

**WAUNAKEE COMMUNITY SCHOOL DISTRICT
BOARD OF EDUCATION CO-CURRICULAR COMMITTEE MEETING**

Thursday, January 12, 2023

7:30 AM

Waunakee Community School District
905 Bethel Circle
Waunakee, WI 53597

Members of the public may attend Board of Education meetings in-person, and will be asked to check in with District personnel when you arrive.

Public comments will be limited to 3 minutes. The Board will allow 30 Minutes for public comments.

Public comments may be sent to Rebecca McDonough at district_administrator@waunakee.k12.wi.us up to one hour before the start of the Board meeting. All comments will be reviewed by the Board members. Emailed comments will be reviewed by the board but not read out loud. Emailed comments sent during any part of the board meeting (Board Development, Closed session, Open session) will be forwarded to the board but may or may not be reviewed by the board until after the board adjourns. Comments must include the commentator's name, address, and must identify their connection to the District (if any) and any group they are representing in order to be considered by the Board.

If you would like to address the Board in-person during the public comments section of the meeting, you will be greeted in the lobby of the building, asked to check in with District personnel when you arrive so that you can be recognized and address the Board when your name is called.

A recording of the meeting will be posted on the District webpage within 24 hours of the meeting time.

AGENDA

I. CALL TO ORDER

II. ROLL CALL

III. APPROVE THE AGENDA

IV. PUBLIC COMMENTS

V. FALL 2022 PROGRAM UPDATES

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Attached please find the report/update for fall sports and activities. Aaron May, Athletic Director, will present this report to the Committee.

VI. COACHES MEETINGS AND EVALUATION

Brian Grabarski, Director of Human Resources, will be at the Co-Curricular Meeting to provide an update on the status of coaches' evaluations and the evaluation process.

VII. STRENGTH AND CONDITIONING COORDINATORS

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Aaron May, Athletic Director, will present to the Committee the concept of establishing a Strength and Conditioning Coordinator. The attached job descriptions are DRAFTS and are

not a recommendation at this time. The administration is looking for your feedback on this idea.

VIII. UPDATE ON TITLE IX/BOOSTER CLUB MEETINGS

The administration will provide the Committee with an update on the work to address items that were part of the Title IX Audit.

IX. FUTURE MEETINGS

X. ADJOURN

“Any person who has a qualifying disability as defined by the Americans with Disabilities Act who requires assistance with access or materials should contact the Waunakee Community School District Office at 849-2000, 905 Bethel Circle Drive Waunakee, WI 53597, at least twenty-four hours prior to the commencement of the meeting so that necessary arrangements can be made to accommodate the request.”



WAUNAKEE

COMMUNITY HIGH SCHOOL

301 Community Drive
 Waunakee, Wisconsin 53597
 (608) 849-2100

Athletics Office

FALL PARTICIPATION REPORT

551 HS students participated in Category A Activities
 325 MS students participated in Category A Activities
 11 HS Head Coaches
 41 HS Asst Coaches (includes 5 volunteer coaches)
 5 MS Head Coaches
 24 MS Asst Coaches (includes 3 volunteer coaches)

HS Ath/Act	2022	2021	2020 ¹	2019
Cross-Country	66	75	66	83
Equestrian	3	3	No Season	4
Football	160	170	166	139
Football Cheer	15	10	11	11
Girls Golf	28	21	22	20
MTB Team ²	14	NA	NA	NA
Boys Soccer	79	84	77	85
Girls Swimming	27	28	30	36
Girls Tennis	62	46	42	62
Volleyball	58	67	59	78
One Act	39	38	30	44

¹ Fall 2020 - FB, Soccer, Swim, & Volleyball competed in the WIAA Alternate Season. MS Sports held skills sessions and didn't compete

² Mountain Biking's first season was Fall of 2022

MS Ath/Act	2022	2021	2020	2019
Cross-Country	69	93	88	85
Football	122	100	92	93
Football Cheer	7	7	1	6
Volleyball	127	95	117	149

HIGH SCHOOL FALL SPORTS GPA
Cross-Country - 3.79
Equestrian Team - 3.60
Football - 3.37
Football Cheer - 3.59
Girls Golf - 3.60
Mountain Biking - 3.20
Boys Soccer - 3.62
Girls Swimming - 3.74
Girls Tennis - 3.82
Volleyball - 3.89

Fall Academic/Athletic All-State Honors

*As determined by the sport coach's association

Sport	Academic	Athletic
Football	Matt Steinl Braden Miller Andrew Wegert Ian Phebus Gabe Guralski Garett Lenzendorf Tommy Raemisch	Gus Allen - 1st Team Robert Booker - 1st Team Cayden Ellis - 1st Team Wade Bryan - 1st Team Tommy Raemisch - 1st Team David Emerich - HM Sam Hogland - HM
Cross-Country	Girls Varsity - Team Recognition (Varsity girls had a 4.03 gpa)	
Girls Golf	Izzi Stricker - High Honors	Izzi Stricker - 1st Team

	Jordan Shipshock - High Honors Georgia Volley - Honors Gabby Ziegler - Honors Emma Gilding - High Honors	Jordan Shipshock - HM
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FALL SPORTS EVENTS

213 Fall workers scheduled and coordinated for 20 home varsity events
151 Bus trips coordinated for MS and HS Activities

Fall Gate Receipts

Sport	Tickets Sold (Regular & WIAA ³)	Gross Ticket Revenue
Football	11,196	\$62,984
Boys Soccer	912	\$4,795
Volleyball	962	\$5,515
Fall Totals	13,070	\$73,294

³ WIAA Playoff Ticket revenue is shared with the WIAA. The percent varies with per sport.



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Athletics Office

Strength and Conditioning Positions

Waunakee currently does not have a Strength and Conditioning coach position. Coach Rice has spearheaded the strength and conditioning program at Waunakee since the early 90's. This program written by Coach Rice is an all-school and all-sport program that is currently used in the PE Dept's Strength 1 and 2 classes. This program is also used with our out-of-season and summer school strength programs. The program has been vetted by UW Strength Coaches as a good general physical preparedness program for young athletes and it has been a key to Waunakee's athletic success over the past 25 years. Waunakee Middle and High School enrollment and athletic participation is at the point where the Athletic Department needs to create a position(s) to coordinate the strength and conditioning programs between the PE Dept and Sport Coaches. During the school year the weight room is in use nearly 12 hours a day. The morning lifting session starts at 7am and the final lifting session ends at 6:30pm and over the course of the school year we have 700 students and student-athletes using the weightroom. The Strength & Conditioning coaches would be responsible for developing our out-of-season, in-season, and introductory programs. They would also work with the PE Dept to ensure the program is aligned with PE standards, department goals and that the program is successfully implemented in our PE Strength courses. They would also be responsible for scheduling the weight room usage for in-season teams and schedule supervisors for the out-of-season lifting.

Head Strength & Conditioning Position

9 month position, would be responsible for developing, implementing, and supervising the strength program grades 7-12. This would include creating an all-sport, all-school program and working with sport coaches and the PE Department to develop in-season and out-of-season programs that can be used by all athletes.

0-1: 27%	2-3: 30%	4-6: 33%	7-8: 36%	9+: 39%
\$12,466.44	\$13,851.60	\$15,236.76	\$16,621.92	\$18,007.08

Assistant Head Strength & Conditioning Position

9 month position, would assist the head strength and conditioning coach in developing, implementing, and supervising the strength program grades 7-12. This would include creating an all-sport, all-school program and working with sport coaches and the PE Department to develop a

middle school program that is developmentally appropriate and introduces 7th and 8th graders to strength, agility, and speed training.

0-1: 21%	2-3: 22.5%	4-6: 24%	7-8: 25.5%	9+: 27%
\$9696.12	\$10,388.70	\$11,081.28	\$11,773.86	\$12,466.44

Position: Strength and Conditioning Coordinator

Department: Athletics and Activities Department

Building(s): High School/Middle School

Date: November 2022

Position Overview

The Strength and Conditioning Coordinator reports directly to the Waunakee High School Activities Director. The Strength and Conditioning Coordinator will assume the responsibility and obligation of establishing and maintaining strength and conditioning programs for all sports, all grades, in-season and out-of-season.

Essential Functions

Develop and administer the following essential functions for the Athletic Department:

Instruction and Leadership

- Operate and maintain the Waunakee High School Weightroom.
- Design and supervise weight training and conditioning programs for all boys' and girls' sports at Waunakee High School for in-season, off-season, and pre-season athletics.
- Develop and maintain an all-sport, all-school strength and conditioning program for grades 7-12.
- Be responsible for a working relationship with all coaches.
- Be responsible for a coordinated weight training and conditioning program, in cooperation with the athletic director and head coaches.
- Plan and schedule a regular program of weight training and conditioning practice in coordination with the head coach of each sport and the PE Department.
- Maintain necessary attendance forms, workout schedules, and progress charts for each athlete.
- Enforce discipline and positive sportsmanship behavior, while establishing and overseeing measures of accountability for breach of such standards by individual students.
- Be responsible for monitoring effective working relationships with the middle school athletic coordinator, assistant strength and conditioning coordinator, and coaches in developing strength and conditioning programs.
- In collaboration with the middle school athletic coordinator, assist in the design and supervision of weight training and conditioning programs for all boys' and girls' sports at the middle school for in-season, off-season, and pre-season.

Health and Safety

- Oversee the safety condition of all training facilities and current knowledge and practice of universal hygiene precautions.
- Knowledge and training in first aid procedures required for handling athletic related injuries.
- Work in cooperation with the athletic trainers in the rehabilitation and strengthening of injured athletes.
- Set up and monitor all rules and regulations that are to be followed by all users of the Waunakee High School.

Operations

- Prepare and submit to the athletic office a complete inventory of weight equipment when required.
- Recommend purchase of equipment and supplies as appropriate.

Other Duties and Responsibilities:

- Manage and supervise summer school strength and conditioning classes, camps, and programming.
- Ability and knowledge of how to properly operate all necessary multimedia equipment, including any current technology.
- Maintain up-to-date knowledge of new or updated equipment.
- Perform any other duties as assigned by the immediate supervisor, principal, and/or superintendent.

Physical Requirements:

- Ability to demonstrate the appropriate skills and techniques to be used by the athletes to participate in their sport(s).
- Ability and knowledge of how to operate and manage free weights, weight machines, and sports aid equipment.

Knowledge, Skills and Abilities

The employee must demonstrate an interest and aptitude for performing the task(s) of the Strength and Conditioning Coach/Coordinator. The employee will possess a strong working knowledge and teaching skill in the analysis and techniques of weightlifting. The employee must have experience and/or expertise in strength training and fitness programming for diverse populations and possess strong motivational and disciplinary abilities. The employee must have the ability to work effectively with students, staff, and the public. The employee will strive to maintain open communications and have the ability to: plan, organize and establish priorities; work independently in a satisfactory manner; maintain a positive demeanor; multi-task with flexibility and patience; communicate effectively; exercise utilization of computer technology in the performance of duties and responsibilities.

Education and Certification

Required: Bachelor's degree or appropriate valid certifications in strength and conditioning.

Current CPR/First Aid certification.

Miscellaneous

The employee will work within various degrees of noise, temperature, and air quality. Job responsibilities require both inside and outside assignments.

Please note this job description is not designed to cover or contain a comprehensive listing of activities, duties or responsibilities that are required of the employee for this job. Duties, responsibilities and activities may change at any time with or without notice.

Position: Assistant Strength and Conditioning Coordinator

Department: Athletics and Activities Department

Building(s): High School/Middle School

Date: November 2022

Position Overview

The Assistant Strength and Conditioning Coordinator reports directly to the Waunakee High School Activities Director. The Assistant Strength and Conditioning Coordinator will assume the responsibility and obligation of establishing and maintaining strength and conditioning programs for all sports at the middle school level that is aligned with the direction provided by the Head Strength and Conditioning Coordinator, as well as assisting the Head Strength and Conditioning Coordinator with the high school program.

Essential Functions

Develop and administer the following essential functions for the Athletic Department:

Instruction and Leadership

- Operate and maintain the Waunakee Middle School Weightroom.
- Design and supervise weight training and conditioning programs for all boys' and girls' sports at Waunakee Middle School with a focus on introducing weight training, agility, and speed work to middle school athletes.
- Develop and maintain an all-sport, all-school strength and conditioning program for grades 7-12, aligned with the program at the high school level with adaptations designed for middle school (grades 7-8).
- Be responsible for a working relationship with all coaches.
- Be responsible for a coordinated weight training and conditioning program, in cooperation with the athletic director and head coaches.
- Plan and schedule a regular program of weight training and conditioning practice in coordination with the head coach of each sport.
- Maintain necessary attendance forms, workout schedules, and progress charts for each athlete.
- Enforce discipline and positive sportsmanship behavior, while establishing and overseeing measures of accountability for breach of such standards by individual students.
- Be responsible for monitoring effective working relationships with the middle school athletic coordinator and coaches in developing strength and conditioning programs.
- In collaboration with the middle school athletic coordinator, assist in the design and supervision of weight training and conditioning programs for all boys' and girls' sports at the middle schools.

Health and Safety

- Oversee the safety condition of all training facilities and current knowledge and practice of universal hygiene precautions.
- Knowledge and training in first aid procedures required for handling athletic related injuries.
- Work in cooperation with the athletic trainers in the rehabilitation and strengthening of injured athletes.
- Set up and monitor all rules and regulations that are to be followed by all users of the Waunakee High School and Middle School.

Operations

- Prepare and submit to the athletic office a complete inventory of weight equipment when required.
- Recommend purchase of equipment and supplies as appropriate.

Other Duties and Responsibilities:

- Manage and supervise summer school strength and conditioning classes, camps, and programming.
- Ability and knowledge of how to properly operate all necessary multimedia equipment, including any current technology.
- Maintain up-to-date knowledge of new or updated equipment.
- Perform any other duties as assigned by the immediate supervisor, principal, and/or superintendent.

Physical Requirements:

- Ability to demonstrate the appropriate skills and techniques to be used by the athletes to participate in their sport(s).
- Ability and knowledge of how to operate and manage free weights, weight machines, and sports aid equipment.

Knowledge, Skills and Abilities

The employee must demonstrate an interest and aptitude for performing the task(s) of the Strength and Conditioning Coach/Coordinator. The employee will possess a strong working knowledge and teaching skill in the analysis and techniques of weightlifting. The employee must have experience and/or expertise in strength training and fitness programming for

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Education and Certification

Required: Bachelor's degree or appropriate valid certifications in strength and conditioning.

Current CPR/First Aid certification.

Miscellaneous

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