

BOBCAT BULLETIN



Western Dubuque High School

This newsletter is also accessible through our website at: www.wdhs.wdbqschools.org.

If you are getting this newsletter in the US mail and would prefer a digital copy sent to your email, please contact Laura Hoerner at Laura.Hoerner@wdbqschools.org or call her at 563-876-3442 ext. 3001.

December / January
2015-2016 Newsletter

Principal's Message

The new WDHS Vocational Building will open for students at the start of the second trimester on Monday, November 30th. We are very proud of this building and are excited about the new opportunities available to our students. Our open house held on Sunday, November 20th was a great success and the community members were very impressed. Numerous local businesses created manufacturing business partnerships with WDHS and we look forward to building a relationship with these companies which will provide our students with tremendous new experiences. These businesses include B&B Trailers-Behnke Enterprises, Bodine Electric Co., Cedar Valley Steel, Decker Precision & Machining, East Iowa Machine Company (EIMCo), Mi-T-M Corporation, Premier Tooling & Manufacturing Inc., and Tri-State Quality Metals. These businesses have been instrumental in providing us with tremendous equipment and we are very grateful.



As we approach this holiday season, there are many things to be thankful for at WDHS. Several students organized a World Hunger Banquet for all of our students in an effort to bring awareness to the number of people in the world who struggle to obtain the basic necessities of life. Our students did a great job of participating and then supporting our local food drive at school. We raised **over 6000 pounds** of food for our local food pantries. We have another group of students who are collecting winter clothing as well for those in need.



This is such a great community where both students and adults take care of each other. I hope everyone takes time to give thanks and enjoys a wonderful holiday season.

Dave Hoeger, Principal



Dave Hoeger
Principal



Jacob Feldmann
Assistant Principal

Dubuque Racing Association

Western Dubuque High School would like to thank the Dubuque Racing Association (DRA) for their generous donation of \$5000. This money will be used to upgrade our security lighting throughout our campus. The DRA has been a generous contributor to Western Dubuque High School throughout the years and we appreciate their generosity.



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Yearbook Information

By Ben Ressler, Yearbook Advisor

ATTENTION! SENIOR PORTRAITS ARE DUE: There is no time to waste. Senior portraits are due to Mr. Ressler by December 18th. Contact your photographer and have them email a copy to Mr. Ressler (ben.ressler@wdbqschools.org). If you are unable to get ahold of your photographer you can bring in a wallet of your portrait as a last resort.

BOOKS FOR SALE: The 2016 Yearbooks are on sale for **\$60**. March is your last chance to order a 2016 Yearbook. We order the exact number of books purchased so don't miss out! This year's book will be loaded with over 2,500 photos and captions. The book's theme this year is "Things Change..." and will be sure to be a great purchase. Bring a \$60 check to Alice in the activities office to reserve your copy today.



National Honor Society

By Amanda Willenborg, NHS Advisor

The selection process for the National Honor Society 2015-2016 school year will begin in December. On December 7th, a list of eligible students based on GPA (sophomores 3.5 and juniors/seniors 3.3 or higher) will be posted. December 16th there will be an informational meeting for all students interested in applying and completed applications and essays must be turned in by January 15th, 2016. After applications are read by the faculty, final decisions of acceptance will be in March and the induction night will be in late April.



Homeless Children & Youth

Board Policy 501.16

The board will make reasonable efforts to identify homeless children and youth of school age within the district, encourage their enrollment and eliminate existing barriers to their receiving education which may exist in district policies or practices. The designated coordinator for identification of homeless children and for tracking and monitoring programs and activities for these children is the Director of Student Services.

A homeless child or youth is defined as a child or youth from the age of 3 years through 21 years who lacks a fixed, regular, and adequate nighttime residence and includes the following:

1. A child or youth who is sharing the housing of other persons due to loss of housing, economic hardship, or a similar reason; is living in a motel, hotel, trailer park, or camping grounds due to lack of alternative adequate accommodations; is living in an emergency or transitional shelter; is abandoned in a hospital; or is awaiting foster care placement;
2. A child or youth who has a primary nighttime residence that is a public or private place not designed for or ordinarily used as a regular sleeping accommodation for human beings;
3. A child or youth who is living in a car, park, public space, abandoned building, substandard housing, bus or train station, or similar setting;
4. A migratory child or youth who qualifies as homeless because the child or youth is living in circumstances described in paragraphs "1" through "3" above.

Please contact the building school counselor for questions and to support education of the homeless. You may also contact Tina Brestrup, the District's liaison for homeless children and youth, to find out what services and supports may be available at 563-744-3885 x 6010 or email at tina.brestrup@wdbqschools.org.

Spice Up Your Lunch with Flavor Shakers

From the Bobcat Kitchen



Flavor Shakers are exciting new homemade seasoning blends you can add to just about any item on your lunch tray and can be found in the Bobcat cafeteria and commons on a daily basis. Are your green beans or peas bland? Try shaking on "Ragin' Cajun" for a kicked up, New Orleans style flavor boost. Like the creamy white stuff? Use our house blend "Bobcat Ranch" to make your fries and vegetables taste like it, without all the calories. For all you daredevils out there needing to wake up for that afternoon test, the "Fiery 5 Alarm" is an awesome mix of hot peppers and pungent black pepper and is a perfect addition to burgers, chicken, and pork patties. The "Spanish Fiesta" blend is great to add to all your taco entrees and sides, with added chili powder, smoky cumin, and hot peppers. "Cheesy Italian" is a favorite in the kitchen as it blends real parmesan cheese and Italian herbs to compliment any pasta dish; try it on potatoes for a savory treat you will not soon forget. We also offer "Lemon Pepper", "Garlic Herb", and an all-purpose seasoning called the "Super Shaker". Try them all or just one and we guarantee you will be coming back for more "Flavor".

Keeping students healthy

BY JEN MANTERNACH, SCHOOL NURSE

Western Dubuque High School would like to decrease the spread of the flu at our school. We are taking measures to help our students stay healthy, and we need your help. Influenza spreads most easily in the early stages of the illness. To protect your child, as well as any other child, we will be more sensitive to the symptoms of influenza and will send your child home if he or she is ill.

The following recommendations will help prevent illness in your child and his or her classmates:

Know the signs and symptoms of the flu. Symptoms of the flu can include fever (oral temperature of 100° F or greater), cough, sore throat, runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.

Do not send children to school if they are sick. Any child who has been determined to be sick while at school will be sent home. You should begin to plan how you will provide care for your sick child if you are not able to stay home with them.

Keep sick children at home for at least 24 hours after the fever is gone. If you give your child fever reducing drugs, like ibuprofen, ensure your child has not had a fever for 24 hours after the drugs have worn off.

Teach your children the flu is spread from person-to-person. Teach them to cough or sneeze into a tissue and then throw the tissue in the trash. If a tissue is not available, teach them to cover their cough or sneeze using their elbow or sleeve instead of their hands.

Teach your children to wash their hands often with soap and water for at least 20 seconds especially after they cough or sneeze. If soap and water is not available, an alcohol-based hand gel can be used. You can set a good example by doing this yourself.

Teach your child not to share personal items. These items include beverages, cups, food, unwashed utensils, or toothbrushes.

Get your family vaccinated for seasonal flu when it becomes available.

We appreciate your help in keeping our students healthy.



FRESHMEN REMINDER:

BY JEN MANTERNACH, SCHOOL NURSE



All 9th grade students must have an Iowa Department of Public Health Certificate of Dental Screening on file in the nurse's office by Dec. 17th.

Please contact your child's dentist office and request a form to be mailed or faxed (563-876-5512) to Western Dubuque High School. The dental screen must occur no earlier than one year prior to high school enrollment. Please feel free to contact me at 563-876-3442 ext. 3013 with any concerns or questions regarding financial hardship or religious exemptions.

What is MRSA?

BY SUSAN THEISEN, TRAINER

Methicillin Resistant Staphylococcus Aureus (MRSA) is an advanced strain of “staph” infection that is resistant to antibiotics such as methicillin, penicillin, amoxicillin, and oxacillin. Some people refer to it as the **“SUPER BUG.”**

There are **two** types of MRSA:

HA-MRSA: is hospital-associated and usually affects individuals with a compromised immune system.

CA-MRSA: is community associated and can affect healthy individuals. Athletes, coaches and athletic trainers can become infected and therefore prevention should be a key focus.

How Do You Get It and What Is The Treatment?

Common bacteria live on our skin. In fact, many people are carriers of “staph” but don’t know it because they never have a staph infection. The problem starts when this “staph” bacteria find their way into the body through an open wound. This occurs either through direct contact of a person who is a carrier or by touching an object that has the bacteria.

The site of the wound becomes infected, showing signs of swelling, warmth, redness, puss-like pimple or boil. At this time, immediate referral to your doctor is vital. Here, the infected area may be drained and a sample will be taken to be cultured and further evaluated. The doctor then may prescribe a course of antibiotics such as Bactrim and vancocin. As with all antibiotics, it is important that individuals complete all medications prescribed by their doctor and that they also do not resume practice/competition until the lesions are adequately healed.

“PREVENTION”- WHAT STEPS CAN I TAKE NOW?

Wash your hands often using an antimicrobial, antiseptic skin cleanser such as *Hibiclens* (sing “Happy Birthday twice” or the CDC recommends saying the alphabet once.)

- * **Shower immediately after every practice and game.**
- * **Wash athletic clothes daily in hot water and dry on a hot setting.**
- * **Cover all open cuts prior to practice and game activity.**
- * **Do not share items such as clothing, towels, soap, razors, waterbottles.**

Additional steps that can and should be taken in the athletic setting:

- ♦ **Use an antiseptic, antibacterial solution to routinely wipe down athletic equipment such as gymnastics and wrestling mats, and headgear of any type.**
- ♦ **Wipe down treatment tables and weight equipment between athletes.**
- ♦ **Wear barriers such as non-latex gloves when treating open wounds.**

CONCLUSION

GERMS ARE ALL AROUND US AND SIMPLY PUT “An Ounce of Prevention is Worth a Pound of Cure.” So, please reinforce to your athletes and athletic department that everyone should practice good daily hygiene!!



Having Success

By John Hlubek, 7-12 Activities Director

It is always a great day to be a Bobcat! In fact it was a great fall season with success in numerous activities.

Congratulations:

- * Jack O’Hea who qualified for state in boys golf.
- * Jenna Willer who qualified and placed at state in swimming.
- * Laura Snyder and Isaac Connolly who both qualified for state in cross-country.
- * Carley Steffen, Madison Decker and Taylor Fishnick who placed at state in dance. Taylor was the state solo dance champion!
- * The girls volleyball team who qualified for state.



John Hlubek
7-12 Activities Director

We also had the pleasure this fall of watching two of our high school girls (Megan Maahs for basketball and Jenna Willer for swimming) sign national letters of intent to compete in sports at the University of Northern Iowa as a DI scholarship athlete.

It is exciting to see so many of our middle and high school students active. We had a total of 197, 7th and 8th grade students involved with cross country, football or volleyball. We also had 310 high school students in cross-country, football, volleyball, boys golf, cheerleading or dance. These numbers don’t even include those students who help as managers, film crew, stats, band or choir.

Thank you to everyone who supports the “Bobcat Family”. If you want to continue that support, winter schedules can be found at www.wamacconference.org, click on Western Dubuque, highlight the sport schedule you want, then click on view.

I hope to see everyone at numerous winter contests, so let’s pack the stands, Bobcats!

Track Camp

By Tom Jasper, Track Coach

Western Dubuque High School is pleased to announce we will be hosting the Northeast Iowa Track and Field Camp on Tuesday, December 29th and Wednesday, December 30th from 9 AM – 4 PM. The clinicians featured in this camp are from not only local colleges and high schools but also all over the Midwest. Notable speakers are: Ernie Clark – Sprinters/Hurdles – Ashland University; Tim Richey – Jumps/Sprints – University of Indianapolis; Bob Schultz – Head Cross Country – Loras College; Brad Wymer – Throwers – Solon High School; Mark Ressler – Head Cross Country – Dubuque Hempstead High School. The camp is open for all 7-12 grade students both male and female. The cost is \$55 and includes lunch for both days, \$65 dollars if you would like a T-Shirt. For more information contact Tom Jasper at tom.jasper@wdbqschools.org or 563-543-8049. There is also a form included in this newsletter.

Organizations

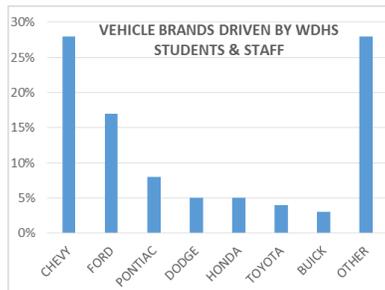
2nd Annual FBLA Haunt for Food

This October, Western Dubuque High School’s FBLA (Future Business Leaders of America) chapter held its second annual Haunt for Food. A large number of students volunteered to participate in Trick-or-Treating for food for the local food banks. It was a great way to get into the holiday spirit and help out the community. During the scheduled Trick-or-Treating times, the towns of Dyersville, Peosta, Epworth, Farley, and Holy Cross all contributed to the 3,000 lbs. of food that was donated to the Dyersville, Epworth, and Bernard food banks.

The Western Dubuque FBLA Chapter would like to thank all of those who participated and donated food to help a good cause. This year we were able to raise more food than last year, 2,500 lbs. of food, and that is a great accomplishment. We would like to keep this student-led event an annual event around Halloween and bring food to those in need. Thanks again for contributing to this event and we hope you have a wonderful holiday season!



VEHICLES AT WDHS



Survival Math class wanted to find out: what are the most popular vehicle brands at WDHS? The class collected data on vehicle brands students and staff drive at WDHS. We completed a tally sheet for all the brands we saw in the school’s parking lots.



Chevrolet and Ford are the two most popular brands of vehicles at WDHS. Chevrolet was the most popular brand. Over one-fourth of students and staff drive a Chevy. Seventeen percent drive a Ford. The third most popular brand was Pontiac at eight percent. Twenty-eight percent drive Jeep, Volkswagen, Chrysler, Hyundai, Oldsmobile, GMC, Mazda and other brands.

Art corner with Megan Ahmann (10)

INTERVIEW CONDUCTED BY MICHAELA HOEGER



How long have you been interested in art, and why? I have always liked art since a young age when my grandma bought me a huge art kit to use however I pleased.

Who or what inspires your art? Things that I like or enjoy inspire my work, which is quite a range.

What is your favorite piece of your own artwork and why? My favorite piece is “Smaug’s Eye” that I created with oil pastels because the eyes are one of the best things to draw/color.

What is your favorite medium? So far, my favorite mediums are graphite and tempera paint.

How would others describe your artwork? Most others say that my art is very detailed, and it sometimes portrays my own personality, or it have my own little twist within it.

Who is your favorite artist, and why? I do not have a favorite; there’s so many, I can’t name them all.

Which artist do you most want to be compared to, and why? Salvador Dali because his work is very unique, and he puts his own twist on his work.

What do you like the most about your artwork? Like my friends say, my work always has a bit of myself within, and my work is always arranged almost perfectly.

Do you plan to pursue a career in the art field? I plan on minor-ing in the art field in college.

What is your goal professionally? My goal professionally is to be able to come up with my own unique forms of art and let society be able to assess/perceive the art as more than just something drawn or painted on paper.



“Smaug’s Eye” by Megan Ahmann (10)

Ski and Snowboard Squad

Western Dubuque High School has a great club for any student who loves to ski and board. The Squad meets every Thursday at Sundown to race against Dubuque Schools. Last year, WD took first place in overall season times. Snow squad is a great way to meet new skiers and boarders and see how well you compete against others. Season begins after Christmas break but join soon to grab any club gear. For any additional information and upcoming meetings, contact Ms. Zangara.



Senior spotlight: Allyvia Clasen

INTERVIEW CONDUCTED BY SOPHIE ABITZ



What do you want to do after high school? After I leave high school, I would like to go on to college to further my education. As of right now, I am planning on going to St. Ambrose University in Davenport, Iowa. I will study pre-chiropractic there for three years before, hopefully, moving onto Palmer School of Chiropractic to get my Doctorate of Chiropractic degree.

If attending college, where would you like to go? I am thinking St. Ambrose, but I will go on to Palmer School of Chiropractic.

What will you miss about WD? The things I will miss most about WD are my friends and sports. Most of my friends will go to different colleges than me, so it will be hard to say goodbye to them. I have made lots of friends through the sports that I participate in. I will miss the feeling of family that I have with my teams and coaches.

What are your hobbies? Some of my hobbies include listening to music, playing soccer, training and competing in triathlons and running. I also like hanging out with my friends and family.

What is your favorite teacher at WD? My favorite teacher at WD would have to be Ms. Zangara. I first had her in biology my sophomore year. She really helped me understand the class and also made it interesting. I then decided to go out for soccer, which I hadn't played since I was 5, but she encouraged me and helped me get better. I can easily joke around with her, but I know when to be serious. Now I am taking biology at NICC.

What sports have you played at WD? I went out for track my freshman year, but it wasn't the sport for me. I also ran cross country all four years and played soccer sophomore and junior year; I will play senior year as well.

What is your advice to incoming seniors? I would tell any of the incoming seniors, and anyone really, be yourself. Don't care what other people think; you do you. One of my favorite quotes is "[b]e who you are and say what you feel because those who mind don't matter and those who matter don't mind."

Senior spotlight: Madison Simon

INTERVIEW CONDUCTED BY SOPHIE ABITZ

What do you want to do after high school? I want to both major in communication disorders and get my masters in speech language pathology or do something that works with kids. I want to go to UNI or St. Ambrose.

What is your favorite high school memory? Making it to state basketball my junior year, running a half marathon with my cross-country team and the teacher dance at the Celebrate My Drive assembly during my sophomore year.

What are your hobbies? I love to play soccer, run cross-county and play basketball. I also like to hang out with my friends and family.

What extracurricular activities have you participated in at WD? Show choir, advanced treble choir, soccer, cross-country, basketball, student council, FBLA, NHS, DAYLC and environmental club

Are you excited to graduate? Yes and no. I will miss seeing my friends every day and being a Bobcat, but I am ready to move on!

Who is your favorite teacher at WD, and why? I would say Ms. Zangara because she was my biology teacher, and I really loved that class! She's also my forensic science teacher and my soccer coach and always pushes me to do my best. She makes me smile and is always there for me!

What is some advice for incoming seniors? Study hard, but enjoy your senior year, and have fun!

What will you miss about WD? Being a Bobcat and going to all the games and sitting in the student section. I will also miss the teachers, pep rallies, homecoming/prom and seeing my friends every day!





Western Dubuque High School
Vocal Music Department Presents

Cocoa & Carols

A Night of Holiday Entertainment
Sunday, December 20th



Show @ 6:30 pm
(Doors open at 5:30 pm)

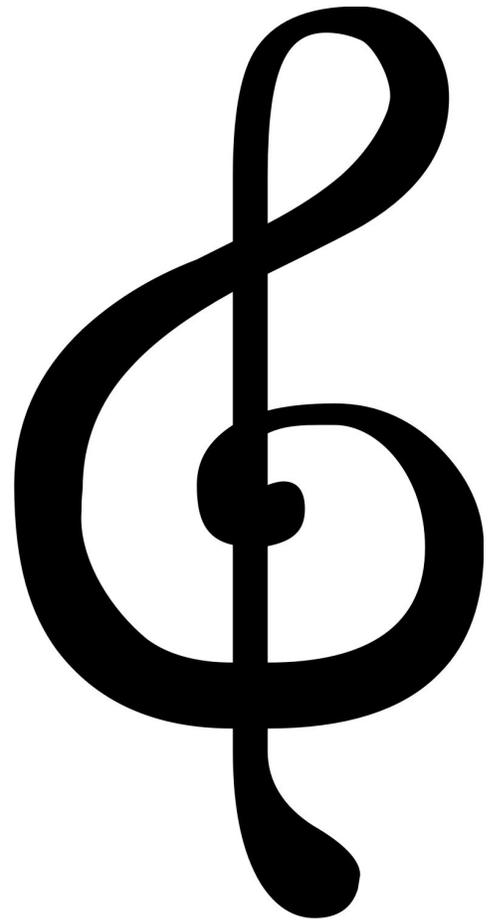


Enjoy a night of singing, dancing, skits & much more.
Get a sneak peak at Aristocats & 5th Avenue Show Choir's
2016 competition shows.

Cookies & Cocoa will be served.

The evening will include a
Raffle, silent auction & a 50/50 drawing.

Admission is \$5.00 (5 & under free)



Christmas Concert on Dec. 12th

Western Dubuque Fine Arts Booster Club is presenting "A Christmas Together" on Saturday, December 12 at 7:00 p.m. in the Fine Arts Auditorium. Tickets are \$15 for adults and \$8 for students. (There will also be a \$1.75 processing fee plus tax added to each ticket purchased.) Tickets are available now by going to www.hub-monkey.com/tickets.



Registration Information for the 2016-2017 School Year

Registration for the 2016-2017 school year will begin the middle of January. Students will be registering online this year. Please call Becky Gasper, WDHS counseling office secretary, at (563) 876-3442 ext. 3005 if you have any questions.

Registration Timeline is as follows:

- * Current Juniors will register starting January 14th
- * Current Sophomores will register starting January 25th
- * Current Freshmen will register starting February 1st
- * Current 8th graders will register from February 15th—19th

Students will have a registration meeting the week prior to their registration date where they will receive a registration form. All parents are asked to get involved by looking over the registration form your son or daughter will be bringing home. Please approve it with a signature and send it back to school with your child before the day they register. Students will then meet with their high school counselor to complete the registration for the next school year.

Registering For the Selective Service

Male students who are 18 must register with the selective service within 30 days of turning 18, by law. Students can register online (www.sss.gov) at age 17 years 3 months. The information can be stored electronically and then registration will be done automatically on their 18th birthday. Students may also register in the guidance office.

8th Grade Open House/Registration Meeting

On Thursday, February 11, 2016, Western Dubuque High School will be hosting a registration meeting and Open House for parents and their 8th grade son or daughter. The meeting will begin at 7:00 p.m. in the auditorium. This is a **MANDATORY** meeting for any 8th grade student and their parents that are planning on attending WDHS next year. Registration forms will be passed out, the entire registration process will be explained, any questions will be answered and tours will be provided for those who are interested. Forms will go home that evening for parents and their student to review and choose which classes they would like to take. Our counselors will be at the middle schools from February 15th—19th to collect the forms and speak with the students.

Parental involvement in the registration process is critical in order to serve the families of the Western Dubuque School District effectively.

College & Career Fair

On Monday, January 11th, the Western Dubuque High School Counseling Department will hold a College & Career Fair for our current sophomores and juniors. Students will have the opportunity to meet with several different colleges, the armed forces, local unions and businesses. This is a great opportunity for us to show our students that there are a variety of schools and career choices out there. This fair is very beneficial to our registration process here at the high school because it can lead students towards certain career pathways. It serves as the beginning of the college process.

Senior News

“College Goal Sunday Fill Out The FAFSA Day”

The College Goal Sunday is a national program that works with community organizations to coordinate financial aid events where students and families can receive free assistance with the completion of the FAFSA form. This year, Iowa College Goal Sunday will hold events during February and March. The specific dates and locations can be found online at www.IowaCGS.org. The closest location for our school will be at Clarke University. Dates and times are yet TBD. You can also contact the Iowa College Planning Network at 877-272-4692.



College Representatives Visit WDHS

Several college representatives have already visited with seniors at Western Dubuque High School, and many more will be scheduled after winter break. Students have the opportunity to get first-hand information from people who actually work at the colleges and to have their questions answered. They also bring a great deal of printed information for the students.

Students are strongly encouraged to visit with representatives of colleges they are truly interested in.

Graduation Date

May 29th at 2:30 p.m. in the main gym.

End of 1st Trimester

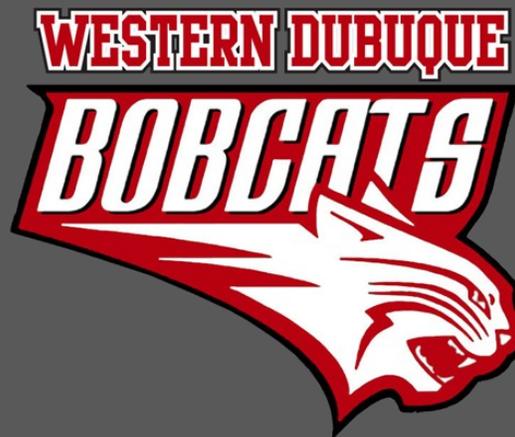
The 1st term will end on November 20, 2015. We will be mailing report cards out the week of November 30th. Students should have received a copy of their 2nd term schedules the week of November 16th. If you have any questions or concerns regarding these report cards the schedules, please contact the Counseling Office at 563-876-3442 ext. 3005.

2nd Term Parent/Teacher Conference

The 2nd Term Parent/Teacher conferences will be held on Wednesday, January 20, 2016, from 3:50-8:30 p.m. The conferences will be held in the main gymnasium.

Thanksgiving & Winter Break

Just a reminder, there is a 2-hour early dismissal on Friday, November 20th and no school from November 23rd-27th. Also we will run a 2-hour early dismissal on December 23rd with no school from December 24th-January 1st. Happy Holidays!



Calendar

Important Dates

November

- 20 2-Hour Early Release (End of 1st Trimester)
- 23-27 No School (Thanksgiving Break)



Important Dates



December

- 23 2-Hour Early Dismissal
- 24-31 No School (Winter Break)

Looking Ahead

January

- 1 No School (Winter Break)
- 20 Parent/Teacher Conferences (3:50-8:30 p.m.)
- 22 No School

March

- 4 2-Hour Early Dismissal (End of 2nd Trimester)
- 7-8 No School
- 24-29 No School (Spring Break)

All Western Dubuque County Community School grounds and vehicles are weapons-free zones.

It is the policy of the Western Dubuque County Community School District not to illegally discriminate on the basis of race, color, national origin, sex, disability, religion, creed, age (for employment), marital status (for programs), sexual orientation, gender identity and socioeconomic status (for programs) in its educational programs and its employment practices. There is a grievance procedure for processing complaints of discrimination. If you have questions or a grievance related to this policy please contact the district's Equity Coordinator, Tina Brestrup, Director of Student Services, 310 4th Street SW, Farley, Iowa 52046, 563-744-3885 x 6010, tina.brestrup@wdbqschools.org

Board of Education

Mark Knuth Mark Tilson
 John Lembezeder Chad Vaske
 Jessica Pape

Track & Field Camp Form

WHERE: High School Gymnasiums, Western Dubuque High School, Epworth, Iowa

WHEN: Tuesday/Wednesday December 29-30, 2015

TIME: 9:00am-4:00pm

WHAT: Training in track & field events, individualized workout sessions, speed work, coordination, flexibility, technical coaching

AGES: 7th – 12th Grade

COST: \$55 per camper or \$65 w/T-Shirt

Shirt Size:

Youth S	Youth M	Youth L
Adult S	Adult M	Adult L
Adult XL	Adult XXL	

Lunch: Provided by Quizno's

What to Bring: Plenty of water and a snack (Protein bar, granola bar, etc), warm clothes.

Camp Schedule

Tuesday December 29

9-9:15 a.m. Introduction

9:15-9:30 a.m. Warmup (og, stretch, dynamic)

9:30-12:00 p.m. Sprints/Distance/Throwers

12:30-4:00 p.m. Hurdles/Distance

Long Jump/Throwers

Wednesday December 30

9-9:15 a.m. Recap of previous day

9:15-9:30 a.m. Warmup (og, stretch, dynamic)

9:30-12:00 p.m. Sprints

12:30-4:00 p.m. Hurdles/High Jump

Checks payable to **WDHS Track & Field**. Campers may register through the 1st day of camp (check only).

Forms/payment can be mailed to:

Western Dubuque High School
c/o Tom Jasper
304 5th Avenue SW
Epworth, Iowa 52045

If you have any questions please contact Tom Jasper @ tom.jasper@wdbhschools.org or 563-543-8049.

WIN THE DAY

Name: _____

Grade: _____

Parent/Guardian: _____

Email: _____

Address: _____

Primary Contact #: _____

Alternate#: _____

In case of emergency contact: _____

Relationship: _____

Primary Contact #: _____

Alternate#: _____

Allergies/medical concerns: _____

I give _____ permission to attend the Northeast Iowa Track & Field Camp. I realize that there is a risk of injury during any physical activity and agree to hold harmless the WDCSD Board of Education and their employees and agents from all liability and costs that could arise out of this activity.

Parent/Guardian Signature: _____

Camper Signature: _____

Ernie Clark - Sprinters/Hurdlers

Bloomington North, Indiana University (2015)
Kabhan University (2016)

Coach Clark brings tremendous energy, enthusiasm and knowledge for our campers. While at Bloomington North High School his training responsibilities were over all sprinters, hurdlers, and jumpers in the Coaxer boys' and girls' program. Clark's athletes overtook 24 sprint, hurdle, and relay records after his arrival at Bloomington North. Clark led his program to the Team Sectional Championship in 2011, 2013 and 2014 and a Regional Championship in 2014, and had a team state finish of 6th in the state championships in 2010. His hurdle athletes won 11 state medals in the last 3 years of his HS coaching career. A tremendous coach headed for big time college positions. Coach Clark is certified in USTFCCCA Multi events and USTFCCCA jumps.

Tim Richey - Jumps

White River Valley, Lawrence Central, Ball State jumps coach (2015), VINDY jumps/vault (2015-16)

Richey's high school teams have won 2 girls state titles, (2010, 2014) and a runner up (2013) to go along with a boy's state championship in 2012. Last year Richey moved to coach at the college level; his jumpers had a great indoor season leading the state's division 1 jumpers in High Jump 59.5", Long Jump 13'11.75", and the Pentathlon 3767 points. Coach Richey is certified in USTFCCCA Multi events and USATF Level 1, 2 jumps

Brad Wynner - Throwers

Solon (IA) Track & Field Assistant Coach

An Assistant Coach of the Year award recipient, and member of four State Track and Field Team titles, Coach Wynner has mentored four High School All-Americans, 13 state champions, nine state runners-up, and 13 Drake Relay Champions. Under his guidance, his throwers have set meet records in the discus at the state meet (both boys and girls) and at the Drake Relays (girls), as well as a state meet record in the shot put (girls).

Bob Schultz - Distance

Loras College

This is the 11th season as the Dubuque Head Cross Country Coach. This fall the Dubuque Men's team won back to back Iowa Conference titles and the Women won the Iowa Conference for the first time in school history. Schultz earned Men's & Women's Iowa Conference Cross Country Coach of the year honors. Schultz has coached multiple National Champions and All-Americans in cross country and track.

Mark Ressler - Distance

Dubuque Hempstead

Coach Ressler recently finished his sixth year at the helm of Dubuque Hempstead's Cross Country program. During the past nine years, his program has emerged into a consistent State qualifying program. In 2013, his squad was crowned MVC Mississippi Conference Champions, his top runner earned MVC Athlete of the Year and Coach Ressler was named MVC Mississippi Conference Coach of the Year. During the past two years, his teams have earned Runner-up finishes at the MVC Conference Meets and Runner-up finishes at the State Qualifying Meet in the past three years which resulted in qualifying for the State Cross Country Meet in 2013, 2014, and 2015. In the past nine years, he has coached 9 Cross Country athletes to 1st Team All MVC, 8 athletes to 2nd Team All MVC, and 8 athletes to Honorable Mention All MVC.

During Coach Ressler's eight years of coaching Track and Field at Hempstead, his 4 x 800 teams have been a constant State Qualifier the past seven years while his 2013 4x800 team medaled with a 9th place finish. Among the 38 middle distance/distance events that have qualified for the State Track Meet over the past eight years, Ressler's events medaled in the following: 1800m Medley in 2013, 2014, 2009, and 2008; 3200m Run in 2014 and 2013; 4 x 800 Relay in 2013; and the 4 x 400 Relay in 2013 and 2014.

NORTHEAST IOWA TRACK AND FIELD CAMP



Tuesday December 29, 9 AM – 4 PM

Wednesday December 30, 9 AM – 4 PM

@ Western Dubuque High School!