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## Johnson County Central Public Schools



### Monthly Newsletter

June/July 2014

#### SUPERINTENDENT NOTES by Jack D. Moles



The end of another successful school year has overcome us. As usually happens, it felt like we had just started the second semester, then all of a sudden it was mid-May and we were dismissing students for summer.

One of our last gatherings as a staff was an all-staff luncheon and a recognition ceremony. At this event I like to take a lighthearted look back at our school year, as well as take an opportunity to recognize those staff members who will not be with us next year either as a result of retirement or moving on to another position. We recognized five such individuals this week. Those staff members were:

**JANE ANTHOLZ**—I have had the great honor of getting to work with Mrs. Antholz over my entire 18-years with Nemaha Valley Schools, then Johnson County Central. Mrs. Antholz is an amazing teacher who combined three of her loves, Math, Art, and Technology, to create a wonderful learning environment for her students. Many of her students have gone on to great success in the Math and Technology fields. She also started a highly successful Academic Decathlon team many years ago that was highlighted by four consecutive state championships. Mrs. Antholz plans to travel with her husband during the winter months and to spend a lot of time with her grandchild.

**WANDA BIEL**—Ms. Biel filled a need for us during the middle of the year as she took over our Spanish position. She had retired a couple of years ago, but came out of retirement to help us out. To her students she was Senorita Biel. To me she will always be Fraulein Biel as she was my German teacher when I was in high school. She plans to move back to her home in Iowa and has accepted a teaching position at a school very close to her home.

**LOIS KAGE**—Lois served JCC as a Playground Aide and was very popular with kids. Lois actually left us last summer, but we recognize all who have left us since the previous school year. Lois was always great with a smile and has been very supportive of our kids.

**JUDY MORRISSEY**—Judy served as an aide in the English Language Learner (ELL) department. She joined with teacher Lisa Weber to form a very important team in our district. The ELL department helps students with limited English language skills to make enough progress that they can experience success in the regular classroom.

**MARK ROBLES**—Mr. Robles served as our Biological Sciences teacher in the high school the past two years. He also was an assistant football and track coach in the high school. Mr. Robles had an infectious enjoyment of science that students readily tied into. He will be moving on to the Waverly school district to teach and coach there.

To these five people I say thank you for the years of service you gave to our children and our school. You have each had a large, positive impact on our school and we are appreciative. I wish you all much luck and happiness in the future.

## SUMMER MONTHS

Students, and probably parents, are ready for the relaxed atmosphere of summer. They get the opportunity to get out of the school routine and not be as tied to timelines. However, a complete abandonment of routine, academics, and discipline can be very counter-productive as kids near the return to school in August. For that purpose, I would like to pass on a few tips that may help students and parents to deal with summer:

- Do keep some routines in place. The most obvious in preparation for the beginning of a new school year would be to maintain regular bedtime hours and to have those hours close to the school year hours that are normally maintained. Other routines that should be maintained might be chores and regular meal times.
- Expect your child to maintain summer reading and academic pursuits. Carl Pickhardt, a psychologist who is a regular contributor to Psychology Today, suggests that four hours a week is a very attainable goal for academics. Do encourage your child to read grade/age appropriate materials regularly during the summer.
- Limit the hours of screen time (TV, computer games, computers and iPads, cell phones). Pickhardt recommends that this time be limited to no more than 15 hours per week during the summer. Most appropriately, he said, “A kid playing by himself in a dark room—I just don’t think that should be the summer experience.” I also read an article recently in which the writer said that her son was never a big reader until she limited the amount of screen time he had. Once he had to fill his time in another way he started to read more. It would be a good strategy to set the exact times in a given day that screen time can be accessed.
- Encourage your child to get outside for exercise, play, and exploration every day if possible. Mental improvement is needed, but so is the too often overlooked physical improvement.
- One strategy to try would be to encourage your child to attempt a new hobby. This would serve to hold his/her interest, but also to continue to learn in an active manner.
- Take advantage of camps. These can be in many forms: Vacation Bible School, sports camps, academic camps, and 4-H camps. All serve to provide great learning experiences, opportunities to build on skills, and to learn to interact with others.
- If your child is in high school and expects to play sports during the school year, expect him/her to take part in the camps and leagues that are available, as well as getting into the weight room on a regular basis. The days of competing on a high enough level without taking part in summer activities really disappeared many years ago. The teams that are the most competitive do not depend on natural ability alone. I know that our opposing schools will have their athletes involved during the summer—ours should be as well.
- Provide short day trips as learning experiences and family-bonding opportunities for your child. There are many great area sites that would provide for fun-filled and educational opportunities. Examples include Henry Doorly Zoo in Omaha, Homestead National Monument in Beatrice, Arbor Lodge and the Lewis and Clark Center in Nebraska City, Morrill Hall and the Children’s Museum in Lincoln, and the Air and Space Museum in Ashland.

I think summer should be a fun time for kids, but should not be a time that they abandon everything to do with school. I especially encourage them to have fun with their parents.

## NEWS FROM PRINCIPAL RICK LESTER

JCC's 2013-2014 school year was a big success and I attribute this to our great students and the support of their parents. As we end this year, I want to remind you of a few important dates and events taking place this summer.

Driver's Education begins on June 2. Any JCC student who is at least 13 years old by June 2 is eligible. The cost of the class is \$175 and is due and payable before the start of the class. The students will attend classroom instruction for the first seven days from June 2-10 from 8:00 a.m. to 11:00 a.m. Classes are held in the high school and taught by Mr. Greg Morris. Following the class instruction, each student will be scheduled to drive the required five hours over the course of the remaining summer.

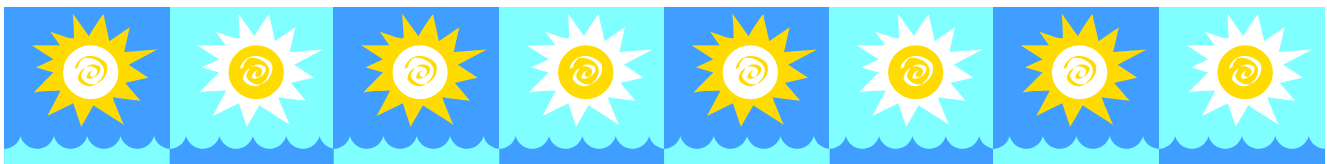
Summer school is for students who are seeking credit recovery. We utilize the A+ software program. All core curriculum classes will be available for the purpose of recovering failed credits. The cost of Summer School is \$50/class (maximum cost \$100). Summer School classes begin Monday, June 2 thru Thursday, June 26. These classes meet on Monday thru Thursday from 8:00 a.m. to 12:00 p.m. Daily attendance is required. With the A+ software program, each student works independently on the computer. Mrs. Roesener and Mrs. Schuster will monitor the classes and will be available for questions and assistance. Each class has a required number of assignments for each semester, to be finished with a passing grade to successfully complete the semester course.

The next item I need to discuss is pre-registration and the fall 2014 schedule. All high school students have already selected their classes for next fall. In August students will receive a letter from me which will contain their class schedules and dates on which they may change their schedule before the first day of school. Any changes they wish to make in their schedules will be done with Mrs. Moles on these designated days. Students will also have the first five days of school to change any class they need to.

The last thing to discuss is the iPad information which was included in the pre-registration letter that contained their handbook receipt and insurance form. These forms must be completed and signed and returned with the insurance fee on or before the first day of school for the sophomores, juniors and seniors – when this is accomplished the students will receive their iPads on the first day of school.

The freshmen students will have a letter in their pre-registration letter. The letter will include two dates I have designated for the freshmen's iPad orientation meetings. It is very important and mandatory that each freshmen student and a parent attend one of these meetings. No freshmen student will be given an iPad without attending this meeting or paying their insurance fee and completing the other forms. Once all are completed and paid, the freshmen students will receive their iPads.

If you have any questions about any of these items, please contact me. Have a safe and enjoyable summer with your family and friends.



## **News from Rich Bacon, Middle School Principal and Athletic Director**

The Middle School Academic Awards Program was held on Wednesday, May 21<sup>st</sup> in the Middle School gym. Many students were recognized by their teachers for academic achievements and other accomplishments that were earned throughout the year. Eighth graders Johan Arellano, Charla Eggleston, Mackenzie Eltiste, Nick Goracke, Johnny Kongmanyvong, Sierra McClintock, Aleisha McDonald, and Hanna Swanda were announced as winners of the prestigious President's Award for Educational Excellence. This award recognizes academic success in the classroom as each of these 8<sup>th</sup> grade students maintained a grade of 90% or above throughout the school year and scored in the 85<sup>th</sup> percentile on a national assessment in math or reading. Each of these students was honored with a letter of congratulations from President Obama, a certificate of achievement and a pin. Hannah Swanda won the 4<sup>th</sup> annual Woodman American History Award presented to the 8<sup>th</sup> grader who best demonstrates a passion for American History. Seventh graders Grace Clark, Simon Rother, and Andrew Beethe were recognized for participating in the Duke University Talent Identification Program. Duke TIP works with students, families and educators to identify, recognize, challenge, engage, and help students reach their highest potential. Eighth Graders Macee North and Tyllar Roesener and 7<sup>th</sup> graders Andrew Beethe, Garret Cropp, and Corrie McClintock received recognition for perfect attendance this past school year. Middle School students Nick Goracke, Sierra McClintock, Aleisha McDonald, Charla Eggleston, Grace Clark, Kole Kleespies, Andrew Beethe, Carrie Beethe, Eli Waring, and Jacob Wolter were recognized for academic excellence for both the 1<sup>st</sup> and 2<sup>nd</sup> semester in the classes that give semester grades. These were just a few of the students to receive recognition for their academic achievements. Congratulations to all students for the many wonderful accomplishments that were achieved this past school year.

All students, grades 9-12 who plan to participate in NSAA sponsored activities need to turn in a signed Parental Consent form. This must be done before a student is eligible for practice and competition in any activity that is under the jurisdiction of the Nebraska School Activities Association. The participating student and one of his/her parents or guardians must sign the certificate of consent and turn this certificate into the school office. By signing this consent form, parents and students acknowledge that they understand there are risks involved in any activity. This parental consent form must be on file at school for every student who participates in NSAA activities.

Each student, grades 7-12, who expects to participate in athletic contests shall present to the superintendent, principal, or school representative once each year, before actual participation in any inter-school sport, a physician's certificate on a form recommended by the NSAA that he/she is physically fit for athletic participation. This physical examination must be given during the school year in which the student participates or during the summer vacation period which precedes the school year in which the individual participates. Also, all incoming freshmen and juniors must complete the ImPact Concussion test to establish a baseline in the event of a head injury. This test will be conducted by school officials and must be done before an athlete is allowed to practice or participate in a contact sport (football, volleyball, softball, basketball, wrestling, jumping events in track & field).

Parental consent forms were included with each student's report cards, and physical evaluation forms can be picked up in the office at both sites. Please contact the school if you need either of these forms. All athletes who plan to participate in a fall sport need to take care of this prior to the beginning of fall practice on August 11, 2014, for girls golfers, softball and football players or August 18, 2014, for anyone participating in volleyball or cross country.

I hope everyone has a safe, enjoyable summer. While everyone needs to take time to relax during the

summer months, this is also a critical time for athletes to work on skill development for their particular activities. If student-athletes don't take responsibility to work on their games, it makes it very difficult to be competitive during the sports season. In an attempt to encourage high school student-athletes to participate in the summer weight and conditioning program and work to improve their individual skills, each coach has established three goals or benchmarks for their athletes to work toward. Once an athlete reaches one of the three benchmarks he/she will be recognized at the opening-day school assembly and awarded a t-shirt signifying the accomplishment. An athlete that reaches the first benchmark will receive a red shirt, the second benchmark will receive a black shirt, and the third benchmark will receive a gold shirt. As the great Muhammad Ali said, "The fight is won or lost far away from witnesses-behind the lines, in the gym, and out there on the road, long before I dance under those lights."

### CONCUSSION INFORMATION

The [Nebraska Concussion Awareness Act](#) was signed into law by Governor Heineman in April, 2012. The bill affects any schools having athletes 19 years old or younger, as well as any sports organization, including youth leagues, club sports, or any organization sponsoring a sporting activity where there is a cost to participants or where such costs are sponsored.

There are 3 primary components to the Nebraska Concussion Awareness Act:

1. **Education** – **(a)** concussion educational training must be made available to all coaches on how to recognize symptoms of a concussion, and how to seek proper medical treatment. **(b)** Athletes and parents must be provided concussion information prior to an athlete's participation on an annual basis that includes (i) signs & symptoms of a concussion, (ii) risks posed by sustaining a concussion, and (iii) actions an athlete should take in response to sustaining a concussion – including informing their coaches.
2. **Removal of Athlete** – an athlete presenting with signs or symptoms of a concussion thereby being "reasonably suspected" of having sustained a concussion **(a)** must be removed from participation, and **(b)** may not return to participation until evaluated by appropriate licensed health care professional, *and*,
3. **Written & Signed Clearance for Return to Play (RTP)** – an athlete having been removed from participation for the purpose of presenting with signs or symptoms or "reasonably suspected" of having sustained a concussion must have, before RTP or participation is allowed by a coach, **(a)** written and signed clearance from an appropriate licensed health care professional, and **(b)** written and signed clearance from the athlete's parents.

This law has changed the way concussions have been handled in the past. Schools/Organizations must notify a parent of a concussed athlete of the date and time of the head injury, the observed signs & symptoms, and action taken. Schools/Organizations will need to have concussion educational information readily available, and they must demand written clearance for RTP from a licensed health care professional and parent for any concussed athlete. Schools should anticipate the number of concussions, if appropriately "recognized", to increase significantly; on average, 10% of athletes in a contact or collision sport, and 15%-20% of FB players. Coaches will not only have a duty, but will be required to know the "Signs and Symptoms" of a concussion, and will be responsible for "recognizing" concussions and the potential for head injury. Coaches will have to remove any such athlete "reasonably suspected" of having sustained a concussion, and not allow that athlete to RTP without the athlete first being evaluated by an appropriate licensed health care professional, and without the athlete having written clearance from both a licensed health care professional and parent.

So what's the reality of it? The most difficulty in complying with this law will be the understanding

of what is considered a concussion by coaches and parents. The most painful aspect for coaches dealing with concussions will be: “a ding is a concussion”. An athlete that got “dinged” or had their “bell rung” is very likely to present with fairly recognizable signs and symptoms and is to be considered having sustained a concussion - regardless at what point the signs and symptoms may clear. Another point is, RTP of a concussed athlete will be essentially out of the hands of a coach, if at any point there are any signs or symptoms, or one is “reasonably suspected” of sustaining a concussion. No longer can there be any reasoning or judgment on the part of a coach, or parent, as to how minor or severe a concussion might be as to when a coach might think it’s OK for an athlete to RTP – RTP will be solely restricted to a licensed health care professional’s decision. It will be prohibitive for an athlete presenting with signs or symptoms in a game, even briefly, to RTP within the same game, and may become a rarity for an athlete concussed in a Friday night FB game to return for the following week’s game. Conversely, an athlete could essentially resume play, provided an appropriate assessment was made where no such findings were apparent to a coach. Removal, evaluation by a licensed health care professional, and written clearance are necessary in the event “signs and symptoms” were present or a concussion was “reasonably suspected”. Finally, asking an athlete “Are you OK, can you go?” will no longer be an appropriate means to assess their condition. Coaches will need to follow an appropriate method of sideline assessment for recognizing potential concussions.

[Adapted from the Nebraska Sports Concussion Network website]

### **A Parent’s Guide to Concussion in Sports**

Taken from the NSAA website and the National Federation of State High School Associations

#### **What is a concussion?**

- A concussion is a brain injury which results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. An athlete does not have to lose consciousness (“knocked out”) to suffer a concussion.

#### **Concussion Facts**

- It is estimated that over 140,000 high school athletes across the United States suffer a concussion each year. (Data from NFHS Injury Surveillance System)
- Concussions occur most frequently in football, but girl’s lacrosse, girl’s soccer, boy’s lacrosse, wrestling and girl’s basketball follow closely behind. All athletes are at risk.
- A concussion is a traumatic injury to the brain.
- Concussion symptoms may last from a few days to several months.
- Concussions can cause symptoms which interfere with school, work, and social life.
- An athlete should not return to sports while still having symptoms from a concussion as they are at risk for prolonging symptoms and further injury.
- A concussion may cause multiple symptoms. Many symptoms appear immediately after the injury, while others may develop over the next several days or weeks. The symptoms may be subtle and are often difficult to fully recognize.

## What are the signs and symptoms of a concussion?

SIGNS OBSERVED BY PARENTS, FRIENDS, TEACHERS OR COACHES	SYMPTOMS REPORTED BY ATHLETE
Appears dazed or stunned	Headache
Is confused about what to do	Nausea
Forgets plays	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or fuzzy vision
Moves clumsily	Sensitivity to light or noise
Answers questions slowly	Feeling sluggish
Loses consciousness	Feeling foggy or groggy
Shows behavior or personality changes	Concentration or memory problems
Can't recall events prior to hit	Confusion
Can't recall events after hit	Confusion

## What should I do if I think my child has had a concussion?

If an athlete is suspected of having a concussion, he or she must be immediately removed from play, be it a game or practice. Continuing to participate in physical activity after a concussion can lead to worsening concussion symptoms, increased risk for further injury, and even death. Parents and coaches are not expected to be able to “diagnose” a concussion, as that is the job of a medical professional. However, you must be aware of the signs and symptoms of a concussion and if you are suspicious, then your child must stop playing:

### When in doubt, sit them out!

All athletes who sustain a concussion need to be evaluated by a health care professional who is familiar with sports concussions. You should call your child's physician and explain what has happened and follow your physician's instructions. If your child is vomiting, has a severe headache, is having difficulty staying awake or answering simple questions, he or she should be taken to the emergency department immediately.

## When can an athlete return to play following a concussion?

After suffering a concussion, no athlete should return to play or practice on that same day. Previously, athletes were allowed to return to play if their symptoms resolved within 15 minutes of the injury. Studies have shown us that the young brain does not recover quickly enough for an athlete to return to activity in such a short time. Concerns over athletes returning to play too quickly have led state lawmakers to pass laws stating that no player shall return to play following a concussion on that same day and the athlete must be cleared by an appropriate health-care professional before he or she is allowed to return to play in games or practices. The laws also state that concussion educational training must be made available to all coaches on how to recognize symptoms of a concussion, and how to seek proper medical treatment.

Once an athlete no longer has symptoms of a concussion and is cleared to return to play by a health care professional knowledgeable in the care of sports concussions, he or she should proceed with activity in a step-wise fashion to allow the brain to re-adjust to exertion. On average the athlete will complete a new step each day. The return to play schedule should proceed as below following medical clearance:

*Step 1:* Light exercise, including walking or riding an exercise bike. No weightlifting.

*Step 2:* Running in the gym or on the field. No helmet or other equipment.

*Step 3:* Non-contact training drills in full equipment. Weight-training can begin.

*Step 4:* Full contact practice or training.

*Step 5:* Game play.

**If symptoms occur at any step, the athlete should cease activity and be reevaluated by their health care provider.**

### **How can a concussion affect schoolwork?**

Following a concussion, many athletes will have difficulty in school. These problems may last from days to months and often involve difficulties with short and long-term memory, concentration, and organization.

In many cases it is best to lessen the athlete's class load early on after the injury. This may include staying home from school for a few days, followed by a lightened schedule for a few days, or perhaps a longer period of time, if needed. Decreasing the stress on the brain early on after a concussion may lessen symptoms and shorten the recovery time.

### **What can I do?**

- Both you and your child should learn to recognize the "Signs and Symptoms" of concussion as listed above.
- Teach your child to tell the coaching staff if he or she experiences such symptoms.
- Emphasize to administrators, coaches, teachers, and other parents your concerns and expectations about concussion and safe play.
- Teach your child to tell the coaching staff if he or she suspects that a teammate has a concussion.
- Monitor sports equipment for safety, fit, and maintenance.
- Ask teachers to monitor any decrease in grades or changes in behavior that could indicate concussion.
- Report concussions that occurred during the school year to appropriate school staff. This will help in monitoring injured athletes as they move to the next season's sports.
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### **Other Frequently Asked Questions**

#### **Why is it so important that an athlete not return to play until they have completely recovered from a concussion?**

Athletes who are not fully recovered from an initial concussion are significantly vulnerable for recurrent, cumulative, and even catastrophic consequences of a second concussive injury. Such difficulties are prevented if the athlete is allowed time to recover from the concussion and return-to-play decisions are carefully made. No athlete should return-to-sport or other at-risk participation when symptoms of concussion are present and recovery is ongoing.

#### **Is a "CAT scan" or MRI needed to diagnose a concussion?**

Diagnostic testing, which includes CT ("CAT") and MRI scans, are rarely needed following a concussion. While these are helpful in identifying life-threatening brain injuries (e.g. skull fracture, bleeding, swelling), they are not normally utilized, even by athletes who have sustained severe concussions. A concussion is diagnosed based upon the athlete's story of the injury and the health care provider's physical examination.

#### **What is the best treatment to help my child recover more quickly from a concussion?**

The best treatment for a concussion is rest. There are no medications that can speed the recovery from a concussion. Exposure to loud noises, bright lights, computers, video games, television and phones (including text messaging) all may worsen the symptoms of a concussion. You should allow your child to rest as much as possible in the days following a concussion. As the symptoms lessen, you can allow increased use of computers, phone, video games, etc., but the access must be lessened if symptoms worsen.



## **How long do the symptoms of a concussion usually last?**

The symptoms of a concussion will usually go away within one week of the initial injury. You should anticipate that your child will likely be out of sports for about two weeks following a concussion. However, in some cases symptoms may last for several weeks, or even months. Symptoms such as headache, memory problems, poor concentration, and mood changes can interfere with school, work, and social interactions. The potential for such long-term symptoms indicates the need for careful management of all concussions.

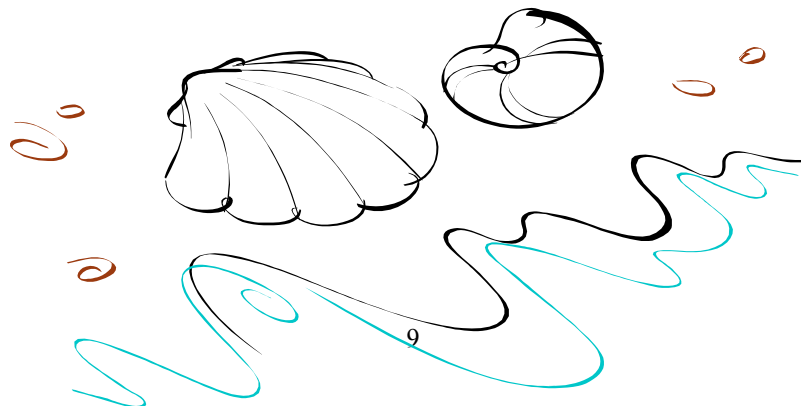
## **How many concussions can an athlete have before he or she should stop playing sports?**

There is no “magic number” of concussions that determine when an athlete should give up playing contact or collision sports. The circumstances surrounding each individual injury, such as how the injury happened and length of symptoms following the concussion, are very important and must be considered when assessing an athlete’s risk for further and potentially more serious concussions. The decision to “retire” from sports is a decision best reached following a complete evaluation by your child’s primary care provider and consultation with a physician or neuropsychologist who specializes in treating sports concussion.

## **I’ve read recently that concussions may cause long-term brain damage in professional football players. Is this a risk for high school athletes who have had a concussion?**

The issue of “chronic encephalopathy” in several former NFL players has received a great deal of media attention lately. Very little is known about what may be causing dramatic abnormalities in the brains of these unfortunate retired football players. At this time we have very little knowledge of the long-term effects of concussions which happen during high school athletics. In the cases of the retired NFL players, it appears that most had long careers in the NFL after playing in high school and college. In most cases, they played football for over 20 years and suffered multiple concussions in addition to hundreds of other blows to their heads. Alcohol and steroid use may also be contributing factors in some cases. Obviously, the average high school athlete does not come close to suffering the total number or shear force of head trauma seen by professional football players. However, the fact that we know very little about the long-term effects of concussions in young athletes is further reason to very carefully manage each concussion.

Some of this information has been adapted from the CDC’s “Heads Up: Concussion in High School Sports” materials by the NFHS’s Sports Medicine Advisory Committee. Please go to [www.cdc.gov/ncipc/tbi/Coaches\\_Tool\\_Kit.htm](http://www.cdc.gov/ncipc/tbi/Coaches_Tool_Kit.htm) for more information.





# Elementary News



Follow me on Twitter for news and updates: @JonRother

J O H N S O N C O U N T Y C E N T R A L

## Long Way Round to Perseverance!

### SPECIAL POINTS OF IN- TEREST:

- June 2—  
Summer  
School be-  
gins.
- June 2—  
Summer  
lunch pro-  
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gins.

As I reflect on the past school year, I think of all the ups and downs. What an emotional ride! Each day presents itself with new joys and new problems that could not have been foreseen the previous day.

One of the best things about being a principal is having an impact on our elementary students on a larger scale. As a school leader, I see it as my duty to serve our students and make decisions that are in their best interest both educationally and personally. This can be very difficult as the decisions are not always the most popular. These decisions can cause change not only for the student, but for the adults involved in the child's life. And, change can be a scary thing.

Most often, change is met with opposition out of fear. Usually fear of breaking up a routine, or

fear of having to learn something new.

Of course, as someone who serves, I want to help people. I want to help solve their problems. I want them to be happy. However, as you know, this does not always happen. I can compare it to parenting. Sometimes, people hit a difficult point, a penultimate point. I can always step in and attempt to take that away which causes stress and anxiety. However, I have to wonder: Is this the best thing? Is it okay for someone to struggle? How else does someone learn to overcome adversity if they have never had to face adversity? How will they ever know the sweet taste of victory or the joy of achievement if there was no struggle? I deal with this everyday; both in school, at home with my own children and in coaching. In the end, I come up with these points:

- Struggle is good, it is good for us.

- Struggle and adversity give us character and teach perseverance.
- Life doesn't get any easier, we just get better at handling adversity and tough situations.
- Being tough isn't about what we can dish out. Being tough is about what we can take and persevere.

As we carry into the next school year our hopes and dreams for our children, we must always reflect on what kind of people we are training our children to be. Adversity and struggle is inevitable. Bad things and tough times will happen. Rejection, failure, disappointment—things that it hurts us to see our children experience. However, of utmost importance, is how we teach them to carry on, to keep their chins up and persevere!

## Thanks, You Make a Difference!

I want to thank those of you who have been supportive of our school, your students and our staff. We won't always see eye-to-eye on every single thing. However, it is always appreciated when you let your teacher know how much you appreciate them and the work they do. Not just the teachers, but the para-educators, the kitchen staff, the maintenance and grounds crews, the office staff, volunteers, board members, PTO, substitute teaches and the administration. Just like you and your children, a kind word is always appreciated.

When you show your support, not just to teachers but to anyone, it helps build confidence and joy in one's performance and work.

To be sure, many books have been published about being positive and building people up. I usually just go back to what all of our mothers used to tell us, "If you don't have anything good to say, don't say anything at all." Good advice. Yet, sometimes hard to do. We are only human after all.

But, back to thanking you. Those little moments and words of gratitude help. They help the individual, they help relationships, and they help make our school a more positive place to work and be.

Many people say, "I could never do your job!" In a way, that makes me proud of what I do. Then again, I don't think I could do what some of you do. So, thanks for your support and thanks for what you do for our community and district!



## **Counselor News** by Shelley Moles

*“Dedicated to encouraging a Journey of excellence Creating lifelong learners and Citizens for tomorrow.”*

### **Reading This Summer:**

Students are busy during the summer as they are during the school year, but the benefits of reading for success in school and on achievement tests and college entrance tests, such as ACT or SAT, are supported by educational research. Reading during the summer helps maintain fluency and reading level, and improves reading speed, vocabulary, and comprehension. One comment I frequently hear from high school students is, “I could perform better on the ACT if I could read faster.” Reading “practice” will help – just as we expect our athletes to “practice” skills by attending camps and playing in leagues this summer, we must expect our students to “practice” skills by reading during the summer.

Students can benefit from many types of reading – novels, histories, biographies, technical books, or books about special topics in which they are interested. Libraries are excellent sources of reading material for little or no cost. Books also make great birthday gifts.

### **Tips for Making the Most of High School:**

This spring I was able to meet with next year’s freshmen as they toured the high school during “eighth grade” orientation. These Seniors of 2017 look to offer great passion for learning and school participation at JCC High School the next four years. I am eager to work with them in achieving their goals for high school, college, and careers. The following tips can help them and all students make the most of their high school experiences:

Tip #1: Be friendly and respectful. High school is a place to accept others and to try new things – let everyone have the chance to take their own path and find new interests!

Tip #2: Challenge yourself. Make the most of your high school years academically. Seize the opportunity to take a wide range of courses – take the extra class – it’s FREE! Compete in the classroom; work hard to achieve your goals for college or career. You are learning for life not just for an assignment or test.

Tip #3: Every class counts! Class rank is based on % grade point average. All classes from the freshman year to the senior year count in the cumulative GPA and consequent class rank. Start your freshman year positively.

Tip #4: Expect to have homework. Do assignments completely and on time – read for understanding. Homework is not busywork that the teacher wants to grade; it is meaningful work that will help you learn.

Tip #5: Help everyone learn by showing respect to teachers and classmates, by giving your best effort, listening and asking questions when you do not understand, and by completing assignments on time so your teacher can give you informed feedback on your learning. Your teacher will know whether to reteach a lesson or to go on to next concept.

Tip #6: Take notes on paper or electronically, then organize your notes so they include main ideas and details to help you remember. Review your notes daily as well as before tests and review sessions. You may have a great memory for a week or two but semester tests include all 18 weeks of learning and life includes even more.

Tip #7: Balance school, activities, and work. All three offer learning experiences. High school classes should be both challenging and rewarding but do need study time outside the classroom to learn; activities allow many opportunities to pursue interests, build leadership and teamwork skills; and work can build responsibility and time management. And don’t forget to spend some time with your family – they can be your biggest ally and support.

Tip #8: Have good attendance. Teachers do not have to reteach a lesson you missed and you develop the responsibility, discipline and persistence skills that are also good job skills. Studies also show that students who attend school regularly are less likely to drop out and are more likely to do well on standardized tests and earn better grades.

I wish everyone a great summer, and I look forward to seeing you in August for a terrific school year.

## Requesting a High School Transcript:

**Current High School Students** applying for postsecondary institutions, educational programs and scholarships need to bring a written request signed by the student and a parent to Johnson County Central School in order for a transcript or other information such as class rank, grade point average, or ACT/SAT score to be released. Transcript Request Forms may be picked up from the guidance office or printed from the school website.

**Graduates of Johnson County Central Public Schools, Elk Creek Schools, Nemaha Valley Schools or Tecumseh Public School** need to submit a written request stating: a) information to send (such as a transcript of grades), b) the year of graduation and/or attendance (such as graduated 2003), c) name and address of institution or program to receive requested information and finally, the printed name and signature of the former student making the request. Graduates may also use a Transcript Request form printed from the school website. Requests may be mailed to: Johnson County Central High School, Attn: Mrs. Shelley Moles, 358 N. 6<sup>th</sup> Street, Tecumseh, NE 68450) or given to Mrs. Moles in the counselor's office.

## 2014-2015 ACT TESTING DATES AND REGISTRATION:

To help with planning for next year, ACT testing dates and registration deadlines for the 2014-2015 school year are listed below. Please notice that the registration deadline for the September test date is before school begins.

<u>Test Date</u>	<u>Registration Deadline</u>
Saturday, September 13, 2014	Friday, August 8, 2014
Saturday, October 25, 2014	Friday, September 19, 2014
Saturday, December 13, 2014	Friday, November 7, 2014
Saturday, February 7, 2015	Friday, January 9, 2015
Saturday, April 18, 2015	Friday, March 13, 2015
Saturday, June 13, 2015	Friday, May 9, 2015

**Reminder** – students must electronically submit a photo with the application and the admission ticket will have the student's picture printed on it. When students take the test, they must have photo identification so test proctors can match the picture to their printed admission ticket.

All students must also indicate the school they attend when registering. Johnson County Central High School's **school code number** is **282 319**.

Students may register online at [www.actstudent.org](http://www.actstudent.org). Online registration is possible 24/7 on any computer connected to the internet. A MasterCard or VISA must be used to pay fees online. (Fee Waivers are available for juniors and seniors who qualify- see Mrs. Moles for waiver eligibility).

The [www.actstudent.org](http://www.actstudent.org) site also offers FREE practice test questions, FREE ACT Question of the Day, FREE Test tips, FREE "Preparing for the ACT" booklet in PDF format, and FREE Test Descriptions. The ACT Question of the Day may be a painless way for students to prepare for the type of questions on the ACT during the summer!

## Juniors and Seniors 2014-2015:

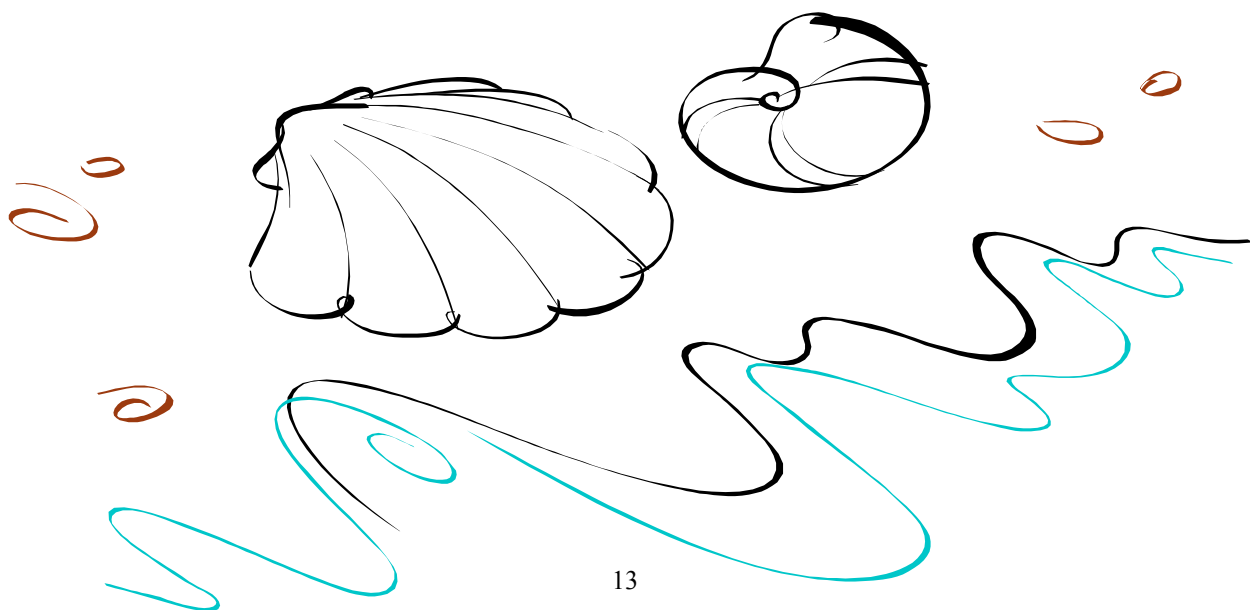
Peru State College, Southeast Community College, University of Nebraska College of Technical Agriculture and the University of Nebraska-Lincoln offer college courses on-line that juniors and seniors may take for college credit.

Johnson County Central High School works with Peru State College to offer opportunities for dual (concurrent) credit through Peru State College. Students must be juniors or seniors, have at least a “B” average, and submit their request for college credit to Peru State College. To assist students, Peru State College offers a special Early Entry tuition reduction. Dual credit classes allow students to earn college credits at Peru State College while taking approved high school classes. In addition, Peru State College offers a variety of on-line courses that are college credit only. Required textbooks for the online classes may be ordered online or picked up at the Peru State Bookstore.

Students interested in on-line or distance learning courses offered through Southeast Community College should register this summer for fall courses. These courses can be taken during a study hall or scheduled class period. Juniors or seniors must be approved to take a college course, complete a class registration form, and submit them to the Southeast Community College Admissions office. The SCC Business office will send the tuition statement and payment must be made before the first day of classes. Books can be ordered online through the SCC Bookstore.

The University of Nebraska also offers college credit to juniors and seniors through the on-line Advanced Scholars Program. To see a complete list of available courses and descriptions, please check out: <http://advancedscholars.unl.edu/Course-Delivery/Course-List.aspx> Students interested need to submit an UNL Advanced Scholars High School Approval Form (completed by the counselor/principal), UNL Advanced Scholars Tuition & Grades Signature Form (completed by student and parent/guardian), Visiting Student Application Form (completed by student), and \$45 application check made out to University of Nebraska-Lincoln. Tuition payments do not need to be sent at this time. Application materials may be found on-line at: <http://advancedscholars.unl.edu/Prospective-Student/Application-Process.aspx>.

Opportunities for college credit are available for both the fall and spring semesters.



JOHNSON COUNTY CENTRAL HIGH SCHOOL  
FOURTH QUARTER HONOR ROLL  
2013-2014

Seniors

Diana Andrade  
**\*Sonia Arellano**  
**\*Grant Badertscher (All A's)**  
**\*Mason Baum (All A's)**  
Brent Beethe  
Hanna Borrenpohl  
Kylie Crane  
Alexis Dorn  
Taylor Dudley  
**\*Courtney Eltiste (All A's)**  
Colton Gartner  
**\*Madalyn Henne**  
**\*Lauren Klaasmeyer (All A's)**  
Jerald Kuhns  
**\*Tiffany Neukirch (All A's)**  
Brady Parrish  
**\*Tyler Speckmann (All A's)**  
**\*Leah Tubbesing**  
Michael Werner

Sophomores

Mitchell Faris  
Aaron Johnson  
Edward Li  
Nathan Liberty  
**\*Grant Moles (All A's)**  
Rudy Pooch  
Matthias Ruess  
**\*Bryce Sahs (All A's)**  
**\*Austin Valenzuela**

**\*Honor Roll with Distinction**

Students earn at least a 94% average with all A's and a maximum of one "B"

Juniors

**\*Tristan Attebery**  
**\*Lacey Badertscher**  
**\*Kaycee Bartels (All A's)**  
**\*Melissa Bausch (All A's)**  
Rebecca Bernadt  
Isaac Buss  
Michael Clark  
**\*Erika Hunzeker (All A's)**  
**\*Kelsie Kaster (All A's)**  
**\*Michael Purcell (All A's)**  
**\*Daisy Ramirez (All A's)**  
Cody Rieken  
Whitney Speckmann  
Layton Sullwold  
Ryan Teten  
**\*Lindsay Weber (All A's)**

Freshmen

**\*Marissa Borrenpohl (All A's)**  
Carlos Cabrales  
**\*Schyler DeFreece (All A's)**  
Erin Hunzeker  
**\*Sara Kettelhake**  
Courtney Klaasmeyer  
**\*Keaton Kleespies (All A's)**  
**\*Sopha Kongmanyvong (All A's)**  
Spencer Kuhl  
Jesse Reyes  
Alejandra Rojas  
Samuel Saldivar  
Angelica Wellman

Honor Roll:  
Students earn no class grade lower than a "B"

JOHNSON COUNTY CENTRAL HIGH SCHOOL  
SECOND SEMESTER HONOR ROLL  
2013-2014

Seniors

Diana Andrade  
Sonia Arellano  
**\*Grant Badertscher (All A's)**  
Mason Baum  
Brent Beethe  
Emma Berkebile  
Hanna Borrenpohl  
Kylie Crane  
Alexis Dorn  
Taylor Dudley  
**\*Courtney Eltiste**  
Madalyn Henne  
**\*Lauren Klaasmeyer (All A's)**  
**\*Tiffany Neukirch (All A's)**  
Michaela Pooch  
**\*Tyler Speckmann (All A's)**  
**\*Leah Tubbesing**  
Michael Werner

Sophomores

Mitchell Faris  
Aaron Johnson  
Edward Li  
Nathan Liberty  
**\*Grant Moles (All A's)**  
Rudy Pooch  
Matthias Ruess  
**\*Bryce Sahs**  
**\*Austin Valenzuela**

**\*Honor Roll with Distinction**

Students earn at least a 94%  
average with all A's and a  
maximum of one "B"

Juniors

Tristan Attebery  
**\*Lacey Badertscher**  
**\*Kaycee Bartels (All A's)**  
**\*Melissa Bausch (All A's)**  
Rebecca Bernadt  
Isaac Buss  
**\*Michael Clark**  
**\*Erika Hunzeker (All A's)**  
**\*Kelsie Kaster (All A's)**  
**\*Michael Purcell (All A's)**  
**\*Daisy Ramirez (All A's)**  
Cody Rieken  
Whitney Speckmann  
Ryan Teten  
**\*Lindsay Weber (All A's)**

Freshmen

**\*Marissa Borrenpohl (All A's)**  
Carlos Cabrales  
**\*Schyler DeFreece (All A's)**  
**\*Sara Kettelhake (All A's)**  
Courtney Klaasmeyer  
**\*Keaton Kleespies (All A's)**  
**\*Sopha Kongmanyvong (All A's)**  
Spencer Kuhl  
Jesse Reyes  
Samuel Saldivar  
Mark Splichal  
Angelica Wellman

Honor Roll:

Students earn no class  
grade lower than a "B"

**Johnson County Central Middle School Honor Roll  
Fourth Quarter 2013-2014**

**Grade 8**

Gabriela Alvarado

**\*Johan Arellano**

Armando Cabrales

**Charla Eggleston (All A's)**

**\*MacKenzie Eltiste**

**Taylor Gerdes (All A's)**

**Nicholas Goracke (All A's)**

Vanhna Kongmanyvong

**\*Celina Lambelet**

**Sierra McClintock (All A's)**

**\*Aleisha McDonald**

Macey Pietzyk

Tyllar Roesener

**\*Hannah Swanda**

**Grade 7**

Josh Bailey

Connor Bartels

Tyler Bartels

Andrew Beethe

Haley Beethe

**Grace Clark (All A's)**

Hailey Clark

Erika Cruz

**Alexis Graham (All A's)**

**Kole Kleespies (All A's)**

**\*Corral McClintock**

**\*Diego Reyes**

Jordan Rodriguez

**\*Simon Rother**

Tyler Sedersten

**Grade 6**

**\*Abigail Balfour**

**Carrie Beethe (All A's)**

Samuel Buss

**\*Gabriel DeFreece**

Caleb Eggleston

Tanner Kerner

Tucker Liberty

**Eli Waring (All A's)**

**Jacob Wolter (All A's)**





**Johnson County Central Middle School Honor Roll  
Second Semester 2013-2014**

**Grade 8**

**\*Johan Arellano**

Armando Cabrales

**Charla Eggleston (All A's)**

**\*MacKenzie Eltiste**

**\*Taylor Gerdes**

**Nicholas Goracke (All A's)**

Chase Graham

Vanhna Kongmanyvong

**Sierra McClintock (All A's)**

**\*Aleisha McDonald**

Tia Parrish

Macey Pietzyk

Tyllar Roesener

**\*Hannah Swanda**

**Grade 7**

Josh Bailey

**\*Connor Bartels**

Tyler Bartels

**Andrew Beethe (All A's)**

Haley Beethe

**Grace Clark (All A's)**

**\*Hailey Clark**

**\*Erika Cruz**

**\*Alexis Graham**

**Kole Kleespies (All A's)**

**\*Corral McClintock**

Diego Reyes

Jordan Rodriguez

**\*Simon Rother**

Tyler Sedersten

**Grade 6**

Abigail Balfour

**Carrie Beethe (All A's)**

Samuel Buss

**\*Gabriel DeFreece**

Caleb Eggleston

Tanner Kerner

Tucker Liberty

**Eli Waring (All A's)**

**Jacob Wolter (All A's)**

## President's Award for Academic Excellence Recipients

The President's Award for Academic Excellence recognizes students who have achieved high academic goals through their hard work and dedication to learning. Student's receiving the award must have an overall grade average of 90% throughout grades 6, 7, and 8. They also must have scored above the 85<sup>th</sup> percentile on a standardized assessment with the two most recent administrations of MAPS or NeSA, in either reading or mathematics.

Students meeting these criteria received a President's Award for Excellence in Education lapel pin, a signed certificate from the President of the United States, Barak Obama and the US Secretary of Education, Arnie Duncan. In addition, students received a letter from the President encouraging them to continue excellence in education.



Recipients of the President's Academic Excellence Award from the 8<sup>th</sup> grade class include:  
**Back Row: Johan Arellano, Nicholas Goracke, Hannah Swanda, and Sierra McClintock.**  
**Front Row: Charla Eggleston, Vanhna Kongmanyvong, Aleisha McDonald, and MacKenzie Eltiste.**



Recipients of the President's Academic Excellence Award from the 5<sup>th</sup> grade class include:  
**Saylor Rother, Katie Little, Kylie Kleespies, Jason Kettelhake, Devin Conley, and Calvin Antholz.**



**Johnson County Central  
Middle School  
Fall Walk-Through  
Monday, August 18<sup>th</sup>  
6:00 pm @ Cook site**

**To: 6<sup>th</sup>, 7<sup>th</sup>, & 8<sup>th</sup> Grade Students and Parents**

Middle School is a critical step in a student's education. It presents new changes and challenges. We hope to help make this a smooth transition with the Fall Walk-Through by allowing students to see their schedules, find their rooms and lockers, and meet with their teachers. This time will also allow the parents to see what is expected of their children in each class regarding homework, lecture notes, deadlines, note taking, etc.

The Fall Walk-Through will begin at 6:00 pm in the commons area where students will receive their 2014-2015 schedules as well as forms to be completed. Following a short welcome in the main gym, students and parents will be dismissed to the student's 1<sup>st</sup> period class. Each period will meet for approximately 5 minutes. During this time teachers will explain their expectations and guidelines for their classes, plus provide an opportunity for parents and students to ask questions. After the last period, forms will be collected in the commons area and 6<sup>th</sup> grade students will be able to purchase supply packs if interested. The supply pack contains some of the recommended supplies suggested by the 6<sup>th</sup> grade teachers. Supply packs will not be available for 7<sup>th</sup> & 8<sup>th</sup> grade students to purchase. They will be responsible for purchasing supplies on their own. All students are expected to come prepared for each

class with paper, pencils/erasers, pens, highlighters, kleenex, etc. *\*Student Planner/Assignment Books and Handbooks will be handed out to all students the first day of school.*

Lunch money will be collected in the commons area following the Walk-Through or students may bring money for lunches the first day of school. All lunches are to be paid in advance.

\*Free & Reduced lunch applications are available.

**School physicals are required for ALL students entering the 7<sup>th</sup> grade and immunizations must be up to date!** School physicals are also required for all 8<sup>th</sup> grade students who are participating in any sport.

*\*School Physical forms/NSAA Parent Consent forms are available at the Middle School office, High School office or can be found on the school website: [www.jccentral.org](http://www.jccentral.org). Please bring your student's Physical Clearance Form and NSAA Student/Parent Consent Form to the Walk-Through. If you have any questions, please feel free to contact the Middle School @ 864-4181.*

Hope to see everyone there!

ELEMENTARY CLASSROOM SUPPLIES

2014-2015 SCHOOL YEAR

PLEASE LABEL ALL ITEMS WITH YOUR STUDENT'S NAME

Kindergarten-Mrs. Borrenpohl/Mrs. Grotrian

Mrs. Robeson

Pencil Box  
Pencil  
Eraser  
1-8pk Crayons  
1-16pk Crayons  
2-24pk Crayons  
8-10 Glue Sticks  
A plastic mat (only plastic) for rest time  
Book bag  
Paint shirt (man's T-shirt works well)  
2 large boxes of Kleenex  
Scissors - no sharp points  
1 container of anti-bacterial wipes

Grade 1-Mrs. Benson/Mrs. Faris

2 dozen #2 pencils  
2 packs of 8 crayons & one BIG pack of many colors  
1 large pencil box  
1 paint shirt  
1 bottle of Elmers glue & 8 glue sticks  
1 pair (no sharp points) scissors  
1 box of Kleenex  
4-2 pocket folders  
1 drawing tablet  
1 large eraser  
1 to 2 inch o  
1 large shoe box w/lid or plastic container w/lid  
1 container of anti-bacterial wipes  
P.E. shoes - **Mrs. Benson only**  
1 roll of paper towels  
1 box of quart or gallon zip lock baggies



Grade 2-Mrs. Doeden/Mrs. Hemmingsen

2 doz. Yellow #2 pencils  
1 big eraser  
2 glue sticks  
1 spiral notebook, wide ruled  
1 box 24 crayons  
1 box of 12 colored pencils  
2 pkgs of 3x5 ruled index cards  
1 small pencil box or bag  
1-2" binder (3 hole punch)  
2-2" pocket folders  
2 large boxes of Kleenex  
2 containers of anti-bacterial wipes  
P.E. shoes  
School bag  
1 pair pointed Fiskers scissors

Grade 3-Mrs. Dieckgrafe/Mrs. Heidemann

1 pkg of pencils with erasers  
1 pair scissors  
8 glue sticks  
1 box of 8 Crayons  
1 box of colored pencils  
1 red checking pen  
1 pencil bag  
2 wide rule notebook  
1 pkg 3x5 index cards  
1 Clorox anti-bacterial wipes  
2 boxes of Kleenex  
P.E. Shoes  
1-1" 3-ring binder for Mrs. Heidemann

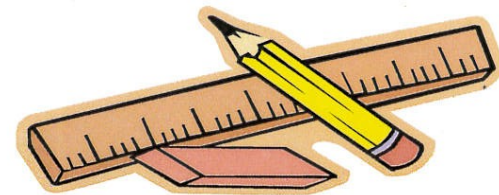


Grade 4-Mrs. Dorsey/Mrs. Naber

1 pocket folder for homework  
Colored pencils  
Crayons  
12 yellow, six-sided #2 pencils, sharpened  
Red pen  
1 spiral notebook  
3 boxes of Kleenex  
4 glue sticks  
1 bottle of white glue  
Scissors (Fiskars if possible)  
1-2" pink eraser  
1 plastic storage box (shoebox size)  
P.E. shoes to be left at school  
**NO** large trapper keepers or binders

Grade 5-Mrs. Crotty/Mrs. Tubbesing

12 Pencils- NO Mechanical pencils  
Box of 24 or less crayons or colored pencils  
Ruler (standard and metric)  
Pocket folder  
4 glue sticks  
Erasers  
2 checking pens-Red  
3 large boxes of Kleenex  
P.E. Shoes to leave at school  
Scissors  
3 spiral notebooks-Mrs. T. (**no easy tear out**)  
2 spiral notebooks-Mrs. Crotty (**no easy tear out**)  
1 pkg filler notebook paper-Mrs. Crotty  
1-1" 3-ring binder for Mrs. Crotty  
**NO** large trapper keepers or binders



**Summer Weight Room Hours**  
**Monday-Thursday 8-10 am**  
**Monday-Wednesday 5-7pm**  
**Friday 5-7pm**

**Thursday is only in the morning & Friday is only in the evening**



**Times are subject to change and posted on the door.**  
**Please enter & exit through the back door.**



## **Summer Volleyball**

Volleyball has some exciting activities going on this summer. The high school volleyball team will host 2<sup>nd</sup> – 8<sup>th</sup> grade volleyball camp on May 27<sup>th</sup> – May 29<sup>th</sup> in Cook. The youth camp is designed to get kids excited about volleyball at a young age, while developing proper techniques.

On June 2<sup>nd</sup>, Gwen Egbert, from Doane College will conduct an all day skill training in Tecumseh. We will also be bringing in Coach Scott Mattera, head coach from Concordia University to focus on passing and serving skills June 11. The JV/Varsity will also attend a team camp at UNK on July 18 – 19 .

In addition to camps, the team will focus on passing, serving, and lifting weights to increase speed and vertical jump as their summer goals. Each athlete has been given a summer work out packet. I will also put a copy of the workouts at the Cook and Tecumseh weight rooms in case the girls lose them!

Starting June 2<sup>nd</sup>, 57Fitness is also offering summer strength and conditioning for high school athletes at 6:30 am last 6 weeks for a cost of \$30.00. The summer conditioning will include strength training, plyometrics, endurance, stretching, and high intensity interval training.

**May 27<sup>th</sup> – May 29<sup>th</sup> Cook Gym (cost \$20.00 includes T-Shirt)**

### **Grades 2<sup>nd</sup> - 5<sup>th</sup> (2014/2015)**

Tuesday, May 27<sup>th</sup> – 10:00 am – 11:30 am

Wednesday, May 28<sup>th</sup> – 8:30 am 10:00 am

Thursday, May 29<sup>th</sup> 8:30 am – 10:00 am

### **Grades 6<sup>th</sup> - 8<sup>th</sup> (2014/2015)**

Tuesday, May 27<sup>th</sup> 12:30 – 2:00 pm

Wednesday, May 28<sup>th</sup> 10:30 am – 12:00 pm

Thursday, May 29<sup>th</sup> 10:30 am – 12:00 pm

Monday, June 2<sup>nd</sup> – 9<sup>th</sup> - 12<sup>th</sup> Grade (2014/2015)

Cost \$35.00

Time: 8:30 – 11:30/ and 1:30 – 3:30 Tecumseh Gym

Monday, June 11<sup>th</sup> - 9<sup>th</sup> - 12<sup>th</sup> Grade (2014/2015)

Time: 8:30 – 11:30 at Tecumseh Gym



**July 18<sup>th</sup> - July 19<sup>th</sup> – Team Camp at UNK**

Have a great summer!

Coach J

**JOHNSON COUNTY CENTRAL THUNDERBIRDS**  
**BOYS BASKETBALL SUMMER 2014**  
**COACH HUTT**

**STUDENT-ATHLETES:** YOU ARE ENCOURAGED TO TAKE TIME THIS SUMMER TO ENHANCE YOUR STRENGTH, ATHLETICISM, AND BASKETBALL SKILLS. **STRENGTH TRAINING IS FREE.** USE THE JCC WEIGHTROOM AS YOUR RESOURCE TO GET STRONGER. GETTING STRONGER WILL GIVE YOU GREAT CONFIDENCE. IMPROVING YOURSELF ATHLETICALLY WILL HELP YOU IN ALL SPORTS. PUT THE FUN IN FUNDAMENTALS BY EXECUTING BASKETBALL SKILLS AT A HIGH LEVEL. DRILL AND REPETITION ON YOUR OWN WILL CREATE GREAT WORK HABITS FOR SKILL DEVELOPMENT AND IMPROVEMENT. I BELIEVE CONFIDENCE AND SURENESS OF YOUR CRAFT IS A HUGE KEY TO BEING SUCCESSFUL. HAVE A GREAT SUMMER AND I LOOK FORWARD TO THE 2014-15 SEASON!

WE WILL BE PARTICIPATING IN A JV AND VARSITY SUMMER LEAGUE IN SYRACUSE ON 4 MONDAY NIGHTS IN JUNE. THE VARSITY WILL ATTEND TEAM CAMPS IN MURDOCK, AND YUTAN. WE WILL ALSO BE HOSTING 3 MORNINGS OF TEAM CAMP FOR OUR JCCHS PLAYERS. THESE WILL BE IN THE HS GYM IN TECUMSEH ON MAY 30: 9:00-10:30AM, JUNE 11 1:00PM-2:30PM AND JUNE 18 9:00-10:30AM. WE LOOK FORWARD TO THE COMPETITION AND THE OPPORTUNITY TO IMPROVE.

**10 MULTI-SPORT & ACTIVITIES PARTICIPATION BENEFITS TO CONSIDER**  
**BY COACH HUTT**

**1 HELP YOUR SCHOOL TO  
BE SUCCESSFUL IN ALL  
SPORTS & ACTIVITIES.**

**2 STAY WITH YOUR TEAMMATES AND PARTICIPATE WITH NEW TEAMMATES.**

**3 STAY IN SHAPE & PARTICIPATE. BE CREATIVE & PERFORM IN FINE ARTS.**

**4 SPORTS REQUIRE MENTAL FOCUS & STRATEGY. STAY SHARP & LEARN.**

**5 VARIETY OF COMPETITION IS FUN & DEVELOPS & ENHANCES SKILL SETS.**

**6 GAIN STRUCTURE, COACHING & KNOWLEDGE FROM MORE MENTORS.**

**7 HELP YOURSELF TO BE A MORE WELL-ROUNDED STUDENT-ATHLETE.**

**8 CHIP IN & HELP OUT BY USING YOUR TALENTS. DE-  
VELOP A NEW ONE.**

**9 SET GOALS AND ORGANIZE YOUR TIME. STAYING BUSY IS HEALTHY!**

**10 MAKE A TEAM OR ACTIVITY BETTER BECAUSE YOU ARE INVOLVED!**

