

**IOWA CENTRAL
COMMUNITY COLLEGE**

**OVERVIEW OF
ATHLETIC PROGRAMS**

2024-2025

Guy Horn

Director, Intercollegiate Athletics

IOWA CENTRAL COMMUNITY COLLEGE

OVERVIEW OF ATHLETIC PROGRAMS

PROGRAM REVIEW

2024-2025

Philosophy of Athletics

The director of athletics and our entire coaching staff feel strongly that our athletic program directly supports the mission of our college. We take great pride in providing an environment where our athletic programs assist in providing quality educational opportunities both in and outside of the classroom for those that choose to participate.

Iowa Central Community College subscribes to the philosophy that athletics plays an integral role in the educational process and is dedicated to providing a well-rounded educational experience for each student enrolled in the College. The College believes in the unique contribution of athletics to the total College curriculum in that it promotes growth, awareness towards leadership, character, physical fitness, the importance for life-long participation in physical activity and enhances the total development of those who engage in the sports and activities provided.

The College supports the need for encouraging the development of programs for the highly skilled student athlete and will promote a variety of programs, support services, and activities which are necessary to meet the needs of these men and women. The College is supportive and complies with the regulations of Title IX, offering equal opportunity for all student athletes.

It is the philosophy of the College to strive to maintain the optimum level of teaching and support from the community, Board of Trustees, Administration, faculties, staff and students. The implementation of the Code of Conduct, random alcohol, drug tests, mandatory study tables, and an expectation of high academic and behavioral standards, contributes to an athletic experience of dignity and excellence.

It is with this basic philosophy of purpose that Iowa Central operates to best accomplish and fulfill the goals of wholesome and desirable experiences for all participants as well as to offer the opportunity for student athletes of the College to reach their full athletic potential.

2024 – 2025 Iowa Central Athletics

On behalf of Iowa Central Athletics, we thank our administration and board of trustees for allowing us the opportunity to offer the most comprehensive community college athletic program in the country! We had 1,080 student-athletes in our 33 athletic programs in the 2024-25 academic year. Your foresight and vision helped pave the way for success in the classroom, on the fields, and on the courts for our participants. Moving into the 2025-26 academic year we will continue to push forward and do everything in our power to ensure our student-athletes have a positive experience at Iowa Central. We strive to ensure each participant thrives in and outside of the classroom and on and off the field.

BELIEFS

Iowa Central Community College has affirmed that athletics is integral to the fulfillment of its overall mission.

All participants in the athletic department shall be expected to exemplify impeccable integrity – whether they are student-athletes, coaching staff, administrative professionals, or support staff. The department values diversity in its people, and recognizes the need to work as a team while valuing everyone's self-worth.

Teaching is our core, the growth and development of student-athletes is our goal, and the highest level of performance both in the classroom, in social settings, and on the field is our target outcome. The Iowa Central Athletic Department is committed to providing an environment that encourages high levels of athletic performance and enables individuals and teams to challenge themselves for conference, regional and national championships.

Program and Facility Enhancements

- Thirteen of our teams achieved national top -10 rankings.
- Large decorated academic group of student-athletes:
 - First semester: 496 student-athletes received academic-all region awards (279 – 1st team & 217-2nd team).
 - Second semester: 454 student-athletes received academic-all region awards (255 – 1st team & 199 – 2nd team).
 - Overall: 950 student-athletes received academic all-region status.
- Triton Athletic Complex is currently under construction.
- Audio improvements underway in Hodges Fieldhouse.
- Women's Rugby program start, first of its kind in the country.
- Our women's golf team claimed the first-ever individual national champion in Golf.
- On behalf of the entire Iowa Central Athletic Department, we would like to thank the Board of Trustees and the college administration for investing in our staff. The enhanced salary structure makes it easier to retain top-level head and assistant coaches, and it allows us to recruit high-caliber replacements when necessary. Our athletic department is deeply appreciative and does not take this support for granted. We are truly grateful!

FROM THE DIRECTOR OF ATHLETICS

I want to take a moment to personally welcome you to the start of another exciting and promising year at Iowa Central. Whether you're a returning staff member or new to our department, I'm grateful to have you as part of our team, and I look forward to all that we will accomplish together.

Our athletic department plays a vital role in shaping the student-athlete experience and representing Iowa Central with pride, integrity, and professionalism. Each of you contributes to that mission—whether through coaching, administration, athletic training, operations, or academic support.

This year, our focus will continue to be on **student success, competitive excellence, and building a strong department culture**. That means maintaining high academic standards, fostering a safe and inclusive environment, and holding ourselves and our athletes accountable both on and off the field.

I encourage open communication, collaboration, and a team-first mindset. If there's anything you need—support, resources, or just someone to bounce ideas off—please don't hesitate to reach out. I believe our best work happens when we work together!

Thank you for your commitment and for the passion you have for your role. Let's make this a successful, inspiring year for our student athletes, our teams, and our entire campus community. GO TRITONS!

10 WEs:

1. WE DO THE RIGHT THING ALWAYS.
2. WE LEAD BY EXAMPLE.
3. WE SAY WHAT WE ARE GOING TO DO. THEN WE DO IT.
4. WE TAKE ACTION.
5. WE OWN OUR MISTAKES.
6. WE PICK EACH OTHER UP.
7. WE MEASURE OURSELVES BY OUTCOMES. NOT ACTIVITY.
8. WE CHALLENGE EACH OTHER.
9. WE EMBRACE CHALLENGE.
10. WE OBSESS OVER DETAILS.

"The way a team plays as a whole determines its success. You may have the greatest bunch of individual stars in the world, but if they don't play together, the club won't be worth a dime." - Babe Ruth

EXPECTATIONS

Coaches are expected to meet their enrollment goals, finish in the upper half of the conference and compete at the regional and national level for championships. As Coaches we represent Iowa Central in a positive and respectful manner. You are seen as leaders within Iowa Central and the community where people are observing their actions and so remember to always make good choices.

IOWA CENTRAL STAFF & COACHES, 2024-2025
Vice President, Enrollment Management & Student Development
Director, Intercollegiate Athletics
4 Full-time Athletic Trainers/2 Full-time CNOS Athletic Trainers/1 Part-time Physical Therapist
Coaching Staff

Men's Programs

Head Baseball Coach
4 Assistants

Head Basketball Coach
2 Assistants

Head Cross Country Coach
1 Assistant

Head Football Coach
9 Assistants

Head Golf Coach
1 Assistant

Head Soccer Coach
1 Assistants

Head Track & Field Coach
3 Assistants

Head Wrestling Coach
2 Assistants

Head Bowling Coach
2 Assistants

Head Swimming Coach
1 Assistant

Activities

Head Rodeo Coach
2 Assistants

Head Cheer Coach
3 Assistants

Head Sports Shooting Coach
1 Assistants

Head Athletic Band Coach

Head Rugby Coach
2 Assistants

Head Esports Coach

Women's Programs

Head Basketball Coach
1 Assistant

Head Cross Country Coach
1 Assistant

Head Golf Coach
1 Assistant

Head Soccer Coach
1 Assistant

Head Softball Coach
1 Assistant

Head Track & Field Coach
3 Assistants

Head Volleyball Coach
1 Assistant

Head Wrestling Coach
1 Assistant

Head Bowling Coach
2 Assistants

Head Swimming Coach
1 Assistant

Activities

Head Rodeo Coach
2 Assistants

Head Cheer Squad Coach
3 Assistants

Head Sports Shooting Coach
1 Assistants

Head Athletic Band Coach

Head Dance Coach
1 Assistant

Head Esports Coach

Athletic Programs at Iowa Central Community College (2024-2025)

We currently offer 31 intercollegiate athletic programs plus Rodeo, Cheer Squad, Athletic Band, Sports Shooting, Rugby, Dance and Esports at Iowa Central Community College. The programs offered are as follows:

Men's Sports

Baseball
Basketball
Bowling
Cross Country
Half-Marathon
Football
Golf
Soccer
Swimming
Indoor Track & Field
Outdoor Track & Field
Wrestling

Activities

Cheer Squad
Esports
Marching Band
Rodeo
Rugby
Sports Shooting

Women's Sports

Basketball
Cross Country
Bowling
Half-Marathon
Golf
Soccer
Softball
Swimming
Indoor Track & Field
Outdoor Track & Field
Wrestling
Volleyball

Activities

Cheer Squad
Dance
Esports
Marching Band
Rodeo
Sports Shooting

Coaching Staff at Iowa Central Community College

Men's Athletics	Total		Regular FT Employees	
	Male	Female	Male	Female
Baseball	5	0	3	0
Basketball	3	0	2	0
Cross Country/Half-Marathon	2	0	2	0
Football	10	0	7	0
Golf	2	0	2	0
Rodeo	2	1	1	1
Soccer	2	0	2	0
Indoor/Outdoor Track & Field	3	2	1	2
Wrestling	3	0	2	0
Bowling	2	1	1	1
Marching Band	1	0	1	0
Sports Shooting	0	2	0	2
Swimming	2	0	1	0
Rugby	3	0	2	0
Esports	1	0	1	0
Women's Athletics	Total		Regular FT Employees	
	Male	Female	Male	Female
Basketball	0	2	0	2
Cross Country/Half-Marathon	2	0	2	1
Golf	2	0	2	0
Rodeo	2	1	1	1
Soccer	2	0	2	0
Softball	1	1	1	1
Cheer Squad	2	2	2	1
Indoor/Outdoor Track & Field	3	2	1	2
Volleyball	0	2	0	2
Bowling	1	1	1	1
Marching Band	1	0	1	0
Sports Shooting	0	2	0	2
Swimming	2	0	1	0
Wrestling	1	1	1	1
Dance	0	2	0	2
Esports	1	0	1	0

Origin of Athletes

Athletes after the 10 Day Count

Sport	Area V	Outside Area V/ In State	Border	Out-of-State	International	TOTAL
Marching Band	18	19	2	0	0	39
Baseball	5	38	22	11	1	77
Basketball (Men's)	3	21	5	6	6	41
Basketball (Women's)	2	6	10	3	0	21
Bowling (Men's)	5	19	2	4	0	30
Bowling (Women's)	1	12	1	0	1	15
Cheer Squad	7	42	16	18	0	83
Cross Country (Men's)	2	3	6	5	7	23
Cross Country (Women's)	2	1	1	0	6	10
Dance	14	22	1	0	0	37
Esports	18	5	0	4	0	27
Football	8	74	38	106	1	227
Golf (Men's)	4	5	4	1	5	19
Golf (Women's)	5	3	1	0	1	10
Rodeo	3	18	12	7	0	40
Rugby	3	18	9	33	8	71
Soccer (Men's)	10	15	0	2	9	36
Soccer (Women's)	2	22	5	2	1	32
Softball	3	22	2	2	0	29
Sports Shooting (Men's)	20	14	3	5	0	42
Sports Shooting (Women's)	1	3	0	0	0	4
Swimming (Men's)	0	2	2	1	7	12
Swimming (Women's)	0	4	0	0	1	5
Track & Field (Men's)	5	19	11	45	17	97
Track & Field (Women's)	5	8	4	9	13	39
Volleyball (Women's)	6	7	7	5	1	26
Wrestling (Men's)	5	20	12	21	2	60
Wrestling (Women's)	10	15	8	9	0	42
TOTAL	167	457	184	299	87	1194
PERCENT OF TOTAL	13.9%	38.2%	15.4%	25.0%	7.2%	

*1,194 on this document includes the student athletes that participate in multiple athletic programs.

Grade Point Averages for Athletes - Fall/Spring 2024-2025

In 2024-2025 we had 31 intercollegiate athletic programs and activities. The following table represents the GPA results for athletes from each team's eligibility roster and completed the season.

Sport	Fall # of Athletes	Fall GPA	Spring # of Athletes	Spring GPA	Average
Marching Band	30	3.20	29	3.19	3.20
Baseball	62	3.38	65	3.30	3.34
Basketball (Men's)	36	2.71	34	2.61	2.66
Basketball (Women's)	16	3.08	16	2.85	2.96
Bowling (Men's)	24	3.14	24	3.33	3.23
Bowling (Women's)	11	3.00	10	3.21	3.10
Cheer Squad	77	2.72	75	2.38	2.54
Cross Country (Men's)	18	3.33	17	3.14	3.24
Cross Country (Women's)	10	3.24	8	3.06	3.16
Dance	36	2.91	33	2.97	2.95
Esports	21	2.67	19	2.72	2.69
Football	146	2.83	135	2.74	2.78
Golf (Men's)	16	2.93	16	2.83	2.88
Golf (Women's)	7	3.10	7	3.18	3.14
Rodeo	38	2.89	35	2.95	2.92
Rugby	60	2.58	48	2.62	2.60
Soccer (Men's)	35	2.76	31	2.39	2.58
Soccer (Women's)	31	3.27	28	3.10	3.19
Softball	22	3.11	22	3.17	3.14
Sports Shooting (Men's)	30	3.19	29	3.27	3.23
Sports Shooting (Women's)	4	3.22	4	2.65	2.93
Swimming (Men's)	12	3.25	11	3.10	3.17
Swimming (Women's)	5	2.97	4	2.70	2.88
Track & Field (Men's)	66	2.91	75	2.64	2.77
Track & Field (Women's)	26	3.00	30	2.74	2.85
Volleyball	25	3.15	19	2.80	3.03
Wrestling (Men's)	53	2.92	51	2.38	2.65
Wrestling (Women's)	30	2.53	30	2.12	2.34

Grade Point Average (GPA)

2024-2025 Overall Athletes' GPA 2.85

2024-2025 Overall All Student GPA 2.75

(Excludes: Early Bird, Post-Secondary, Charter School, & VESS)

**Transfer/Graduation Data
For Student Athletes Who Have Separated from the Institution**

The 2024-2025 year was an excellent year for the Tritons. Many student athletes from Iowa Central have indicated their intent to transfer to four-year institutions. These are the athletes from each team's eligibility roster and completed the season.

Sport	1st Year Student	2nd Year Student	Graduated	Intend to Transfer to 4-year Institutions	Athletes Expected to Return
Athletic Band	18	21	11	6	13
Baseball	39	38	27	25	32
Basketball (Men's)	25	16	11	9	11
Basketball (Women's)	16	5	4	4	5
Bowling (Men's)	17	13	8	2	12
Bowling (Women's)	6	9	4	0	3
Cheer Squad	39	44	25	13	41
Cross Country (Men's)	17	6	7	11	9
Cross Country (Women's)	7	3	2	5	4
Dance	21	16	13	13	12
Esports	14	13	5	5	6
Football	121	106	61	42	102
Golf (Men's)	14	5	3	2	9
Golf (Women's)	1	9	4	4	0
Rodeo	12	28	19	3	20
Rugby	43	28	21	4	24
Soccer (Men's)	24	12	0	0	9
Soccer (Women's)	16	16	6	9	12
Softball	13	16	7	10	9
Sports Shooting (Men's)	13	29	18	2	16
Sports Shooting (Women's)	3	1	1	0	2
Swimming (Men's)	11	1	1	12	7
Swimming (Women's)	2	3	3	3	2
Track & Field (Men's)	76	21	11	30	34
Track & Field (Women's)	31	8	3	4	18
Volleyball	11	15	11	9	10
Wrestling (Men's)	40	20	13	12	19
Wrestling (Women's)	23	19	7	8	14
Total Athletes	673	521	306	247	455

Athletics Cost Analysis 2024-2025

*SALARY COSTS:	
Athletic Director	112,793
Assistant Athletic Director	-0-
Athletic Department Assistant	40,931
Athletic Trainers	300,062
TOTAL	461,827
<i>*Fringe Benefits Are Not Included In This Figure</i>	
ADDITIONAL COSTS:	
Total Team Budgets	1,415,312
TOTAL	1,415,312
Costs Not Included in These Figures:	
Cost of Travel Using District Vehicles	-0-
Cost of Utilities to Maintain Facilities	-0-
Cost of Maintenance & Operations Personnel/Wages for Facility Maintenance	-0-
Salaries	2,976,428
Additional Costs for Operations (Scholarships)	1,595,864
TOTAL	4,572,292
INCOME SUMMARY:	
FTE Income	13,820,572
Triton Club	50,000
Gifts - Martin Scholarship	6,652
TOTAL INCOME	13,877,224
TOTAL ATHLETIC PROGRAM INDIRECT INCOME LESS COSTS:	
TOTAL ATHLETIC INDIRECT INCOME	7,427,793

Athletic Band

Win/Loss Record: N/A

Athletic Preseason Information

Quota for number of student athletes	<u>50</u>
Number of Athletes on the first day of Preseason	<u>39</u>
Number of Freshman on the first day of Preseason	<u>18</u>
Number of Sophomores on the first day of Preseason	<u>21</u>
Number of In-State Athletes from Area V	<u>18</u>
Number of In-State Athlete4s outside of Area V	<u>19</u>
Number of Border Athletes	<u>2</u>
Number of Non-Resident Athletes	<u>0</u>
Number of international Athletes	<u>0</u>
Number of African-Americans	<u>0</u>
Number of Native Americans	<u>0</u>
Number of Hispanic/Latino Americans	<u>2</u>
Number of Asian Americans	<u>0</u>

Athletic Roster Eligibility

Number of Athletes Enrolled Fall Semester	<u>38</u>
Number of Athletes in Frist Contest	<u>38</u>
Number of Athletes Enrolled Spring Semester	<u>34</u>
Number of Athletes that Completed the Season	<u>30</u>

Special Accomplishments of Team

- Annual Run Out Day – exhibitions at high schools.
- South Hamilton High School outdoor concert special guest.
- NCIBA and Algona Band Day field show exhibition.
- FDSH Homecoming parade.
- Salvation Army bell ringing.

Special Accomplishments of Coaching Staff

- Volunteer/Center Manager for Iowa Jazz Championships.
- IBA college affairs committee representative for North Central Iowa.

Special Accomplishments of Individual Players

Number of All-Region Athletes:

- 1st: 0
- 2nd: 0
- Honorable Mention: 0

Number of All Americans: 0

Number of Academic All-Americans:

- Pinnacle (GPA 4.00): 0
- Superior (GPA 3.80-3.99): 0
- Exemplary (GPA 3.60-3.79): 0

Number of Academic All-Region XI Athletes: 19

2024-2025 Goals/Accomplishments

Team performance Goals:

- All home football games, multiple area parades/events.
 - We performed at SIX home football games, the Game One Bowl, as well as exhibitions in Fort Dodge (contest), Algona (Band Day), FDCSD Homecoming parade, and a shared concert with South Hamilton HS.
- Run Out Day.
 - Our run-out day took us to Colfax Mingo, Earlham and Van Meter.
- Expand student leadership opportunities and training. No, two bad teams tied.
 - Our drum majors held a retreat just prior to the start of preseason, and all student leadership held a training day the day before preseason move-in. Throughout the entire school year, current selected student leadership, as well as those interested in future held biweekly meetings and discussions over different topics.

Recruitment Plans/Goals:

- Visit 50 more high schools (visits, concerts, events).
 - Yes, achieved well over anticipated goal.
- Plan to attend 4 or more state and independent contests for marching band, jazz and concert festivals.
 - Yes, achieved goal, tried a “Triton Tour” over a week to centralized locations in larger communities (Sioux City, Council Bluffs, Des Moines, Cedar Rapids and Cedar Falls).

- Bring back band day/visit day event.
 - Yes, achieved goal, used the football spring game to invite area students to play with the band and have an abbreviated visit day.

Retention Plans/Goals:

- Schedule end of semester meeting with students when band is not in full activity.
 - Yes, achieved goal.
- Create student leadership led game/social nights.
 - Yes, achieved goal, student leadership led a game night and a few other events.
- Retain 90% of members from fall 24 to spring 25.
 - No, did not achieve goal.

Community Outreach/Goals:

- All members expected to work 2 hours for Salvation Army bell ringing campaign.
 - Yes, achieved goal, unofficially raised \$838.78 in the 2024 red kettle campaign.
- FDSH Homecoming parade.
 - Yes, achieved goal, participated in the FDSH Homecoming parade.
- Shared events with area high schools.
 - Yes, achieved goal, shared an outdoor concert with South Hamilton HS.

2025-2026 Goals

Team Performance Goals:

- All home football games, multiple area parades/exhibitions.
- Annual Run Out Day.
- Continue to expand student leadership opportunities and training.

Recruitment Plans/Goals:

- Visit 50 or more high schools.
- Attend 4+ state and independent contests for marching bands, jazz, concert festivals.
- Increase number of high school counselors' office visits to schools that don't respond to band room visits.
- Increase town/area recruiting events.
- Add virtual visit day/on campus visit day.

Retention Plans/Goals:

- Schedule individual meetings at end of semesters.
- Expand role of student leadership in events, learning and team culture.
- Retain 90% of members from fall to spring.

Community Outreach/Goals:

- All members give 2+ hours to Salvation Army bell ringing.
- FDSH and other high school homecoming parades.
- Find other shared events with area high schools/elementaries.

Band Team Expenses

Item	Expense/Income
Total Budget	23,401
Scholarships	25,050
Coaches Salaries	70,809
Total Expenses	119,260
Indirect Income**	426,122

****Indirect Income:** Tuition Income + Residence Hall Income

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 548 = \$114,240
- Fall Semester: Out-of-State Tuition Hours 30 = \$6,450
- Spring Semester: In-State Tuition Hours 484 = \$99,855
- Spring Semester: Out-of-State Tuition Hours 27.5 = \$5,912
- Total Tuition Revenue = \$226,457

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 27 x \$3,915 = \$105,705
- Spring Semester: Number of Athletes in Residence Halls 24 x \$3,915 = \$93,960
- Total Residence Hall Revenue = \$199,665

Baseball

Win/Loss Record: 48-17

Athletic Preseason Information

Quota for number of student athletes	<u>50</u>
Number of Athletes on the first day of Preseason	<u>77</u>
Number of Freshman on the first day of Preseason	<u>39</u>
Number of Sophomores on the first day of Preseason	<u>38</u>
Number of In-State Athletes from Area V	<u>5</u>
Number of In-State Athlete4s outside of Area V	<u>38</u>
Number of Border Athletes	<u>22</u>
Number of Non-Resident Athletes	<u>11</u>
Number of international Athletes	<u>1</u>
Number of African-Americans	<u>2</u>
Number of Native Americans	<u>0</u>
Number of Hispanic/Latino Americans	<u>2</u>
Number of Asian Americans	<u>0</u>

Athletic Roster Eligibility

Number of Athletes Enrolled Fall Semester	<u>73</u>
Number of Athletes in Frist Contest	<u>63</u>
Number of Athletes Enrolled Spring Semester	<u>66</u>
Number of Athletes that Completed the Season	<u>65</u>

Special Accomplishments of Team

- Won Region & Won District.
- Placed in final four at World Series.
- Led country in home runs.

Special Accomplishments of Coaching Staff

- Team made it to World Series.

Special Accomplishments of Individual Players

- Two All-American players.
- Cooper Nicholson names All-American for 2nd time.
- Chris McCormack named Regional Pitcher of the Year & All-American.
- Five individual single season Iowa Central records were broken.
- Seven career Iowa Central records were broken.

Number of All-Region Athletes:

- 1st: 3
- 2nd: 3
- Honorable Mention: 1

Number of All Americans: 2

Number of Academic All-Americans:

- Pinnacle (GPA 4.00): 9
- Superior (GPA 3.80-3.99): 4
- Exemplary (GPA 3.60-3.79): 12

Number of Academic All-Region XI Athletes: 50

2024-2025 Goals/Accomplishments

Team performance Goals:

- Win regional title.
 - Yes, achieved goal.
- Win district title.
 - Yes, achieved goal.
- Win national title.
 - No, did not achieve goal.

Recruitment Plans/Goals:

- Attend state tournaments in Iowa and surrounding states.
 - Yes, achieved goal.
- Travel to high schools in Iowa and surrounding states.
 - Yes, achieved goal.
- Host high school classic with teams from across the state.
 - Yes, achieved goal.
- Phone calls/texts to potential recruits.
 - Yes, achieved goal.

Retention Plans/Goals:

- Individual meetings with athletes throughout the year.
 - Yes, achieved goal.
- Weekly grade checks & two study halls per week.
 - Yes, achieved goal.
- Create a fun athletic environment.
 - Yes, achieved goal.

Community Outreach/Goals:

- Run camps/Clinics.
 - Yes, achieved goal.
- Work with Fort Dodge Baseball Association on skill building.
 - Yes, achieved goal.
- Speak with kids from Fort Dodge Middle School.
 - Yes, achieved goal.

2025-2026 Goals

Team Performance Goals:

- Win regional tournament.
- Win district tournament.
- Win national title.

Recruitment Plans/Goals:

- Attend state tournaments in Iowa and surrounding states.
- Host high school classic with teams from around the state.
- Phone calls/text to potential recruits.

Retention Plans/Goals:

- Individual meetings with athletes throughout the year.
- Weekly grade checks & two study halls per week.
- Retain 80% of athletes from fall to spring semester.
- Create a fun athletic environment.

Community Outreach/Goals:

- Run camps/clinics.
- Work with Fort Dodge Baseball Association on skill building.
- Speak with kids from Fort Dodge Middle School.

Baseball Team Expenses

Item	Expense/Income
Total Budget	127,156
Scholarships	98,426
Coaches Salaries	191,858
Total Expenses	408,440
Indirect Income**	832,640

****Indirect Income:** Tuition Income + Residence Hall Income

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 554 = \$116,340
- Fall Semester: Out-of-State Tuition Hours 457 = \$111,468
- Spring Semester: In-State Tuition Hours 480 = \$100,800
- Spring Semester: Out-of-State Tuition Hours 419 = \$96,872
- Total Tuition Revenue = \$425,480

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 54 x \$3,915 = \$211,410
- Spring Semester: Number of Athletes in Residence Halls 50 x \$3,915 = \$195,750
- Total Residence Hall Revenue = \$407,160

Men's Basketball

Win/Loss Record: 20-12

Athletic Preseason Information

Quota for number of student athletes	<u>32</u>
Number of Athletes on the first day of Preseason	<u>41</u>
Number of Freshman on the first day of Preseason	<u>25</u>
Number of Sophomores on the first day of Preseason	<u>16</u>
Number of In-State Athletes from Area V	<u>3</u>
Number of In-State Athlete4s outside of Area V	<u>21</u>
Number of Border Athletes	<u>5</u>
Number of Non-Resident Athletes	<u>6</u>
Number of international Athletes	<u>6</u>
Number of African-Americans	<u>20</u>
Number of Native Americans	<u>0</u>
Number of Hispanic/Latino Americans	<u>3</u>
Number of Asian Americans	<u>0</u>

Athletic Roster Eligibility

Number of Athletes Enrolled Fall Semester	<u>38</u>
Number of Athletes in Frist Contest	<u>37</u>
Number of Athletes Enrolled Spring Semester	<u>35</u>
Number of Athletes that Completed the Season	<u>37</u>

Special Accomplishments of Team

- Season improvement – 13 wins.
- Finished top three in ICCAC.
- Set a school record for most steals in a season.

Special Accomplishments of Coaching Staff

Special Accomplishments of Individual Players

- Jordan Cain set single season record for steals in a season.
- Jalen Wynter finished 2nd in the season for made three pointers.
- CJ Mitchell finished 7th in the season for most assists.
- Terrius Walker finished his career in the top ten for most blocks.
- Daviyon Gaston finished his career in the top ten for most steals.

Number of All-Region Athletes:

- 1st: 1
- 2nd: 1
- Honorable Mention: 0

Number of All Americans: 2

Number of Academic All-Americans:

- Pinnacle (GPA 4.00): 0
- Superior (GPA 3.80-3.99): 1
- Exemplary (GPA 3.60-3.79): 0

Number of Academic All-Region XI Athletes: 10

2024-2025 Goals/Accomplishments

Team performance Goals:

- Win 50% of conference games with new staff.
 - Yes, achieved goal. Finished 10-8 in conference games.
- Ranked Top 4 in ICCAC in defensive rebounding and fewest offensive turnovers.
 - No, did not achieve goal, of defensive rebounding goal.
 - Yes, achieved goal, of offensive touover.
- Be ranked top 25 in defensive efficiency in NJCAA D2.
 - No, did not achieve goal.

Recruitment Plans/Goals:

- Attend 30 high school games as a coaching staff.
 - Yes, achieved goal.
- Attend 2 holiday break tournaments.
 - Yes, achieved goal.
- Attend state high school tournaments in Iowa, Minnesota & Nebraska.
 - Yes, achieved goal.
- Have out top 3 in-state/regional recruits visit before the end of March.
 - Yes, achieved goal.

Retention Plans/Goals:

- Individual meetings once a month.
 - Yes, achieved goal.
- 3 hours a week of study hall & weekly grade checks.
 - Yes, achieved goal.
- Retain 50% of students from fall to spring.
 - Yes, achieved goal.
- Host 3 off campus meals.
 - Yes, achieved goal.

Community Outreach/Goals:

- Run four youth camps.
 - No, did not achieve goal, only ran one camp.
- Volunteer at local school and read to kids.
 - No, did not achieve goal.

2025-2026 Goals

Team Performance Goals:

- Finish top 4 of ICCAC and play and host first round of tournament.
- Finish top three in ICCAC for rebounding and turnover margin.
- Win 50% of conference games.

Recruitment Plans/Goals:

- Attend 5 AAU tournament events.
- Attend 30 high school games.
- Have three of our top local recruits on campus in the fall.

Retention Plans/Goals:

- Have athletes attend two study halls per week.
- Individual meetings once a month for wellness & academics.
- Retain 50% of freshman class.

Community Outreach/Goals:

- Coordinate with local elementary schools to visit and read to kids.
- Work with culinary and Fort Dodge Toyota to serve Thanksgiving meal.

Men's Basketball Team Expenses

Item	Expense/Income
Total Budget	50,468
Scholarships	104,607
Coaches Salaries	146,175
Total Expenses	301,250
Indirect Income**	518,766

****Indirect Income:** Tuition Income + Residence Hall Income

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 323 = \$67,357
- Fall Semester: Out-of-State Tuition Hours 237 = \$65,706
- Spring Semester: In-State Tuition Hours 305 = \$64,050
- Spring Semester: Out-of-State Tuition Hours 229 = \$63,262
- Total Tuition Revenue = \$260,376

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 36 x \$3,915 = \$140,940
- Spring Semester: Number of Athletes in Residence Halls 30 x \$3,915 = \$117,450
- Total Residence Hall Revenue = \$258,390

Women's Basketball

Win/Loss Record: 7-21

Athletic Preseason Information

Quota for number of student athletes	<u>22</u>
Number of Athletes on the first day of Preseason	<u>21</u>
Number of Freshman on the first day of Preseason	<u>16</u>
Number of Sophomores on the first day of Preseason	<u>5</u>
Number of In-State Athletes from Area V	<u>2</u>
Number of In-State Athlete4s outside of Area V	<u>6</u>
Number of Border Athletes	<u>10</u>
Number of Non-Resident Athletes	<u>3</u>
Number of international Athletes	<u>0</u>
Number of African-Americans	<u>8</u>
Number of Native Americans	<u>0</u>
Number of Hispanic/Latino Americans	<u>1</u>
Number of Asian Americans	<u>0</u>

Athletic Roster Eligibility

Number of Athletes Enrolled Fall Semester	<u>21</u>
Number of Athletes in Frist Contest	<u>20</u>
Number of Athletes Enrolled Spring Semester	<u>19</u>
Number of Athletes that Completed the Season	<u>16</u>

Special Accomplishments of Team

- Bounced back from difficult fall semester & leadership transition.
- Won final game.
- 2 ICCAC All-Region members.

Special Accomplishments of Coaching Staff

- Hired new staff.

Special Accomplishments of Individual Players

- ICCAC All-Region 3rd team Lainey Maehl.
- ICCAC All-Region 3rd team Ashlin Jacobsen.

Number of All-Region Athletes:

- 1st: 0
- 2nd: 0
- 3rd: 2

Number of All Americans: 0

Number of Academic All-Americans:

- Pinnacle (GPA 4.00): 3
- Superior (GPA 3.80-3.99): 0
- Exemplary (GPA 3.60-3.79): 5

Number of Academic All-Region XI Athletes: 8

2024-2025 Goals/Accomplishments

Team performance Goals:

- Team GPA 3.25.
 - No, did not achieve goal.
- Win 70% of home games.
 - No, did not achieve goal.
- Finish top 5 in ICCAC regular season standings.
 - No, did not achieve goal, leadership change.

Recruitment Plans/Goals:

- Attend 8 AAU tournaments.
 - Yes, achieved goal, current staff has already achieved this.
- Have 20 campus visits.
 - Yes, achieved goal.
- Attend 20 high school games.
 - No, did not achieve goal, leadership change.
- Phone calls/texts to potential recruits.
 - Yes, achieved goal.

Retention Plans/Goals:

- Set two individual goals per person.
 - No, did not achieve goal.
- Retain 75% of incoming freshman.
 - No, did not achieve goal.
- Conduct bi-weekly grade checks as a staff & weekly study hall.
 - Yes, achieved goal.

Community Outreach/Goals:

- Hold three summer camps.
 - No, did not achieve goal.
- Host a high school jamboree in November.
 - Yes, achieved goal.
- Hold two community service projects.
 - No, did not achieve goal, only did one service project.

2025-2026 Goals**Team Performance Goals:**

- Finish in the top half of ICCAC.
- Team GPA 3.3+
- Top 5 defensive team in points allowed per game.

Recruitment Plans/Goals:

- Host 30 campus visits.
- Attend 25 high school games as a staff.
- Attend 10 AAU tournaments as a staff.

Retention Plans/Goals:

- Retain 20% of freshman class.
- Grade checks and academic check-ins every two weeks.
- Monthly individual meetings with encouraged walk-in opportunities.

Community Outreach/Goals:

- Host education day game with local elementary schools.
- Participate in 3 community service events in Fort Dodge.
- Host high school team camp, holiday youth camp.

Women's Basketball Team Expenses

Item	Expense/Income
Total Budget	39,440
Scholarships	77,348
Coaches Salaries	85,713
Total Expenses	202,501
Indirect Income**	261,969

****Indirect Income:** Tuition Income + Residence Hall Income

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 113 = \$23,730
- Fall Semester: Out-of-State Tuition Hours 187 = \$44,187
- Spring Semester: In-State Tuition Hours 107 = \$22,470
- Spring Semester: Out-of-State Tuition Hours 160 = \$38,472
- Total Tuition Revenue = \$128,859

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 18 x \$3,915 = \$70,470
- Spring Semester: Number of Athletes in Residence Halls 16 x \$3,915 = \$62,640
- Total Residence Hall Revenue = \$133,110

Men's Bowling

Win/Loss Record: N/A

Athletic Preseason Information

Quota for number of student athletes	<u>25</u>
Number of Athletes on the first day of Preseason	<u>30</u>
Number of Freshman on the first day of Preseason	<u>17</u>
Number of Sophomores on the first day of Preseason	<u>13</u>
Number of In-State Athletes from Area V	<u>5</u>
Number of In-State Athlete4s outside of Area V	<u>19</u>
Number of Border Athletes	<u>2</u>
Number of Non-Resident Athletes	<u>4</u>
Number of international Athletes	<u>0</u>
Number of African-Americans	<u>0</u>
Number of Native Americans	<u>0</u>
Number of Hispanic/Latino Americans	<u>0</u>
Number of Asian Americans	<u>0</u>

Athletic Roster Eligibility

Number of Athletes Enrolled Fall Semester	<u>30</u>
Number of Athletes in Frist Contest	<u>30</u>
Number of Athletes Enrolled Spring Semester	<u>29</u>
Number of Athletes that Completed the Season	<u>24</u>

Special Accomplishments of Team

- 4th place at MIBC Conference Championship.

Special Accomplishments of Coaching Staff

Special Accomplishments of Individual Players

Number of All-Region Athletes:

- 1st: 0
- 2nd: 0
- Honorable Mention: 0

Number of All Americans: 0

Number of Academic All-Americans:

- Pinnacle (GPA 4.00): 3
- Superior (GPA 3.80-3.99): 1
- Exemplary (GPA 3.60-3.79): 4

Number of Academic All-Region XI Athletes: 0

2024-2025 Goals/Accomplishments

Team performance Goals:

- Top 3 finish at nationals.
 - No, did not achieve goal, not allowed to go.
- Qualify for USBC Sectionals.
 - No, did not achieve goal, missed by 3 spots.
- NJCAA All-Academic Team.
 - Yes, achieved goal.

Recruitment Plans/Goals:

- Attend 10 or more high school meets.
 - Yes, achieved goal.
- Attend Iowa high school state bowling tournament.
 - No, did not achieve goal, we had a tournament.
- Attend various high school tournaments/showcases/recruiting events.
 - Yes, achieved goal.

Retention Plans/Goals:

- Retain 90% of student athletes from fall to spring.
 - Yes, achieved goal.
- 2-hour study tables once a week.
 - Yes, achieved goal.
- Bi-weekly grade checks/attendance.
 - Yes, achieved goal.

Community Outreach/Goals:

- Volunteer for 2 Special Olympic State qualifying events.
 - Yes, achieved goal.

2025-2026 Goals**Team Performance Goals:**

- Finish top 3 at NJCAA Nationals.
- Qualify for USBC sectionals.
- Qualify for academic team with at least 3.0 GPA.

Recruitment Plans/Goals:

- Attend Junior Gold.
- Attend 10 high school meets.
- Attend 3 high school tournaments.

Retention Plans/Goals:

- Have all athletes attend 2 hours of study tables per week.
- Schedule monthly meetings for academics.
- Retain 80% of student athletes.

Community Outreach/Goals:

- Volunteer at Special Olympics Bowling tournament.
- Find another volunteer opportunity.

Men's Bowling Team Expenses

Item	Expense/Income
Total Budget	43,330
Scholarships	35,108
Coaches Salaries	62,671
Total Expenses	141,109
Indirect Income**	380,457

****Indirect Income:** Tuition Income + Residence Hall Income

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 369 = \$77,490
- Fall Semester: Out-of-State Tuition Hours 87 = \$24,135
- Spring Semester: In-State Tuition Hours 351.5 = \$73,815
- Spring Semester: Out-of-State Tuition Hours 89 = \$21,012
- Total Tuition Revenue = \$196,452

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 25 x \$3,915 = \$97,875
- Spring Semester: Number of Athletes in Residence Halls 22 x \$3,915 = \$86,130
- Total Residence Hall Revenue = \$184,005

Women's Bowling

Win/Loss Record: N/A

Athletic Preseason Information

Quota for number of student athletes	<u>15</u>
Number of Athletes on the first day of Preseason	<u>15</u>
Number of Freshman on the first day of Preseason	<u>6</u>
Number of Sophomores on the first day of Preseason	<u>9</u>
Number of In-State Athletes from Area V	<u>1</u>
Number of In-State Athlete4s outside of Area V	<u>12</u>
Number of Border Athletes	<u>1</u>
Number of Non-Resident Athletes	<u>0</u>
Number of international Athletes	<u>1</u>
Number of African-Americans	<u>0</u>
Number of Native Americans	<u>1</u>
Number of Hispanic/Latino Americans	<u>0</u>
Number of Asian Americans	<u>0</u>

Athletic Roster Eligibility

Number of Athletes Enrolled Fall Semester	<u>15</u>
Number of Athletes in Frist Contest	<u>15</u>
Number of Athletes Enrolled Spring Semester	<u>14</u>
Number of Athletes that Completed the Season	<u>11</u>

Special Accomplishments of Team

- Runner-up at NJCAA National Championship.
- 4th place at MIBC Conference Championship.

Special Accomplishments of Coaching Staff

Special Accomplishments of Individual Players

Number of All-Region Athletes:

- 1st: 0
- 2nd: 0
- Honorable Mention: 0

Number of All Americans: 1

Number of Academic All-Americans:

- Pinnacle (GPA 4.00): 0
- Superior (GPA 3.80-3.99): 2
- Exemplary (GPA 3.60-3.79): 1

Number of Academic All-Region XI Athletes: 20

2024-2025 Goals/Accomplishments

Team performance Goals:

- Top 5 finish at nationals.
 - Yes, achieved goal.
- Qualify for USBC Sectionals.
 - No, did not achieve goal, missed by 5 spots.
- NJCAA All-Academic Team.
 - No, did not achieve goal, they narrowly missed with 2.87

Recruitment Plans/Goals:

- Attend 10 or more high school meets.
 - Yes, achieved goal.
- Attend Iowa high school state bowling tournament.
 - No, did not achieve goal, we had a tournament.
- Attend various high school tournaments/showcases/recruiting events.
 - Yes, achieved goal.

Retention Plans/Goals:

- Retain 90% of student athletes from fall to spring.
 - No, did not achieve goal, many decided to just do academics.
- 2-hour study tables once a week.
 - Yes, achieved goal.
- Bi-weekly grade checks/attendance.
 - Yes, achieved goal.

Community Outreach/Goals:

- Volunteer for 2 Special Olympic State qualifying events.
 - Yes, achieved goal.

2025-2026 Goals**Team Performance Goals:**

- Finish top 3 at NJCAA Nationals.
- Qualify for USBC sectionals.
- Qualify for academic team with at least 3.0 GPA.

Recruitment Plans/Goals:

- Attend Junior Gold.
- Attend 10 high school meets.
- Attend 3 high school tournaments.

Retention Plans/Goals:

- Have all athletes attend 2 hours of study tables per week.
- Schedule monthly meetings for academics.
- Retain 80% of student athletes.

Community Outreach/Goals:

- Volunteer at Special Olympics Bowling tournament.

Women's Bowling Team Expenses

Item	Expense/Income
Total Budget	39,031
Scholarships	21,695
Coaches Salaries	62,671
Total Expenses	123,397
Indirect Income**	159,556

****Indirect Income:** Tuition Income + Residence Hall Income

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 181.5 = \$38,115
- Fall Semester: Out-of-State Tuition Hours 26 = \$6,676
- Spring Semester: In-State Tuition Hours 180 = \$37,800
- Spring Semester: Out-of-State Tuition Hours 12 = \$2,580
- Total Tuition Revenue = \$85,171

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 11 x \$3,915 = \$43,065
- Spring Semester: Number of Athletes in Residence Halls 8 x \$3,915 = \$31,320
- Total Residence Hall Revenue = \$74,385

Cheer

Win/Loss Record: N/A

Athletic Preseason Information

Quota for number of student athletes	<u>70</u>
Number of Athletes on the first day of Preseason	<u>83</u>
Number of Freshman on the first day of Preseason	<u>39</u>
Number of Sophomores on the first day of Preseason	<u>38</u>
Number of In-State Athletes from Area V	<u>5</u>
Number of In-State Athlete4s outside of Area V	<u>38</u>
Number of Border Athletes	<u>22</u>
Number of Non-Resident Athletes	<u>11</u>
Number of international Athletes	<u>1</u>
Number of African-Americans	<u>2</u>
Number of Native Americans	<u>0</u>
Number of Hispanic/Latino Americans	<u>2</u>
Number of Asian Americans	<u>0</u>

Athletic Roster Eligibility

Number of Athletes Enrolled Fall Semester	<u>73</u>
Number of Athletes in Frist Contest	<u>83</u>
Number of Athletes Enrolled Spring Semester	<u>66</u>
Number of Athletes that Completed the Season	<u>65</u>

Special Accomplishments of Team

- Won NCA College Nationals with Intermediate All Girl Team
- Won NCA College Nationals with Intermediate Large Coed Team
- Advanced Large Coed finished 3rd place at NCA College Nationals.

Special Accomplishments of Coaching Staff

- First NCA Jr. College Cheer program to compete with three teams in the same season.
- First time winning two national championships in the same season

- First college in Iowa history to win the All-Girl division - all levels.
- Recruited over 70 athletes.

Special Accomplishments of Individual Players

Number of All-Region Athletes:

- 1st: 0
- 2nd: 0
- Honorable Mention: 0

Number of All Americans: 2

Number of Academic All-Americans:

- Pinnacle (GPA 4.00): 8
- Superior (GPA 3.80-3.99): 2
- Exemplary (GPA 3.60-3.79): 2

Number of Academic All-Region XI Athletes: 27

2024-2025 Goals/Accomplishments

Team performance Goals:

- Compete at nationals with three teams.
 - Yes, achieved goal.
- Place top two at nationals in all three divisions.
 - No, did not achieve goal. Two of the teams won, one team placed 3rd.
- Win national title with at least one team.
 - Yes, achieved goal.

Recruitment Plans/Goals:

- Attend in-state and out-of-state recruiting combines.
 - Yes, achieved goal.
- Travel to high schools in Iowa and surrounding states.
 - Yes, achieved goal.
- Host Triton Challenge Cheer Competition.
 - Yes, achieved goal.
- Phone calls/texts/Instagram messages to potential recruits.
 - Yes, achieved goal.
- Hit 10K followers on Instagram.
 - Yes, achieved goal.
- Host 4-5 stunting/recruitment clinics.
 - Yes, achieved goal.

Retention Plans/Goals:

- Individual meetings with athletes throughout the year.
 - Yes, achieved goal.
- Weekly grade checks & two study halls per week.
 - Yes, achieved goal.
- Create an environment where athletes grow and thrive.
 - Yes, achieved goal.

Community Outreach/Goals:

- Run camps/Clinics.
 - Yes, achieved goal.
- Run two cheer competitions for high school cheerleaders.
 - Yes, achieved goal.
- Host summer youth camp.
 - Yes, achieved goal.
- Host conference for high school and middle school coaches.
 - No, did not achieve this goal due to schedule.
- Co-Coach Iowa High School Honor Squad – 120 athletes.
 - Yes, achieved goal.

2025-2026 Goals

Team Performance Goals:

- Compete at nationals with three teams.
- Place top two at nationals.
- Win national title with one team.

Recruitment Plans/Goals:

- Attend in-state and out-of-state cheer recruiting combines & nationals.
- Host 4-5 recruitment clinics.
- Instagram hits 15k followers.

Retention Plans/Goals:

- Individual meetings with athletes throughout the year.
- Weekly grade checks & study hall per week.
- Create a fun athletic environment.

Community Outreach/Goals:

- Run camps/clinics.
- 5 volunteer service projects a semester.
- Host two high school/middle school competitions.

Cheer Team Expenses

Item	Expense/Income
Total Budget	109,733
Scholarships	47,500
Coaches Salaries	166,536
Total Expenses	323,769
Indirect Income**	915,141

****Indirect Income:** Tuition Income + Residence Hall Income

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 636 = \$129,517
- Fall Semester: Out-of-State Tuition Hours 361 = \$95,534
- Spring Semester: In-State Tuition Hours 624.5 = \$128,835
- Spring Semester: Out-of-State Tuition Hours 366.5 = \$95,369
- Total Tuition Revenue = \$449,256

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 60 x \$3,915 = \$234,900
- Spring Semester: Number of Athletes in Residence Halls 59 x \$3,915 = \$230,985
- Total Residence Hall Revenue = \$465,885

Men's Cross Country

Win/Loss Record: N/A

Athletic Preseason Information

Quota for number of student athletes	<u>30</u>
Number of Athletes on the first day of Preseason	<u>23</u>
Number of Freshman on the first day of Preseason	<u>17</u>
Number of Sophomores on the first day of Preseason	<u>6</u>
Number of In-State Athletes from Area V	<u>2</u>
Number of In-State Athlete4s outside of Area V	<u>3</u>
Number of Border Athletes	<u>6</u>
Number of Non-Resident Athletes	<u>5</u>
Number of international Athletes	<u>7</u>
Number of African-Americans	<u>6</u>
Number of Native Americans	<u>1</u>
Number of Hispanic/Latino Americans	<u>3</u>
Number of Asian Americans	<u>0</u>

Athletic Roster Eligibility

Number of Athletes Enrolled Fall Semester	<u>23</u>
Number of Athletes in Frist Contest	<u>23</u>
Number of Athletes Enrolled Spring Semester	<u>21</u>
Number of Athletes that Completed the Season	<u>18</u>

Special Accomplishments of Team

- Region XI Team Runners-Up.
- 19th of 28 teams at NJCAA Cross Country Championships.
- 17th of 27 teams at NJCAA Half Marathon Championships.
- Men's Cross Country NJCAA Academic Team of the Year (3.24 GPA).
- Men's Half Marathon NJCAA Academic Team of the Year (3.39 GPA).
- USTFCCCA All-Academic Team (3.917 GPA).

Special Accomplishments of Coaching Staff

- Dee Brown President of the NJCAA Cross Country Coaches Association.
- Dee Brown Vice President of the NJCAA Track & Field Coaches Assoc.
- Dee Brown attended the USTFCCCA Convention.
- Dee Brown presented at the IATC Coaches Clinic – recruiting.
- Dee Brown participated in two podcasts on AireyBros Radio. – NJCAA recruiting, IC XCTF program.
- Mark Bennet attended IATC Clinic in Ames, IA.
- Mark Bennet worked Prefontaine Classic in Eugene, OR (6/2025).
- Mark Bennet worked at the USATF Championships in Eugene, OR.

Special Accomplishments of Individual Players

- Mohamed Dahmouch set school record for 4 miles (18:27.6).
- ICCAC Athlete of the Week – Mohamed Dahmouch.
- NJCAA Player of the Week – Mohamed Dahmouch.

Number of All Conference Athletes:

- 1st: 1
- 2nd: 1
- Honorable Mention: 1

Number of All-Region Athletes:

- 1st : 1
- 2nd : 1
- Honorable Mention: 2

Number of All Americans: 0 Cross Country

Number of All Americans: 0 Half Marathon

Number of Academic All-Americans:

- Pinnacle (GPA 4.00): 2
- Superior (GPA 3.80-3.99): 2
- Exemplary (GPA 3.60-3.79): 3

Number of Academic All-Region XI Athletes: 12 XC/5 HM

2024-2025 Goals/Accomplishments

Team performance Goals:

- Compete for a top 10 spot at NJCAA D1 XC Nationals.
 - No, did not achieve goal, placed 19th.
- Compete for a top 10 spot at NJCAA Half Marathon Nationals.
 - No, did not achieve goal, placed 17th.
- Compete for top 3 spots at Region XI Championships.
 - Yes, achieved goal, placed 2nd.
- Earn NJCAA Academic Team of the Year.
 - Yes, achieved goal.

Recruitment Plans/Goals:

- Each event coach visits 5 high schools during fall/spring semesters.
 - Yes, did the best we could.
- Attend as many Iowa XC District Qualifying meets as possible.
 - Yes, achieved goal.
- Attend Iowa TF District Qualifying meets.
 - Yes, achieved goal.
- Attend as many state TF Championships as possible.
 - Yes, achieved goal.
- Hit Quote.
 - No, did not achieve goal, due to staffing issues.

Retention Plans/Goals:

- Schedule individual meetings before and after each season.
 - Yes, achieved goal.
- Three hours a week study hall.
 - Yes, achieved goal.
- Retain 95% of students from fall to spring.
 - No, did not achieve goal.
- Retain 90% of returning athletes for the 2025-2026 season.
 - No, did not achieve goal.

Community Outreach/Goals:

- Raise at least \$2,000 for Breast Cancer & donate to Unity Point.
 - Yes, achieved goal. Raising \$4,000.
- Take teams to Friendship Haven at least once a semester.
 - Yes, achieved goal.
- Work Iowa State Cross Country Championships.
 - Yes, achieved goal.

2025-2026 Goals**Team Performance Goals:**

- Compete for top 10 spot at XC & HM NJCAA Championships.
- Compete for top 3 spot at Region XI Championships.
- Earn NJCAA Academic Team of the Year.

Recruitment Plans/Goals:

- Visit one high school per month during academic year.
- Attend Iowa and other states XC & TF Championships.
- Attend Iowa and other states XC & TF qualifying meets.
- Hit overall Quota from M/W Cross Country & Track and Field.

Retention Plans/Goals:

- Individual meetings before and after each season.
- Athletes attend 3 hours of study hall per week.
- Retain 90% of athletes from fall to spring.
- Retain 80% of athletes for the next academic year.

Community Outreach/Goals:

- Raise \$2K for Breast Cancer Awareness and donate to Unity Point.
- Take teams to Friendship Ahave at least once a semester.
- Work Iowa State XC Championships, FD XC invite, & two Middle School events.

Men's Cross Country Team Expenses

Item	Expense/Income
Total Budget	18,716
Scholarships	49,869
Coaches Salaries	30,768
Total Expenses	99,353
Indirect Income**	337,480

****Indirect Income:** Tuition Income + Residence Hall Income

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 71 = \$14,910
- Fall Semester: Out-of-State Tuition Hours 273 = \$74,741
- Spring Semester: In-State Tuition Hours 60 = \$12,600
- Spring Semester: Out-of-State Tuition Hours 231 = \$62,968
- Total Tuition Revenue = \$165,220

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 23 x \$3,915 = \$90,045
- Spring Semester: Number of Athletes in Residence Halls 21 x \$3,915 = \$82,215
- Total Residence Hall Revenue = \$172,260

Women's Cross Country

Win/Loss Record: N/A

Athletic Preseason Information

Quota for number of student athletes	<u>12</u>
Number of Athletes on the first day of Preseason	<u>10</u>
Number of Freshman on the first day of Preseason	<u>7</u>
Number of Sophomores on the first day of Preseason	<u>3</u>
Number of In-State Athletes from Area V	<u>2</u>
Number of In-State Athlete4s outside of Area V	<u>1</u>
Number of Border Athletes	<u>1</u>
Number of Non-Resident Athletes	<u>0</u>
Number of international Athletes	<u>6</u>
Number of African-Americans	<u>6</u>
Number of Native Americans	<u>1</u>
Number of Hispanic/Latino Americans	<u>0</u>
Number of Asian Americans	<u>0</u>

Athletic Roster Eligibility

Number of Athletes Enrolled Fall Semester	<u>10</u>
Number of Athletes in Frist Contest	<u>10</u>
Number of Athletes Enrolled Spring Semester	<u>8</u>
Number of Athletes that Completed the Season	<u>10</u>

Special Accomplishments of Team

- ICCAC Team Champions.
- Region 11 Team Champions.
- NJCAA Cross Country National Runners-Up
- NJCAA Half Marathon Championships – only 1 finisher.
- Women's Cross Country – NJCAA Academic Team of the Year (3.16 GPA)
- Women's Half Marathon – NJCAA Academic Team of the Year (3.59 GPA)
- USTFCCA – National Scholar Team of the Year (3.909 GPA)

Special Accomplishments of Coaching Staff

- Dee Brown ICCAC/Region XI Coach of the Year.
- Dee Brown USTFCCCA Midwest Region Coach of the Year.
- Dee Brown President of the NJCAA Cross Country Coaches Association.
- Dee Brown Vice President of the NJCAA Track & Field Coaches Assoc.
- Dee Brown attended the USTFCCCA Convention.
- Dee Brown presented at the IATC Coaches Clinic – recruiting.
- Dee Brown participated in two podcasts on AireyBros Radio. – NJCAA recruiting, IC XCTF program.
- Mark Bennet attended IATC Clinic in Ames, IA.
- Mark Bennet worked Prefontaine Classic in Eugene, OR (6/2025).
- Mark Bennet worked at the USATF Championships in Eugene, OR.

Special Accomplishments of Individual Players

- Four athletes were named ICCAC Athlete of the Week.
- NJCAA Cross Country Player of the Week – Maud Lambotte.
- Yididiya Bifa – ICCAC/Region IX Champion & Athlete of the Year.
- Yididiya Bifa – USTFCCCA Midwest Region Athlete of the Year.

Number of All-Conference Athletes:

- 1st: 4
- 2nd: 2
- Honorable Mention: 1

Number of All-Region Athletes:

- 1st: 4
- 2nd: 1
- Honorable Mention: 2

Number of All Americans: 4 Cross Country

Number of All Americans: 1 Half Marathon

Number of Academic All-Americans:

- Pinnacle (GPA 4.00): 2
- Superior (GPA 3.80-3.99): 0
- Exemplary (GPA 3.60-3.79): 1

Number of Academic All-Region XI Athletes: 8 XC/3 HM

2024-2025 Goals/Accomplishments

Team performance Goals:

- Compete for a top 10 spot at NJCAA D1 XC Nationals.
 - Yes, achieved goal placed 2nd.
- Compete for a top 10 spot at NJCAA Half Marathon Nationals.
 - No, did not achieve goal due to injury.
- Compete for top 3 spots at Region XI Championships.
 - Yes, achieved goal. Region XI Champions.
- Earn NJCAA Academic Team of the Year.
 - Yes, achieved goal.

Recruitment Plans/Goals:

- Each event coach visits 5 high schools during fall/spring semesters.
 - Yes, did the best we could.
- Attend as many Iowa XC District Qualifying meets as possible.
 - Yes, achieved goal.
- Attend Iowa TF District Qualifying meets.
 - Yes, achieved goal.
- Attend as many state TF Championships as possible.
 - Yes, achieved goal.
- Hit Quote.
 - No, did not achieve goal due to staffing issues.

Retention Plans/Goals:

- Schedule individual meetings before and after each season.
 - Yes, achieved goal.
- Three hours a week study hall.
 - Yes, achieved goal.
- Retain 95% of students from fall to spring.
 - No, did not achieve goal.
- Retain 90% of returning athletes for the 2025-2026 season.
 - No, did not achieve goal.

Community Outreach/Goals:

- Raise at least \$2,000 for Breast Cancer & donate to Unity Point.

- Yes, achieved goal. Raising \$4,000.
- Take teams to Friendship Haven at least once a semester.
 - Yes, achieved goal.
- Work Iowa State Cross Country Championships.
 - Yes, achieved goal.

2025-2026 Goals

Team Performance Goals:

- Compete for top 10 spot at XC & HM NJCAA Championships.
- Compete for top 3 spot at Region XI Championships.
- Earn NJCAA Academic Team of the Year.

Recruitment Plans/Goals:

- Visit one high school per month during academic year.
- Attend Iowa and other states XC & TF Championships.
- Attend Iowa and other states XC & TF qualifying meets.
- Hit overall Quota from M/W Cross Country & Track and Field.

Retention Plans/Goals:

- Individual meetings before and after each season.
- Athletes attend 3 hours of study hall per week.
- Retain 90% of athletes from fall to spring.
- Retain 80% of athletes for the next academic year.

Community Outreach/Goals:

- Raise \$2K for Breast Cancer Awareness and donate to Unity Point.
- Take teams to Friendship Haven at least once a semester.
- Work Iowa State XC Championships, FD XC invite, & two Middle School events.

Women's Cross Country Team Expenses

Item	Expense/Income
Total Budget	10,867
Scholarships	50,743
Coaches Salaries	30,768
Total Expenses	92,378
Indirect Income**	121,096

****Indirect Income:** Tuition Income + Residence Hall Income

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 39 = \$8,190
- Fall Semester: Out-of-State Tuition Hours 101 = \$29,588
- Spring Semester: In-State Tuition Hours 42 = \$8,820
- Spring Semester: Out-of-State Tuition Hours 68 = \$19,688
- Total Tuition Revenue = \$66,286

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 8 x \$3,915 = \$31,320
- Spring Semester: Number of Athletes in Residence Halls 6 x \$3,915 = \$23,490
- Total Residence Hall Revenue = \$54,810

Dance

Win/Loss Record: N/A

Athletic Preseason Information

Quota for number of student athletes	<u>26</u>
Number of Athletes on the first day of Preseason	<u>37</u>
Number of Freshman on the first day of Preseason	<u>21</u>
Number of Sophomores on the first day of Preseason	<u>16</u>
Number of In-State Athletes from Area V	<u>14</u>
Number of In-State Athlete4s outside of Area V	<u>22</u>
Number of Border Athletes	<u>1</u>
Number of Non-Resident Athletes	<u>0</u>
Number of international Athletes	<u>0</u>
Number of African-Americans	<u>2</u>
Number of Native Americans	<u>0</u>
Number of Hispanic/Latino Americans	<u>4</u>
Number of Asian Americans	<u>0</u>

Athletic Roster Eligibility

Number of Athletes Enrolled Fall Semester	<u>36</u>
Number of Athletes in Frist Contest	<u>35</u>
Number of Athletes Enrolled Spring Semester	<u>33</u>
Number of Athletes that Completed the Season	<u>37</u>

Special Accomplishments of Team

- Competed in two different national championships.
- Two first place state titles.
- Top 5 at both nationals in all routines.

Special Accomplishments of Coaching Staff

- Traveled to Orlando for recruitment trip.
- Stephanie received Golden Triton Award.
- Maintained positive team culture after death of team member.

Special Accomplishments of Individual Players

Number of All-Region Athletes:

- 1st: 24
- 2nd: 12
- Honorable Mention: 0

Number of All Americans: 15

Number of Academic All-Americans:

- Pinnacle (GPA 4.00): 0
- Superior (GPA 3.80-3.99): 0
- Exemplary (GPA 3.60-3.79): 0

Number of Academic All-Region XI Athletes: 0

2024-2025 Goals/Accomplishments

Team performance Goals:

- Clean sweep at state for all 3 divisions.
 - No, did not achieve goal, two first place titles, one second place.
- Top 5 at nationals.
 - Yes, achieved goal.
- Increase scores at all competitions.
 - Yes, achieved goal.

Recruitment Plans/Goals:

- Visit a total of 20 high schools during fall/spring semester.
 - No, did not achieve goal, were only able to make it to 10.
- Attend more dance combines & recruiting events/host prep clinics.
 - Yes, achieved goal.
- Make 10 calls/text per week to recruits.
 - Yes, achieved goal.

Retention Plans/Goals:

- Individual meetings 3 times a semester.
 - Yes, achieved goal.
- Track grades twice a week to maintain academic success.
 - Yes, achieved goal.
- Create a positive and encouraging family like culture.
 - Yes, achieved goal.

Community Outreach/Goals:

- Perform in local town parades and nursing homes.
 - Yes, achieved parades; No, did not achieve nursing home.
- Work at Apple Orchard.
 - No, did not achieve goal, was not asked to work.
- Put on kids clinic.
 - Yes, goal achieved.

2025-2026 Goals**Team Performance Goals:**

- Three 1st place state titles.
- Take 4 routines to nationals.
- Team GPA of 3.5 or higher.

Recruitment Plans/Goals:

- Add fall recruitment clinic.
- Make 10 calls/texts to recruits and get campus visits set up.

Retention Plans/Goals:

- Schedule individual meetings two times a semester.
- All dancers attend 3 hours of study table hours each week.

Community Outreach/Goals:

- Do more community appearances and volunteer events.
- Host two kids clinics throughout the year.

Dance Team Expenses

Item	Expense/Income
Total Budget	69,928
Scholarships	18,550
Coaches Salaries	106,101
Total Expenses	194,579
Indirect Income**	432,495

****Indirect Income:** Tuition Income + Residence Hall Income

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 497 = \$102,510
- Fall Semester: Out-of-State Tuition Hours 15 = \$3,225
- Spring Semester: In-State Tuition Hours 447 = \$92,550
- Spring Semester: Out-of-State Tuition Hours 15 = \$3,225
- Total Tuition Revenue = \$201,510

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 31 x \$3,915 = \$121,365
- Spring Semester: Number of Athletes in Residence Halls 28 x \$3,915 = \$109,620
- Total Residence Hall Revenue = \$230,985

Esports

Win/Loss Record: 24/20

Athletic Preseason Information

Quota for number of student athletes	<u>40</u>
Number of Athletes on the first day of Preseason	<u>27</u>
Number of Freshman on the first day of Preseason	<u>14</u>
Number of Sophomores on the first day of Preseason	<u>13</u>
Number of In-State Athletes from Area V	<u>18</u>
Number of In-State Athlete4s outside of Area V	<u>5</u>
Number of Border Athletes	<u>0</u>
Number of Non-Resident Athletes	<u>4</u>
Number of international Athletes	<u>0</u>
Number of African-Americans	<u>3</u>
Number of Native Americans	<u>2</u>
Number of Hispanic/Latino Americans	<u>2</u>
Number of Asian Americans	<u>0</u>

Athletic Roster Eligibility

Number of Athletes Enrolled Fall Semester	<u>24</u>
Number of Athletes in Frist Contest	<u>30</u>
Number of Athletes Enrolled Spring Semester	<u>22</u>
Number of Athletes that Completed the Season	<u>24</u>

Special Accomplishments of Team

- COD: 4v4 top 4 finish.

Special Accomplishments of Coaching Staff

Special Accomplishments of Individual Players

Number of All-Region Athletes:

- 1st: 0
- 2nd: 0
- Honorable Mention: 0

Number of All Americans: 0

Number of Academic All-Americans:

- Pinnacle (GPA 4.00): 2
- Superior (GPA 3.80-3.99): 0
- Exemplary (GPA 3.60-3.79): 4

Number of Academic All-Region XI Athletes: 0

2024-2025 Goals/Accomplishments

Team performance Goals:

- Maintain a 70% or higher win rate across all teams.
 - No, did not achieve goal, we had an amazing CoD team, but a rough time in some of our other titles.

Recruitment Plans/Goals:

- Visit 10 high schools in person.
 - No, did not achieve goal.
- Send out more flyers with admissions visits.
 - No, did not achieve goal, due to lack of time from taking classes.

Retention Plans/Goals:

- Weekly meetings with team captains.
 - Yes, achieved goal, fairly easily.
- Monthly meetings with all teams.
 - Yes, achieved goal, fairly easily.
- Team activities for fun (tournaments, livestream events, etc.)
 - Yes, achieved goal, easy to do since coach is in the arena.

Community Outreach/Goals:

- ExtraLife 24-hour charity livestream.
 - Yes, achieved goal, raised \$250.

2025-2026 Goals**Team Performance Goals:**

- Top 8 finish across at least half of the teams.
- Personal rank increases of at least 1 division.

Recruitment Plans/Goals:

- Visit 10 high schools.
- Attend local Smash tournaments.
- Create fliers to be handed out to high schools.

Retention Plans/Goals:

- One-on-one coaching.
- Weekly study times.
- Retain 80% of signups.

Community Outreach/Goals:

- Do 3, 24-hour livestreams throughout the year for charity.
- Over half of students participate in charity events.
- Monthly free for all game nights.

Esports Team Expenses

Item	Expense/Income
Total Budget	23,325
Scholarships	5,500
Coaches Salaries	58,701
Total Expenses	87,526
Indirect Income**	212,377

****Indirect Income:** Tuition Income + Residence Hall Income

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 271 = \$52,610
- Fall Semester: Out-of-State Tuition Hours 61 = \$18,635
- Spring Semester: In-State Tuition Hours 236 = \$45,780
- Spring Semester: Out-of-State Tuition Hours 43 = \$13,136
- Total Tuition Revenue = \$130,162

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 12 x \$3,915 = \$46,980
- Spring Semester: Number of Athletes in Residence Halls 9 x \$3,915 = \$35,235
- Total Residence Hall Revenue = \$82,215

Football

Win/Loss Record: 6-6

Athletic Preseason Information

Quota for number of student athletes	<u>155</u>
Number of Athletes on the first day of Preseason	<u>227</u>
Number of Freshman on the first day of Preseason	<u>121</u>
Number of Sophomores on the first day of Preseason	<u>106</u>
Number of In-State Athletes from Area V	<u>8</u>
Number of In-State Athlete4s outside of Area V	<u>74</u>
Number of Border Athletes	<u>38</u>
Number of Non-Resident Athletes	<u>106</u>
Number of international Athletes	<u>1</u>
Number of African-Americans	<u>131</u>
Number of Native Americans	<u>8</u>
Number of Hispanic/Latino Americans	<u>13</u>
Number of Asian Americans	<u>0</u>

Athletic Roster Eligibility

Number of Athletes Enrolled Fall Semester	<u>187</u>
Number of Athletes in Frist Contest	<u>175</u>
Number of Athletes Enrolled Spring Semester	<u>164</u>
Number of Athletes that Completed the Season	<u>180</u>

Special Accomplishments of Team

- Won bowl game.

Special Accomplishments of Coaching Staff

Special Accomplishments of Individual Players

- Jawarren Corbin – Defensive Player of the Year.
- 5 All-Americans.

Number of All-Region Athletes:

- 1st : 8
- 2nd : 8
- Honorable Mention: 0

Number of All Americans: 5

Number of Academic All-Americans:

- Pinnacle (GPA 4.00): 8
- Superior (GPA 3.80-3.99): 5
- Exemplary (GPA 3.60-3.79): 8

Number of Academic All-Region XI Athletes: 81

2024-2025 Goals/Accomplishments

Team performance Goals:

- Top 10 finish.
 - No, did not achieve goal, lost 4 games by combined 9 points.
- Win bowl game.
 - Yes, achieved goal.
- 75 Academic All-Region.
 - Yes, achieved goal, 81 Academic All-Region.

Recruitment Plans/Goals:

- Visit 150+ high schools in Iowa between October and January.
 - Yes, achieved goal.
- Visit 100 high schools in: IL, MO, KS, MN.
 - Yes, achieved goal.
- Visit 100 high schools in Iowa in February & March.
 - Yes, achieved goal.
- Visit 150 high schools in Mary along with Triton tours.
 - Yes, achieved goal, but did not do Triton Tour.

Retention Plans/Goals:

- We have weekly AGP meetings to discuss academics and life.
 - Yes, achieved goal.
- 4 hours of study hall per week.
 - Yes, achieved goal.
- Retain 80% of athletes.
 - Yes, achieved goal.

Community Outreach/Goals:

- Work with Friendship Haven.
 - Yes, achieved goal.
- Read to elementary students in October.
 - Yes, achieved goal.
- Help with fall and spring career fairs.
 - Yes, achieved goal.

2025-2026 Goals**Team Performance Goals:**

- Top 10 finish.
- Win bowl game.
- 75 Academic All-Region.

Recruitment Plans/Goals:

- Visit 150+ high schools in Iowa between October and January.
- Visit 100 high schools in: IL, MO, KS, MN.
- Visit 100 high schools in February & March after signing day.

Retention Plans/Goals:

- Weekly meetings with individuals to discuss academics and life.
- 4 hours of study table per week.
- Retain 80% of athletes.

Community Outreach/Goals:

- Work with Friendship Haven.
- Read to elementary students.
- Help with career fairs.

Football Team Expenses

Item	Expense/Income
Total Budget	192,715
Scholarships	277,312
Coaches Salaries	517,974
Total Expenses	988,001
Indirect Income**	2,553,881

****Indirect Income:** Tuition Income + Residence Hall Income

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 1068 = \$224,280
- Fall Semester: Out-of-State Tuition Hours 1535 = \$429,394
- Spring Semester: In-State Tuition Hours 830 = \$174,300
- Spring Semester: Out-of-State Tuition Hours 1479 = \$422,212
- Total Tuition Revenue = \$1,250,186

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 182 x \$3,915 = \$712,530
- Spring Semester: Number of Athletes in Residence Halls 151 x \$3,915 = \$591,165
- Total Residence Hall Revenue = \$1,303,695

Men's Golf

Win/Loss Record: N/A

Athletic Preseason Information

Quota for number of student athletes	<u>24 (between M & W)</u>
Number of Athletes on the first day of Preseason	<u>19</u>
Number of Freshman on the first day of Preseason	<u>14</u>
Number of Sophomores on the first day of Preseason	<u>5</u>
Number of In-State Athletes from Area V	<u>4</u>
Number of In-State Athlete4s outside of Area V	<u>5</u>
Number of Border Athletes	<u>4</u>
Number of Non-Resident Athletes	<u>1</u>
Number of international Athletes	<u>5</u>
Number of African-Americans	<u>0</u>
Number of Native Americans	<u>1</u>
Number of Hispanic/Latino Americans	<u>2</u>
Number of Asian Americans	<u>0</u>

Athletic Roster Eligibility

Number of Athletes Enrolled Fall Semester	<u>18</u>
Number of Athletes in Frist Contest	<u>17</u>
Number of Athletes Enrolled Spring Semester	<u>18</u>
Number of Athletes that Completed the Season	<u>17</u>

Special Accomplishments of Team

- Two athletes with tournament wins.
- Three athletes with All-Region honors.
- 8 Academic All-Region.

Special Accomplishments of Coaching Staff

Special Accomplishments of Individual Players

Number of All-Region Athletes:

- 1st: 0
- 2nd: 1
- Honorable Mention: 2

Number of All Americans: 0

Number of Academic All-Americans:

- Pinnacle (GPA 4.00): 0
- Superior (GPA 3.80-3.99): 1
- Exemplary (GPA 3.60-3.79): 0

Number of Academic All-Region XI Athletes: 8

2024-2025 Goals/Accomplishments

Team performance Goals:

- Win district title.
 - No, did not achieve goal.
- Win national title.
 - No, did not achieve goal.
- Set a new school record.
 - Yes, did not achieve goal.

Recruitment Plans/Goals:

- Visit a total of 40 high school events.
 - Yes, visited over 50 high schools.
- Bring in 10 freshmen women.
 - Yes, achieved goal.

Retention Plans/Goals:

- Have weekly study tables.
 - Yes, achieved goal.
- Meet with players individually twice a semester.
 - Yes, achieved goal.
- Have students finish the year at Iowa Central regardless of team status.
 - Yes, achieved goal.

Community Outreach/Goals:

- Volunteer with Fort Dodge Country Club.
 - Yes, achieved goal.
- Have student athletes plan their community service.
 - Yes, achieved goal.

2025-2026 Goals**Team Performance Goals:**

- Season scoring average below 298.
- Multiple team wins.
- Qualify the team for nationals.

Recruitment Plans/Goals:

- Visit a total of 15 high schools.
- Bring in 5 Iowa-born players.
- Attend multiple state golf tournaments.

Retention Plans/Goals:

- Retain 70% of the athletes.
- Hold individual meetings with each athlete once a month.
- Have everyone on the team play in multiple events.

Community Outreach/Goals:

- Work with Johnston Golf Foundation for Iowa High School Showcase.
- Host past, present, and future night with community members.
- Help clean up Fort Dodge Country Club after the winter.

Men's Golf Team Expenses

Item	Expense/Income
Total Budget	45,989
Scholarships	29,800
Coaches Salaries	55,451
Total Expenses	131,240
Indirect Income**	239,547

****Indirect Income:** Tuition Income + Residence Hall Income

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 129 = \$27,090
- Fall Semester: Out-of-State Tuition Hours 132 = \$34,805
- Spring Semester: In-State Tuition Hours 109 = \$22,890
- Spring Semester: Out-of-State Tuition Hours 154.5 = \$41,226
- Total Tuition Revenue = \$126,012

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 14 x \$3,915 = \$54,810
- Spring Semester: Number of Athletes in Residence Halls 15 x \$3,915 = \$58,725
- Total Residence Hall Revenue = \$113,535

Women's Golf

Win/Loss Record: N/A

Athletic Preseason Information

Quota for number of student athletes	<u>24 (between M & W)</u>
Number of Athletes on the first day of Preseason	<u>1</u>
Number of Freshman on the first day of Preseason	<u>9</u>
Number of Sophomores on the first day of Preseason	<u>5</u>
Number of In-State Athletes from Area V	<u>3</u>
Number of In-State Athlete4s outside of Area V	<u>1</u>
Number of Border Athletes	<u>0</u>
Number of Non-Resident Athletes	<u>1</u>
Number of international Athletes	<u>0</u>
Number of African-Americans	<u>0</u>
Number of Native Americans	<u>0</u>
Number of Hispanic/Latino Americans	<u>1</u>
Number of Asian Americans	<u>0</u>

Athletic Roster Eligibility

Number of Athletes Enrolled Fall Semester	<u>10</u>
Number of Athletes in Frist Contest	<u>8</u>
Number of Athletes Enrolled Spring Semester	<u>10</u>
Number of Athletes that Completed the Season	<u>7</u>

Special Accomplishments of Team

- Finished 3rd in the country.
- Lowest scoring average in the past 10 years.
- 7 tournament wins.

Special Accomplishments of Coaching Staff

Special Accomplishments of Individual Players

- Individual national champion.
- Regional Player of the Year.
- 2 All-Americans.

Number of All-Region Athletes:

- 1st : 2
- 2nd : 1
- Honorable Mention: 1

Number of All Americans: 2

Number of Academic All-Americans:

- Pinnacle (GPA 4.00): 1
- Superior (GPA 3.80-3.99): 1
- Exemplary (GPA 3.60-3.79): 1

Number of Academic All-Region XI Athletes: 4

2024-2025 Goals/Accomplishments

Team performance Goals:

- Win district title.
 - No, did not achieve goal.
- Win national title.
 - No, did not achieve goal, not as a team.
 - Yes, achieved goal, as an individual.
- Set a new school record.
 - Yes, achieved goal, for tournament wins & season scoring average.

Recruitment Plans/Goals:

- Visit a total of 40 high school events.
 - Yes, achieved goal, visited over 50 high schools.
- Bring in 7 freshmen women.
 - Yes, achieved goal.

Retention Plans/Goals:

- Have weekly study tables.
 - Yes, achieved goal.
- Meet with players individually twice a semester.
 - Yes, achieved goal.

Community Outreach/Goals:

- Volunteer with Fort Dodge Country Club.
 - Yes, achieved goal.
- Have student athletes plan their community service.
 - Yes, achieved goal.

2025-2026 Goals**Team Performance Goals:**

- Season scoring average below 330.
- Multiple team wins.
- Qualify the team for nationals.

Recruitment Plans/Goals:

- Visit a total of 15 high schools.
- Bring in 3 Iowa-born players.
- Attend multiple state golf tournaments.

Retention Plans/Goals:

- Retain 70% of the athletes.
- Hold individual meetings with each athlete once a month.
- Have everyone on the team play in multiple events.

Community Outreach/Goals:

- Work with Johnston Golf Foundation for Iowa High School Showcase.
- Host past, present, and future night with community members.
- Help clean up Fort Dodge Country Club after the winter.

Women's Golf Team Expenses

Item	Expense/Income
Total Budget	35,679
Scholarships	24,735
Coaches Salaries	55,451
Total Expenses	115,865
Indirect Income**	110,241

****Indirect Income:** Tuition Income + Residence Hall Income

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 110 = \$23,100
- Fall Semester: Out-of-State Tuition Hours 28 = \$7,377
- Spring Semester: In-State Tuition Hours 99 = \$20,790
- Spring Semester: Out-of-State Tuition Hours 30 = \$8,079
- Total Tuition Revenue = \$59,346

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 7 x \$3,915 = \$27,405
- Spring Semester: Number of Athletes in Residence Halls 6 x \$3,915 = \$23,490
- Total Residence Hall Revenue = \$50,895

Rodeo

Win/Loss Record: Individual Wins - 26

Athletic Preseason Information

Quota for number of student athletes	<u>40</u>
Number of Athletes on the first day of Preseason	<u>12</u>
Number of Freshman on the first day of Preseason	<u>28</u>
Number of Sophomores on the first day of Preseason	<u>3</u>
Number of In-State Athletes from Area V	<u>18</u>
Number of In-State Athlete4s outside of Area V	<u>12</u>
Number of Border Athletes	<u>7</u>
Number of Non-Resident Athletes	<u>0</u>
Number of international Athletes	<u>0</u>
Number of African-Americans	<u>0</u>
Number of Native Americans	<u>0</u>
Number of Hispanic/Latino Americans	<u>0</u>
Number of Asian Americans	<u>0</u>

Athletic Roster Eligibility

Number of Athletes Enrolled Fall Semester	<u>38</u>
Number of Athletes in Frist Contest	<u>38</u>
Number of Athletes Enrolled Spring Semester	<u>35</u>
Number of Athletes that Completed the Season	<u>40</u>

Special Accomplishments of Team

- 4 individuals made it to nationals.
- Placed at nationals individually in events for rounds.
- We had men from both ends of the arena qualify for nationals.

Special Accomplishments of Coaching Staff

- Runner up for Coach of the Year.
- Awarded most likely to help all athletes, not ICCC athletes.

Special Accomplishments of Individual Players

- Great Plain Region Saddle Bronc Champions.
- Reserve Champion Tie Down Roper in Great Plains.
- Great Plains 3rd Place Saddle Broc Tie Down.

Number of All-Region Athletes:

- 1st : 0
- 2nd : 0
- Honorable Mention: 0

Number of All Americans: 0

Number of Academic All-Americans:

- Pinnacle (GPA 4.00): 2
- Superior (GPA 3.80-3.99): 4
- Exemplary (GPA 3.60-3.79): 10

Number of Academic All-Region XI Athletes: 0

2024-2025 Goals/Accomplishments

Team performance Goals:

- Women's Team to the college finals.
 - No, did not achieve goal.
- Men's team to the college finals.
 - No, did not achieve goal, athletes left program with assistant.
- Both teams end in the top two.
 - No, did not achieve goal, girls team struggled mentally.

Recruitment Plans/Goals:

- Visit high school nationals in Wyoming.
 - Yes, achieved goal.
- Go to high school rodeos in Iowa and surrounding states.
 - Yes, achieved goal.
- Recruit via - calls/Instagram/Facebook/text messages.
 - Yes, achieved goal.

Retention Plans/Goals:

- To stay active with athletes.
 - Yes, achieved goal, we practice with them.
- Stay on top of grades & weekly study halls.
 - Yes, achieved goal, grade checks twice a week & study halls when needed.
- Schedule individual meetings to be proactive.
 - Yes, achieved goal, I meet with them four times a week.

Community Outreach/Goals:

- Serve at the veteran's dinner.
 - Yes, achieved goal.
- Serve honor flights at the fairgrounds.
 - Yes, achieved goal.
- We donate bikes for tikes every year.
 - Yes, achieved goal.

2025-2026 Goals**Team Performance Goals:**

- Men's team qualifies to the national finals.
- Have two girls make it to nationals individually.
- Place in the top 90% of every rodeo as a team.

Recruitment Plans/Goals:

- Attend high school national finals in Rock Spring, WY.
- Attend Iowa and surrounding states high school rodeos.
- Recruit – via call, text, message, and other forms of communication.

Retention Plans/Goals:

- Retain 90% of students from fall to spring.
- Check grades & meet individually about grades.
- At practice have daily contact with athletes to show support.

Community Outreach/Goals:

- Volunteer by taking care of elderly individuals' yards.
- Serve at and for the veterans and honor flags at the fairgrounds.

Rodeo Team Expenses

Item	Expense/Income
Total Budget	121,605
Scholarships	52,900
Coaches Salaries	102,929
Total Expenses	277,434
Indirect Income**	450,034

****Indirect Income:** Tuition Income + Residence Hall Income

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 269 = \$56,490
- Fall Semester: Out-of-State Tuition Hours 277 = \$68,695
- Spring Semester: In-State Tuition Hours 242 = \$50,820
- Spring Semester: Out-of-State Tuition Hours 364 = \$66,534
- Total Tuition Revenue = \$242,539

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 28 x \$3,915 = \$109,620
- Spring Semester: Number of Athletes in Residence Halls 25 x \$3,915 = \$97,875
- Total Residence Hall Revenue = \$207,495

Rugby

Win/Loss Record: 15's: 6-4/7's: 22-5

Athletic Preseason Information

Quota for number of student athletes	<u>54</u>
Number of Athletes on the first day of Preseason	<u>71</u>
Number of Freshman on the first day of Preseason	<u>43</u>
Number of Sophomores on the first day of Preseason	<u>28</u>
Number of In-State Athletes from Area V	<u>3</u>
Number of In-State Athlete4s outside of Area V	<u>18</u>
Number of Border Athletes	<u>9</u>
Number of Non-Resident Athletes	<u>33</u>
Number of international Athletes	<u>8</u>
Number of African-Americans	<u>18</u>
Number of Native Americans	<u>2</u>
Number of Hispanic/Latino Americans	<u>7</u>
Number of Asian Americans	<u>0</u>

Athletic Roster Eligibility

Number of Athletes Enrolled Fall Semester	<u>60</u>
Number of Athletes in Frist Contest	<u>60</u>
Number of Athletes Enrolled Spring Semester	<u>48</u>
Number of Athletes that Completed the Season	<u>71</u>

Special Accomplishments of Team

- Made it to conference semifinals for the first time.
- Ranked first in the country for 7's.
- Finished 6th in the nation in 7's.

Special Accomplishments of Coaching Staff

- Coaches Lippert & Southworth assist w/ Midwest All-Star competition.

Special Accomplishments of Individual Players

- Takudzwa Musingwini names 1st Team All-American.

Number of All-Region Athletes:

- 1st: 0
- 2nd: 0
- Honorable Mention: 0

Number of All Americans: 1

Number of Academic All-Americans:

- Pinnacle (GPA 4.00): 3
- Superior (GPA 3.80-3.99): 3
- Exemplary (GPA 3.60-3.79): 4

Number of Academic All-Region XI Athletes: 16

2024-2025 Goals/Accomplishments

Team performance Goals:

- Win Conference – 7's & 15's.
 - No, did not achieve goal.
- National Champions – 7's & 15's.
 - No, did not achieve goal.
- 3.0 team GPA.
 - No, did not achieve goal, had a 2.60 GPA.

Recruitment Plans/Goals:

- Attend 20 high schools, conduct 80-100 personal contacts.
 - Yes, achieved goal.
- Attend 6 large multi-school tournaments.
 - Yes, achieved goal.
- Attend all Friday night Iowa boys' high school events.
 - Yes, achieved goal.

Retention Plans/Goals:

Community Outreach/Goals:

2025-2026 Goals

Team Performance Goals:

- Win conference in 7's & 15's.
- Win nationals in 7's & 15's.
-

Recruitment Plans/Goals:

- Speak to, email, message over 150 recruits.
- Conduct 50+ zooms.
- Attend high school matches & tournaments.

Retention Plans/Goals:

- Retain 85% of student athletes from fall to spring.
- Have improved classroom attendance.
- One-on-one meetings with athletes each semester.

Community Outreach/Goals:

- Continue to set the bar high with community service.
- Volunteer for same number, increase by one.

Rugby Team Expenses

Item	Expense/Income
Total Budget	52,217
Scholarships	39,099
Coaches Salaries	122,303
Total Expenses	213,619
Indirect Income**	800,635

****Indirect Income:** Tuition Income + Residence Hall Income

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 257 = \$53,970
- Fall Semester: Out-of-State Tuition Hours 681 = \$187,729
- Spring Semester: In-State Tuition Hours 231.5 = \$47,355
- Spring Semester: Out-of-State Tuition Hours 495.5 = \$139,655
- Total Tuition Revenue = \$428,710

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 52 x \$3,915 = \$203,580
- Spring Semester: Number of Athletes in Residence Halls 43 x \$3,915 = \$168,345
- Total Residence Hall Revenue = \$371,925

Men's Soccer

Win/Loss Record: 4-11-2

Athletic Preseason Information

Quota for number of student athletes	<u>42</u>
Number of Athletes on the first day of Preseason	<u>36</u>
Number of Freshman on the first day of Preseason	<u>24</u>
Number of Sophomores on the first day of Preseason	<u>12</u>
Number of In-State Athletes from Area V	<u>10</u>
Number of In-State Athlete4s outside of Area V	<u>15</u>
Number of Border Athletes	<u>0</u>
Number of Non-Resident Athletes	<u>2</u>
Number of international Athletes	<u>9</u>
Number of African-Americans	<u>7</u>
Number of Native Americans	<u>0</u>
Number of Hispanic/Latino Americans	<u>17</u>
Number of Asian Americans	<u>00</u>

Athletic Roster Eligibility

Number of Athletes Enrolled Fall Semester	<u>35</u>
Number of Athletes in Frist Contest	<u>40</u>
Number of Athletes Enrolled Spring Semester	<u>31</u>
Number of Athletes that Completed the Season	<u>36</u>

Special Accomplishments of Team

- Won a Spring tournament at Cornell College

Special Accomplishments of Coaching Staff

- None

Special Accomplishments of Individual Players

Number of All-Region Athletes:

- 1st: 1
- 2nd: 1
- Honorable Mention: 2

Number of All Americans: 0

Number of Academic All-Americans:

- Pinnacle (GPA 4.00): 0
- Superior (GPA 3.80-3.99): 0
- Exemplary (GPA 3.60-3.79): 0

Number of Academic All-Region XI Athletes: 0

2024-2025 Goals/Accomplishments

Team performance Goals:

- Have a winning record.
 - No, did not achieve goal, we did not have a winning record. Played top teams.
 - Three of the four semifinalists we played during the season.
- Win Region 11.
 - No, we did not achieve goal.

Recruitment Plans/Goals:

- Attend four out of state showcases.
 - Yes, achieved goal, Iceland, Chicago, Omaha, Uruguay.
- Attend open gyms around the state.
 - Yes, achieved goal, DM North, Johnston.
- Attend four in-state showcases.
 - Yes, achieved goal.
- Attend 15 high school games and high school state cup.
 - Yes, achieved goal, Sioux West, Valley, Ankeny, Ames, Bondurant, etc.

Retention Plans/Goals:

- Retain 80% of students.
 - No, did not achieve goal, due to majority graduating.
- Run Study tables twice a week for 1.5 hours.
 - Yes, achieved goal.
- Check grades every Monday.
 - Yes, achieved goal.
- Follow up on absent emails.
 - Yes, achieved goal.

Community Outreach/Goals:

- Make presentations about the soccer program at middle school.
 - Yes, achieved goal, and went to middle school.
- Work on Thanksgiving serving meals.
 - Yes, achieved goal.
- Work with Rockwell City and their soccer program.
 - No, did not achieve goal.
- Work with FDSA.
 - Yes, achieved goal.

2025-2026 Goals**Team Performance Goals:****Recruitment Plans/Goals:**

- Attend 4 or more out of state showcases.
- Attend state cup.
- Attend 15 or more high school games.

Retention Plans/Goals:

- Attend 3 hours a week of study tables.
- Spring weights and Spring game/tournament.
- Individual meetings with athletes every other month.

Community Outreach/Goals:

- Help with Thanksgiving culinary meal.
- Visit middle schools & high schools.

Men's Soccer Team Expenses

Item	Expense/Income
Total Budget	25,716
Scholarships	67,197
Coaches Salaries	106,146
Total Expenses	199,059
Indirect Income**	403,158

****Indirect Income:** Tuition Income + Residence Hall Income

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 370 = \$77,385
- Fall Semester: Out-of-State Tuition Hours 160 = \$48,880
- Spring Semester: In-State Tuition Hours 329.5 = \$69,195
- Spring Semester: Out-of-State Tuition Hours 116 = \$35,438
- Total Tuition Revenue = \$230,898

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 25 x \$3,915 = \$97,875
- Spring Semester: Number of Athletes in Residence Halls 19 x \$3,915 = \$74,385
- Total Residence Hall Revenue = \$172,260

Women's Soccer

Win/Loss Record: 9-5-3

Athletic Preseason Information

Quota for number of student athletes	<u>30</u>
Number of Athletes on the first day of Preseason	<u>32</u>
Number of Freshman on the first day of Preseason	<u>16</u>
Number of Sophomores on the first day of Preseason	<u>16</u>
Number of In-State Athletes from Area V	<u>2</u>
Number of In-State Athlete4s outside of Area V	<u>22</u>
Number of Border Athletes	<u>5</u>
Number of Non-Resident Athletes	<u>2</u>
Number of international Athletes	<u>1</u>
Number of African-Americans	<u>1</u>
Number of Native Americans	<u>0</u>
Number of Hispanic/Latino Americans	<u>5</u>
Number of Asian Americans	<u>0</u>

Athletic Roster Eligibility

Number of Athletes Enrolled Fall Semester	<u>31</u>
Number of Athletes in Frist Contest	<u>26</u>
Number of Athletes Enrolled Spring Semester	<u>28</u>
Number of Athletes that Completed the Season	<u>32</u>

Special Accomplishments of Team

- Region XI regular season champions.
- 8-0-1 in conference play.
- Finished season ranked 8th.

Special Accomplishments of Coaching Staff

- Region XI Coach of the Year.
- Six players playing at four-year colleges.
- Lowest final ranking since 2015.

Special Accomplishments of Individual Players

- Eden Palkovic – Player of the Year.
- Eden Palkovic – Secon Team All-American.
- Perla Rios – Western Illinois University.

Number of All-Region Athletes:

- 1st : 4
- 2nd : 4
- Honorable Mention: 3

Number of All Americans: 1

Number of Academic All-Americans:

- Pinnacle (GPA 4.00): 1
- Superior (GPA 3.80-3.99): 2
- Exemplary (GPA 3.60-3.79): 3

Number of Academic All-Region XI Athletes: 13

2024-2025 Goals/Accomplishments

Team performance Goals:

- Win regular season championship.
 - Yes, achieved goal, undefeated in conference.
- Win the conference championship.
 - No, did not achieve goal, upset in semifinals.
- Play at the national tournament.
 - No, did not achieve goal, two bad teams tied.

Recruitment Plans/Goals:

- Expand recruitment of Minnesota.
 - Yes, achieved goal, two more MN signed.
- Continue recruitment of Iowa.
 - Yes, achieved goal, a lot of talent from Iowa is coming.
- Expand recruitment of Pennsylvania.
 - Yes, achieved goal, one more PA girl.

Retention Plans/Goals:

- Schedule more one-on-one meetings.
 - Yes, achieved goal, three per semester.
- More team bonding.
 - Yes, achieved goal, several events.
- Leave more time for team bonding during preseason.
 - No, did not achieve goal, focused more on practice.

Community Outreach/Goals:

- Return to elementary school.
 - Yes, achieved goal, Butler Elementary.
- Invite the youth club to a game.
 - Yes, achieved goal, youth night.
- Schedule a volunteer assignment.
 - No, did not achieve goal.

2025-2026 Goals**Team Performance Goals:**

- Win Region XI championship.
- Win ICCAC tournament.
- Compete at the national tournament.

Recruitment Plans/Goals:

- Spend the majority of our budget in Minnesota.
- We will need 20 freshmen for 2026.
- Expand recruitment to South Dakota.

Retention Plans/Goals:

- Mandatory study tables.
- More team bonding.
- Retain 10 students.

Community Outreach/Goals:

- Visit Butler Elementary.
- Free youth soccer camp.
- Invite youth soccer players to our game.

Women's Soccer Team Expenses

Item	Expense/Income
Total Budget	30,572
Scholarships	72,800
Coaches Salaries	106,146
Total Expenses	209,518
Indirect Income**	392,290

****Indirect Income:** Tuition Income + Residence Hall Income

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 313.5 = \$65,835
- Fall Semester: Out-of-State Tuition Hours 116 = \$29,103
- Spring Semester: In-State Tuition Hours 301 = \$63,210
- Spring Semester: Out-of-State Tuition Hours 105 = \$26,647
- Total Tuition Revenue = \$184,795

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 29 x \$3,915 = \$113,535
- Spring Semester: Number of Athletes in Residence Halls 24 x \$3,915 = \$93,960
- Total Residence Hall Revenue = \$207,495

Softball

Win/Loss Record: 49-12

Athletic Preseason Information

Quota for number of student athletes	<u>25</u>
Number of Athletes on the first day of Preseason	<u>29</u>
Number of Freshman on the first day of Preseason	<u>13</u>
Number of Sophomores on the first day of Preseason	<u>16</u>
Number of In-State Athletes from Area V	<u>3</u>
Number of In-State Athlete4s outside of Area V	<u>22</u>
Number of Border Athletes	<u>2</u>
Number of Non-Resident Athletes	<u>2</u>
Number of international Athletes	<u>0</u>
Number of African-Americans	<u>1</u>
Number of Native Americans	<u>0</u>
Number of Hispanic/Latino Americans	<u>0</u>
Number of Asian Americans	<u>0</u>

Athletic Roster Eligibility

Number of Athletes Enrolled Fall Semester	<u>29</u>
Number of Athletes in Frist Contest	<u>22</u>
Number of Athletes Enrolled Spring Semester	<u>25</u>
Number of Athletes that Completed the Season	<u>22</u>

Special Accomplishments of Team

- Finished 2nd in conference.
- Hosted regional tournament.
- Earned bid to nationals.
- Team sportsmanship award at nationals.

Special Accomplishments of Coaching Staff

- Made it to the national tournament & finished top 8.
- Coach Bo was ICCAC Coach of the Year.

Special Accomplishments of Individual Players

- Kaylee Cary – was ICCAC defensive player of the year & received NJCAA Gold Glove Award.
- Bre Nolte & Jayda Long were NFCA 2nd Team All Americans & NFCA 1st Team All Regions.

Number of All-Region Athletes:

- 1st: 2
- 2nd: 5
- Honorable Mention: 1

Number of All Americans: 2

Number of Academic All-Americans:

- Pinnacle (GPA 4.00): 1
- Superior (GPA 3.80-3.99): 2
- Exemplary (GPA 3.60-3.79): 3

Number of Academic All-Region XI Athletes: 19

2024-2025 Goals/Accomplishments

Team performance Goals:

- Finish top two in our conference.
 - Yes, achieved goal, finished 2nd.
- Win our region.
 - No, did not achieve goal, missed by one game.
- Make it to national tournament.
 - Yes, achieved goal, received bid.
- Finished with a 3.0+ team GPA.
 - Yes, achieved goal.

Recruitment Plans/Goals:

- Recruit 3 nights a week during the summer.
 - Yes, achieved goal.
- Attend 6 tournaments during the summer.
 - No, almost achieved goal.

Retention Plans/Goals:

- Schedule one-on-one meetings.
 - Yes, achieved goal.
- Have students attend 2 hours of study tables per week.
 - Yes, achieved goal.
- Retain 80% of our student athletes from year to year.
 - Yes, achieved goal, only 1 freshman did not return.

Community Outreach/Goals:

- Have students volunteer in 2 or more community events.
 - Yes, achieved goal.
 - Spoke with FDMS students, spoke with FDMS FCA, adopted a family at the YMCA for Christmas.
- Have students hold softball camps for the youth.
 - Yes, achieved goal.

2025-2026 Goals**Team Performance Goals:**

- Finish top half of conference.
- Make it to nationals.
- Finish with 3.0 or above team GPA.

Recruitment Plans/Goals:

- Recruit 3 nights a week during summer.
- Attend 4 tournaments on the weekends.

Retention Plans/Goals:

- 2 hour/week study tables.
- Individual meetings once a semester.
- Retain 80% of our athletes year to year.

Community Outreach/Goals:

- Have students volunteer in 2 or more community events.
- Hold youth softball camps.

Softball Team Expenses

Item	Expense/Income
Total Budget	50,981
Scholarships	64,339
Coaches Salaries	106,146
Total Expenses	211,466
Indirect Income**	269,412

****Indirect Income:** Tuition Income + Residence Hall Income

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 333 = \$69,930
- Fall Semester: Out-of-State Tuition Hours 54 = \$14,234
- Spring Semester: In-State Tuition Hours 301 = \$63,422
- Spring Semester: Out-of-State Tuition Hours 25 = \$5,375
- Total Tuition Revenue = \$151,962

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 17 x \$3,915 = \$66,555
- Spring Semester: Number of Athletes in Residence Halls 13 x \$3,915 = \$50,895
- Total Residence Hall Revenue = \$117,450

Men's Shooting Sports

Win/Loss Record: 5-2

Athletic Preseason Information

Quota for number of student athletes	<u>30</u>
Number of Athletes on the first day of Preseason	<u>42</u>
Number of Freshman on the first day of Preseason	<u>13</u>
Number of Sophomores on the first day of Preseason	<u>29</u>
Number of In-State Athletes from Area V	<u>20</u>
Number of In-State Athlete4s outside of Area V	<u>14</u>
Number of Border Athletes	<u>3</u>
Number of Non-Resident Athletes	<u>5</u>
Number of international Athletes	<u>0</u>
Number of African-Americans	<u>0</u>
Number of Native Americans	<u>0</u>
Number of Hispanic/Latino Americans	<u>1</u>
Number of Asian Americans	<u>0</u>

Athletic Roster Eligibility

Number of Athletes Enrolled Fall Semester	<u>42</u>
Number of Athletes in Frist Contest	<u>32</u>
Number of Athletes Enrolled Spring Semester	<u>37</u>
Number of Athletes that Completed the Season	<u>30</u>

Special Accomplishments of Team

- 3rd place HOA at nationals.
- 3rd place HOA at conference championships.
- Made it to final match in conference tournament.

Special Accomplishments of Coaching Staff

- AC L5 at Jack Links
- AC League Champion.
- HC LD2 at Nationals.
- HC E Champion at World FITASC.

Special Accomplishments of Individual Players

- Nathan Swanson – 2nd Super Sporting Conference Championship.
- Nathan Swanson – C7 K Kup at NSCA Nationals.
- Cody Dickerson – C9 main at NSCA Nationals.
- Allen Brenner – first 25 in Skeet.

Number of All-Region Athletes:

- 1st: 2
- 2nd: 2
- Honorable Mention: 2

Number of All Americans: 0

Number of Academic All-Americans:

- Pinnacle (GPA 4.00): 4
- Superior (GPA 3.80-3.99): 1
- Exemplary (GPA 3.60-3.79): 4

Number of Academic All-Region XI Athletes: 17

2024-2025 Goals/Accomplishments

Team performance Goals:

- HOA Team National Champions.
 - No, did not achieve goal, 3rd place. Mentally not prepared.
- 425 team score in sporting clays.
 - Yes, achieved goal, 438 at nationals.
- 498 team score in trap.
 - No, did not achieve goal, focused on sporting clays. All athletes are trapshooters.
- 3.25 team GPA.
 - No, did not achieve goal, 3.20 fall/3.23 spring.

Recruitment Plans/Goals:

- Attend IA, MN, WI - State Trap, Skeet, and Sporting Clay tournaments.
 - Yes, achieved goal, IA & MN. No, to WI due to scheduling issues.

- Attend 10 high school Shoots.
 - Yes, achieved this goal.
- Visit 25 team practices.
 - No, did not achieve this goal.
- Attend IA, MN, WI – ATA and NSCA shoots.
 - Yes, achieved goal.
- Attend National NSCA shoot.
 - Yes, achieved goal.
- Attend National SCTP shoot.
 - Yes, attending in July.

Retention Plans/Goals:

- Retain 80% of students from fall to spring.
 - Yes, achieved goal – 85%.
- Have one-on-one study halls with students in need.
 - Yes, achieved goal.
- Find more opportunities for athletes 20-30.
 - Yes, achieved goal but still not enough.

Community Outreach/Goals:

- Volunteer at three high school events.
 - Yes, achieved goal.
- Volunteer at the NRA and Pheasants Forever banquet.
 - No, did not achieve goal. We were not asked this year to help.
- Host two high school camps.
 - No, did not achieve goal.

2025-2026 Goals

Team Performance Goals:

- 490 team score in trap.
- Increase skeet scores by 15%/Increase sporting scores by 10%
- 3.25 team GPA.

Recruitment Plans/Goals:

- Attend IA state Trap & Skeet tournaments.
- Attend WI state Trap shoot (if no scheduling conflicts).
- Attend 20 high school shoots.
- Attend MN showcase.
- Attend national ATA shoot.
- Attend national NSCA shoot.

Retention Plans/Goals:

- Retain 80% of students from fall to spring semester.
- Create a JV schedule for those not on travel team.
- Winnable conference duals and potentially college invites.
- Attend NSCA & ATA shoots to increase doubles in sporting scores.

Community Outreach/Goals:

- Volunteer at three high school shoots.
- Host 2 youth camps.
- Host hunter safety courses.

Men's Shooting Sports Team Expenses

Item	Expense/Income
Total Budget	43,102
Scholarships	30,800
Coaches Salaries	25,497
Total Expenses	99,399
Indirect Income**	400,024

****Indirect Income:** Tuition Income + Residence Hall Income

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 520.5 = \$109,305
- Fall Semester: Out-of-State Tuition Hours 115 = \$31,512
- Spring Semester: In-State Tuition Hours 461.5 = \$96,915
- Spring Semester: Out-of-State Tuition Hours 85 = \$21,351
- Total Tuition Revenue = \$259,084

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 20 x \$3,915 = \$78,300
- Spring Semester: Number of Athletes in Residence Halls 16 x \$3,915 = \$62,640
- Total Residence Hall Revenue = \$140,640

Women's Shooting Sports

Win/Loss Record: 5-2

Athletic Preseason Information

Quota for number of student athletes	<u>15</u>
Number of Athletes on the first day of Preseason	<u>4</u>
Number of Freshman on the first day of Preseason	<u>3</u>
Number of Sophomores on the first day of Preseason	<u>1</u>
Number of In-State Athletes from Area V	<u>1</u>
Number of In-State Athlete4s outside of Area V	<u>3</u>
Number of Border Athletes	<u>0</u>
Number of Non-Resident Athletes	<u>0</u>
Number of international Athletes	<u>0</u>
Number of African-Americans	<u>0</u>
Number of Native Americans	<u>0</u>
Number of Hispanic/Latino Americans	<u>0</u>
Number of Asian Americans	<u>0</u>

Athletic Roster Eligibility

Number of Athletes Enrolled Fall Semester	<u>4</u>
Number of Athletes in Frist Contest	<u>4</u>
Number of Athletes Enrolled Spring Semester	<u>4</u>
Number of Athletes that Completed the Season	<u>4</u>

Special Accomplishments of Team

- 3rd place HOA at nationals.
- 3rd place HOA at conference championships.
- Made it to final match in conference tournament.

Special Accomplishments of Coaching Staff

- AC L5 at Jack Links
- AC League Champion.
- HC LD2 at Nationals.
- HC E Champion at World FITASC.

Special Accomplishments of Individual Players

- Keeley Waack first 25 in skeet.
- Jewell Ulrich improved in skeet by over 80%.

Number of All-Region Athletes:

- 1st: 1
- 2nd: 2
- Honorable Mention: 2

Number of All Americans: 0

Number of Academic All-Americans:

- Pinnacle (GPA 4.00): 1
- Superior (GPA 3.80-3.99): 0
- Exemplary (GPA 3.60-3.79): 1

Number of Academic All-Region XI Athletes: 2

2024-2025 Goals/Accomplishments

Team performance Goals:

- HOA Team National Champions.
 - No, did not achieve goal, 3rd place. mentally not prepared.
- 425 team score in sporting clays.
 - Yes, achieved goal, 438 at nationals.
- 498 team score in trap.
 - No, did not achieve goal, focused on sporting clays. All athletes are trapshooters.
- 3.25 team GPA.
 - No, did not achieve goal, 3.20 fall/3.23 spring.

Recruitment Plans/Goals:

- Attend IA, MN, WI - State Trap, Skeet, and Sporting Clay tournaments.
 - Yes, achieved goal, IA & MN. No, to WI due to scheduling issues.
- Attend 10 high school Shoots.
 - Yes, achieved this goal.

- Visit 25 team practices.
 - No, did not achieve this goal.
- Attend IA, MN, WI – ATA and NSCA shoots.
 - Yes, achieved goal.
- Attend National NSCA shoot.
 - Yes, achieved goal.
- Attend National SCTP shoot.
 - Yes, attending in July.

Retention Plans/Goals:

- Retain 80% of students from fall to spring.
 - Yes, achieved goal – 85%.
- Have one-on-one study halls with students in need.
 - Yes, achieved goal.
- Find more opportunities for athletes 20-30.
 - Yes, achieved goal but still not enough.

Community Outreach/Goals:

- Volunteer at three high school events.
 - Yes, achieved goal.
- Volunteer at the NRA and Pheasants Forever banquet.
 - No, did not achieve goal. We were not asked this year to help.
- Host two high school camps.
 - No, did not achieve goal.

2025-2026 Goals

Team Performance Goals:

- 490 team score in trap.
- Increase skeet scores by 15%/Increase sporting scores by 10%
- 3.25 team GPA.

Recruitment Plans/Goals:

- Attend IA state Trap & Skeet tournaments.
- Attend WI state Trap shoot (if no scheduling conflicts).
- Attend 20 high school shoots.
- Attend MN showcase.
- Attend national ATA shoot.
- Attend national NSCA shoot.

Retention Plans/Goals:

- Retain 80% of students from fall to spring semester.
- Create a JV schedule for those not on travel team.
- Winnable conference duals and potentially college invites.
- Attend NSCA & ATA shoots to increase doubles in sporting scores.

Community Outreach/Goals:

- Volunteer at three high school shoots.
- Host 2 youth camps.
- Host hunter safety courses.

Women's Shooting Sports Team Expenses

Item	Expense/Income
Total Budget	19,305
Scholarships	8,000
Coaches Salaries	25,497
Total Expenses	52,802
Indirect Income**	58,410

****Indirect Income:** Tuition Income + Residence Hall Income

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 64 = \$13,440
- Fall Semester: Out-of-State Tuition Hours 0 = \$0
- Spring Semester: In-State Tuition Hours 65 = \$13,650
- Spring Semester: Out-of-State Tuition Hours 0 = \$0
- Total Tuition Revenue = \$27,090

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 4 x \$3,915 = \$15,660
- Spring Semester: Number of Athletes in Residence Halls 4 x \$3,915 = \$15,660
- Total Residence Hall Revenue = \$31,320

Men's Swimming

Win/Loss Record: 2-4

Athletic Preseason Information

Quota for number of student athletes	<u>18</u>
Number of Athletes on the first day of Preseason	<u>12</u>
Number of Freshman on the first day of Preseason	<u>11</u>
Number of Sophomores on the first day of Preseason	<u>1</u>
Number of In-State Athletes from Area V	<u>0</u>
Number of In-State Athlete4s outside of Area V	<u>2</u>
Number of Border Athletes	<u>2</u>
Number of Non-Resident Athletes	<u>1</u>
Number of international Athletes	<u>7</u>
Number of African-Americans	<u>0</u>
Number of Native Americans	<u>0</u>
Number of Hispanic/Latino Americans	<u>2</u>
Number of Asian Americans	<u>0</u>

Athletic Roster Eligibility

Number of Athletes Enrolled Fall Semester	<u>12</u>
Number of Athletes in Frist Contest	<u>12</u>
Number of Athletes Enrolled Spring Semester	<u>11</u>
Number of Athletes that Completed the Season	<u>12</u>

Special Accomplishments of Team

- Placed 8th at NJCAA Nationals.
- Team awarded Scholar All-American honors by the CSCAA

Special Accomplishments of Coaching Staff

Special Accomplishments of Individual Players

- Linus Areblad – CSCAA All-American honors in:
 - 800-yard freestyle relay, 200-yard freestyle, 400-yard medley relay.
- Linus Areblad – achieved Iowa Central All-Time Top 10 performances in:
 - 200-yard freestyle, 400-yard freestyle relay, 400-yard medley relay.
- Patrick Biasio - CSCAA All-American honors in:
 - 50-yard backstroke, 400-yard medley relay, 100-yard individual medley, 100-yard backstroke, 200-yard medley relay, 200-yard backstroke, 400-yard freestyle relay.
- Patrick Biasio – achieved Iowa Central All-Time Top 10 performances in:
 - 50-yard backstroke, 100-yard backstroke, 200-yard backstroke, 50-yard butterfly, 100-yard butterfly, 100-yard individual medley, 400-yard freestyle relay, 400-yard medley relay.
- Dustin Coyle - CSCAA All-American in 1000-yard & 1650-yard freestyle.
- Dustin Coyle – achieved Iowa Central All-Time Top 10 performances in:
 - 1650-yard freestyle.
- Rafael Gallegos – CSCAA All-American honors in:
 - 800-yard freestyle relay, 400-yard medley relay, 400-yard freestyle relay.
- Rafael Gallegos – achieved Iowa Central All-Time Top 10 performances in:
 - 400-yard freestyle relay & 400-yard medley relay.
- Mathis Imbert - CSCAA All-American honors in:
 - 800-yard freestyle relay, 400-yard individual medley, 400-yard medley relay, 100-yard breaststroke, 200-yard medley relay, 200-yard breaststroke.
- Mathis Imbert – achieved Iowa Central All-Time Top 10 performances in:
 - 100-yard breaststroke, 200-yard breaststroke, 400-yard medley relay.
- Rasmus Skyving - CSCAA All-American honors in:
 - 1000-yard freestyle, 800-yard freestyle relay, 400-yard individual medley, 500-yard freestyle, 200-yard medley relay, 1650-yard freestyle, 400-yard freestyle relay.
- Rasmus Skyving – achieved Iowa Central All-Time Top 10 performances in:
 - 500-yard freestyle, 1000-yard freestyle, 1650-yard freestyle, 200-yard backstroke, 400-yard individual medley, 400-yard freestyle relay, 400-yard medley relay.

Number of All-Region Athletes:

- 1st: 0
- 2nd: 0
- Honorable Mention: 0

Number of All Americans: 6

Number of Academic All-Americans:

- Pinnacle (GPA 4.00): 3
- Superior (GPA 3.80-3.99): 1
- Exemplary (GPA 3.60-3.79): 2

Number of Academic All-Region XI Athletes: 9

2024-2025 Goals/Accomplishments

Team performance Goals:

- 50% of the team will meet Region 11 All-Academic Second Team standards.
 - 9 members (75%) earned ICCAC Second Team Academic All-Region.
 - 1 member (8%) earned NJCAA All-Academic Second Team.
- 25% of the team will meet Region 11 All-Academic First Team standards.
 - 7 members (58%) earned ICCAC First Team Academic All-Region.
 - 6 members (50%) earned CSCAA Scholar All-American honors.
 - 3 members (25%) earned NJCAA All-Academic First Team honors.
- Team will finish in the top 5 at NJCAA National Championships.
 - Yes, achieved goal, finished 3rd.

Recruitment Plans/Goals:

- Visit or attend 5 high school boys swim teams or competitions.
 - No, did not achieve goal, due to assistant coach's departure.
- Implement an ongoing mass email campaign to high school and club teams.
 - Yes, achieved goal.
- Recruit 12 swimmers to the men's swim team for the 2025-2026 year.
 - Yes, achieved goal, 15 men have committed.

Retention Plans/Goals:

- Require students who do not maintain 3.0 GPA to attend weekly study halls.
 - Yes, achieved goal.
- Monitor academic performance & meet with swimmers who are struggling.
 - Yes, achieved goal.
- Monitor signs of personal/mental health & meet with those who are struggling.
 - Yes, achieved goal.
- Retain 80% of the freshman class.
 - No, not achieve goal, 7 out of 11 will return (64%).

Community Outreach/Goals:

- Conduct swim lessons for Fort Dodge Community at the REC.
 - No, did not achieve goal, team did not conduct swimming lessons.
 - In lieu of providing swim lessons the team signed a contract to Adopt-a-Highway program.

2025-2026 Goals

Team Performance Goals:

- Finish top 5 at NJCAA Nationals.
- 50% of team recognized by ICCAC, NJCAA and/or CSCAA for academic performance.

Recruitment Plans/Goals:

- Letter writing & email campaign to high school and club teams.
- Contact international recruiting agents with recruiting needs.
- Recruit 18 men for the 2026-2027 academic year.

Retention Plans/Goals:

- Require all swimmers to attend weekly study halls.
- Individual meetings with students who are struggling academically.
- Monitor signs of personal/mental health struggles.

Community Outreach/Goals:

- Continue participation in the Adopt-a-Highway program.

Men's Swim Team Expenses

Item	Expense/Income
Total Budget	13,505
Scholarships	24,000
Coaches Salaries	33,643
Total Expenses	71,148
Indirect Income**	183,591

****Indirect Income:** Tuition Income + Residence Hall Income

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 35 = \$7,350
- Fall Semester: Out-of-State Tuition Hours 145 = \$41,243
- Spring Semester: In-State Tuition Hours 32 = \$6,720
- Spring Semester: Out-of-State Tuition Hours 129 = \$38,233
- Total Tuition Revenue = \$93,546

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 12 x \$3,915 = \$46,980
- Spring Semester: Number of Athletes in Residence Halls 11 x \$3,915 = \$43,065
- Total Residence Hall Revenue = \$90,045

Women's Swimming

Win/Loss Record: 1-5

Athletic Preseason Information

Quota for number of student athletes	<u>12</u>
Number of Athletes on the first day of Preseason	<u>5</u>
Number of Freshman on the first day of Preseason	<u>2</u>
Number of Sophomores on the first day of Preseason	<u>3</u>
Number of In-State Athletes from Area V	<u>0</u>
Number of In-State Athlete4s outside of Area V	<u>4</u>
Number of Border Athletes	<u>0</u>
Number of Non-Resident Athletes	<u>0</u>
Number of international Athletes	<u>1</u>
Number of African-Americans	<u>0</u>
Number of Native Americans	<u>0</u>
Number of Hispanic/Latino Americans	<u>1</u>
Number of Asian Americans	<u>0</u>

Athletic Roster Eligibility

Number of Athletes Enrolled Fall Semester	<u>5</u>
Number of Athletes in Frist Contest	<u>5</u>
Number of Athletes Enrolled Spring Semester	<u>4</u>
Number of Athletes that Completed the Season	<u>5</u>

Special Accomplishments of Team

- Placed 8th at NJCAA Nationals.

Special Accomplishments of Coaching Staff

Special Accomplishments of Individual Players

- Kendra Elsbernd – CSCAA All-American in 50-yard breaststroke.
- Kendra Elsbernd - CSCAA All-American in 100-yard individual medley.

Number of All-Region Athletes:

- 1st : 0
- 2nd : 0
- Honorable Mention: 0

Number of All Americans: 1

Number of Academic All-Americans:

- Pinnacle (GPA 4.00): 0
- Superior (GPA 3.80-3.99): 0
- Exemplary (GPA 3.60-3.79): 1

Number of Academic All-Region XI Athletes: 3

2024-2025 Goals/Accomplishments

Team performance Goals:

- 50% of the team will meet Region 11 All-Academic Second Team standards.
 - 4 members earned ICCAC Second Team Academic All-Region.
 - 1 member earned NJCAA All-Academic Second Team.
- 25% of the team will meet Region 11 All-Academic First Team standards.
 - 2 members earned ICCAC First Team Academic All-Region.
 - 2 members earned CSCAA Scholar All-American honors.
- Team will finish in the top 5 at NJCAA National Championships.
 - No, did not achieve goal, team finished 8th.

Recruitment Plans/Goals:

- Visit or attend 5 high school girls swim teams or competitions.
 - Yes, achieved goal.
- Implement an ongoing mass email campaign to high school and club teams.
 - Yes, achieved goal.
- Recruit 12 swimmers to the women's swim team for the 2025-2026 year.
 - No, did not achieve goal, only 4 females have committed.

Retention Plans/Goals:

- Require students who do not maintain 3.0 GPA to attend weekly study halls.
 - Yes, achieved goal.
- Monitor academic performance & meet with swimmers who are struggling.
 - Yes, achieved goal.
- Monitor signs of personal/mental health & meet with those who are struggling.
 - Yes, achieved goal.
- Retain 80% of the freshman class.
 - No, not achieved goal, 2 of 3 will return (67%).

Community Outreach/Goals:

- Conduct swim lessons for Fort Dodge Community at the REC.
 - No, did not achieve goal, team did not conduct swimming lessons.
 - In lieu of providing swim lessons the team signed a contract to Adopt-a-Highway program.

2025-2026 Goals**Team Performance Goals:**

- Finish top 10 at NJCAA Nationals.
- 50% of team recognized by ICCAC, NJCAA and/or CSCAA for academic performance.

Recruitment Plans/Goals:

- Letter writing & email campaign to high school and club teams.
- Contact international recruiting agents with recruiting needs.
- Recruit 12 women for the 2026-2027 academic year.

Retention Plans/Goals:

- Require all swimmers to attend weekly study halls.
- Individual meetings with students who are struggling academically.
- Monitor signs of personal/mental health struggles.

Community Outreach/Goals:

- Continue participation in the Adopt-a-Highway program.

Women's Swim Team Expenses

Item	Expense/Income
Total Budget	7,126
Scholarships	8,500
Coaches Salaries	33,643
Total Expenses	49,269
Indirect Income**	57,913

****Indirect Income:** Tuition Income + Residence Hall Income

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 60 = \$12,600
- Fall Semester: Out-of-State Tuition Hours 13 = \$3,971
- Spring Semester: In-State Tuition Hours 46 = \$9,660
- Spring Semester: Out-of-State Tuition Hours 14 = \$4,277
- Total Tuition Revenue = \$30,508

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 4 x \$3,915 = \$15,660
- Spring Semester: Number of Athletes in Residence Halls 3 x \$3,915 = \$11,745
- Total Residence Hall Revenue = \$27,405

Men's Track & Field

Win/Loss Record: N/A

Athletic Preseason Information

Quota for number of student athletes	<u>55</u>
Number of Athletes on the first day of Preseason	<u>97</u>
Number of Freshman on the first day of Preseason	<u>76</u>
Number of Sophomores on the first day of Preseason	<u>21</u>
Number of In-State Athletes from Area V	<u>5</u>
Number of In-State Athlete4s outside of Area V	<u>19</u>
Number of Border Athletes	<u>11</u>
Number of Non-Resident Athletes	<u>45</u>
Number of international Athletes	<u>17</u>
Number of African-Americans	<u>51</u>
Number of Native Americans	<u>5</u>
Number of Hispanic/Latino Americans	<u>9</u>
Number of Asian Americans	<u>0</u>

Athletic Roster Eligibility

Number of Athletes Enrolled Fall Semester	<u>86</u>
Number of Athletes in Frist Contest	<u>72</u>
Number of Athletes Enrolled Spring Semester	<u>92</u>
Number of Athletes that Completed the Season	<u>75</u>

Special Accomplishments of Team

- Region XI Indoor Track & Field Championships Team Runners-Up.
- Placed 6th at Indoor Track & Field NJCAA Nationals.
- Had six athletes place at Drake Relays.
- Region XI Outdoor Track & Field Championships Runners-up.
- Placed 5th at NJCAA Outdoor Track & Field Nationals.
- USTFCCCA All-Academic Team.

Special Accomplishments of Coaching Staff

- Entire staff attended IATC Track Coaches Clinic in Ames.
- Dee Brown President of the NJCAA Cross Country Coaches Association.
- Dee Brown Vice President of the NJCAA Track & Field Coaches Assoc.
- Dee Brown attended the USTFCCCA Convention.
- Dee Brown Presented at the IATC Coaches Clinic – recruiting.
- Dee Brown participated in two podcasts on AireyBros Radio. – NJCAA recruiting, IC XCTF program.
- Mark Bennet worked Prefontaine Classic in Eugene, OR.
- Mark Bennet worked at the USATF Championships in Eugene, OR.

Special Accomplishments of Individual Players

- ICCAC Athlete of the Week – we had 8 athletes recognized.
- NJCAA Player of the Week – we had 3 athletes recognized.
- USTFCCCA National Athlete of the Week – we had 2 athletes recognized.

Number of All-Region Athletes: Indoor Track & Field

- 1st: 13
- 2nd: 5
- Honorable Mention: 3

Number of All-Region Athletes: Outdoor Track & Field

- 1st: 10
- 2nd: 4
- Honorable Mention: 4

Number of All Americans: 8 Indoor Track & Field

Number of All Americans: 7 Outdoor Track & Field

Number of All-Americans USTFCCCA: 13 Indoor Track & Field

Number of All-Americans USTFCCCA: 11 Outdoor Track & Field

Number of Academic All-Americans:

- Pinnacle (GPA 4.00): 4
- Superior (GPA 3.80-3.99): 2
- Exemplary (GPA 3.60-3.79): 6

Number of Academic All-Region XI Athletes: 20 Indoor Track & Field

Number of Academic All-Region XI Athletes: 31 Outdoor Track & Field

2024-2025 Goals/Accomplishments

Team performance Goals:

- Compete for a top 15 spot at NJCAA Indoor Track & Field Nationals.
 - Yes, achieved goal, placed 6th.
- Compete for a top 15 spot at NJCAA Outdoor Track & Field Nationals.
 - Yes, achieved goal, placed 5th.
- Compete for top 3 spot at Region XI Championships.
 - Yes, achieved goal, placed 2nd.
- Earn NJCAA Academic Team of the Year.
 - No, did not achieve goal.

Recruitment Plans/Goals:

- Each event coach visits 5 high schools during fall/spring semesters.
 - Yes, achieved goal, did the best we could.
- Attend as many Iowa XC District Qualifying meets as possible.
 - Yes, achieved goal.
- Attend Iowa TF District Qualifying meets.
 - Yes, achieved goal.
- Attend as many state TF Championships as possible.
 - Yes, achieved goal.
- Hit Quote.
 - No, did not achieve goal, due to staffing issues.

Retention Plans/Goals:

- Schedule individual meetings before and after each season.
 - Yes, achieved goal.
- Three hours a week study hall.
 - Yes, achieved goal.
- Retain 95% of students from fall to spring.
 - Yes, achieve goal.
- Retain 90% of returning athletes for the 2025-2026 season.
 - No, did not achieve goal.

Community Outreach/Goals: Yes, achieved all goals.

- Raise at least \$2,000 for Breast Cancer & donate to Unity Point.
 - Yes, achieved goal, raising \$4,000.

- Take teams to Friendship Haven at least once a semester.
 - Yes, achieved goal.
- Work Iowa State Cross Country Championships.
 - Yes, achieved goal.

2025-2026 Goals

Team Performance Goals:

- Compete for top 15 spot at Indoor TF NJCAA Nationals.
- Compete for top 15 spot at Indoor TF NJCAA Nationals.
- Compete for top 3 spot at Region XI Championships.
- Earn NJCAA Academic Team of the Year.

Recruitment Plans/Goals:

- Each coach visits one high school per month during academic year.
- Attend Iowa and other states XC & TF Championships.
- Attend Iowa and other states XC & TF qualifying meets.
- Hit overall Quota from M/W Cross Country & Track and Field.

Retention Plans/Goals:

- Individual meetings before and after each season.
- Athletes attend 3 hours of study halls per week.
- Retain 90% of athletes from fall to spring.
- Retain 80% of athletes for the next academic year.

Community Outreach/Goals:

- Raise \$2K for Breast Cancer Awareness and donate to Unity Point.
- Take teams to Friendship Haven at least once a semester.
- Work Iowa State XC Championships, FD XC invite, & two Middle School events.

Men's Track & Field Team Expenses

Item	Expense/Income
Total Budget	36,189
Scholarships	94,671
Coaches Salaries	114,869
Total Expenses	245,729
Indirect Income**	1,384,746

****Indirect Income:** Tuition Income + Residence Hall Income

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 370 = \$77,700
- Fall Semester: Out-of-State Tuition Hours 955 = \$275,555
- Spring Semester: In-State Tuition Hours 313 = \$65,257
- Spring Semester: Out-of-State Tuition Hours 1034 = \$300,683
- Total Tuition Revenue = \$719,196

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 83 x \$3,915 = \$324,945
- Spring Semester: Number of Athletes in Residence Halls 87 x \$3,915 = \$340,605
- Total Residence Hall Revenue = \$665,550

Women's Track & Field

Win/Loss Record: N/A

Athletic Preseason Information

Quota for number of student athletes	<u>23</u>
Number of Athletes on the first day of Preseason	<u>39</u>
Number of Freshman on the first day of Preseason	<u>31</u>
Number of Sophomores on the first day of Preseason	<u>8</u>
Number of In-State Athletes from Area V	<u>5</u>
Number of In-State Athlete4s outside of Area V	<u>8</u>
Number of Border Athletes	<u>4</u>
Number of Non-Resident Athletes	<u>9</u>
Number of international Athletes	<u>13</u>
Number of African-Americans	<u>19</u>
Number of Native Americans	<u>1</u>
Number of Hispanic/Latino Americans	<u>2</u>
Number of Asian Americans	<u>0</u>

Athletic Roster Eligibility

Number of Athletes Enrolled Fall Semester	<u>34</u>
Number of Athletes in Frist Contest	<u>25</u>
Number of Athletes Enrolled Spring Semester	<u>35</u>
Number of Athletes that Completed the Season	<u>30</u>

Special Accomplishments of Team

- Region XI Indoor Track & Field Championships Team Runners-Up.
- Placed 8th at Indoor Track & Field NJCAA Nationals.
- Had two athletes place at Drake Relays.
- Region XI Outdoor Track & Field Championships Runners-up.
- Placed 19th at NJCAA Outdoor Track & Field Nationals.
- USTFCCCA All-Academic Team.

Special Accomplishments of Coaching Staff

- Entire staff attended IATC Track Coaches Clinic in Ames.
- Dee Brown President of the NJCAA Cross Country Coaches Association.
- Dee Brown Vice President of the NJCAA Track & Field Coaches Assoc.
- Dee Brown attended the USTFCCCA Convention.
- Dee Brown Presented at the IATC Coaches Clinic – recruiting.
- Dee Brown participated in two podcasts on AireyBros Radio. – NJCAA recruiting, IC XCTF program.
- Mark Bennet worked Prefontaine Classic in Eugene, OR.
- Mark Bennet worked at the USATF Championships in Eugene, OR.

Special Accomplishments of Individual Players

- ICCAC Athlete of the Week – we had 7 athletes recognized.
- NJCAA Player of the Week – we had 1 athletes recognized.
- USTFCCCA National Athlete of the Week – we had 1 athletes recognized.

Number of All-Region Athletes: Indoor Track & Field

- 1st: 5
- 2nd: 16
- Honorable Mention: 9

Number of All-Region Athletes: Outdoor Track & Field

- 1st: 7
- 2nd: 13
- Honorable Mention: 8

Number of All Americans: 6 Indoor Track & Field

Number of All Americans: 4 Outdoor Track & Field

Number of All-Americans USTFCCCA: 13 Indoor Track & Field

Number of All-Americans USTFCCCA: 11 Outdoor Track & Field

Number of Academic All-Americans:

- Pinnacle (GPA 4.00): 2
- Superior (GPA 3.80-3.99): 1
- Exemplary (GPA 3.60-3.79): 0

Number of Academic All-Region XI Athletes: 21 Indoor Track & Field

Number of Academic All-Region XI Athletes: 21 Outdoor Track & Field

2024-2025 Goals/Accomplishments

Team performance Goals:

- Compete for a top 15 spot at NJCAA Indoor Track & Field Nationals.
 - Yes, achieved goal, placed 8th.
- Compete for a top 15 spot at NJCAA Outdoor Track & Field Nationals.
 - No, did not achieved goal, placed 19th.
- Compete for top 3 spot at Region XI Championships.
 - Yes, achieved goal, placed 2nd.
- Earn NJCAA Academic Team of the Year.
 - No, did not achieve goal.

Recruitment Plans/Goals:

- Each event coach visits 5 high schools during fall/spring semesters.
 - Yes, did the best we could.
- Attend as many Iowa XC District Qualifying meets as possible.
 - Yes, achieved goal.
- Attend Iowa TF District Qualifying meets.
 - Yes, achieved goal.
- Attend as many state TF Championships as possible.
 - Yes, achieved goal.
- Hit Quote.
 - No, did not achieve goal, due to staffing issues.

Retention Plans/Goals:

- Schedule individual meetings before and after each season.
 - Yes, achieved goal.
- Three hours a week study hall.
 - Yes, achieved goal.
- Retain 95% of students from fall to spring.
 - Yes, achieve goal.
- Retain 90% of returning athletes for the 2025-2026 season.
 - No, did not achieve goal.

Community Outreach/Goals: Yes, achieved all goals.

- Raise at least \$2,000 for Breast Cancer & donate to Unity Point.
 - Yes, achieved goal, raising \$4,000.

- Take teams to Friendship Haven at least once a semester.
 - Yes, achieved goal.
- Work Iowa State Cross Country Championships.
 - Yes, achieved goal.

2025-2026 Goals

Team Performance Goals:

- Compete for top 15 spot at Indoor TF NJCAA Nationals.
- Compete for top 15 spot at Indoor TF NJCAA Nationals.
- Compete for top 3 spot at Region XI Championships.
- Earn NJCAA Academic Team of the Year.

Recruitment Plans/Goals:

- Each coach visits one high school per month during academic year.
- Attend Iowa and other states XC & TF Championships.
- Attend Iowa and other states XC & TF qualifying meets.
- Hit overall Quota from M/W Cross Country & Track and Field.

Retention Plans/Goals:

- Individual meetings before and after each season.
- Athletes attend 3 hours of study halls per week.
- Retain 90% of athletes from fall to spring.
- Retain 80% of athletes for the next academic year.

Community Outreach/Goals:

- Raise \$2K for Breast Cancer Awareness and donate to Unity Point.
- Take teams to Friendship Haven at least once a semester.
- Work Iowa State XC Championships, FD XC invite, & two Middle School events.

Women's Track & Field Team Expenses

Item	Expense/Income
Total Budget	34,014
Scholarships	68,328
Coaches Salaries	114,869
Total Expenses	217,211
Indirect Income**	491,471

****Indirect Income:** Tuition Income + Residence Hall Income

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 170 = \$35,700
- Fall Semester: Out-of-State Tuition Hours 322 = \$93,393
- Spring Semester: In-State Tuition Hours 162 = \$33,915
- Spring Semester: Out-of-State Tuition Hours 347 = \$101,393
- Total Tuition Revenue = \$264,401

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 27 x \$3,915 = \$105,705
- Spring Semester: Number of Athletes in Residence Halls 31 x \$3,915 = \$121,365
- Total Residence Hall Revenue = \$227,070

Volleyball

Win/Loss Record: 30-9

Athletic Preseason Information

Quota for number of student athletes	<u>23</u>
Number of Athletes on the first day of Preseason	<u>26</u>
Number of Freshman on the first day of Preseason	<u>11</u>
Number of Sophomores on the first day of Preseason	<u>15</u>
Number of In-State Athletes from Area V	<u>6</u>
Number of In-State Athlete4s outside of Area V	<u>7</u>
Number of Border Athletes	<u>7</u>
Number of Non-Resident Athletes	<u>5</u>
Number of international Athletes	<u>1</u>
Number of African-Americans	<u>2</u>
Number of Native Americans	<u>1</u>
Number of Hispanic/Latino Americans	<u>1</u>
Number of Asian Americans	<u>0</u>

Athletic Roster Eligibility

Number of Athletes Enrolled Fall Semester	<u>25</u>
Number of Athletes in Frist Contest	<u>24</u>
Number of Athletes Enrolled Spring Semester	<u>19</u>
Number of Athletes that Completed the Season	<u>26</u>

Special Accomplishments of Team

- Finished 2nd in ICCAC.
- National tournament qualifier.
- 9th place finish at NJCAA National Tournament.

Special Accomplishments of Coaching Staff

- 30 win season.
- 5th straight national tournament berth.
- 17 Fall Academic All-Region/11 Spring Academic All-Region.

Special Accomplishments of Individual Players

- Olivia Sturgis:
 - Iowa Central Female Athlete of the Year, 3rd Team All-American, 1st Team All-Region, 3rd Team Academic All-American.
- Araya Garrison – transfer to DI Coppin State, 1st Team All-Region.
- Natalie Hagadon, Shirley Monaghan, Talya Sampson – 4.0 GPA, 1st Team Academic All-American.

Number of All-Region Athletes:

- 1st: 2
- 2nd: 2
- 3rd: 1
- Honorable Mention: 1

Number of All Americans: 1

Number of Academic All-Americans:

- Pinnacle (GPA 4.00): 3
- Superior (GPA 3.80-3.99): 2
- Exemplary (GPA 3.60-3.79): 0

Number of Academic All-Region XI Athletes: 0

2024-2025 Goals/Accomplishments

Team performance Goals:

- Top 3 in ICCAC.
 - Yes, achieved goal.
- 3.0+ team GPA.
 - No, did not achieve goal, we had 2.98 GPA.
- 23+ players.
 - Yes, achieved goal.
- Top 10 national ranking.
 - Yes, achieved goal.
- 75% retention of freshman class.
 - Yes, achieved goal.
- National tournament qualifier.
 - Yes, achieved goal.

Recruitment Plans/Goals:

- Attend multiple regional volleyball club tournaments.
 - Yes, achieved goal.
- Phone calls, texts, emails, etc. to all area high level players. Also, to players who reach out to us or attend our camps.
 - Yes, achieved goal.
- Invite and conduct campus visits with junior and senior high school students.
 - Yes, achieved goal.
- Attend/watch multiple state tournaments.
 - Yes, achieved goal.

Retention Plans/Goals:

- Individual meetings with athletes twice a semester.
 - Yes, achieved goal.
- Retain 75% of freshman going into their sophomore year.
 - Yes, achieved goal.
- Athletes must attend 4 hours of study hall each week.
 - Yes, achieved goal.
- Formal grade and attendance checks with athletes of concern.
 - Yes, achieved goal.
- Multiple small groups within the team so athletes have a chance to connect with multiple players in multiple ways.
 - Yes, achieved goal.
- Schedule team building and bonding activities.
 - Yes, achieved goal.

Community Outreach/Goals:

- Host camps for local area volleyball players K-12 and have athletes work these camps to connect with area youth.
 - Yes, achieved goal.
- Help support local clubs and school teams with player coaches.
 - Yes, achieved goal.
- Set up players to line judge and score keep area high school volleyball games.
 - Yes, achieved goal.

- Aid local coaches and athletic directors in any volleyball and/or coaching area I can assist them in.
 - Yes, achieved goal.
- Actively recruit and interact with area athletes and build connections with local community members.
 - Yes, achieved goal.

2025-2026 Goals

Team Performance Goals:

- Top 3 in ICCAC.
- 3.0+ team GPA.
- 23+ players.
- Top 10 national ranking.

Recruitment Plans/Goals:

- Attend regional volleyball club tournaments & high school tournaments.
- Contact all area high level players via: calls, texts, emails.
- Invite/conduct campus visits with jr. & sr. high school students.

Retention Plans/Goals:

- Retain 75% of freshman class.
- Have students attend 4 hours of weekly study tables.
- Two or more one-on-one meetings with athletes each semester.
- Team building and bonding activities.
- Formal grade and attendance checks.

Community Outreach/Goals:

- Help support local club and school teams.
- Have athletes judge/score keep high school games.
- Host camps for local players.
- Aid local coaches and athletic directors with volleyball needs.

Volleyball Team Expenses

Item	Expense/Income
Total Budget	57,438
Scholarships	55,105
Coaches Salaries	148,984
Total Expenses	261,527
Indirect Income**	311,827

****Indirect Income:** Tuition Income + Residence Hall Income

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 186 = \$39,060
- Fall Semester: Out-of-State Tuition Hours 171 = \$43,371
- Spring Semester: In-State Tuition Hours 126 = \$26,460
- Spring Semester: Out-of-State Tuition Hours 152 = \$38,505
- Total Tuition Revenue = \$147,397

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 24 x \$3,915 = \$93,960
- Spring Semester: Number of Athletes in Residence Halls 18 x \$3,915 = \$70,470
- Total Residence Hall Revenue = \$164,430

Men's Wrestling

Win/Loss Record: 11-3

Athletic Preseason Information

Quota for number of student athletes	<u>45</u>
Number of Athletes on the first day of Preseason	<u>60</u>
Number of Freshman on the first day of Preseason	<u>40</u>
Number of Sophomores on the first day of Preseason	<u>20</u>
Number of In-State Athletes from Area V	<u>5</u>
Number of In-State Athlete4s outside of Area V	<u>20</u>
Number of Border Athletes	<u>12</u>
Number of Non-Resident Athletes	<u>21</u>
Number of international Athletes	<u>2</u>
Number of African-Americans	<u>7</u>
Number of Native Americans	<u>1</u>
Number of Hispanic/Latino Americans	<u>12</u>
Number of Asian Americans	<u>0</u>

Athletic Roster Eligibility

Number of Athletes Enrolled Fall Semester	<u>53</u>
Number of Athletes in Frist Contest	<u>49</u>
Number of Athletes Enrolled Spring Semester	<u>51</u>
Number of Athletes that Completed the Season	<u>60</u>

Special Accomplishments of Team

- 5th place NJCAA National tournament.
- Regional Runner-up.
- 4th place at National Duals.

Special Accomplishments of Coaching Staff

- Inducted to NJCAA Wrestling Hall of Fame.
- Recipient of NJCAA Legacy Award.

Special Accomplishments of Individual Players

- Drew Cooper – National Finalist.
- Coen Grimm – National Finalist.
- Kaden King – 3rd place national tournament.
- 10 weights – qualified all 10 wrestlers.

Number of All-Region Athletes:

- 1st : 4
- 2nd : 4
- Honorable Mention: 1

Number of All Americans: 6

Number of Academic All-Americans:

- Pinnacle (GPA 4.00): 0
- Superior (GPA 3.80-3.99): 1
- Exemplary (GPA 3.60-3.79): 3

Number of Academic All-Region XI Athletes: 36 (total fall and spring)

2024-2025 Goals/Accomplishments

Team performance Goals:

- Win national championship.
 - No, did not achieve goal, top 5 finish.
- Win the conference championship.
 - No, did not achieve goal, regional runners-up.

Recruitment Plans/Goals:

- Recruitment fairs at high school nationals.
 - Yes, achieved goal.
- Have 40 campus visits.
 - Yes, achieved goal.
- Recruit local high school tournaments/camps.
 - Yes, achieved goal.

Retention Plans/Goals:

- 3 hours of study table per week.
 - Yes, achieved goal.
- Weekly grade checks & individual meetings
 - Yes, achieved goal, record number of All-Region Academic recipients.

Community Outreach/Goals:

- Volunteer at Iron Sharpens Iron camp.
 - Yes, achieved goal.
- Free bread Friday pickup and delivery.
 - Yes, achieved goal.
- Youth tournament volunteers.
 - Yes, achieved goal.

2025-2026 Goals**Team Performance Goals:**

- Win national & regional titles.
- Continue 20-year streak of top 8 nationally.
- Win dual championship
- Improve team GPA.

Recruitment Plans/Goals:

- Go to local high school matches/club practices.
- Recruitment fairs at high school nationals.
- Bring 40 to campus or more.

Retention Plans/Goals:

- 3-4 hours of study table per week.
- Weekly grade checks and meetings.

Community Outreach/Goals:

- Free bread Friday.
- Offer free wrestling clinics on campus.
- Volunteer at local youth tournaments.

Men's Wrestling Team Expenses

Item	Expense/Income
Total Budget	52,697
Scholarships	75,000
Coaches Salaries	165,375
Total Expenses	293,072
Indirect Income**	668,352

****Indirect Income:** Tuition Income + Residence Hall Income

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 288 = \$59,220
- Fall Semester: Out-of-State Tuition Hours 460 = \$126,593
- Spring Semester: In-State Tuition Hours 304 = \$63,905
- Spring Semester: Out-of-State Tuition Hours 442 = \$121,094
- Total Tuition Revenue = \$370,812

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 40 x \$3,915 = \$156,600
- Spring Semester: Number of Athletes in Residence Halls 36 x \$3,915 = \$140,940
- Total Residence Hall Revenue = \$297,540

Women's Wrestling

Win/Loss Record: 6-2

Athletic Preseason Information

Quota for number of student athletes	<u>30</u>
Number of Athletes on the first day of Preseason	<u>42</u>
Number of Freshman on the first day of Preseason	<u>23</u>
Number of Sophomores on the first day of Preseason	<u>19</u>
Number of In-State Athletes from Area V	<u>10</u>
Number of In-State Athlete4s outside of Area V	<u>15</u>
Number of Border Athletes	<u>08</u>
Number of Non-Resident Athletes	<u>09</u>
Number of international Athletes	<u>0</u>
Number of African-Americans	<u>3</u>
Number of Native Americans	<u>0</u>
Number of Hispanic/Latino Americans	<u>09</u>
Number of Asian Americans	<u>00</u>

Athletic Roster Eligibility

Number of Athletes Enrolled Fall Semester	<u>39</u>
Number of Athletes in Frist Contest	<u>28</u>
Number of Athletes Enrolled Spring Semester	<u>38</u>
Number of Athletes that Completed the Season	<u>32</u>

Special Accomplishments of Team

- National Dual Champions.
- Placed 3rd at NJCAA national tournament.
- ICCAC Conference Tournament Champions.

Special Accomplishments of Coaching Staff

Special Accomplishments of Individual Players

- 3 National Champions.
- 3 4.0 GPA students for the year.
- 3 NJCAA Coaches Scholar All-Americans.

Number of All-Region Athletes:

- 1st : 0
- 2nd : 0
- Honorable Mention: 0

Number of All Americans: 7

Number of Academic All-Americans:

- Pinnacle (GPA 4.00): 3
- Superior (GPA 3.80-3.99): 1
- Exemplary (GPA 3.60-3.79): 0

Number of Academic All-Region XI Athletes: 14

2024-2025 Goals/Accomplishments

Team performance Goals:

- NJCAA National Champions.
 - No, did not achieve goal. We need to better prepare athletes.
- Team GPA of 3.0 or higher.
 - No, did not achieve goal, a few athletes brought the team down.
- Win ICCAC Women's Wrestling Tournament.
 - Yes, achieved goal.

Recruitment Plans/Goals:

- Attend high school nationals.
 - Yes, achieved goal.
- Have well over 30 athletes.
 - Yes, achieved goal.

Retention Plans/Goals:

- Retain 80% of students from fall 24 to spring 25.
 - No, did not achieve goal, lost athletes due to “it was too hard”.
- Have athletes attend 3 hours of weekly study halls.
 - Yes, goal achieved.
- 75% of first year students return.
 - Yes, goal achieved.

Community Outreach/Goals:

- Help the community health center with annual event.
 - Yes, goal achieved.
- Host a preseason clinic.
 - No, did not achieve goal.
- Host a high school girl wrestling dual tournament.
 - Yes, goal achieved.

2025-2026 Goals**Team Performance Goals:**

- NJCAA National Champions.
- 10+ NJCAA All-Americans.
- 20+ Academic All-Region XI Athletes.
- ICCAC Champions.

Recruitment Plans/Goals:

- Attend high school nationals.
- Visit 5 or more high schools.
- Attend preseason high school nationals.

Retention Plans/Goals:

- Retain 75% of student athletes.
- Have students attend 3 hours of weekly study tables.
- Two or more one-on-one meetings with athletes each semester.

Community Outreach/Goals:

- Friendship Haven Visit Day.
- Work with community health center.

Women's Wrestling Team Expenses

Item	Expense/Income
Total Budget	41,067
Scholarships	77,882
Coaches Salaries	128,734
Total Expenses	247,683
Indirect Income**	446,941

****Indirect Income:** Tuition Income + Residence Hall Income

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 324 = \$64,890
- Fall Semester: Out-of-State Tuition Hours 219 = \$56,497
- Spring Semester: In-State Tuition Hours 286.5 = \$56,700
- Spring Semester: Out-of-State Tuition Hours 219.5 = \$57,444
- Total Tuition Revenue = \$235,531

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 29 x \$3,915 = \$113,535
- Spring Semester: Number of Athletes in Residence Halls 25 x \$3,915 = \$97,875
- Total Residence Hall Revenue = \$211,410

