



2007–2008 Annual Report

School of Health, Exercise Science, and Athletics

Program Highlights

Faculty and Staff

- Sheila Miech recorded her 300th win—all at UWSP—in women’s soccer.
- Two of our coaches were named NCAA Division III Regional Coaches of the Year: Matt Interbartolo, Women’s Golf; and Rick Witt, Men’s Cross Country.
- Four coaches were named Wisconsin Intercollegiate Athletic Conference Coaches of the Year: Al Boelk, Women’s Swimming and Diving; Matt Interbartolo, Women’s Golf; Shirley Egner, Women’s Basketball; and Rick Witt, Men’s Cross Country.
- Our Athletic Training staff hosted the annual Wisconsin Athletic Trainer Association (WATA) Conference in Stevens Point in May.
- Holly Schmies received the University Mentor Award for her continued excellent leadership in the Athletic Training Education Program (ATEP).
- Rory Suomi led a semester abroad experience to Fiji, Australia, and New Zealand in spring 2008.
- Scott Frazier is preparing for Stevens Point to host the annual Wisconsin Association for Health, Physical Education, Recreation and Dance (WAHPERD) Conference in October 2008.

Departments

- Four sports placed in the top 10 nationally: men’s cross country—6th; baseball—9th; women’s soccer—9th; and wrestling, 10th.
- UWSP finished in 15th place in the Director’s Cup from among 440 Division III institutions. This marks the 11th consecutive year of being in the top 25.
- UWSP qualified teams or athletes to NCAA tournament competition in 12 different sports. Men’s and swimming and diving won a conference title and baseball and women’s basketball won conference tournaments.
- Men’s track had its first national champion since 1988 when the 1,600-meter relay team of Brad Koback, Nicholas VerDuin, Pat Leonard, and Kyle Steiner ran to victory.
- UWSP had 14 of its 20 sports finish fourth place or higher in the WIAC standings.
- UWSP had 21 athletes attain 1st team All-American status, with 4 athletes being named WIAC athletes of the year.
- Five students were named WIAC Scholar Athletes for their individual sports: Willie Clapp, men’s swimming and diving; Meredith DeCaluwe, women’s soccer; Steve Hicklin, men’s basketball; Shelly Maus, women’s volleyball; and Nicholas VerDuin, men’s outdoor track and field.
- Two athletic training students, Lee Meyer and Rachel Rademan, presented their research at WATA and the Undergraduate Research Symposium.

- Aspirus was the high bidder in an RFP for physician coverage of athletes for the next two years. As part of the bid, we gained two new certified athletic trainers.
- Physical education staff and students participated in the national Fit Kids Challenge, working with 200 area youth in the HEC in March to realize that fitness can and should be FUN.
- Fourteen of our 2006-07 Physical Education graduates are teaching, and two are in graduate school. Our placement rate for 2006–2007 is 100 percent.
- Eight of 10 athletic training majors passed the national exam on their first effort, and all passed after a second attempt. These numbers far exceed the national averages of 47 percent on the first attempt and 70 percent on the second effort.
- We have 100 percent placement rate in Athletic Training for the 2006-2007 graduates. Three are graduate assistants in master's-related programs (Penn State, Northern Illinois, Wisconsin); one is in nursing school and working as a certified nursing assistant; six are employed full-time as licensed athletic trainers in the state (Green Bay, Stevens Point, Appleton, Marshfield, Beloit, Madison).

Partnerships

- Athletic training continues to work with established clinical sites at McDonough Sports Medicine and Orthopedic Clinic in Wisconsin Rapids, Physical Therapy Associates in Stevens Point, Riverside Hospital in Waupaca, the Bone and Joint Clinic in Wausau, and Rice Clinic in Stevens Point.
- We continue our strong partnerships with Stevens Point Public Schools, Stevens Point Christian Academy, and Stevens Point Catholic Schools in our numerous physical education, adapted physical education, health education, and adventure education programs that involve college students interacting and working with K–12 children.

Student-centered Excellence

- Josh Cole was recognized as the NASPE Major of the Year at the AAHPERD Conference.
- Michelle Holzer is serving a three-year term as the WI Student Representative to the Great Lakes Athletic Trainers' Association. Her responsibilities include planning the student education portion of the GLATA district meeting, serving as a liaison between the GLATA Board and the athletic training students in WI, and public relations.
- Five students were named WIAC Scholar Athletes for their individual sports: Willie Clapp, men's swimming and diving; Meredith DeCaluwe, women's soccer; Steve Hicklin, men's basketball; Shelly Maus, women's volleyball; and Nicholas VerDuin, men's outdoor track and field.
- Eight Pointer student athletes received All-District honors as scholar athletes.
- Twenty-seven Pointer student athletes were named first team All-Americans for their athletic ability.
- Thirty-eight physical education majors attended the state WAHPERD convention in Green Bay, easily giving UWSP the highest percentage of majors registered for the conference. Additionally, 10 students traveled to the National AAHPERD Conference in Fort Worth, Texas, in April.
- Eleven athletic training students attended the Great Lakes Athletic Trainers' Association district convention, and 16 attended the National Athletic Training Conference in St. Louis. All of our athletic training students attended the Wisconsin Athletic Trainers' Association in Stevens Point.

Student Research

Two students presented undergraduate research presentations at the Wisconsin Athletic Trainers' Association in Stevens Point and at the UW-System Undergraduate Research Symposia at UW-Stout. Rachel Rademan presented the research case study "When bigger isn't better: The relationship between q-angle and knee injury." Lee Meyer presented a research project on manual therapy techniques titled "Prevention may be the key: Effectiveness of preventing shoulder impingement in competitive collegiate baseball players."

Diversity

- Five HESA staff engaged in the minority student support program.
- In accordance with the UWSP initiative on diversity, each HESA course is striving to have at least one diversity-based objective.

International and Study Abroad

- HESA continues to support study abroad experiences through course support by offering WL 199 opportunities for students on semester abroad experiences.
- Rory Suomi led a semester abroad experience to Fiji, Australia, and New Zealand in spring 2008.
- As many as eight athletic training students will go to Beijing to volunteer to work at the 2008 Summer Olympics.
- Senior Athletic Training major Amy Statz did medical mission work in Guatemala.
- Senior Physical Education major Matt Goodness did mission work in Ecuador and Peru.
- HESA is preliminarily evaluating the creation of an educational experience for our physical education students in England for March 2009. The Athletic Training faculty is examining the possibility of leading a group of students to Jamaica.

Community Service (Civic Engagement) of Students and Faculty

- Physical education majors were involved in open climb family nights on the climbing wall; Jump Rope for Heart in five elementary schools in the Stevens Point School District, and the Fit Kid's Challenge Day in March.
- Our athletic training students and staff were involved in various community activities throughout the year. The Sports Medicine Club adopted a stretch of highway on I-39 south of Stevens Point; Athletic Training students volunteered to provide first aid coverage for the participants in the Relay for Life in Stevens Point; and Athletic training students and staff volunteered to deliver flowers to cancer patients in the Stevens Point area during the American Cancer Society's Daffodil Days.

Improving Our Work/Living/Study Environment

- HESA purchased new flooring and strength and conditioning equipment and remodeled the Strength Fitness Center at a cost of \$175,000.
- Athletic locker rooms were created for men's baseball, men's and women's cross country, and men's and women's track and field at a cost of \$75,000; the locker rooms were paid for through donations, booster club revenue, and community improvement dollars.
- The MAC (new floor, lights, nets, windows, office) remodeling, to be completed August 2008, is being paid for by state funding.
- The Quandt and Berg floors are being resurfaced with an 85-15 split on costs.
- The Athletic training room floor surface is being replaced through small project funding.

- New bleachers (\$25,000) will be placed in the soccer complex.
- The Strength Fitness Center is getting LCD monitors mounted on the cardio equipment to enhance the workout environment.
- New carpet (\$15,000) will replace the 20-year-old carpet in the football locker room.
- Baseball and softball complexes are scheduled to be completed by August 2008 with donated and university funds.

Development

Under the guidance and direction of Kathy Buenger, Tony Romano, and Joan North, HESA has been fairly active in development and has a number of future directions in mind.

- In 2007, \$55,000 has been raised for the improvement of the baseball field, with the building of new dugouts and the insertion of new bleachers scheduled for completion by August 2008.
- Our plan to work with basketball boosters, former athletes, and fans to rename the Quandt floor the Bennett Court have developed, and we are very excited about the future direction of this effort.
- Additionally, HESA is examining other renaming opportunities for various facilities within the HEC, primarily the John Roberts Wrestling Room.

Significant Staff Achievement

Scott Anderson is the assistant coach for the men's basketball team that finished 23–7, 3rd in the WIAC, and advanced into the NCCA Division III Quarterfinals. Anderson works to support youth tournaments and is the assistant director of the highly successful UWSP boy's summer camps.

Pat Bloom led the baseball team to its fourth consecutive WIAC conference tournament and qualified for the NCAA Division III Quarterfinals, finishing with a record of 29–16. Bloom also led the baseball team service project, the Salvation Army bell ringing campaign, which raised \$1,500. In addition, Pointer baseball camps raised \$40,000 to support UWSP's baseball program.

Al Boelk led the men's swimming and diving team to a first-place finish in the WIAC for the eighth straight year (18th nationally). The women's swimming and diving team finished second in the WIAC Conference Meet (38th nationally). Boelk was named WIAC Coach of the Year for the men's swimming and diving team, the 13th time in Al's 11 years that he has been recognized for this award for the men's or women's team. In some years, Boelk has won the award for both teams in one season.

Amy Brugge served as the advisor to UWSP Sports Medicine Club and as a volunteer instructor for the American Red Cross, and she organized and conducted the WATA Student Quiz Bowl. She is also a member of the Wisconsin Athletic Training Association Student Education Committee and Strategic Planning Task Force. Brugge was also a co-recipient of the UW Lesson Study Grant.

Shirley Egner led the women's basketball team to a third-place finish in the WIAC and a win the WIAC Conference Tournament, which qualified the team for the NCAA National Tournament and gave the team a final record of 24–5. Egner was named Conference Coach of the Year. She also serves as the NCAA Women's Basketball Central Regional Chair and as the NCAA Women's Basketball Chair for the National Committee, and she

is a guest speaker at many banquets and area functions based on high level of recent success in women's basketball. In addition, the UWSP women's basketball camps enrolled approximately 230 athletes this summer. The basketball team does volunteer work for Habitat for Humanity and PEP Day at Roosevelt Elementary School and hosted a youth basketball tournament in April.

Colleen Evans-Fletcher is the chair of the WAHPERD's Technology Division, and a member of the Teacher Education Subcommittee, the Faculty Mediation Committee, and the Student Technology Fee Advisory Committee.

Scott Frazier serves as parliamentarian on the executive council of WAHPERD and as Convention Committee chair for WAHPERD 2008-09. Frazier attended the AAHPERD Fall Leadership Retreat in October with three students. He has also served as an external PEP Grant Reviewer for Mosinee and Medford School Districts. His recent scholarship has included the following publications:

- Frazier, S., and Fritz, K., July 2007. Biking in the Physical Education Curriculum. Best Practices Workshop, Stevens Point, WI.
- Frazier, S., Weiss, J., and Jestadt, J. October 2007. The PDP: Working Through the Process. WAHPERD, Green Bay, WI.
- Frazier, S. October 2007. Student Portfolios: Are They Right for You? West Virginia AAHPERD, Blacksburg, West Virginia.

Fred Hebert served as a volunteer and a member of the Board of Directors at Camp Hope, as a planning team member for the Lakeside Wellness Conference, and as a member of the PI-34 planning team within the School of Education.

Matt Interbartolo coached the women's golf team to a first-place finish in the WIAC and a 12th-place finish in NCAA Division III. Interbartolo also assisted Wil Nichol in coaching men's hockey.

Johnny Johnson coordinated the Adventure Education Minor. He also coached the wrestling team to a second-place finish in the WIAC and 10th in the nation; three members of his wrestling team were named All-Americans. Johnson presented "Adventure Programming in the Classroom" at the Lakeside Wellness Conference, October 2007, Wisconsin Dells, WI, and "Team Building Strategies" to the WAHPERD Board of Directors.

John Miech coordinated the recruitment of approximately 60 student athletes. The football team finished the season with 6-4 record. Miech coordinated a football team fundraiser that raised \$18,000 to allow team to travel to Florida. He also served as a guest coach at youth camps in Marshfield, Stevens Point, Amherst, and Appleton and traveled to North Carolina and Florida for spring practices at Appalachia State and University of Florida.

Sheila Miech coordinated summer soccer camps for approximately 200 area youth. She coached the women's soccer team finished 2nd in WIAC (record 16-5-2). The team qualified for the NCAA National Tournament, advancing to the "Sweet 16" before losing to the eventual National Champions. Miech also served as chair of the UWSP Hall of Fame Committee, coordinated four "Health Fairs" within community elementary schools, and coordinated the Wisconsin High School Girls All-State Selection.

Ann Munzenmaier led the women's softball team to a fourth-place finish in the WIAC and finished season record of 24-11. Munzenmaier is a member of the National Fastpitch Coaches Association.

Wil Nichol finished his first season as hockey coach with a record of 14-9-4, finishing sixth in the NCHA. Nichol's athletes attained the highest GPA in the last 10 years of the men's program. Nichol also engaged in numerous summer hockey camps throughout the upper Midwest.

Ann Ninnemann led the women's hockey team to a second-place finish in the WIAC and finished a season record of 22-3-2. Ninnemann also engages in numerous summer hockey camps throughout the upper Midwest.

Frank O'Brien was director of athletics for a department that finished 15th in the country in the Directors Cup based on athletic accomplishments at the national level. O'Brien was a member of many campus/community committees: the Wisconsin Special Olympics, Community Parks Improvement, Kiwanis, the Sentry Classic Committee, and the Board of Directors for Camp Hope. He worked hard to advance the Goerke Park field turf project, which will become a reality this summer.

Jerry Olszewski coordinated facility upgrades for new flooring in the MAC, new equipment and flooring in the Strength Fitness Center, and altered security plans approaches. The UWSP football team finished 6-4 and improved in every defensive category from the prior season.

Christina Peterson coached two women to All-American status in indoor and outdoor track and field. The women's cross country team finished fifth in the WIAC, and the women's indoor/outdoor track and field teams finished fifth in the WIAC and 51st and 53rd, respectively, nationally.

Kristi Roth served as WAHPERD as chair of Adapted Physical Education and as Central District Coordinator. She was a member of the Advocacy Committee of the Adapted Physical Activity Council of AAALF/AALR of AAHPERD, advisor of the SHAPER Club, coordinator of the Adapted Physical Education Information Board through the DPI, editor of the Adapted Physical Education Resource Manual. She assisted in the redesign of the Stevens Point School Districts adapted physical education program, facilitated three UWSP student presentations at WAHPERD, and developed Major of the Month and

Super SHAPERS to increase student morale and retention. Roth won a mini-technology grant of \$1,080 to purchase two smartphones. Her scholarship included the following presentations and articles:

- Roth, K. October 2007. Utilizing Mobile Technology for IEP Maintenance and Documentation, Student Motivation and Parent Communication. National Adapted Physical Education Conference.
- Roth, K. October 2007. Dance, Dance Revolution in an Inclusive Setting: Assessment Tools Used in Adapted Physical Education Settings—Activities for Students with Severe Disabilities. (With UWSP students). WAHPERD.
- Roth, K. January 2008. Modified Grading in Physical Education for Students with Disabilities. Journal of Health Physical Education Recreation and Dance.
- Auxter, D., Pyfer, J., Zittel, L., & Roth, K. 2008. Principles and Methods of Adapted Physical Education and Recreation (11th ed.). New York: McGraw Hill. (Textbook in progress.)

Holly Schmies served as a committee chair for Women in Athletic Training and as secretary for Wisconsin Athletic Trainers Association, as chair of the Wisconsin Athletic Trainers Lifestyle Committee, and as an instructor for the SOLO School of Emergency Medicine. She also presented at the Women in Science Day in November 2007 and completed coursework for a Ph.D. program from Capella University in July 2007.

Bob Semling led the men's basketball team to a third-place finish in the WIAC. The team had an overall record of 23–7 and advanced to the NCAA Division III Quarterfinals of the National Championship. Semling implemented a highly successful digital scouting and game analysis software program. He also served as coordinator of the highly successful, well respected UWSP Summer Basketball Camps and raised \$12,000 through Backcourt Club memberships.

Rory Suomi is a member of the Individually Planned Major Committee and director of the Special Needs Aquatic Program. Suomi led a semester abroad trip to Australia, New Zealand, and Fiji.

Keith Turner served as offensive coordinator for the football team, which attained a 6–4 record.

Jon Verdegan served as the assistant football coach, attaining a 6–4 record. He also implemented new approaches and programs in strength and conditioning training with our 650 student athletes.

Rhonda Verdegan served as a member of Wisconsin Athletic Trainers Association (WATA) Safety and Liability Committee, as a volunteer examiner for the NATA National Exam, as a volunteer instructor for the American Red Cross. Verdegan has also begun working on a Ph.D. through Capella University. She was awarded a \$1,300 grant to attend the NATA conference in St. Louis.

Nate Weiler established UWSP Sports Medicine Clinic as an affiliated provider within the Security Health Plan. He also reorganized UWSP Sports Medicine policies and procedures, establishing evaluation tools and detail job descriptions. In addition, Weiler provided leadership and direction through the RFP process to attain two new certified athletic trainers, with Aspirus becoming the medical provider for UWSP athletics.

Stacey White participated in two conferences on teaching and learning and served as the advisor for the men's Volleyball Club Team and Any Swing Goes. She also coached the women's volleyball team to a fifth-place finish in the WIAC with a 23–12 record.

Megan Wilson served as an assistant coach of the women's basketball team that finished with a 24–5 record and a bid to the National Championships. Wilson also works to support youth tournaments and highly successful women's camps and as a leader of HESA Website Development Committee that worked on and reviewed all of the school's web pages.

Rick Witt led the men's cross-country team to a second-place finish in the WIAC and 6th in the National Championship. Witt was named WIAC and Midwest Coach of the Year for Men's Cross Country. The men's Indoor Track and Field team finished fifth in the WIAC and 25th at the NCAA Division III National Meet, and the men's Outdoor Track and Field team finished second in the WIAC and 11th at the NCAA Division III National Meet. Witt continues to conduct highly successful running camps for high school athletes as well as adults, enrolling approximately 175 campers for the 2007 summer. He is also a member of the executive committee of the USA Track Coaches Association.