

THE COACHES' COMMENT

A Publication of the Colorado Coaches of Girls Sports

September 2009

President's Message

Welcome back to another fun-filled year of sports and activities!

I have finally come to realize that overall what we do is fun-filled even with the stress and pressures of having parents trust us with their children. Just like our athletes, if this isn't fun WHY are we doing what we do? We all have different reasons why we entered into this crazy profession called coaching. Some of us had bad experiences with our coaches growing up and knew that we had to give our athletes a better experience, while others had marvelous coaches and wanted to follow in their footsteps. Whatever the reason, make sure that you are truly enjoying what you do. Surround yourselves with coaches that will make your life easier and your team better. Search out other coaches to give you a hand when you have a problem or you need advice. Tap into a local college or university and their coaching staff. I have yet to meet a college coach, head or assistant, that isn't willing to spend time with a high school coach. Making our athletes better will only help them at the next level. Join as many professional organizations as you can. Network, network and network! Last but not least, enjoy being around your kids. They feed off of you and your staff, and you can feed off of them. Practice is definitely a time to focus and concentrate on the task at hand, but EVERYONE should enjoy being in the gym.

Here's wishing everyone a successful and fun-filled year! Let me know if I can ever be of assistance.

Terri Ward, Niwot
CCGS President



Inside this
Issue

- All-State Ballots for Softball, Volleyball, & Basketball
- Dates for All-State selection meetings, banquets, and games weekends
- Ruby Miller Scholarship applications
- Ruby Miller Scramble Golf Update
- Helen McCall Coaching Scholarship
- Helen McCall Coach of the Year Winner for 2009

CCGS Web Site

Did you know that CCGS has a web site? Have you ever accessed it? All-State Game Nomination forms are located on the site along with other valuable information. If you are a member of CCGS you may also post information on the website. An example of a posting would be to advertise a summer camp or summer league competition. **Contact our Webmaster, Joe Schmidt at colocgs.com.** We also have a direct link to the site by going through the CHSAA's web site: chsaa.org

**CCGS All-State Softball Selection Meeting: Oct. 25 @ Monarch K-8
Banquet: Nov. 1, Double Tree Hotel, Westminster
Games: Nov. 1, Christopher Fields, Hwy 36 & 104th Ave.**

CCGS Ruby Miller Scholarship

Purpose: Colorado Coaches of Girls Sports (CCGS) wishes to recognize one or more outstanding female athletes who are graduating high school seniors and who plan to go into the coaching of girls' sports.

Scholarship Award: One to four awards of \$750 each will be presented at the All-State Basketball Games Banquet each year in March.

Scholarship Procedure: Nominations are to be submitted on the official CCGS entry form. Copies may be made for distribution to qualified applicants. An **official transcript** (including first semester of the senior year) and **two letters of recommendation** (only one of which may be written by a coach) must accompany the application. Decisions of the scholarship committee are final.

Applicant Requirements:

1. Applicant must plan a career in the coaching of girls' sports.
2. Applicant must be a graduating high school senior with a cumulative GPA of 3.0 after the first semester of her senior year.
3. Applicant must be a girl who has competed in sanctioned CHSAA sport(s) and is a resident of Colorado.
4. Applicant must plan to attend an accredited college or university.
5. Applicant must submit completed application by February 12 in the calendar year of the award.

COPIES OF BOTH PAGES (SIDES) MAY BE MADE FOR DISTRIBUTION TO QUALIFIED ATHLETES. BE SURE TO COPY BOTH PAGES (SIDES) AND READ BOTH PAGES (SIDES) CAREFULLY.

APPLICATION, TWO LETTERS OF RECOMMENDATION, AND OFFICIAL TRANSCRIPT MUST BE RECEIVED AS A PACKET BY CCGS BY FEBRUARY 12 OF THE YEAR OF THE AWARD.

COLORADO COACHES OF GIRLS SPORTS RUBY MILLER SCHOLARSHIP APPLICATION

TO BE COMPLETED BY THE STUDENT/ATHLETE APPLICANT:

NAME _____ Date of Birth _____ e-mail _____

STREET ADDRESS _____ CITY _____ ZIP CODE _____

HOME PHONE _____ HIGH SCHOOL NAME _____ CUM. GPA _____

SCHOOL COUNSELOR OR ADMINISTRATOR _____ PHONE _____

PARENT(S): _____ WORK PHONE _____

ATHLETIC ACCOMPLISHMENTS (high school only, grades 9-12):

OTHER EXTRACURRICULAR (school/community) **ACTIVITIES, HONORS, ATHLETICS:**

ACADEMIC AND CAREER GOALS:

REASONS FOR DESIRING TO COACH:

THIS APPLICATION, LETTERS OF RECOMMENDATION, AND OFFICIAL TRANSCRIPT ARE TO BE RECEIVED AS A PACKET BY FEBRUARY 12.

**MAIL TO:
CCGS Ruby Miller Scholarship
Attention: Mary Kvamme
6483 Nile Ct.
Arvada, CO 80007**

Include additional pages, if necessary.

**“HELEN MCCALL MEMORIAL AWARD
CARYN JAROCKI, HIGHLANDS RANCH H.S.**

Caryn Jarocki, our 2009 CCGS Helen McCall Coach of the Year Winner is a true Title IX baby. She was born at the right time in northern Illinois and competed on her East Leyden High School Basketball and Tennis teams. After high school in 1979, Coach Jarocki attended the University of Denver on a basketball/academic scholarship and played guard for the Pioneers. She earned her B.A. and Master's degrees in Physical Education and Sport Sciences.

Her background in competitive sports landed her a job at Colorado Academy teaching K-6 physical education and coaching 7th grade girl's tennis, 9th grade boy's tennis, and varsity basketball, 11 years and varsity tennis for 8 years. While at Colorado Academy, Jarocki's basketball team went to the Final 4 once and she was named Mile High League's Coach of the Year in '93 and '96, and she coached the CCGS 1A-2A Basketball Red Team in 1993.

Coach Jarocki moved to Highlands Ranch High School in 1996 to teach physical education and coach basketball and has been there ever since. Her Highlands Ranch Team has racked up a win/loss record of 263-57 (82%). Jarocki's overall record is 414-130 (76%). Not bad for two schools with totally different students and divisions of play! She took her Highlands Ranch Team to 10 Final Four appearances winning the State 5A Championship six times.

Coach Jarocki has been honored as the 5A Rocky Mountain News Coach of the Year and the All Colorado Coach in 2000 and The Denver Post gave her 5A coaching honors in 2002. The Continental League named her Coach of the Year in '99, '00, and '09. She was the WBCA Assistant Coach for the All-America High School game in '02, Assistant Coach for the McDonald's High School All-America game in '08, and coached the USA Basketball Jr. Development Team to a gold medal in 2007. She was honored with the Dave Sanders Award in 2007, coached the CCGS 5A All-State Basketball Blue Team in 2002, and assisted the CCGS 5A Blue Coach, Gayle Hook, in 2006.

Coach Jarocki and her players hold a "Little Kids" (2nd – 8th grade) camp every summer. She has worked the CU basketball camps, and has been a guest speaker at the University of Iowa Basketball Clinic. She has had 15 players go on to play college basketball at the Division 1, 2, and 3 levels. One former Highlands Ranch player, Ann Strother, was the National High School Player of the Year, and went on to play at the University of Connecticut. CCGS congratulates Caryn Jarocki, the 2009 Helen McCall Coach of the Year!

Executive Committee

President: Terri Ward, Niwot
Ward_Terri@stvrain.k12.co.us
Vice President: Dave Walck, Grand Valley
Treasurer: Moya Cramer, North Arvada
Secretary: Monica Tuz, Broomfield
monica.tuz@bvsd.org
Membership: Monica Tuz
maryelise@centurytel.net
All-State Committee: Sheila Hasenkamp
shasenkamp@netzero.net
Publications: Laura Fischer
ljfischer100@comcast.net

Volleyball Co-Chair: Pam Fagerlund, Flagler
pfagerlund@arriba-flaglersd20.net
Volleyball Co-Chair: Lisa Schumacher, Sterling
schumacherl@re1valleyschools.org
Softball Chair: Khara West, Broomfield
Khara.west@bvsd.org
Basketball Chair 4A/5A: Josh Ulitzky, Grandview
julitzkey@cherrycreekschools.org
Basketball Co-Chair 2A/3A: Mercy Ames, Strasburg
mames86@hotmail.com
Basketball Co-Chair 1A: Dave Huss, Caliche
dhuss@re1valleyschools.org

Colorado Coaches of Girls Sports
Membership Form

Name _____ Phone _____

Home Address _____ City _____ Zip _____

School _____ E-Mail _____

Varsity Coach: Yes / No \$30.00 Previous Member: Yes / No

Assistant Coach / Retired Coach / Supporter (circle) \$15.00

Sport(s) Coached: _____

I would like to serve CCGS: Basketball Softball Executive
(check your choice) All-State Games Volleyball

Mail membership & dues to: CCGS, P.O. Box 1750, Arvada, CO 80001

Colorado Coaches of Girls Sports
P.O. Box 1750
Arvada, Colorado 80001

Membership Due _____

SEVENTH ANNUAL RUBY MILLER SCHOLARSHIP GOLF SCRAMBLE A SUCCESS!

Presented by Denver Athletic Supply

A tournament-record, ninety-two golfers enjoyed the sunny skies at Indian Tree Golf Course in Arvada on June 19. The 7:30 a.m., shotgun competition was held in three flights--Women, Men and Co-ed. The highly-competitive women's flight was won by a team put together by former softball coach and current CCGS auditor, *Kim Wells*. She and teammates, *Carolyn Bachamp, Karen Chase, and Karen Leuschel*, shot a 6-under-par 68. The men's flight was won with a fantastic score of 61 by *Mike Mahoney, Bob Bledsoe, Ron Cambell, and Lenny Bernstein*. Co-ed winners were *Kathy Peters, Mary Kvamme, Ed Baierlein, and Ted Swenson* who shot a 68. Former Adams Co. District 1 administrator, **Brian Rich, shot a hole-in-one** on the par 3, No. 17. Congratulations to Brian! **The tentative date for the 2010 tournament is Friday, June 4.** Mark your calendar!

This year's tournament was the best yet. **Denver Athletic Supply (Mick Montgomery, owner) is in its fourth year of being the presenting sponsor for our tournament, and as such donates \$1000 to the scholarship fund. CCGS thanks Denver Athletic for its generous support.** Personalized bag tags were awarded to *Judy Berry, Doug Ottewill, and Shirley Simons* for five years of participation. Hole sponsors this year were the ***DoubleTree Hotel, Drew Financial Services, Arvada Vision Clinic, First Bank of Arvada, Arvada West Auto, and Caldwell Chiropractic.*** Please remember our sponsors when you have need of services they could provide.

The golf tournament doesn't happen by itself. Volunteers make it happen. Debby and Bob Lavender, Diane Mulvany, Colleen Stradley, Judy Berry, Laura Fischer, Judy Robinson, Evie Koester, and Chris Beal have given of their time and are appreciated. If you have ideas for the tournament or would like to get involved as a participant or as a volunteer, call Mary Kvamme at 303-421-8392.

An application for the Ruby Miller Scholarship is included in this newsletter. Please encourage your senior athletes to apply. The scholarships are presented to four seniors who have an interest in coaching. See other criteria on the application form which is to be received by Feb. 12, 2010. Four scholarships of \$1000 were presented in 2009. **Congratulations to scholarship winners and their coaches:** Tae'lor Purdy, Deer Trail (Regis); Karlie Ramsey, Loveland (UNC); Kelly Rappe, Poudre (Hendrix College, Conway, AK); and Meagan Sullivan, Burlington (Northeastern JC). Feedback from six of the first two classes of winners indicates that the all have been coaching on some level since college and all were very appreciative of the scholarship. **That's our goal—to encourage young women to go into coaching as a career.**

Join the Colorado Coaches of Girls Sports (CCGS) Today! Be active in your professional organization, and participate in the selection of athletes for the respective All-State Games!

Hall of Fame Nominations

CCGS is seeking nominations for the for the CCGS Hall of Fame. Nominations should meet at least four of the following qualifications:

- Leadership position in women's athletics
- Instrumental in getting girls' athletics state sanctioned and financially supported
- Substantial service to Colorado as coaches, officials, athletic directors, or administrators
- Involvement in professional organizations
- Has made a measurable contribution or positive impact toward girls' athletics
- Has contributed in more than one sport
- Has been a member of CCGS and involved with CCGS in some capacity

Nominations should be sent to CCGS Hall of Fame, P.O. Box 1750, Arvada, CO 80001

Helen McCall Coaching Scholarships

Apply Now! The Helen McCall Scholarships pay for CCGS member coaches to attend coaches clinics or officials clinics. Any member who is interested in applying for a scholarship should follow the steps below. The only stipulation is that scholarships are only given every other year to a specific coach. In this economy CCGS is sure that you want to know how to land **free** conference fees? Remember, if your assistant coaches are of members of CCGS, they are also eligible for coaching scholarships!

To apply, you must:

1. Be a member of CCGS
2. Write a short essay explaining the benefits of the activity (conference, seminar, ed. Materials)
3. Applications must be received 2 weeks prior to the conference deadline
4. Include you Name, Address, Phone #, e-mail, Sport, & School
5. Mail to: Laura Fischer, Helen McCall Scholarship, 2350 Brentwood St., Lakewood, CO 80214 or E-mail to: ljfischer100@comcast.net Phone: 303-239-6306 or 303-909-9221

**All-State Basketball Games
Selection Meeting: March 14 @
Westminster HS; 9:00am
Banquet: Mar. 27 @ Double Tree
Hotel in Westminster
Games: Mar. 28 @ Arvada West**

Recognition Award

The CCGS Special Recognition Award is available to all members who would like to recognize someone who has consistently worked to assist his/her program and/or worked with CHSAA, and/or contributed to the development of girl's sports in Colorado. These people may be timers, scorers, announcers, officials, or others you feel are deserving of state recognition because of their loyalty to you and your team. Mail your nominations to CCGS Recognition Award, P.O. Box 1750, Arvada, Colorado 80001

**All State-Volleyball Games
Selection Mtg.: Nov. 15, 9:00
Westminster HS
Banquet: Nov. 21, Double Tree
Hotel in Westminster
Games: Nov. 22, Arvada West HS**

CHSAA Committees

CCGS has representation on the HSAA volleyball, basketball, and softball committees. The following are your representatives. Feel free to contact them if you have any concerns you would like to have CHSAA address.
Basketball: Merci Ames, Strasburg mames86@hotmail.com
Softball: Khara West, Eldorado K-8, Khara.west@bvsd.org
Volleyball: Lisa Schumacher, Sterling schumacherl@re1valleyschools.org

COLORADO COACHES OF GIRLS SPORTS ALL STATE VOLLEYBALL BALLOT

This ballot should be used for both coaching associations. Please take to your league meeting and complete the required information. Please submit the ballot no later than the Friday before the regional tournament. The All-State selection meeting will always be the Sunday following the state tournament. Please go to www.colocgs.org to get information regarding the ballot, meeting, and expectations or you can contact the representatives below.

1A through 3A to Pam Fagerlund
Address: Box 218, Flagler, CO 8081
(w) 719-765-4684 (fax) 719-765-4418
pfagerlund@arriba-flaglercsd20.net

4A and 5A to Lisa Schumacher
Address: 401 West Broadway, Sterling, CO 80751
(w) 970-522-2944 (fax) 970-522-2900
schumacherl@re1valleyschools.org

DIRECTIONS: List the top **ten SENIORS** from your league. Please rank regardless of classification for mixed leagues. If you have divisions in your league, please submit a ballot per division. Be sure to fill in all the necessary (phone, address are a must) information listed below. Be specific on positions (setter, middle hitter, outside, opposite, defensive specialist). Thanks!

<u>NAME</u>	<u>PHONE</u>	<u>POSITION</u>	<u>SCHOOL</u>	<u>CLASSIFICATION</u>
1. _____	_____	_____	_____	_____
2. _____	_____	_____	_____	_____
3. _____	_____	_____	_____	_____
4. _____	_____	_____	_____	_____
5. _____	_____	_____	_____	_____
6. _____	_____	_____	_____	_____
7. _____	_____	_____	_____	_____
8. _____	_____	_____	_____	_____
9. _____	_____	_____	_____	_____
10. _____	_____	_____	_____	_____

ALL OR THE MAJORITY OF THE COACHES IN THE LEAGUE MUST SIGN THIS BALLOT IN ORDER FOR IT TO BE VALID! DEADLINE IS FRIDAY BEFORE REGIONAL TOURNAMENT.

LEAGUE _____

CLASSIFICATION _____

Signatures:

Colorado Coaches of Girls' Sports (CCGS) All-State Softball Ballot 2009

League: _____ Classification: 3A, 4A or 5A (Please Circle)
 League Rep: _____ Home Phone: _____
 School: _____ Work Phone: _____

Nominate eight (or fewer) outstanding **senior** athletes per league. Use one ballot per classification. Indicate the order of preference, i.e., rank athletes #1, 2, 3, 4, & 5. Break ties in your own league! Select pitchers separately, rank is not taken into consideration.

*** Your #1 nomination should be your best league player as they will be an automatic selection.***

Fax your ballot(s) to Khara West by **Friday, October 22, 2009** - Fax (303) 384-3737.

CONTACT KHARA TO CONFIRM RECEIPT OF BALLOT – Khara.west@bvsd.org.

PLEASE TYPE OR PRINT -- THIS INFORMATION IS CRITICAL FOR CONTACTING ATHLETES

Name	Athlete's Home Phone	School	Position (Jersey #)
1.			
2.			
3.			
4.			
5.			

Please do not submit more than 5 (non-pitcher) position players, they will not be accepted.

~~~ PITCHERS ONLY ~~~

| Name | Athlete's Home Phone | School | Position...(jersey #) |
|------|----------------------|--------|-----------------------|
|      |                      |        | P.....( )             |
|      |                      |        | P.....( )             |
|      |                      |        | P.....( )             |

**NOTE:** CCGS Selection Voting will take place **Sunday, October 25, 9:00 a.m.**, at Monarch K-8 263 Campus Dr Louisville, CO 80027).

**COLORADO COACHES OF GIRLS' SPORTS**  
**ALL-STATE BASKETBALL BALLOT**

LEAGUE: \_\_\_\_\_ CLASSIFICATION: 1A 2A 3A 4A 5A  
 LEAGUE REP: \_\_\_\_\_ HOME PHONE: \_\_\_\_\_ CELL: \_\_\_\_\_  
 SCHOOL: \_\_\_\_\_ WORK PHONE: \_\_\_\_\_ (IMPORTANT)

INSTRUCTIONS:

1. Nominate six outstanding senior athletes in your league. Indicate in order of preference. Make sure to rank them 1-6.  
**No ties! Make sure you have the correct rankings!**
2. Form must have all signatures from each coach in order to be valid.
3. **Fax this form to Josh Ulitzky, Grandview HS for all 4A-5A (720) 886-6680 or email ([julitzky@cherrycreekschools.org](mailto:julitzky@cherrycreekschools.org)) or Merci Ames, Strasburg HS for all 2A-3A forms (303)-622-9224 or email ([mames86@hotmail.com](mailto:mames86@hotmail.com)) or Dave Huss, Caliche HS for all 1A forms (970) 522-8200 or email ([dhuss25@hotmail.com](mailto:dhuss25@hotmail.com)).**  
**Faxes must be received by Friday March 5th .**
4. **Make sure to have a representative (one per league) at the selection meeting Sunday, March 14th at Westminster High School 9:00 a.m.**
5. **Please make sure the girls are actually in town for the game and practice!**
6. **The All-State Games will be held at Arvada West on Sunday, March 28th**
7. **Practice and Banquet will be held Saturday, March 27<sup>t</sup>**
8. **Any questions call Terri Ward, Niwot HS, (303)775-0096.**

| <u>NAME</u> | <u>PHONE #</u> | <u>SCHOOL</u> | <u>POSITION</u> |
|-------------|----------------|---------------|-----------------|
|             |                |               |                 |
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COACHES SIGNATURES:

- |           |           |
|-----------|-----------|
| 1. _____  | 2. _____  |
| 3. _____  | 4. _____  |
| 5. _____  | 6. _____  |
| 7. _____  | 8. _____  |
| 9. _____  | 10. _____ |
| 11. _____ | 12. _____ |