



Iowa High School Baseball Coaches Association

March-April-May-Newsletter 1994

Vol. 26 No. 3

SUCCESSFUL CLINIC: The Twenty Sixth Annual Clinic Convention was very successful. Total attendance was nearly 420 coaches, umpires, players and fans of baseball and softball.

COACHES AND UMPIRE OF YEAR 1993: Lee Toole, Council Bluffs Tee Jay; Jim Murphy, Davenport Assumption; Ray Antisdell, Wilton; and Mike Droll, Conrad, received the Iowa High School Baseball Coaches Association "Coach and Umpire of the Year Award" at the 26th Annual Awards Banquet. Toole received the Class 4A honor with Murphy taking the Class 3A and Antisdell taking the Class 1A-2A award. Droll received the Umpire Award. Rick Heller, Upper Iowa University, received the four year college Coach of the Year award. John Lewis, Kirkwood Community, was the Junior College Coach of the Year. Congratulations to these men. Enclosed you will find a news release of the other District Coaches and Umpire winners and new directors who were elected. Congratulations to all.

HALL OF FAME INDUCTS SEVEN NEW MEMBERS: The Coaches Association inducted into its Hall of Fame seven more outstanding baseball men. They were: Mike Boddicker—Norway; Bob Burns—Clinton; Ken Charipar—Cedar Rapids; James Donohue—Martensdale-St. Marys; Roger Hoel, Waterloo; Bruce Kimm—Norway; Duane Newton—Zearing.

Each inductee received a plaque. A number of Hall of Fame members returned to enjoy the clinic and banquet and help honor the new members. Congratulations to the new inductees.

CONTRIBUTOR OF YEAR AWARD TO LEE TOOLE: The Coaches Association honored Lee Toole of Council Bluffs Tee Jay for his contribution to the All Star Series and the Coaches Association in general. He is a former Mason City and Northern Iowa baseball player giving back to the game a little bit of what he got out of it. His contributions are very much appreciated. What an All-Star Series!

THE JACK OGDEN/CHUCK BURDICK MEDIA AWARDS:

NORTH EAST DISTRICT: Bob Fenske, MASON CITY GLOBE GAZETTE

WEST DISTRICT: Denny Calahan, LeMars Radio

CENTRAL DISTRICT: Chuck Hackenmiller, BOONE NEWS REPUBLIC

SOUTH EAST DISTRICT: John Kuhens, Mt. Pleasant Radio

DISTRICT CONTRIBUTORS RECOGNIZED:

For the third time the Association is recognizing Contributors from the Districts. They were:

SOUTH EAST DISTRICT: Mid-Prairie (Wellman) Booster Club

CENTRAL DISTRICT: Bill Estrem, Slater

Congratulations to all those who contributed at their local level.

OFFICERS ELECTED: Fr. Craig Collison of Remsen St. Marys was elected president after going through the chairs. Fr. Craig is succeeding Ed Feyen of Dubuque Wahlert. Vice President is Phil Lebo, Grundy Center; Treasurer is Don Taylor, West Branch, and the newly elected Secretary is Gary Nyhus of Mason City Newman.

The officers' and directors' addresses and phone numbers are enclosed in this letter.

PRESIDENT'S AWARD TO BERNIE SAGGAU: The Coaches Association honored Bernie Saggau, Executive Secretary of the IHSAA, for his many years of service to high school youth in the State of Iowa. Bernie has been instrumental in the State Association for making it one of the best associations in the country.



Executive Pinky Primrose presents Bernie Saggau the "Cap Timm President Award"

FINANCIAL HELP FROM I.H.S.A.A.: The High School Athletic Association helped on the expenses of the clinic instructional staff for the 21th consecutive year. A thanks goes to the Board of Control, Bernie Saggau, and Dave Harty for their continued support of the Clinic over the past 26 years.

THANKS TO OUR ADVERTISERS: A big thank you to all our advertisers for coming to the clinic and displaying. Those attending this year's clinic were: Eby's Sporting Goods; A.T.E.C.; Pepsi Cola Company; McDonalds; Mickelson Sports, Ames; Jugs; Tennis Service of Iowa; Louisville Slugger; Lou's Sporting Goods, Fremont, NE; Iowa Sports Supply; StrikeZone, Bloomington, MN.; Norm Industries; JoRo Enterprises, LTD; Sully Mfg. Inc.; TruePitch of Altoona; Iowa State University, Bob Randall.

McDONALDS SPONSORED FELLOWSHIP OF CHRISTIAN ATHLETES BREAKFAST

Jerry Mrozinski, owner of the McDonalds in Cedar Rapids, has sponsored the breakfast for the past 21 years. This has been one of the highlights of the clinic. Thanks to Jerry and his McDonalds people for their support. Bob Randall of Iowa State University was the featured speaker this year. FCA is headed up by Andy McGaffin of Spencer.

PEPSI-COLA, AND THE MIDWEST JANITORIAL SERVICE OF IOWA ALONG WITH I.H.S.B.C.A. ANNOUNCE THE 1994 ALL STAR SERIES AT IOWA CITY, AUGUST 4-5-6-7, 1994:

The Eighteenth Annual All Star Games will be held in Iowa City, Aug. 4-5-6-7, 1994. Any coach who feels he has a player or two who should be playing in the All Star Games should fill out the Player Recommendation sheet that is enclosed in this Newsletter. Please enclose a photo of your player (if available) with the recommendation sheet. The guidelines for the All Star selection can be found on this sheet. All of the advance information we can get on the best ball players will help in the selection of the All Stars.

The Board of Directors passed a policy that any player or coach selected to participate in the All Star Series must have a minimum of \$125.00 of sponsors' fees. More would help to defray the cost of the All Star Series. It will be the high school coach's responsibility to get the player's sponsors if he wishes him to play in the All Star games. This policy is necessary in order to offset the high cost of putting on the All Star series. If you have any questions about this policy, contact any officer or director in your area; they will explain it to you. Sponsor names and fees must be paid to Executive Secretary no later than Monday, August 1, if your player is selected.

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LOOKING FOR MEMBERS WHO ARE INTERESTED IN SELECTING ALL STATE TEAMS:

Another major change is that each all state team will be selected by coaches of that class. Anyone interested in helping select the All State teams should sign up on the sheet in this newsletter. The teams will be selected on Saturday evening, Aug. 6, at 7:00 p.m.

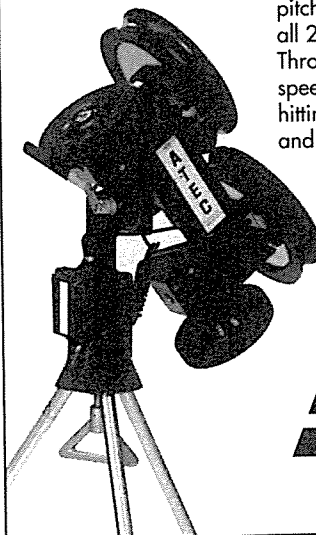
A committee from each class will be selected by the President from the people who fill out the enclosed form. 1994 HALL OF



1994 HALL OF FAMERS: L--R, Jim Donohue; Bob Burns; Ken Charipar; Mike Boddicker; Bruce Kimm; Duane Newton; Roger Hoel

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ALL STAR COACHES ANNOUNCED:

The following coaches will coach in the 18th Annual All Star Series.

Large Schools (East) Emory Stewart, (Oskaloosa), Head Coach; Tom Sourada, (Davenport West), Jay Chelf (Iowa City High)
Small Schools (West) Jim Gebhart, (Saydel), Head Coach; William Azinger, (Logan-Magnolia), and Steve Johnson, (West Sioux)

Small Schools (East) Steve Sanders, (Oewlwin), Head Coach; Bill Huisman, (Centerville), and Patrick Murphy, (Independence)
Large Schools (West) Jack Trainor, (Waverly-Shell Rock), Head Coach; Bret Posegate, (Ames), and Denny Barton, (Urbandale)

ALL STAR GAMES SCHEDULE: The players, coaches, umpires and staff will be staying at the Best Western Hotel in Coralville. The Honors Banquet will take place at the Best Western, Friday evening at 7:00 p.m.

1/ Players will come in Thursday, August 4th. Individual pictures for inclusion in the program will be taken after check in.

2/ Large Schools West will report by 11:00 a.m. Small Schools West will report at 11:15 a.m.

3/ Players from Large Schools East will report at 11:30 noon and players from Small Schools East will report at 11:45 p.m.

4/ Practice for all teams will start at 12:30 2:30 p.m.

Practice sites: Large East-City High Diamond; Large West- West High; Small East-Regina High; Small West—West Branch High;
5/ First 7 inning games will be at 4:00 p.m., Thursday, University of Iowa Stadium Small Schools West vs. Large Schools West, followed by Large Schools East vs. Small Schools East.

6/ Practice for all squads Friday will start at 10:30 p.m..

7/ Second 7 inning games will be at 12:00 p.m. Friday, University of Iowa Stadium Small Schools East vs. Large schools West, followed by Large Schools East vs. Small Schools West.

8/ At 7:00 p.m. Friday, the Honors Banquet will be held at the Best Western Motel in Coralville.

9/ Saturday games will begin at 1:00 p.m., University of Iowa Stadium Small Schools West vs. Small Schools West followed by Large Schools East vs. Large Schools West

10/ Most meals will be served at the Best Western Motel and Church services will be provided at Motel.

12/ Sunday at 12:00 a.m. the two teams with poorest records will play for 3rd and 4th place.

13/ The two teams with best records will play for 1st and 2nd place following the first game.

14/ M.V.P. players will be announced after each game on Sunday.

WHAT ARE SOME OF THE RULES:

1/ All players chosen must play.

2/ The pitchers can pitch a full game.

3/ All games will be 7 innings in length unless extra innings are necessary.

4/ Tie breaker system will be announced in advance for who will play for 1st and 2nd place. Example: Head to Head competition, most runs scored, least runs given up, most hits, least hits given up.

All of the examples can be given points. The two teams with the most points will play for 1st place.

This system will give more boys an opportunity to play and show what they can do. We will not restrict a pitcher on amount of innings he can pitch in one day.

Coaches were picked by the Steering committee! They filled out an application that was found in the last newsletter.

*****Players who do not make the All District Team will still be eli-

gible to play in the All Star Series. ****

If a coach fills out a player profile form that is found in this newsletter and sends it in, this player will have the same opportunity as a player on the All District Team. This system was necessary because of a number of good ball players being left off the All Star Squads because a coach could not get enough votes for his player at the All District Selection meetings. A reminder that each player must have \$125.00 worth of sponsor fees in order to play in the All Star Series.

ALL STAR SQUAD REGULATIONS:

Each squad will consist of 16 players (2 catchers, 4 pitchers, 5 infielders, 4 outfielders and 1 utility).

PLAYER SELECTION:

First priority: Coach's recommendation form

Second priority: All District Team

Third priority: Coach a member of the association

REMINDER OF THE NAIA WORLD SERIES IN DES MOINES:

Just a reminder that the NAIA World Series will be held in Des Moines at the new Sec Taylor Park, May 20-26, 1993. If you are interested in attending with your team, contact Lou Yacinich at Grand View, 515-263-2897 or 515-265-2971. There is a lot of good baseball being played in the NAIA schools.

FUTURE ALLSTAR GAMES: The following locations have been set for future Iowa High School Baseball Coaches Association All Star series. 1995 series will be held in Ames or Des Moines, the 1996 All-Star Series will be held in Cedar Rapids Memorial Stadium.

CLINIC PHOTOS: If anyone is interested in purchasing any photos that were taken at the awards banquet, you may purchase them from Read's Photography in Cedar Rapids. You can contact John Read by phone or mail: Phone 319-393-0547. Mail: 1800 42 St N.E. Cedar Rapids, IA. 52402

COACHES WITH 20-YEAR LONGEVITY: All coaches with 20-years longevity who received a profile form are requested to complete the form and return to Roger Hoel if they haven't already done so. This is needed for the Hall of Fame Committee!

If a 20-Year Coach has not received a profile form, you may contact Pinky Primrose and he will send you one.

GUIDELINES FOR THE NOMINATION TO HALL OF FAME:

1. Any IHSBCA member may nominate a qualified baseball person.

2. This must be done on the official twopage nomination form which may be obtained from the IHSBCA Office, 4211 High Ridge Rd. S.E., Cedar Rapids, IA. 52403. The form may also be obtained from any Hall of Fame Committee member.

3. This form must be completed and returned to the IHSBCA office by September 1 of a given year in order to be eligible for the selections of the following year.

4. Eligible nominees must have the following prerequisites:

a/ Must have served as a head baseball coach of a high school, 2-year college, 4-year college, umpire, player or contributor to baseball (local/state/national level)

b/ Must have served a minimum of 20 years in the aforementioned

insitution(s).

c/ Must have significantly contributed to the advancement and betterment of baseball.

d/ Must have made major contributions to the IHSBCA (such as serving on committees, filling offices, allstar series, attending clinics, encouraging membership.

e/ Must be representative of:

- i) high moral character and ethical standards
- ii) excellence recognized beyond the local level
- iii) demonstrated leadership

5/ After the September 1 deadline, the entire file is given a preliminary review by the Committee Chairman. The Committee Chairman will forward the file, containing his report to the Hall of Fame Committee, by October 1. His report will attest to the candidate's qualifications pertaining to # 4 a, b, c, and e, aforementioned.

6/ After a preliminary review by the Chairman, everything in the file, the reports by the Chair and Executive Secretary, will be condensed and forwarded to all Board members and to each dues paying Hall of Fame member by December 1, who will vote on the candidates.

7/ The candidates will be selected by ballot and notified by January of the year receiving the award.

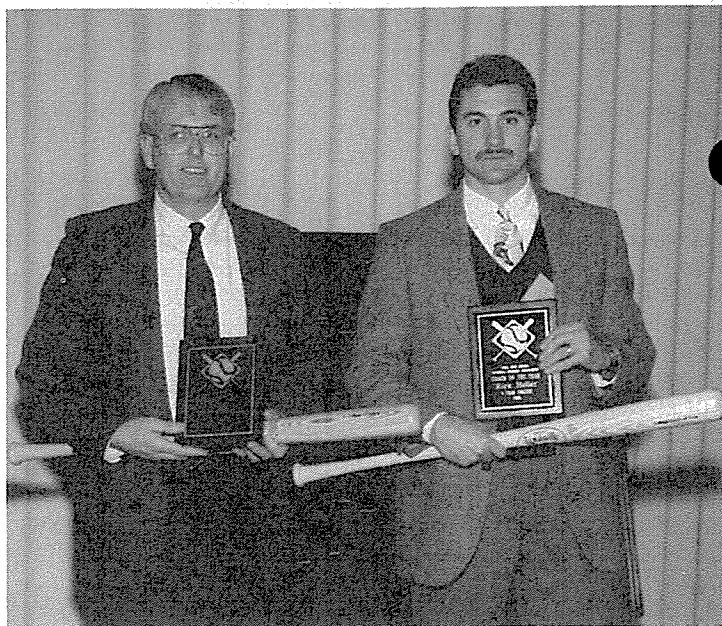
8/ Those declared elected for that year will be inducted during a banquet at the IHSBCA convention/clinic the following February.

9/ Candidates not selected the initial year will remain in the "pool," and will automatically be considered for 5 consecutive additional years. If the candidate is not selected the fifth year, he will not be considered further until he is nominated another time.

10/ Awards may be made posthumously.



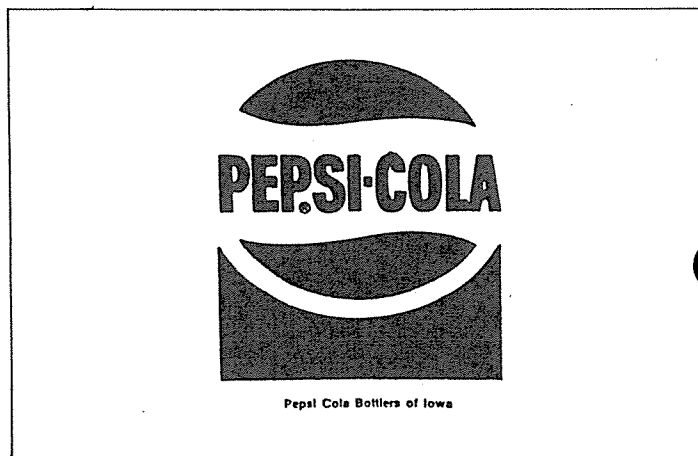
FOUR NORWAY HALL OF FAMERS: L-R, Pinky Primrose, Mike Boddicker, Bruce Kimm and Jim Van Scoyoc.



COLLEGE COACHES OF YEAR: John Lewis, Kirkwood Community College and Rick Heller, Upper Iowa.



1A-2A DISTRICT COACHES OF YEAR: L-R, Phil Lebo, Grundy Center; Ray Antisdal, Wilton; Steve Pelzer, Cumberland-Massena



HALL OF FAME NOMINATION FORM: You will find a Hall of Fame nomination form. Please nominate the person you feel is deserving of this high honor. Send it to Chairman Roger Hoel, 1508 Prospect Blvd, Waterloo, IA 50701 Players Umpires Coaches Promotors of baseball.

SCOUTING INFORMATION: A standard roster form should be used for scouts, and college coaches, and visiting teams. The roster form under 12 headings, supplies the following info:

UNIFORM # ; NAME, POSITION, BATS, THROWS, HEIGHT, WEIGHT, CLASS, BIRTHDATE, HOME ADDRESS, PHONE # AND SCHOOL

All coaches should have a master roster filled out to hand to each coach and scout. Let's do it up right.

SCOUTS IN THE MIDWEST AREA: Please send the following scouts your roster and schedule.

Bob Oldis 306 Virginia Dr., Iowa City, IA	52240	Expos
Nick Kamzic 9539 Cent. Park, Evergreen Pk. IL	60642	Angels
Jerry Lafferty Box 356, Trenton, MO	64683	Phillies
Mark Servais 3715 S. 28th St., LaCrosse, WI	54601	Astros
Henry Kruse R.R. 1 Box 39, Akron, IA	51001	Pirates
Joe Robinson 2400 Kirkwood, Burlington, IA	52601	Tigers
Walt Sharp 7013 Maryland Dr., Urbandale, IA	50322	Braves
Chris Bourjos 9581 Dee Rd., Des Plaines, IL	60016	Blue Jays
Tom Beadle 709 E. Main, Anamosa, IA	52206	Braves
Brian Kohlscheen 1311 Penn, York, NE	68467	Braves
Bill Olson 7088 Giraid St., Omaha, NE	68152	Orioles
Bob Szymkowski 14220 LaSalle, Riverdale, IL	60627	Reds
Mike Paris 581 Kind Dr., Boone, IA	50036	Angels
Joel Lepel 216 1st Ave. N.E., Plato, MN	55370	Twins
Harvey Kuenn Jr. 5527 W. National Ave., W.Milwaukee, WI	53214	Brewers
Stan Zielinsk Box 206, Winfield, IL	60190	Brewers
Mark Servais 3715 S. 28th St., LaCrosse, WI	54601	Astros
Fred Petersen 2525 Cled Tavern Rd. Lisle, IL	60532	Orioles
Tom Osowski 911 1/2 Chicago Av. So., Milwaukee, WI	53172	Angels
Todd Thomas Box 28573, St. Louis, MO	63146	Giants
Tom McDevitt 415 Cedar Dr., Charleston, IL	61920	Royals
Bob Steinkamp Box 2, Beatrice, NE	68310	Cubs
Paul Provas 7410 W. 119th St. Overland Park KS	66213	W. Sox
Bruce Seid 630 Belinder Lane, Apt 2428 Schaumburg, IL	60173	Padres
Tim Kelly 806 Piper Dr., New Lenox, IL	60451	Yanks
Emil Belich 7511 West Jackson, West Allis, WI	53219	Phillies
Bill Bryk P.O. Box 429, Dolton, IL	60419	Pirates
Mark Snipp P.O. Box 331719, Fort Worth, TX	76163	Blue Jays
Jeff Cornell 1644 SW Jeffrey Circle, Lees Summit, MO	64081	Sc Bureau
Glen Van Proyen 28 W. 662 Berkshire Rd., West Chicago, IL	60185	Dodgers
Al Hargesheimer 116 S. Donald, Arlington Heights, IL	60004	Rockies
Marty Miller 2544 W. Berteau Av., Chicago, IL	60618	Oakland
Randy White 1908 Aetna, Burlington, IA	52601	Seattle
Tom Couston 13439 S. Burley Ave., Chicago, IL	60633	Indians
Steve McAllister 116 Cloverfield, Chillieuthe, IL	61523	Red Sox

MEMBERSHIP DRIVE STILL ON:

We continue to seek new membership and renewals. Make sure all the baseball coaches in your conference belong, also all the umpires who work your conference. Softball coaches are welcomed as members. They receive all the same honors as the baseball coaches. Everyone should get one new member! Your association could go well over the top of its goal. Get the little league coaches to join or some of your ball players' parents. We are also looking for donations for the All-Star games.

SCHOOLS THAT WILL PLAY IN THE LARGE SCHOOL CLASSIFICATION*****

LARGE SCHOOLS EAST: Davenport(3); Dubuque (3); Cedar Rapids (3); Burlington; Cedar Falls; Bettendorf; Clinton; Waterloo (3); Muscatine; Iowa City (2); North Scott; Linn Mar of Marion; Charles City; Fort Madison; Pleasant Valley; Western Dubuque; Keokuk; Cedar Rapids Prairie; Fairfield; Ottumwa; Mason City; Knoxville; Mount Pleasant (32)

LARGE SCHOOLS WEST: Des Moines (5); West Des Moines Valley; Marshalltown; Fort Dodge; West Des Moines Dowling; Ames; Council Bluffs (2); Sioux City (4), Ankeny; Newton; Urbandale; Southeast Polk; Carroll Kuemper; Indianola; Boone; Harlan; Spencer; Lewis Central Council Bluffs; Oskaloosa; Waverly-Shell Rock; Denison; Creston; Webster City; LeMars; (32)

It should be noted that Oskaloosa, have been added to the West District to get balance.

MAJOR CHANGE IN ALL-DISTRICT SELECTION:

As noted, the Board of Directors passed that players will no longer be nominated for district teams by paper ballot. Nominations will take place at the All District meetings by MEMBER Coaches present. It is very important that coaches attend and participate in these district meetings throughout the state to select the AllDistrict Teams.

The District Chairman will conduct the meeting. The chairman is the person selected for two years in each district unless otherwise indicated in this newsletter. Check the new roster of officers and directors in this newsletter for that information.

DISTRICT UMPIRES OF YEAR: John Bartolo, Bancroft; Brent Prange, Des Moines; Mike Droll, Conrad; Absent--Larry Barr, Scranton

BE A PRO--JOIN YOUR ASSOCIATION

PLAQUES NOT PICKED UP AT AWARDS BANQUET:

We have many plaques and certificates that were not picked up at the Awards banquet. If you wish to have the plaque sent to you, please remit \$10.00 for handling and postage. If you have a certificate, please send \$2.50 for handling charges. If these are not requested by August, we will remove the name plate and reuse. The following plaques are being held at my office: Kevin Whitehill, (2 Year College Coach of Year); Willie Hester, (15 years service); Dave Nitz, (15 years service); Bob Sandquist, (20 years service); Bob Leech, (District Coach of Year); Lon Spurgin, (15 years service); Ken Kommes, (20 years service); Roy McCleary, (15 years service); Pat Langenberg, (15 years service); Art Wiegand, (20 years service); Steve McGraw, (District Umpire); Gaylord Schelling, (15 years service); Larry Rhamy, (20 years service & District Umpire); Jerry Rusken, (15 years service); Chuck Riehle, (20 years service); Ken Ferris, (25 years service umpire); Kent Bennett, (20 years service); Brad Ewest, (15 years service); John McDonald, (15 years service); Jack Leabo, (District Coach); Tony Weiler, (District Coach); Larry Barr, (District Umpire & Service); Brian Van Haeften, (District Coach); Cary Griffith, (District Coach & 20 years service); Charles Dutcher, (15 years service); Mike Long, (15 years service); John Kuhens, (15 years service); Phil Katz, (15 years service); Steve Milder, (15 years service); David Kuhl, (15 years service); Mike Petrich, (20 years service); Dennis Brass, (20 years service); Bob Watson, (30 years service); Bob Schroeder, (25 years service); Neal Schoepke, (25 years service); Bob Nowalzyk, (20 years service); Terry Fox, (25 years service); Don Hicks, (25 years service); Bob Leech, (20 years service); Steve Allspach, (20 years service); Fred Parson, (20 years Service); Mike O'Kane, (15 years service); Leon Dieckman, (15 years service); Bob Meyer, (25 years service)

CERTIFICATES THAT WERE NOT PICKED UP:

The following people did not pick up the certificate that they requested. Please send in \$2.50 for handling and postage if you want your certificate. Mike Aalbers, (100 win club); Joe Auer, (District Coach); Kevin Whitehill, (Jr. College Coach of Year); Jim DeBlauw, (200 win club); Tony Weiler, (District Coach); Jack Leabo, (District Coach); Brian Rodemeyer, (Umpire's Newcomer of the Year Award); Fred Gude, (1988 District Coach of the Year); Bill Orcutt, (1988 District Umpire of the Year); Donald Foley, (1988 District Umpire of the Year); Mike Long, (1988 District Coach); Jeff Trost, (District Asst. Coach); Cary Griffith, (Conference Champion & 300 Win Club); Steve Johnson, West Sioux (Conference Champion); Jeff Scharn, (Conference Champion); Vic Veren, (Conference Champion); John Waddle, (ten year service);

CONTRIBUTOR AND MEDIA NOMINEES MUST HAVE A NOMINATION FORM FILLED OUT:

All Media and Contributor nominations must include a form filled out and explaining what the nominee has done to deserve the honor! These should be sent to the Executive Secretary. Award winners will be selected at the Annual Fall Meeting. The committee from each district will select award winner.

MANY THANKS TO SPEAKERS: If you didn't attend the 1994 clinic, you missed one of the best teaching clinics we have had. The reviews have been excellent for the speakers. It's nice to read such remarks about our speakers. We want to thank them for coming to Iowa and sharing their knowledge with us. We

know that Iowa baseball will be better because of their input. The Sunday Clinic was another outstanding success with the Univ. of Iowa baseball squad.

NEW BASEBALL RULES FOR 1994: Enclosed you will find the new rules for 1994 baseball season. Not many changes for you this year. We do need to work on the language of our players this year and also to keep coaches in the game. We need to eliminate the umpire baiting. Let them do their job this year. If you don't like their work, don't hire them next year. Soon you will run out of umpires to work your games.

We are really in need of umpires. Talk to some of your past players and encourage them to get into umpiring. We need more young people coming into the game. Do your part and give them some freshman or sophomore games to gain experience.

WIN CLUB AND LONGEVITY NAMES: Several coaches have wondered why their names were removed from the list of Win Club and Longevity Awards. We remove names of people who haven't paid their dues for the year. All the names on these lists are dues paying members. We hope that past coaches continue on with their membership; this helps the association continue our mission to improve Iowa High School baseball. Keep the Executive Secretary posted if your name is not on the list if you have reached one of the mile-stones set up by the Board of Directors.



COACHES & UMPIRE OF YEAR: The IHSCA 1993 Coaches and umpire of year awards were presented to Lee Toole, Council Bluffs Tee Jay; Jim Murphy, Davenport Assumption; Mike Droll, (Ump) Conrad; Ray Antisdell, Wilton

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 WESTDALE MALL 398-6196 LOCATED ON THE UPPER LEVEL	PLAZA CENTER ONE 354-4610 IOWA CITY, IOWA	1825 29TH STREET N.E. 365-9296 JUST EAST OF I-380 EXIT AT COLDSTREAM - 29TH ST. 
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1994 MAJOR BASEBALL RULE REVISIONS:

1-1-5 A manufacture's logo, trademark or advertising on uniforms shall not exceed 1 1/2" x 1 1/2" square.

1-4-3 Coverage of illegal glove/mitt touching batted or thrown ball has been expanded.

3-1-1 An unreported, eligible substitute automatically becomes legal upon entering the game and the ball is alive.

3-1-6 A player or coach who is bleeding or who has an open wound shall be prohibited from participating further in the game until appropriate treatment has been administered.

3-3-1i Team personnel must be in dugout or designated bench area.

4-4-1f Team allowed to finish game with eight players regardless of reason it could not finish with nine.

8-4-1d Batter is out when he drops the bat (or uses it) to intentionally contact the ball a second time in fair or foul territory.

8-4-2k Diving over a defensive player is prohibited. However, jumping over or hurdling a player who is lying on the ground is legal.



DENNY CALAHAN, LeMars Radio receives the District Media Award.

ATTENTION: ALL BASEBALL/SOFTBALL COACHES, ATHLETIC DIRECTORS AND FIELD MAINTENANCE PERSONNEL

The Iowa Sports Turf Manager's Association would like to invite you to Boone for a two part workshop on Baseball/Softball field Mainar and also to keep coaches in the game. We need to eliminate the umpire baiting. Let them do their job this year. If you don't like their work, don't hire them next year. Soon you will run out of umpires to work your games.

We are really in need of tenance. The workshop is scheduled for Saturday, May 14.

The morning session will be held at Memorial Park, 2000 Boone St., Boone, IA. A tentative agenda is as follows:

- 9:30—10:00 Registration
- 10:00 Reshaping/Building the pitching mound
- 11:00 Proper infield preparation, including dragging tips
- 11:30 Prevention and removal of infield lips
- 12:00 Drying wet grounds

The featured presenter will be Mike Andresen from the Iowa Cubs. Mike will be assisted by Dale Roe, Iowa State University and other Iowa Sports Turf Manager's Assoc. members.

Registration received before May 5, 1994—\$15.00 Non-members, \$5.00 Members.

Late registration after May 5, 1994—\$20.00 Non-members, \$10.00 members.

If you have questions, please call Bill Antons at (515-433-0750).

Non-member registration includes membership to the Iowa Sports Turf Manager's Association.

Send registration fees to: Bill Antons, Boone Comm. School Dist., 500 7th St., Boone Iowa, 50036



DISTRICT ASSISTANT COAHES OF YEAR AND UMPIRE NEW COMER OF THE YEAR: Mike Meyer, Council Bluffs Tee Jay; Eric Thornton, North Liberty; Steve Hanson, Marshalltown.

CHANGING DISTRICTS AND CLASS: At the recent Board of Directors meeting the following guideline was approved. 1/ A school may move up a class, but not down a class. 2/ In order to move into another district or up a class, the member school must apply in writing by January 15th. 3/ The school must stay in that district or classification for five years. The only exceptions would be if the school's classification changes (by the State) or their conference is realigned. 4/Apply in writing to the President or Executive Secretary. 5/ A school could move down with approval if all schools in conference are of a lower class.

IOWA HIGH SCHOOL BASEBALL COACHES ASSOCIATION BOARD OF DIRECTORS MEETING FEBRUARY 10, 1994

The meeting was called to order by President Ed Feyen. Introduction of members present and the new board.

At the outset the directors listened to Greg Purnell and his legal counsel, Mike McDonough, who discussed the inequity in the ten day out of season rule as it relates to baseball.

Much discussion was directed to the legality of the rule as it relates to Title IX. Following the presentation and discussion, thoughts were tabled for later in the meeting.

Treasurer's Report: The report was presented by Jim Brems, CPA. Jack Leabo moved and seconded by Gary Nyhus to accept the report. Carried.

Steering Committee Report: Jim Donohue discussed the new chair member and All-Star coaches position.

Executive Secretary's Report: Pinky Primrose gave an update on the clinic. All speakers were in and he feels we should have another great clinic. Expected around 300 for banquet. Pinky reminded the coaches of their door duties and responsibilities of hosts.

He reminded the coaches that the 1A-2A - All District Selection will be held July 10 at 1:00 p.m. at sites to be determined at the District meeting and the 4A & 3A will be July 17 at 1:00 p.m..

He reminded the coaches of the All-Star Series, which will be held in Iowa City, August 4-5-6-7. If any coaches have a ball player, he must be nominated.

The Clinic will have 21 exhibitors, and hoped the coaches will thank them for coming to the clinic.

He went over the new budget and suggested it will be a budget that can be obtained and meet our needs for the upcoming year.

The rating poll was ready to go, Jeff Johnson of the Cedar Rapids GAZETTE was willing to do it once again.

Pinky reminded the coaches of the McDonald's FCA breakfast, Saturday morning, and that Bob Randall will be the featured speaker for it. We have always had a good turnout.

He mentioned that the coach of the year will receive a watch rather than a ring. We can buy four watches for the cost of one ring. If a coach wants a ring, he can purchase one for the cost to the Association.

Hall of Fame Committee Report: Roger Hoel reported the committee will be meeting on February 11 and expressed some concern needing more contributor and player nominees.

All-District Committee: Eugene Meister and Andy McGaffin presented a guideline allowing for coaches to move to a different district. Jack Leabo so moved and it was seconded by Rich Stoeffers. Motion carried. The Guidelines read as such: 1/ A

school may move up a class, but not down a class. 2/ In order to move into another district or up a class, the member school must apply in writing by January 15th. 3/ The school must stay in that district or classification for five years. The only exceptions would be if the school's classification changes (by the State) or their conference is realigned. 4/ Apply in writing to the President or Executive Secretary. 5/ A school could move down with approval if all-schools in conference are of a lower class.

Awards Committee: There was some discussion that the committee is still discussing an award for a player who has gone on to distinguish himself outside of baseball.

All-Star Committee: Charlie Stumpff reported that things are on schedule for this summer's All-Star Series in Iowa City.

Umpires Committee: No report.

Vince Meyer/Academic All-State Committee: Fr. Collison reported that the 1993 version was extremely successful and reflected truly qualified candidates.

Audit Committee: Rick Netolicky reported that the audit went smoothly and without problem.

Membership Committee Report: Phil Lebo reported that 56% of the 4A schools, 41% of the 3A schools, and 27% of the 1A-2A schools are members as of this date, and asked all to work hard to get more members.

Constitution Committee: Steve Westphal reported that everything was fine.

All-State Coach Committee: Discussion was generated that any coach who has a team qualify for the state tournament should receive an automatic nomination and other nominees send in their records after their last games of the season.

President's Report: Ed Feyen thanked everyone for their cooperation during the past year and expressed his appreciation for being able to serve as president.

Communications: Word was received that Bernie Saggau will attend and be the featured speaker of the banquet.

Old Business: There was a discussion of seeding the state tournament and the elimination of first round byes at the 4A level.

New Business: It was moved by Eugene Meister and seconded by Bob Burns to approve the presented budget. Motion carried.

It was moved by John Zahn and seconded by Steve Westphal that the Fall meeting be held in Iowa City. Motion Carried.

It was moved by Dave Welter and seconded by Phil Katz, to raise the Executive Secretary pay by \$500. Motion carried.

For the Good of the Association: After a lengthy discussion of the "ten-day rule" it was suggested a committee made up of Lanny Peterson, Ed Feyen, John Zahn, Rich Stoffers, Joel Johnson, Rick Davis and Dave Welter develop a letter to recommend equity in the rule. A meeting of the aforementioned committee was scheduled for 9:30 a.m., February 11.

There was discussion of eight-team state tournaments and the time and size of the groups involved in the 1A-2A district meet-

ings.

It was moved by Jack Leabo and seconded by Dick Core to adjourn. Motion carried.

Respectfully submitted

Don Taylor

IOWA HIGH SCHOOL BASEBALL COACHES ASSOCIATION ANNUAL MEETING FEBRUARY 11, 1994

The meeting was called to order by President Ed Feyen. Minutes of the February 10 Board of Directors meeting were read. Gary Paulsen moved and seconded by Dick Core to approve the minutes. Carried.

Dave Welter moved to accept the financial report. Jack Lynch seconded and the report was approved.

Executive Secretary reported on the logistics of the clinic.

All-District Committee submitted a proposal to allow coaches to move their team to different districts (see previous minutes).

All-State Coaches Committee chairman Jim Gebhart reported that the committee was satisfied with the current format and submitted no changes other than coaches should send in the information after their last game.

Hall of Fame Committee chairman Roger Hoel pointed out that the committee was looking at the possibility of a new ballot form and lowering the approval percentage from 70% to 60%. He would like for any coach who has 20 years or more years of coaching, to send in their nomination form. He also suggested that more players and contributors should be nominated for Hall of Fame.

Roger encouraged the Board and Steering Committee to return ballots when they are sent out to vote on. He is looking for more active members interested in serving on the Hall of Fame committee.

Constitution Committee chairman Steve Westphal suggested no changes in the constitution.

Membership Committee chairman Phil Lebo emphasized increasing membership. Discussion centered around continued emphasis of getting new members. We need each member to go out and get a new member, either a coach or umpire. We had an increase 10 new members from last year.

All-State Rating Poll Committee chairman Ron Anderson reported that the ratings and rating system used last year proved positive for baseball and encouraged as many coaches as possible to contact committee members again this summer.

All-Star Committee chairman Charlie Stumpff reported that his committee was looking in the Iowa City Area for sponsors of meals and all else was going well. Reminder the teams will have four pitchers and one utility player.

Umpire Committee chairman Gary Paulsen reported a possibility

of redesigning districts for umpires to achieve better balance. He also discussed three consecutive years of membership to be a qualifier for umpire awards and that the clinic was credit for a rules meeting.

Steering Committee chairman Jim Donohue named coaches for the All-Star Series in Iowa City for 1994 and named Gary Nyhus as the new officer for the next year.

Vince Meyer/Academic All-State Committees chairman Fr. Collison suggested raising the number of people on the academic team; however most were not in favor.

Communications: Lee Toole encouraged members of the association to join the national association also.

New Business: Jim Donohue nominated Gary Nyhus to the chairs, it was seconded by Eugene Meister and carried.

Eugene Meister made the following motion: A school may move up in class but not down a class for district purposes. In order to move into another district or up a class the member school must apply in writing by January 15. (Waived for the 1994 season). The school must stay in that district or classification for five years. The only exception would be if the school's classification changes or their conference realigned. Application in writing should be made to the President or the Executive Secretary.

A team could move down with the approval if all its conference schools are lower. The motion was seconded by Dave Welter and passed.

Discussion then turned to the "ten day rule". Fr Craig Collison read the rough draft of a letter intended to be sent to Ms. Collins, D.O.E. After some discussion, Lanny Peterson moved the letter be sent and it was seconded by Dave Welter. Motion carried and letter was sent.


Good for the Association: Dave Welter expressed some concern that seniors are now eligible to attend college camps which could have a negative impact on our programs.

Phil Johnson moved the meeting adjourn, seconded by Gary Nyhus. Carried.

Respectfully submitted,

Don Taylor

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ALL DISTRICT MEETINGS IN YOUR AREA:

*****PUT THESE DATES ON YOUR CALENDAR*****

NORTHWEST DISTRICT: 1A-2A
 Sun. July 10, 1994 1:00 p.m. Spencer
 Chairman, Rich Collison

SOUTHWEST DISTRICT: 1A-2A
 Sun. July 10, 1994 1:00 p.m. Creston
 Chairman, Steve Westphal

WEST DISTRICT: 3A & 4A
 Sun. July 17, 1994 1:00 p.m. Carroll
 Chairman, Ken Schrieber 3A
 Chairman, Lee Toole 4A

NORTHEAST DISTRICT:
 Sun. July 10, 1994 1:00 p.m. Wat.West
 Chairman, Gary Nyhus 1A-2A

Sun. July 17, 1994 1:00 p.m. Manchester
 Chairman, Terry Heald & Curt Nelson 3A
 Chairman, Rick Netolicky 4A

CENTRAL DISTRICT:
 Sun. July 10, 1994 1:00 p.m. Gilbert
 Chairman, Phil Lebo 1A-2A

Sun. July 17, 1994 1:00 p.m. Ames High
 Chairman, Merle Olberding 3A
 Chairman, Rich Stoffers 4A

SOUTHEAST DISTRICT:
 Sun. July 10, 1994 1:00 p.m. Washington
 Chairman, Don Taylor 1A-2A

Sun. July 17, 1994 1:00 p.m. Muscatine
 Chairman, Jack Leabo 4A

Sun. July 17, 1994 1:00 p.m. Washington
 Chairman, Joel Johnson 3A

District Chairman will conduct the meeting. The chairman is the person elected for two years in each district unless otherwise indicated. Check the new roster of officers and directors in this newsletter for that information.



MEETING MINUTES

**SYNOPSIS OF THE MINUTES OF THE MEETING
 OF THE BOARD OF CONTROL
 OF THE IOWA HIGH SCHOOL ATHLETIC ASSOCIATION
 NOVEMBER 20, 1993**

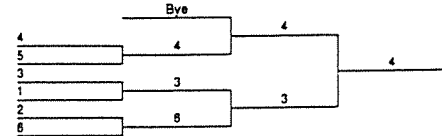
The Board of Control of the Iowa High School Athletic Association met Saturday November 20, 1993, 8 a.m., Waverly, Iowa, pursuant to notice. Board of Control members present were Chairperson Terry Eagen, Vice Chairperson Douglas Williams, Treasurer Arlo Flege, Ronald Bickford, Chuck Van Hecke, Dennis Pierce, and Robert Nielsen. Association staff members present were Bernie Saggau, Executive Director, and David Harty, Assistant Executive Director.

APPROVAL OF MINUTES. (MM-S) Williams - Nielsen to approve the minutes of the October 29, 1993, meeting as per correction and November 4, and 8, 1993, telephone conference calls. Motion carried unanimously.

APPROVED BASEBALL ADVISORY COMMITTEE RECOMMENDATIONS. Members had previously received synopsis of the Baseball Advisory Committee's meeting minutes and recommendations for review. Following discussion, (MM-S) Piece - Van Hecke to approve the following baseball recommendations.

BASEBALL RECOMMENDATIONS APPROVED

1. In 4-A districts play all 6 teams opening day (Saturday) with a pre-determined bye in the second round play, using the following pre-determined 8 team pairing procedure with 6 teams. The procedure will be to pair the two byes (normally assigned to an 8-team bracket as per the pairing procedure outlined in the September Bulletin) on lines 2 and 6 together so it appears as a 6 team format, then place a bye on line 1 of the second round which is actually a 4-team bracket in accordance with the 4-team bracketing procedure as outlined in the September Bulletin. Sample follows:



2. Manual changes.

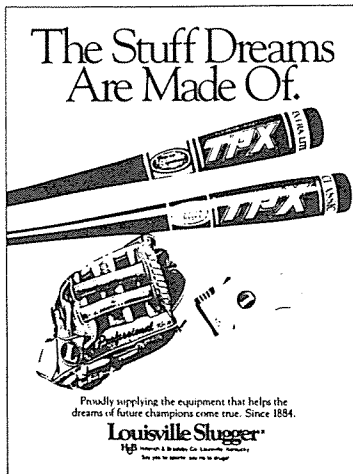
- A. As part of the pitching limitation rule, stipulate in the manual that one pitch constitutes an inning having been pitched.
- B. Page 49 of the manual strike item 14 and give emphasis to same as it relates to malicious contact at rules meetings and in correspondence to umpires and coaches.
- 3. Approve video taping of each of the 12 state tournament games.
- 4. Place emphasis on media box for photographer during regular season and tournament play.

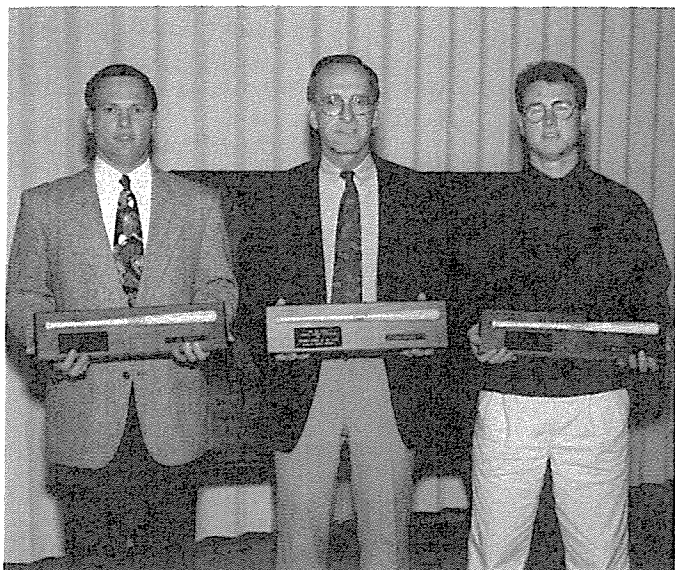
CONGRATULATIONS TO THE FOLLOWING SCHOOLS:

The following schools have received recognition for Excellence in Academic Achievement from the IHSAA. Congratulations to the Coaches and Players of these teams.

1992-93 ACADEMIC ACHIEVEMENT AWARDS
 (Schools qualifying since publication of the 1993 September Bulletin #459)

SCHOOL	GPA	COACH
BASEBALL		
<i>Excellence in Academic Achievement</i>		
Coon Rapids, Coon Rapids-Bayard	3.05	John Waddle
Davenport, Central	3.00	Jack Leabo
Edgewood, Edgewood-Colesburg	3.19	Mike Putz
Fredericksburg	3.19	Steve Staker
Harmony, Farmington	3.19	Jeff Bloomer
Waverly, Waverly-Shell Rock	3.03	John Trainor
<i>Distinguished Academic Achievement</i>		
Afton, East Union	3.34	Brad Baker
Algona, Garrigan	3.29	Eugene Meister
Bellevue	3.35	Dave Broders
College Springs, South Page	3.37	Tim Schaff
Elk Horn, EH-Kimballton	3.27	Tony Peters
Garner, Garner-Hayfield	3.47	Pete Svare
Rock Valley	3.28	Roy Weber





4A-DISTRICT COACHES OF YEAR: L-R, Lee Toole, Council Bluffs Tee Jay, Mel Murken, Ankeny; Bret Hoyer, Cedar Rapids Kennedy

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you win or lose,
but how well you
eat after the game.



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3A-DISTRICT COACHES OF YEAR: L-R, Howard Conrad, Benton-Norway; Jim Murphy, Davenport Assumption; Jim Mahoney, Johnston; Scott Koch, Cherokee



DISTRICT UMPIRES OF YEAR: John Bartolo, Bancroft; Brent Prange, Des Moines; Mike Droll, Conrad; Absent--Larry Barr, Scranton



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Summer

Session I July 26-30
Session II August 2-6

Winter

Session I Dec. 19-20
Session II Dec. 26-30



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**PLAN TO ATTEND THE 1994 18TH ANNUAL
ALL-STAR SERIES TO BE HELD AT THE UNI-
VERSITY OF IOWA BASEBALL FIELD AUG. 4-
5-6-7, 1994**

1994-95 COMMITTEE

ASSIGNMENTS:

ALL STAR COMMITTEE:

Charlie Stumpff, Iowa City West (Co-Chairman)
Phil Katz, Linn Mar (Co-Chairman)
Don Taylor, West Branch (Chairman of Program)
Jack Trainor, Waverly-Shell Rock
Gary Stamp, Lisbon
Joel Johnson, Knoxville
Paul Schenkelberg, C.R. Prairie
Nick Archer, Bishop Heelan S.C.
Emory Stewart, Oskaloosa
Jim Kloewer, Stuart-Menlo

ALL DISTRICT COMMITTEE:

Eugene Meister, Algona Garrigan (Chairman)
John Waddle, Coon Rapids-Bayard
Dean Hardin, Danville
Jim Murphy, Dav. Assumption
Bill Huisman, Centerville
Jerry Roling, Cascade
Robert Kriener, B.G.M. Brooklyn
Virgil Havde, Crestwood
Phil Brand, North Central
Rick Davis, Boone

ALL STATE COACH COMMITTEE:

Merle Olberding, Ballard-Huxley (Chairman)
Curt Nelson, Maquoketa
Steve Shanks, Eastwood
Robert Scandridge, Lynnville-Sully
Joe McFarland, Norwalk
Charlie Stumpff, Iowa City West
Dick Smith, Ogden
Rick Gabel, Riceville

HALL OF FAME COMMITTEE:

Roger Hoel, Waterloo West (Chairman)
Pat O'Donnell, Earlham
Rick Choponis, Seymour
Kent Johnson, Wapello
Bill Freese, Davenport
Lou Koenigsfeld, Charles City
Howie Conrad, Benton-Norway
Dick Core, Dubuque Hempstead
Jack Leabo, Davenport Central

MEMBERSHIP COMMITTEE:

Ken Bahrke, Sioux Center (Chairman)
Phil Lebo, Grundy Center
Steve Hanson, Marshalltown
Jerry Rohach, Montezuma
Gary Paulsen, Ogden
Steve Petersen, Sloan
Curt Jensen, Washington
Rick Davis, Boone
(All Two year elected directors)

CONSTITUTION COMMITTEE:

Steve Westphal, Lenox, (Chairman)
William Wuebker, Spalding Catholic, Granville
Jeff Kelley, Moravia
Bill Azinger, Logan-Magnolia
Jed Vorba, BCLUW-Conrad
Bruce Eckerod, Central Lyon, Rock Rapids

AUDIT COMMITTEE:

Rick Netolicky, C.R. Washington, (Chairman)
Rick Gavel, Riceville
Don Lyons, Denison
Howard Conrad, Benton
Bob Leech, Muscatine
Max Dougherty, Bedford
Floyd Athay, Le Mars
Joel Johnson, Knoxville

RATING POLL COMMITTEE:

Ron Anderson, Carlisle, (Chairman)
Jeff Johnson, Cedar Rapids GAZETTE
Lee Toole, C.B. Tee Jay
Walt Sharp, Urbandale (Umpire)
Mel Murken, Ankeny
Steve Sanders, Oelwein
Steve Fish, Central City
Jim Gebhart, Saydel
Rich Collison, Algona
Larry Milledge, Chariton
(All District Representatives)

UMPIRES COMMITTEE:

Elected Representatives plus:
Gary Paulsen, Ogden (Chairman)
Don Burrows, Cedar Rapids
Wayne Wuebker, Ayrshire
Marv Bell, Van Horne
John Bartolo, Bancroft
Mike Droll, Conrad
Don Burrows, Cedar Rapids
Ed Spindler, Coon Rapids

VINCE MEYER AWARD COMMITTEE:

Phil Lebo, Grundy Center (Chairman)
Jack Leabo, Davenport Central
Don Taylor, West Branch
Gordon Van Zanten, PellaChristian
Rich Stoffers, Newton
Steve Miller, West Central
Randy Mathews, Grinnell
Roy McCleary, Interstate 35
Rick Davis, Boone

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Duane Banks, University of Iowa
Bob Randall, Iowa State University
Lou Yacinich, Grand View
Jim Scholten, Morningside
John Lewis, Kirkwood
Mike Laird, William Penn
Bill Krejci, S.W. Comm. College

AWARDS COMMITTEE:

Terry Heald, Marion (Chairman)
Jim Blythe, Indianola
Joel Johnson, Knoxville
Vic Belger, Creston
Floyd Athey, LeMars
Tom Souhrada, Davenport West
Rick Netolicky, C.R. Washington
Steve Roskens, AckleyGeneva
Dave Welter, Cedar Falls
Jim Blythe, Indianola

STEERING COMMITTEE:

Ed Feyen, Dubuque Wahlert (Chairman)
All Dues Paying past Presidents

Iowa High School Baseball Coaches Association

CEDAR RAPIDS: For Release

District Coaches and Umpires of 1994 and the State Coaches and Umpires of 1994 were honored Saturday night at the 26th Annual Clinic/Convention Awards Banquet held Saturday night at Washington High School in Cedar Rapids.

The following were announced as **STATE COACHES AND UMPIRES OF THE YEAR**

- 4A**— Lee Toole, Council Bluffs Tee Jay
- 3A** --- Jim Murphy, Davenport Assumption
- 1A-2A**— Ray Antisdell, Wilton
- Umpire**--- Mike Droll, Conrad

The following were announced as **District Coaches and Umpires of Year**

- Northeast District:** **4A**--- Bret Hoyer, Cedar Rapids Kennedy
3A-- Howard Conrad, Benton-Norway
1A-2A-- Cary Griffith, Nashua-Plainfield
Umpire-- Mike Droll, Conrad

- West District:** **4A**---Lee Toole, Council Bluffs Tee Jay
3A--Scott Koch, Cherokee

Northwest District:**1A-2A**--Brian Van Haaften, Storm Lake St. Marys

- Southwest District:****1A-2A**--Steve Pelzer, Cumberland-Massena
Umpire--Larry Barr, Scranton

- Central District:** **4A**-- Mel Murken, Ankeny
3A--Jim Mahoney, Johnston
1A-2A--Phil Lebo, Grundy Center
Umpire--John Bartolo, Bancroft

- Southeast District:** **4A**-- Jack Leabo, Davenport Central
3A--Jim Murphy, Davenport Assumption
1A-2A--Ray Antisdell, Wilton
Umpire--Brent Prange, Des Moines

- 4 -YEAR COACH**--Rick Heller, Upper Iowa University
- 2 -YEAR COACH**--John Lewis, Kirkwood Community College

JACK OGDEN/CHUCK BURDICK MEDIA DISTRICT AWARD WINNER:

- Northeast District:** Bob Fenske, MASON CITY GLOBE GAZETTE
West District: Denny Calahan, LeMars Radio
Central District: Chuck Hackenmiller, BOONE NEWS-REPUBLICAN
Southeast District: John Kuhens, Mt. Pleasant Radio

MARV THELEN'S CONTRIBUTOR AWARD WINNER: Lee Toole, Council Bluffs Tee Jay High School

CAP TIMM'S PRESIDENT'S AWARD: Bernie Saggau, Iowa High School Athletic Association

DISTRICT CONTRIBUTOR AWARD WINNERS:

- Central District:** Bill Estrem, Slater
Southeast District: Mid-Prairie (Wellman) Booster Club

UMPIRE NEWCOMER OF YEAR AWARD: Eric Thornton, North Liberty

ASSISTANT COACHES OF YEAR:

- Northeast District:** Erin Janss, Benton-Norway
West District: Mark Meyer, Council Bluffs Tee Jay
Central District: Steve Hanson, Marshalltown
Southeast District: Jerry Zinn, Davenport West



IOWA BASEBALL ON-SITE TRAINING

STATION #1 Jump Ropes: A. Strength B. Speed	STATION #2 Slide Boards	STATION #3 Hip Ab/Adduction with bands
STATION #4 Situps "Bike"	STATION #5 Rocky Twists with partner and 5 Kg. Ball	STATION #6 Seated Rotational with 3 Kg. Ball
STATION #7 Chest Pass with 4 Kg. Ball	STATION #8 Chest Flys with Tubing	STATION #9 Pushups Ups with 3 Kg. Ball
STATION #10 Lat Rows with Manual Resistance	STATION #11 Pullover with 15 lb. Ball	STATION #12 Lower Back Ext. with Med. Ball (Woodchopper)
STATION #13 Shoulders with Tubing	STATION #14 Two-Arm Overhead Throw from a kneeling position	STATION #15 Medicine Ball X-Over
STATION #16 Jump Bands	STATION #17 Plyometrics: "T-Cone" Hops	STATION #18 Agility: 1/2-Wheel Drill

EQUIPMENT PRICE LISTS

Item	Price
Heavy Jump Rope	\$35.00
Regular Jump Rope	\$ 6.50
10 Ft. Slide Board	\$190.00
Ab/Adduction Bands (blue)	\$ 1.95
Ab/Adduction Bands (green)	\$ 2.00
Big Bands	\$ 10.00
Medicine Balls -	
1 Kg.	\$ 29.95
2 Kg.	\$ 49.95
3 Kg.	\$ 64.95
4 Kg.	\$ 79.95
5 Kg.	\$ 99.95
7 Kg.	\$129.95
Surgical Tubing -	
5/16" x 1/16"	\$.23 /Ft.
3/16" x 3/32"	\$.23 /Ft.

NOTE: All prices are for singular items unless noted.
Vendor prices and style may vary.

Iowa High School Baseball Coaches Association

1994-95 OFFICERS/DIRECTORS

FR. CRAIG COLLISON	PRES	523 MADISON ST.	REMSEN	51050	712-786-1444	786-1433
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GARY NYHUS	SECT	315 N. 6TH ST.	CLEAR LAKE	50428	515-357-6413	423-6939

PAST PRESIDENTS

ED FEYEN	CHAIR	285 S. HILL ST	DUBUQUE	52001	319-582-9973	583-9771
JIM DONAHUE	93	636 MONROE ST	INDIANOLA	50125	515-961-6302	764-2486
LENNY WEIH	92	1324 9TH ST. N.W.	CLINTON	52732	319-242-4303	243-7540
JOHN ZAHN	91	925 WATER	WEBSTER CITY	50595	515-832-3653	832-2224
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DON MILLER	87	1090 WEST 3RD	DUBUQUE	52001	319-588-3355	583-9771
JIM MAHONEY	86	4009 ASHBY	DES MOINES	50310	515-274-0174	278-0449
MARV THELEN	85	(DECEASED)	REMSEN			
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BOB WATSON	83	4127 52ED	DES MOINES	50310	515-276-4490	276-8581
BYRON RHODES	82	BOX 73 R.R. 1	CONRAD	50621	515-366-2552	366-2819
TERRY HEALD	81	1715 A AVE.	MARION	52302	319-377-7495	377-9401
DAVE POSEGATE	80	2309 FILLMORE	AMES	50010	515-232-8061	232-8200
AL SEABROOKE	79	R.R.1	ELGIN	52141	319-423-7200	426-5551
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MICK MATTIACE	77	5720 JOHNSON AV N.W.	CEDAR RAPIDS	52404	319-390-3922	848-4121
JIM JAGIM	76	4887 SW. 66TH ST.	DES MOINES	50321	515-225-1822	247-2841
DICK WAGNER	75	1904 S.MAIN ST.	BURLINGTON	52601	319-754-5803	753-2211
BILL FREESE	74	2716 EAST CENTRAL	DAVENPORT	52803	319-359-7402	323-9951
VERN BREDESON	73	1745 SHERBROOK N.E.	CEDAR RAPIDS	52402	319-364-1176	398-2435
ELMER STARR	72	1744 CERRO GORDO	MASON CITY	50401		
HAROLD PRIMROSE	68-71	4211 HIGH RIDGE RD.S.E	CEDAR RAPIDS	52403	319-365-4184	398-2226

DIRECTORS

			NORTH EAST DISTRICT			
ROGER HOEL	1	1508 PROSPECT BLVD	WATERLOO	50701	319-233-9274	291-4885
CHARLES STUMPF	2	1203 WYLDE GREEN RD	IOWA CITY	52240	319-472-4224	339-6817
PAUL SCHENKELBER	ALT	6327 UNDERWOOD AV. S.	CEDAR RAPIDS	52404	319-390-3486	848-5340
EV PETERSEN	1	700 SQUAW CREEK RD. S.	CEDAR RAPIDS	52403	319-362-0766	398-2364
JACK LYNCH	2	3304 175TH ST	LAWLER	52154	319-776-9841	

			NORTH WEST DISTRICT			
KEN BAHRKE	2	333 6TH AVE. S.E.	SIOUX CENTER	51250	712-722-4043	722-1541
EUGENE MEISTER	1	R.R. 1 BOX 50	BURT	50522	515-924-3742	295-3521
NICK ARCHER	ALT	2521 CANTERBURY	SGT BLUFF	51054	712-943-1907	252-0573
MARLOWE VAN GINKEL	2	R/R. 2	ROCK VALLEY	51247	712-476-5247	
PETE HANSEN	1	P.O. BOX 7031	SPENCER	51301	712-262-4776	262-4962

			CENTRAL DISTRICT			
RICH STOFFERS	2	2317 N. 5TH AVE. E	NEWTON	50208	515-792-4393	792-5797
MERLE OLBERDING	1	805 HICKORY DR.	HUXLEY	50124	515-597-3017	597-2977
RICK DAVIS	ALT	313 LINN ST	BOONE	50036	515-432-8752	432-5012
GARY PAULSEN	1	226 S.E. 4TH	OGDEN	50212	515-275-2341	275-2912
BRENT PRANGE	2	1140 NW. 67TH PL.	DES MOINES	50313	515-289-2409	262-9325

			SOUTH EAST DISTRICT			
THOMAS SOUHRADA	2	14284 KRUSE AVE	DAVENPORT	52804	319-381-3398	386-5500
JACK LEABO	1	2318 E. 48TH	DAVENPORT	52807	319-359-9250	323-9951
JOEL JOHNSON	ALT	1006 W. JEFFERSON	KNOXVILLE	50138	515-842-4146	842-2173
TERRY CURTIS	1	605 MADISON	WILLIAMSBURG	52361	319-668-1525	668-1050
PAUL KEITEL	2	2673 274TH AVE	DeWITT	52742	319-659-9525	

			SOUTH WEST DISTRICT			
STEVE WESTPHAL	1	606 E. OHIO	LENOX	50851	515-333-2917	333-2999
LEE TOOLE	2	301 WILDWOOD RD.	COUNCIL BLUFFS	51503	712-322-3910	328-6493
STEVE PELZER	ALT	RT. 1 BOX 6	CUMBERLAND	50843	712-774-5659	779-2212
DAN POMEROY	1	515 MAIN ST	COON RAPIDS	50058	712-684-7711	684-7711
LARRY BARR	2	BOX 278	SCRANTON	51462	712-652-3561	652-3883