finals |
| May 20 | 4A & 5A Finals |

SOFTBALL

| | |
|-----------|--------------------|
| May 6-8 | 2A Tournament |
| May 8 | 3A First Round |
| May 11 | 4A & 5A 1st Round |
| May 13 | 4A & 5A 2nd Round |
| May 13-15 | 3A Tournament |
| May 18-20 | 4A & 5A Tournament |

BOYS' TENNIS

| | |
|-----------|---------------|
| May 7-8 | 5A State |
| May 8 | 2A State |
| May 14-15 | 3A & 4A State |

TRACK

| | |
|-----------|------------|
| May 14-15 | State Meet |
|-----------|------------|

2010-11 Tentative Calendar available on the "Calendar" link at UHSAA.org

What I've Learned from Wrestling

By Lee Kubik, Woods Cross High School senior and UHSAA student intern



Many people have asked me, "Lee, why wrestling?" Until now, I have never really given it much thought. I actually chose wrestling because of how physically demanding it is with the idea of building body muscle. I also enjoyed two very different aspects of this sport. First, it does have components to build a dedication to the team.

Second, it demands a one-on-one performance. When you are on the mat, it's just you and your opponent competing against each other—the idea of just you and me one-on-one. I like knowing that when I win the victory is mine. On the other side, when I lose, I have no one to blame but myself.

Over the past few years of competing in this sport, I have learned the importance of teamwork, dedication, sportsmanship, and responsibility. The idea of dedication comes about through showing up at practice each and every day. Teamwork involves both learning and teaching. My teammates help me to hone my own skills while I provide advice on how others may improve their wrestling expertise. This helps the entire team improve. Through our competitions, I have discovered that my teammates need me in the good and bad times --victory and defeat. When I was just learning the sport, the more experienced wrestlers pulled me aside and made me a better competitor by providing advice and suggestions. Sportsmanship is a key aspect of any sport. Whether you are participating in a sport's venue or watching on the sidelines, you represent your school. Anyone can win. What makes a team great is the ability in losing times to act respectfully and graciously. Finally, I learned responsibility. My team needed me to show up and work hard at each and every practice and tournament.

As my high school wrestling experience comes to an end, I would like to thank my teammates, coach, and those students and parents who have supported us during the season.



Keep Up With UHSAA News

Visit www.uhsaa.org today