

IOWA CENTRAL COMMUNITY COLLEGE

OVERVIEW OF ATHLETIC PROGRAMS

PROGRAM REVIEW 2023-2024

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.

2023 – 2024 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 1,050 student-athletes in our 33 athletic programs in the 2023-24 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 2024-25 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.

Program and Facility Enhancements

- Thirteen of our teams achieved national top -10 rankings.
- Most decorated academic group of student-athletes in school history:
 - First semester: 465 student-athletes received academic-all region awards (268 – 1st team & 197-2nd team).
 - Second semester: 495 student-athletes received academic-all region awards (307 – 1st team & 188 – 2nd team).
 - Overall: 960 student-athletes received academic all-region status.
- Unveiling of our new turf practice facility-equipped with MUSCO Lighting (first practice took place on September 12, 2023) – a “difference maker” for our entire athletic program.
- Clubhouse opened for our baseball program at the turf complex out at Harlan Rogers – a true game changer for our program.
- Completion of the turf softball field at Harlan Rogers – which will be home to our Triton softball program this fall for practice and for our spring season – state of the art facility.
- Our men’s doubles team claimed the first-ever national championship in tennis.
- Compensation packages were evaluated for coaching staff based on the classification and compensation study completed by the college. 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. This has not only been a 'game changer' for our athletic department but 'life-changing' for many. 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!

IOWA CENTRAL STAFF & COACHES, 2023-2024
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
8 Assistants

Head Golf Coach
1 Assistant

Head Soccer Coach
2 Assistants

Head Track & Field Coach
3 Assistants

Head Wrestling Coach
2 Assistants

Head Bowling Coach
2 Assistants

Head Swimming Coach
1 Assistant

Head Tennis Coach
1 Assistant

Activities

Head Rodeo Coach
2 Assistants

Head Cheer Coach
3 Assistants

Head Sports Shooting Coach
2 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

Head Tennis Coach
1 Assistant

Activities

Head Rodeo Coach
2 Assistants

Head Cheer Squad Coach
3 Assistants

Head Sports Shooting Coach
2 Assistants

Head Athletic Band Coach

Head Dance Coach
1 Assistant

Head Esports Coach

Athletic Programs at Iowa Central Community College (2023-2024)

We currently offer 33 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

Tennis

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

Tennis

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	1	1	1	1
Football	9	0	7	0
Golf	2	0	2	0
Rodeo	2	1	1	1
Soccer	3	0	2	0
Indoor/Outdoor Track & Field	2	4	2	3
Wrestling	3	0	2	0
Bowling	2	1	1	1
Marching Band	1	0	1	0
Sports Shooting	2	1	1	1
Swimming	2	0	2	0
Rugby	3	0	2	0
Tennis	2	0	2	0
Esports	1	0	1	0
Women's Athletics	Total		Regular FT Employees	
	Male	Female	Male	Female
Basketball	1	1	1	1
Cross Country/Half-Marathon	1	1	1	1
Golf	2	0	2	0
Rodeo	2	1	1	1
Soccer	2	0	2	0
Softball	1	1	1	1
Cheer Squad	1	3	1	1
Indoor/Outdoor Track & Field	2	4	2	3
Volleyball	0	2	0	2
Bowling	1	1	1	1
Marching Band	1	0	1	0
Sports Shooting	2	1	1	1
Swimming	2	0	2	0
Tennis	2	0	2	0
Wrestling	2	0	2	0
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	Out-of-State	International	TOTAL
Baseball	3	27	27	8	65
Basketball (Men's)	3	22	20	1	46
Basketball (Women's)	4	14	3	0	21
Bowling (Men's)	4	14	6	0	24
Bowling (Women's)	2	9	0	0	11
Cheer Squad	9	39	16	0	64
Cross Country (Men's)	2	12	6	9	29
Cross Country (Women's)	1	1	0	7	9
Dance	13	15	2	0	30
Esports	23	16	4	0	43
Football	5	85	133	0	223
Golf (Men's)	1	10	1	5	17
Golf (Women's)	1	5	2	2	10
Marching Band	31	19	1	0	51
Rodeo	8	23	18	0	49
Rugby	9	24	34	7	74
Soccer (Men's)	4	27	6	9	46
Soccer (Women's)	3	21	8	3	35
Softball	3	21	7	1	32
Sports Shooting (Men's)	23	13	2	0	38
Sports Shooting (Women's)	1	7	1	0	9
Swimming (Men's)	0	5	4	8	17
Swimming (Women's)	0	3	3	1	7
Tennis (Men's)	0	0	0	11	11
Tennis (Women's)	1	1	0	5	7
Track & Field (Men's)	3	19	39	13	74
Track & Field (Women's)	4	4	9	7	24
Volleyball (Women's)	9	6	9	1	25
Wrestling (Men's)	12	16	25	1	54
Wrestling (Women's)	3	15	14	0	32
TOTAL	185	493	400	99	*1177
PERCENT OF TOTAL	15.7%	41.8%	33.9%	8.4%	

*1,177 on this document includes the student athletes that participate in multiple athletic programs.

Grade Point Averages for Athletes - Fall/Spring 2023-2024

In 2023-2024 we had 33 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
Baseball	54	3.43	54	3.28	3.36
Basketball (Men's)	42	2.47	33	2.34	2.41
Basketball (Women's)	14	3.49	14	3.40	3.45
Bowling (Men's)	18	3.34	19	3.23	3.28
Bowling (Women's)	7	3.25	7	3.26	3.26
Cheer Squad	61	2.82	61	2.55	2.69
Cross Country (Men's)	19	3.31	17	3.35	3.34
Cross Country (Women's)	4	2.77	4	2.28	2.50
Dance	24	3.11	24	3.20	3.16
Esports	39	2.44	33	2.73	2.58
Football	164	2.75	142	2.61	2.69
Golf (Men's)	9	3.22	10	3.46	3.35
Golf (Women's)	9	3.08	9	3.54	3.30
Marching Band	33	3.28	33	3.26	3.27
Rodeo	49	3.01	40	3.06	3.03
Rugby	44	2.97	45	2.66	2.81
Soccer (Men's)	44	2.61	43	2.61	2.61
Soccer (Women's)	30	2.95	30	3.00	2.99
Softball	24	3.35	24	3.32	3.34
Sports Shooting (Men's)	34	3.04	34	2.96	3.00
Sports Shooting (Women's)	8	3.10	8	2.59	2.84
Swimming (Men's)	14	3.10	13	3.20	3.14
Swimming (Women's)	6	3.41	6	2.71	3.05
Tennis (Men's)	9	3.12	8	3.42	3.24
Tennis (Women's)	7	3.55	6	2.65	3.05
Track & Field (Men's)	41	3.11	43	2.95	3.03
Track & Field (Women's)	15	2.84	16	3.07	2.97
Volleyball	25	3.12	24	3.09	3.11
Wrestling (Men's)	46	2.57	41	2.31	2.47
Wrestling (Women's)	25	2.55	26	1.98	2.30

Grade Point Average (GPA)

2023-2024 Overall Athletes' GPA 2.88

2023-2024 Overall All Student GPA 2.70

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

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

The 2023-2024 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
Baseball	32	33	26	27	28
Basketball (Men's)	35	11	6	3	11
Basketball (Women's)	9	12	11	10	3
Bowling (Men's)	17	7	5	1	13
Bowling (Women's)	10	1	0	0	9
Cheer Squad	35	29	15	10	41
Cross Country (Men's)	16	13	9	14	6
Cross Country (Women's)	8	1	0	0	2
Dance	15	15	8	6	13
Esports	31	12	4	6	23
Football	121	102	61	54	68
Golf (Men's)	9	8	6	6	4
Golf (Women's)	5	5	3	3	6
Marching Band	31	20	11	7	22
Rodeo	27	22	17	4	21
Rugby	49	25	12	8	32
Soccer (Men's)	30	16	14	10	19
Soccer (Women's)	17	18	5	9	8
Softball	18	14	7	7	13
Sports Shooting (Men's)	18	20	13	0	29
Sports Shooting (Women's)	3	6	7	1	1
Swimming (Men's)	7	10	7	11	1
Swimming (Women's)	4	3	2	6	3
Tennis (Men's)	9	3	0	0	0
Tennis (Women's)	6	1	0	0	0
Track & Field (Men's)	52	22	9	27	26
Track & Field (Women's)	18	6	4	9	7
Volleyball	14	11	9	5	12
Wrestling (Men's)	35	19	6	12	20
Wrestling (Women's)	14	18	5	4	9
Total Athletes	695	483	282	260	450

Athletics Cost Analysis 2023-2024

*SALARY COSTS:	
Athletic Director	106,684
Assistant Athletic Director	-0-
Athletic Department Assistant	53,629
Athletic Trainers	308,103
TOTAL	468,416
<i>*Fringe Benefits Are Not Included In This Figure</i>	
ADDITIONAL COSTS:	
Total Team Budgets	1,203,630
TOTAL	1,203,630
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	3,081,808
Additional Costs for Operations (Scholarships)	1,549,652
TOTAL	4,631,460
INCOME SUMMARY:	
FTE Income	13,252,653
Triton Club	50,000
Gifts - Martin Scholarship	6,652
TOTAL INCOME	13,309,305
TOTAL ATHLETIC PROGRAM INDIRECT INCOME LESS COSTS:	
TOTAL ATHLETIC INDIRECT INCOME	7,005,799

BASEBALL

Win/Loss Record: 46-13

Athletic Preseason Information

Quota for number of student athletes	<u>50</u>
Number of Athletes on the first day of Preseason	<u>65</u>
Number of Freshman on the first day of Preseason	<u>32</u>
Number of Sophomores on the first day of Preseason	<u>33</u>
Number of In-State Athletes from Area V	<u>3</u>
Number of In-State Athletes outside of Area V	<u>27</u>
Number of Out-of-State Athletes	<u>26</u>
Number of International Athletes	<u>8</u>
Number of African-Americans	<u>1</u>
Number of Native Americans	<u>3</u>
Number of Hispanic/Latinos Americans	<u>1</u>
Number of Asian Americans	<u>0</u>

Athletic Roster Eligibility

Number of Athletes Enrolled Fall Semester	<u>63</u>
Number of Athletes on First Contest	<u>55</u>
Number of Athletes Enrolled Spring Semester	<u>58</u>
Number of Athletes that Completed the Season	<u>54</u>

Special Accomplishments of Team

- Won the 4th most games in school history with 46 wins.
- Led the entire country in six statistical categories – runs scored, home runs, slugging, RBI, total bases, extra base hits.
- Set a single season NJCAA DII record for home runs with 134

Special Accomplishments of Coaching Staff

Special Accomplishments of Individual Players

- Cooper Nicholson – regional player of the year.
- Harrison Bowman led the country in RBI.
- 11 current D1 commits with couple others pending.

Number of All-Region Athletes:

- 1st 6
- 2nd 1
- Honorable Mention 2

Number of All Americans:

Number of Academic All-Americans:

- Pinnacle (GPA 4.00) - 10
- Superior (GPA 3.80-3.99) - 4
- Exemplary (GPA 3.60-3.79) – 7

Number of Academic All-Region XI Athletes: 45

2024-2025 Goals

Team Performance Goals:

- Win Regional Tournament.
- Win District Tournament.
- Win National Title.

Recruitment Plans/Goals:

- Travel to state tournament in Iowa and surrounding states.
- Travel to high schools in Iowa and surrounding states.
- Host our own high school classic with teams from across the state.
- Phone calls/text to potential recruits.

Retention Plans/Goals:

- Host individual meetings with our players throughout the year.
- Run grade checks weekly.
- Hold study sessions 2 times each week.
- Create a fun athletic environment for our guys to participate in.

Community Outreach/Goals:

- Run camps/clinics
- Work with Fort Dodge Baseball Association on skill building.
- Speak with kids from an athletic interest at Fort Dodge Middle School in Mr. McLeod's Class.

Baseball Team Income & Expense

Item	Expense/Income
Total Budget	110,210
Scholarships	78,494
Coaches Salaries	170,666
Total Expenses	359,370
Indirect Income **	777,264

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

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 429 = \$85,800
- Fall Semester: Out-of-State Tuition Hours 453 = \$101,747
- Spring Semester: In-State Tuition Hours 373 = \$74,600
- Spring Semester: Out-of-State Tuition Hours 446 = \$102,006
- Total Tuition Revenue = \$364,154

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 57 x \$3,790 = \$216,030
- Spring Semester: Number of Athletes in Residence Halls 52 x \$3,790 = \$197,080
- Total Residence Hall Revenue = \$413,110

MEN'S BASKETBALL

Win/Loss Record: 7-24

Athletic Preseason Information

Quota for number of student athletes	<u>50</u>
Number of Athletes on the first day of Preseason	<u>46</u>
Number of Freshman on the first day of Preseason	<u>35</u>
Number of Sophomores on the first day of Preseason	<u>11</u>
Number of In-State Athletes from Area V	<u>3</u>
Number of In-State Athletes outside of Area V	<u>22</u>
Number of Out-of-State Athletes	<u>20</u>
Number of International Athletes	<u>1</u>
Number of African-Americans	<u>24</u>
Number of Native Americans	<u>1</u>
Number of Hispanic/Latinos Americans	<u>2</u>
Number of Asian Americans	<u>0</u>

Athletic Roster Eligibility

Number of Athletes Enrolled Fall Semester	<u>42</u>
Number of Athletes on First Contest	<u>36</u>
Number of Athletes Enrolled Spring Semester	<u>33</u>
Number of Athletes that Completed the Season	<u>45</u>

Special Accomplishments of Team

- Won Region 11 tournament play-in game.

Special Accomplishments of Coaching Staff

Special Accomplishments of Individual Players

- Miles Fant – Honorable Mention All-Region

Number of All-Region Athletes:

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

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) - 2

Number of Academic All-Region XI Athletes: 15

2024-2025 Goals

Team Performance Goals:

- Win 50% of our conference games in year 1 with new staff.
- Be ranked in the Top 4 in ICCAC play in defensive rebounding and fewest offensive turnovers.
- Be ranked top 25 in defensive efficiency in NJCAA D2.

Recruitment Plans/Goals:

- Attend 30 high school basketball games as a coaching staff.
- Attend 2 holiday break basketball tournaments (Chicago, Omaha, Minneapolis or Kansas City)
- Attend state high school tournaments in Iowa, Minnesota and Nebraska.
- Have our top 3 in-state/regional recruits visit before the end of March.

Retention Plans/Goals:

- Schedule one on one meetings with each athlete, once a month for check-ins.
- Have students attend 3 hours of study halls each week.
- Weekly attendance and grade checks.
- Retain 50% of the student-athletes from spring 2024 to fall 2025.
- Host 3 team meals off campus (i.e. at Coach Kirsch's house, alumni, etc.)

Community Outreach/Goals:

- Help run 4 youth basketball camps.
- Volunteer at one local school and read to young kids.

Men's Basketball Team Income & Expenses

Item	Expense/Income
Total Budget	28,575
Scholarships	74,812
Coaches Salaries	145,770
Total Expenses	249,157
Indirect Income**	486,913

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

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 366 = \$73,100
- Fall Semester: Out-of-State Tuition Hours 249 = \$56,440
- Spring Semester: In-State Tuition Hours 261 = \$52,200
- Spring Semester: Out-of-State Tuition Hours 212 = \$51,243
- Total Tuition Revenue = \$232,983

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 36 x \$3,790 = \$136,440
- Spring Semester: Number of Athletes in Residence Halls 31 x \$3,790 = \$117,490
- Total Residence Hall Revenue = \$253,930

WOMEN'S BASKETBALL

Win/Loss Record: 21-9; 12-8 ICCAC

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>9</u>
Number of Sophomores on the first day of Preseason	<u>12</u>
Number of In-State Athletes from Area V	<u>4</u>
Number of In-State Athletes outside of Area V	<u>14</u>
Number of Out-of-State Athletes	<u>3</u>
Number of International Athletes	<u>0</u>
Number of African-Americans	<u>4</u>
Number of Native Americans	<u>0</u>
Number of Hispanic/Latinos Americans	<u>0</u>
Number of Asian Americans	<u>0</u>

Athletic Roster Eligibility

Number of Athletes Enrolled Fall Semester	<u>21</u>
Number of Athletes on First Contest	<u>14</u>
Number of Athletes Enrolled Spring Semester	<u>19</u>
Number of Athletes that Completed the Season	<u>14</u>

Special Accomplishments of Team

- Received votes in the NJCAA Division II National Poll – week 1.
- Ranked 20th in the NJCAA Division II National Poll – week 2.
- Recorded 20+ team wins for 2nd time in the last five years.
- Played in Region 11-A championship game vs. Kirkwood.
- Finished 1st for NJCAA Division II in FT Percentage – 80.3.
- Finished 10th for NJCAA Division II in 3PT Percentage – 32.9.
- Finished with team GPA 3.45.

Special Accomplishments of Coaching Staff

- Coach Dickerson reached career win #35

Special Accomplishments of Individual Players

- Laney Pilcher finished her career with 511 points.
- K. Tendal #17 and L. Pilcher #29 nationally ranked in 3PT percentage.
- L. Pilcher #5 and A. Hatlestad #13 nationally ranked FT percentage.

Number of All-Region Athletes:

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

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) - 3

Number of Academic All-Region XI Athletes: 11

2024-2025 Goals

Team Performance Goals:

- Team GPA 3.25.
- Win 70% of home games.
- Finish top 5 in ICCAC regular season standings.

Recruitment Plans/Goals:

- Attend 8 AAU tournaments.
- Have 20 campus visits.
- Attend 20 high school GBB games.

Retention Plans/Goals:

- Set two individual goals per student relating to basketball. Review each goal after Christmas & end of season.
- Hold study hall twice a week.
- Conduct bi-weekly grade checks as a staff.
- Retain 75% of the incoming freshman class.

Community Outreach/Goals:

- Hold three summer camp sessions (high school, middle school and youth).
- Host a high school jamboree in November to bring area schools to campus.
- Hold two community service outreach projects.

Women's Basketball Team Income & Expenses

Item	Expense/Income
Total Budget	24,674
Scholarships	59,171
Coaches Salaries	130,110
Total Expenses	213,955
Indirect Income**	214,234

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

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 237.5 = \$47,500
- Fall Semester: Out-of-State Tuition Hours 47 = \$11,988
- Spring Semester: In-State Tuition Hours 200 = \$40,000
- Spring Semester: Out-of-State Tuition Hours 46 = \$12,416
- Total Tuition Revenue = \$111,904

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 14 x \$3,790 = \$53,060
- Spring Semester: Number of Athletes in Residence Halls 13 x \$3,790 = \$49,270
- Total Residence Hall Revenue = \$102,330

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>29</u>
Number of Freshman on the first day of Preseason	<u>15</u>
Number of Sophomores on the first day of Preseason	<u>13</u>
Number of In-State Athletes from Area V	<u>2</u>
Number of In-State Athletes outside of Area V	<u>12</u>
Number of Out-of-State Athletes	<u>6</u>
Number of International Athletes	<u>9</u>
Number of African-Americans	<u>8</u>
Number of Native Americans	<u>0</u>
Number of Hispanic/Latinos Americans	<u>4</u>
Number of Asian Americans	<u>0</u>

Athletic Roster Eligibility

Number of Athletes Enrolled Fall Semester	<u>29</u>
Number of Athletes on First Contest	<u>29</u>
Number of Athletes Enrolled Spring Semester	<u>23</u>
Number of Athletes that Completed the Season	<u>19</u>

Special Accomplishments of Team

- ICCAC Champions.
- Region 11 Men's Runner Up.
- 8th of 28 at NJCAA Cross Country Championships.
- 5th of 23 at NJCAA Half Marathon Championships.

Special Accomplishments of Coaching Staff

- Dee Brown – President of the NJCAA Cross Country Coaches Association.

Special Accomplishments of Individual Players

- Two – 1st Team All-Conference; Three – 2nd Team All-Conference.
- Two athletes were named to the Coaches Association Half Marathon All-America team.
- ICCAC Athletes of the Week: Jadon Boots (9/4); Housem Hrabı (10/16).
- NJCAA Cross Country Player of the Week: Housem Hrabı (10/18).

Number of All-Region Athletes:

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

Number of All Americans: 1

Number of Academic All-Americans:

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

Number of Academic All-Region XI Athletes:

- 1st 17 (XC)/10 (HM)
- 2nd 13 (XC)/8 (HM)

2024-2025 Goals

Team Performance Goals:

- Compete for a top-15 spot at NJCAA Indoor Track & Field Championships.
- Compete for a top-15 spot at NJCAA Outdoor Track & Field Championships.
- Compete for top-3 spot at Region 11 Championships.
- Earn NJCAA Academic Team of the Year.

Recruitment Plans/Goals:

- Each event coach visit 5 high schools during the fall/spring semesters.
- Attend as many Iowa State XC District Qualifying meets as possible.
- Attend Iowa State XC Championship and neighboring states.
- Attend Iowa State TF District Qualifying meets.
- Attend as many state TF Championships as possible.
- Hit Quota

Retention Plans/Goals:

- Schedule one-on-one meetings before and after each of our seasons.
- Have student attend 3 hours of team study halls per week.
- Retain 95% of the student from the fall 24 to spring 25.
- Retain 90% of the possible returning athletes for the 2025-2026 season.

Community Outreach/Goals:

- Raise at least \$2,000 for Breast Cancer Awareness and donate to Unity Point.
- Take teams to Friendship Haven at least one time per semester.
- Work Iowa State Cross Country Championships.
- Work Fort Dodge Invite XC meet.
- Work two middle school track meets.

Men's Cross Country Team Income & Expenses

Item	Expense/Income
Total Budget	16,413
Scholarships	51,500
Coaches Salaries	29,849
Total Expenses	97,762
Indirect Income**	365,772

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

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 197 = \$39,400
- Fall Semester: Out-of-State Tuition Hours 222 = \$61,709
- Spring Semester: In-State Tuition Hours 139 = \$27,800
- Spring Semester: Out-of-State Tuition Hours 171 = \$47,363
- Total Tuition Revenue = \$176,272

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 27 x \$3,790 = \$102,330
- Spring Semester: Number of Athletes in Residence Halls 23 x \$3,790 = \$87,170
- Total Residence Hall Revenue = \$189,500

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>9</u>
Number of Freshman on the first day of Preseason	<u>8</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 Athletes outside of Area V	<u>1</u>
Number of Out-of-State Athletes	<u>0</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/Latinos Americans	<u>0</u>
Number of Asian Americans	<u>0</u>

Athletic Roster Eligibility

Number of Athletes Enrolled Fall Semester	<u>9</u>
Number of Athletes on First Contest	<u>9</u>
Number of Athletes Enrolled Spring Semester	<u>5</u>
Number of Athletes that Completed the Season	<u>4</u>

Special Accomplishments of Team

Special Accomplishments of Coaching Staff

- Coach Brown- President of the NJCAA Cross Country Coaches Association.

Special Accomplishments of Individual Players

- 1 athlete named to Honorable Mention All-Conference Team.
- ICCAC Athletes of the Week:
 - Joan Jepngetich (8/28, 9/25); Natalie Bogdanova Kirilova (9/4); Maurine Limo (10/16).
- NJCAA Cross Country Player of the Week:
 - Joan Jepngetich (8/30); Maurine Limo (10/18).

Number of All-Region Athletes:

- 1st 0
- 2nd 1
- Honorable Mention 3

Number of All Americans (NJCAA): 0

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:

- 1st 3 (XC)/2 (HM)
- 2nd 1 (XC)/1 (HM)

2024-2025 Goals

Team Performance Goals:

- Compete for a top-15 spot at NJCAA Indoor Track & Field Championships.
- Compete for a top-15 spot at NJCAA Outdoor Track & Field Championships.
- Compete for top-3 spot at Region 11 Championships.
- Earn NJCAA Academic Team of the Year.

Recruitment Plans/Goals:

- Each event coach visits 5 high schools during the fall/spring semesters.
- Attend as many Iowa State XC District Qualifying meets as possible.
- Attend Iowa State XC Championship and neighboring states.
- Attend Iowa State TF District Qualifying meets.
- Attend as many state TF Championships as possible.
- Hit Quota

Retention Plans/Goals:

- Schedule one-on-one meetings before and after each of our seasons.
- Have students attend 3 hours of team study halls per week.
- Retain 95% of the students from the fall 24 to spring 25.
- Retain 90% of the possible returning athletes for the 2025-2026 season.

Community Outreach/Goals:

- Raise at least \$2,000 for Breast Cancer Awareness and donate to Unity Point.
- Take teams to Friendship Haven at least one time per semester.
- Work Iowa State Cross Country Championships.
- Work Fort Dodge Invite XC meet.
- Work two middle school track meets.

Women's Cross Country Team Income & Expenses

Item	Expense/Income
Total Budget	8,022
Scholarships	40,683
Coaches Salaries	29,849
Total Expenses	78,554
Indirect Income**	101,605

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

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 29 = \$5,800
- Fall Semester: Out-of-State Tuition Hours 104 = \$30,732
- Spring Semester: In-State Tuition Hours 30 = \$6,000
- Spring Semester: Out-of-State Tuition Hours 46 = \$13,593
- Total Tuition Revenue = \$56,125

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 8 x \$3,790 = \$30,320
- Spring Semester: Number of Athletes in Residence Halls 4 x \$3,790 = \$15,160
- Total Residence Hall Revenue = \$45,480

FOOTBALL

Win/Loss Record: 7-4

Athletic Preseason Information

Quota for number of student athletes	<u>155</u>
Number on Athletes on the first day of Preseason	<u>223</u>
Number of Freshman on the first day of Preseason	<u>121</u>
Number of Sophomores on the first day of Preseason	<u>102</u>
Number of In-State Athletes from Area V	<u>5</u>
Number of In-State Athletes outside of Area V	<u>85</u>
Number of Out-of-State Athletes	<u>133</u>
Number of International Athletes	<u>0</u>
Number of African-Americans	<u>109</u>
Number of Native Americans	<u>7</u>
Number of Hispanic/Latinos Americans	<u>11</u>
Number of Asian Americans	<u>0</u>

Athletic Roster Eligibility

Number of Athletes Enrolled Fall Semester	<u>199</u>
Number of Athletes on First Contest	<u>182</u>
Number of Athletes Enrolled Spring Semester	<u>165</u>
Number of Athletes that Completed the Season	<u>184</u>

Special Accomplishments of Team

- Top 10 in NJCAA for 4th consecutive season.
- 10 consecutive bowl wins.
- 81 Academic All-Region Fall Athletes.

Special Accomplishments of Coaching Staff

Special Accomplishments of Individual Players

- Mario Sanders – All-Region Offensive Player of the Year.
- 11 All-Conference Selections.

Number of All-Region Athletes:

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

Number of All Americans: 5

Number of Academic All-Americans:

- Pinnacle (GPA 4.00) - 2
- Superior (GPA 3.80-3.99) - 9
- Exemplary (GPA 3.60-3.79) - 10

Number of Academic All-Region XI Athletes: 81

2024-2025 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 early January.
- Visit 100 high schools in Illinois, Missouri, Kansas and Minnesota between October and early January.
- Visit 100 high schools in Iowa in February and March.
- Visit 150 high schools in May along with Triton tours.

Retention Plans/Goals:

- We have weekly AGP meetings with our kids to discuss academics and life.
- 4 hours of study hall per week.
- Retain 80% of athletes.

Community Outreach/Goals:

- We worked with Friendship Haven to help with setup and breakdown for their concerts.
- We will read to elementary students in October.
- We will help with the fall and spring career fairs.

Football Team Income & Expenses

Item	Expense/Income
Total Budget	123,704
Scholarships	251,673
Coaches Salaries	471,600
Total Expenses	846,977
Indirect Income**	2,567,082

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

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 1259 = \$251,800
- Fall Semester: Out-of-State Tuition Hours 1608 = \$429,679
- Spring Semester: In-State Tuition Hours 960 = \$192,000
- Spring Semester: Out-of-State Tuition Hours 1378 = \$370,893
- Total Tuition Revenue = \$1,244,372

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 192 x \$3,790 = \$727,680
- Spring Semester: Number of Athletes in Residence Halls 157 x \$3,790 = \$595,030
- Total Residence Hall Revenue = \$1,322,710

MEN'S GOLF

Win/Loss Record: 4 Wins

Athletic Preseason Information

Quota for number of student athletes	<u>24</u>
*(Quota is a cumulation between (men/women)	
Number on Athletes on the first day of Preseason	<u>17</u>
Number of Freshman on the first day of Preseason	<u>9</u>
Number of Sophomores on the first day of Preseason	<u>8</u>
Number of In-State Athletes from Area V	<u>1</u>
Number of In-State Athletes outside of Area V	<u>10</u>
Number of Out-of-State Athletes	<u>1</u>
Number of International Athletes	<u>5</u>
Number of African-Americans	<u>0</u>
Number of Native Americans	<u>0</u>
Number of Hispanic/Latinos 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 on First Contest	<u>17</u>
Number of Athletes Enrolled Spring Semester	<u>17</u>
Number of Athletes that Completed the Season	<u>10</u>

Special Accomplishments of Team

- Four team wins.
- Broke school record for 18 and 36 hole team scores.

Special Accomplishments of Coaching Staff

Special Accomplishments of Individual Players

- Nico Booyens was named All-West Region.
- Nico Booyens and Colby Ramsdale won multiple ICCAC Player of the Week awards.

Number of All-Region Athletes:

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

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: 6

2024-2025 Goals

Team Performance Goals:

- Win District Title.
- Win National Title.
- Set a new school record.

Recruitment Plans/Goals:

- Visit a total of 40 high school events/schools.
- Bring in 10 freshmen.

Retention Plans/Goals:

- Have weekly study tables.
- Meet with players individually twice a semester.
- Have each student finish the year at Iowa Central regardless of team status.

Community Outreach/Goals:

- Volunteer with Fort Dodge Country Club.
- Have student athletes plan their community service.

Men's Golf Team Income & Expense

Item	Expense/Income
Total Budget	39,218
Scholarships	32,700
Coaches Salaries	49,858
Total Expenses	121,776
Indirect Income**	226,545

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

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 161 = \$32,200
- Fall Semester: Out-of-State Tuition Hours 76 = \$22,458
- Spring Semester: In-State Tuition Hours 171 = \$34,200
- Spring Semester: Out-of-State Tuition Hours 94 = \$27,777
- Total Tuition Revenue = \$116,635

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 14 x \$3,790 = \$53,060
- Spring Semester: Number of Athletes in Residence Halls 15 x \$3,790 = \$56,850
- Total Residence Hall Revenue = \$109,910

WOMEN'S GOLF

Win/Loss Record: 5 Wins

Athletic Preseason Information

Quota for number of student athletes	<u>24</u>
*(Quota is a cumulation between (men/women)	
Number on Athletes on the first day of Preseason	<u>10</u>
Number of Freshman on the first day of Preseason	<u>5</u>
Number of Sophomores on the first day of Preseason	<u>5</u>
Number of In-State Athletes from Area V	<u>1</u>
Number of In-State Athletes outside of Area V	<u>5</u>
Number of Out-of-State Athletes	<u>2</u>
Number of International Athletes	<u>2</u>
Number of African-Americans	<u>0</u>
Number of Native Americans	<u>0</u>
Number of Hispanic/Latinos 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 on First Contest	<u>10</u>
Number of Athletes Enrolled Spring Semester	<u>9</u>
Number of Athletes that Completed the Season	<u>9</u>

Special Accomplishments of Team

- Five team wins.
- Finished as the top-ranked Division II team in Women's golf.

Special Accomplishments of Coaching Staff

- Received 1 vote for Coach of the Year.

Special Accomplishments of Individual Players

- Ivanna Bercerra-Diaz, Liv Tait and Jenna Kramer won ICCAC Player of the Week awards.

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) - 2
- Superior (GPA 3.80-3.99) - 1
- Exemplary (GPA 3.60-3.79) - 2

Number of Academic All-Region XI Athletes: 5

2024-2025 Goals

Team Performance Goals:

- Win District Title.
- Win National Title.
- Set a new school record.

Recruitment Plans/Goals:

- Visit a total of 40 high school events/schools.
- Bring in 7 freshman women.

Retention Plans/Goals:

- Have weekly study tables.
- Meet with players individually twice a semester.
- Have each student finish the year at Iowa Central regardless of team status.

Community Outreach/Goals:

- Volunteer with Fort Dodge Country Club.
- Have student athletes plan their community service.

Women's Golf Team Income & Expense

Item	Expense/Income
Total Budget	25,764
Scholarships	29,002
Coaches Salaries	49,858
Total Expenses	104,624
Indirect Income**	119,957

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

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 81.5 = \$16,300
- Fall Semester: Out-of-State Tuition Hours 63 = \$15,901
- Spring Semester: In-State Tuition Hours 76 = \$15,200
- Spring Semester: Out-of-State Tuition Hours 44 = \$11,916
- Total Tuition Revenue = \$59,317

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 8 x \$3,790 = \$30,320
- Spring Semester: Number of Athletes in Residence Halls 8 x \$3,790 = \$30,320
- Total Residence Hall Revenue = \$60,640

RODEO

Win/Loss Record: N/A

Athletic Preseason Information

Quota for number of student athletes	<u>49</u>
Number on Athletes on the first day of Preseason	<u>49</u>
Number of Freshman on the first day of Preseason	<u>27</u>
Number of Sophomores on the first day of Preseason	<u>22</u>
Number of In-State Athletes from Area V	<u>8</u>
Number of In-State Athletes outside of Area V	<u>23</u>
Number of Out-of-State Athletes	<u>18</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/Latinos Americans	<u>1</u>
Number of Asian Americans	<u>0</u>

Athletic Roster Eligibility

Number of Athletes Enrolled Fall Semester	<u>49</u>
Number of Athletes on First Contest	<u>49</u>
Number of Athletes Enrolled Spring Semester	<u>40</u>
Number of Athletes that Completed the Season	<u>49</u>

Special Accomplishments of Team

- Men's team finished 3rd in region.
- Women's team finished 5th in region.
- 2 event champions.
- 4 qualified for nationals.

Special Accomplishments of Coaching Staff

- Coach of the Year.

Special Accomplishments of Individual Players

- Bareback Champion.
- Saddle Bronc Champion.
- Reserve Champion Saddle Bronc
- Third in Barrels.

Number of All-Region Athletes:

- 1st N/A
- 2nd N/A
- 3rd N/A

Number of All Americans: N/A

Number of Academic All-Americans:

- Pinnacle (GPA 4.00) - 7
- Superior (GPA 3.80-3.99) - 4
- Exemplary (GPA 3.60-3.79) - 7

2024-2025 Goals

Team Performance Goals:

- Women's team to the college finals.
- Men's team to the college finals.
- Both teams end in the top two.

Recruitment Plans/Goals:

- Visit high school nationals in Wyoming.
- Go to high school rodeos in Iowa and surrounding states.
- Phone calls/Instagram/Facebook/text messages.

Retention Plans/Goals:

- To stay active with athletes.
- Stay on top of grades.
- Schedule one on one meetings to be proactive.
- Weekly study halls.

Community Outreach/Goals:

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

Rodeo Income & Expenses

Item	Expense/Income
Total Budget	125,270
Scholarships	59,820
Coaches Salaries	114,931
Total Expenses	300,021
Indirect Income**	519,681

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

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 437 = \$87,200
- Fall Semester: Out-of-State Tuition Hours 265 = \$62,289
- Spring Semester: In-State Tuition Hours 349 = \$69,800
- Spring Semester: Out-of-State Tuition Hours 249 = \$57,832
- Total Tuition Revenue = \$277,121

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 35 x \$3,790 = \$132,650
- Spring Semester: Number of Athletes in Residence Halls 29 x \$3,790 = \$109,910
- Total Residence Hall Revenue = \$242,560

MEN'S SOCCER

Win/Loss Record: 3-4-5

Athletic Preseason Information

Quota for number of student athletes	<u>42</u>
Number on Athletes on the first day of Preseason	<u>46</u>
Number of Freshman on the first day of Preseason	<u>30</u>
Number of Sophomores on the first day of Preseason	<u>16</u>
Number of In-State Athletes from Area V	<u>4</u>
Number of In-State Athletes outside of Area V	<u>27</u>
Number of Out-of-State Athletes	<u>6</u>
Number of International Athletes	<u>9</u>
Number of African-Americans	<u>15</u>
Number of Native Americans	<u>0</u>
Number of Hispanic/Latinos Americans	<u>17</u>
Number of Asian Americans	<u>0</u>

Athletic Roster Eligibility

Number of Athletes Enrolled Fall Semester	<u>44</u>
Number of Athletes on First Contest	<u>44</u>
Number of Athletes Enrolled Spring Semester	<u>43</u>
Number of Athletes that Completed the Season	<u>46</u>

Special Accomplishments of Team

Special Accomplishments of Coaching Staff

Special Accomplishments of Individual Players

Number of All-Region Athletes:

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

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) - 4

Number of Academic All-Region XI Athletes: Fall 15/ Spring 13

2024-2025 Goals

Team Performance Goals:

- Have a winning record.
- Win Region 11.

Recruitment Plans/Goals:

- Attend four out of state showcases.
- Attend open gyms around the state.
- Attend four in-state showcases.
- Attend 15 high school games and high school state cup.

Retention Plans/Goals:

- Retain 80% of students.
- Run study tables twice a week for 1.5 hours.
- Check grades every Monday.
- Follow up on absent emails.
- Follow up on continuous late emails.

Community Outreach/Goals:

- Make presentations about the soccer program at middle school.
- Work on Thanksgiving serving meals.
- Work with Rockwell City with their soccer program.
- Work with FDSA.

Men's Soccer Team Expenses

Item	Expense/Income
Total Budget	17,412
Scholarships	69,000
Coaches Salaries	103,766
Total Expenses	190,178
Indirect Income**	575,113

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

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 456 = \$91,200
- Fall Semester: Out-of-State Tuition Hours 201 = \$56,137
- Spring Semester: In-State Tuition Hours 425 = \$85,000
- Spring Semester: Out-of-State Tuition Hours 210 = \$58,525
- Total Tuition Revenue = \$290,863

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 41 x \$3,790 = \$155,390
- Spring Semester: Number of Athletes in Residence Halls 34 x \$3,790 = \$128,860
- Total Residence Hall Revenue = \$284,250

WOMEN'S SOCCER

Win/Loss Record: 15-4

Athletic Preseason Information

Quota for number of student athletes	<u>30</u>
Number on Athletes on the first day of Preseason	<u>35</u>
Number of Freshman on the first day of Preseason	<u>17</u>
Number of Sophomores on the first day of Preseason	<u>18</u>
Number of In-State Athletes from Area V	<u>3</u>
Number of In-State Athletes outside of Area V	<u>21</u>
Number of Out-of-State Athletes	<u>8</u>
Number of International Athletes	<u>3</u>
Number of African-Americans	<u>1</u>
Number of Native Americans	<u>0</u>
Number of Hispanic/Latinos Americans	<u>13</u>
Number of Asian Americans	<u>0</u>

Athletic Roster Eligibility

Number of Athletes Enrolled Fall Semester	<u>33</u>
Number of Athletes on First Contest	<u>27</u>
Number of Athletes Enrolled Spring Semester	<u>33</u>
Number of Athletes that Completed the Season	<u>32</u>

Special Accomplishments of Team

- Finished season ranked 11th.
- Conference championship finalists.
- Finished 2nd in regular season.

Special Accomplishments of Coaching Staff

- Recruitment of local players who were key players on our team.
- Positioned the program to compete for a conference championship.
- Brought in above our required quota.

Special Accomplishments of Individual Players

- Landry McCoid – athlete of the year for the ICCAC (All Sports) – player of the year (Women’s Soccer) – First Team All-American.
- Eden Palkovic – First Team All-Conference.
- Abby Jensen - Second Team All-Conference, Student Body President.

Number of All-Region Athletes:

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

Number of All Americans: 1

Number of Academic All-Americans:

- Pinnacle (GPA 4.00) - 2
- Superior (GPA 3.80-3.99) - 3
- Exemplary (GPA 3.60-3.79) – 5

Number of Academic All-Region XI Athletes: 14

2024-2025 Goals

Team Performance Goals:

- Win regular season championship.
- Win the conference championship.
- Play at the national tournament.

Recruitment Plans/Goals:

- Expand recruitment of Minnesota.
- Continue recruitment of Iowa.
- Expand recruitment of Pennsylvania.

Retention Plans/Goals:

- Schedule more one-on-one meetings.
- More team bonding.
- Leave more time for team bonding during preseason.

Community Outreach/Goals:

- Return to elementary school.
- Invite the youth club to a game.
- Schedule a volunteer assignment.

Women's Soccer Team Expenses

Item	Expense/Income
Total Budget	21,536
Scholarships	74,031
Coaches Salaries	101,666
Total Expenses	197,233
Indirect Income**	416,488

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

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 332.5 = \$64,900
- Fall Semester: Out-of-State Tuition Hours 142 = \$32,820
- Spring Semester: In-State Tuition Hours 315.5 = \$63,100
- Spring Semester: Out-of-State Tuition Hours 155 = \$35,847
- Total Tuition Revenue = \$196,668

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 29 x \$3,790 = \$109,910
- Spring Semester: Number of Athletes in Residence Halls 29 x \$3,790 = \$109,910
- Total Residence Hall Revenue = \$219,820

SOFTBALL

Win/Loss Record: 37-21

Athletic Preseason Information

Quota for number of student athletes	<u>25</u>
Number on Athletes on the first day of Preseason	<u>32</u>
Number of Freshman on the first day of Preseason	<u>18</u>
Number of Sophomores on the first day of Preseason	<u>14</u>
Number of In-State Athletes from Area V	<u>3</u>
Number of In-State Athletes outside of Area V	<u>21</u>
Number of Out-of-State Athletes	<u>7</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/Latinos Americans	<u>0</u>
Number of Asian Americans	<u>0</u>

Athletic Roster Eligibility

Number of Athletes Enrolled Fall Semester	<u>32</u>
Number of Athletes on First Contest	<u>32</u>
Number of Athletes Enrolled Spring Semester	<u>28</u>
Number of Athletes that Completed the Season	<u>24</u>

Special Accomplishments of Team

- Finished top 10 in nation in multiple offensive categories: 5th in the nation in runs scored, 7th in the nation in hits, 9th in the nation in doubles, 9th in the nation in home runs, and 5th in the nation in RBIs.
- Made it to the regional championship game for the second year in a row.

Special Accomplishments of Coaching Staff

Special Accomplishments of Individual Players

- Jayda Long – received 1st team NFCA All-Region.
- Aleena Sandy and Kennedy Palmer – received 2nd team NFCA All-Region.
- Kennedy Palmer received 2nd team NFCA All-American.

Number of All-Region Athletes:

- 1st 1
- 2nd 6
- Honorable Mention 4

Number of All Americans: 1

Number of Academic All-Americans:

- Pinnacle (GPA 4.00) - 5
- Superior (GPA 3.80-3.99) - 4
- Exemplary (GPA 3.60-3.79) - 2

Number of Academic All-Region XI Athletes:

- 1st 14
- 2nd 3

2024-2025 Goals

Team Performance Goals:

- Finish top two in our conference.
- Win our region.
- Make it to the national tournament.
- Finish with a 3.0+ team GPA.

Recruitment Plans/Goals:

- Recruit three nights a week during the summer at high school games.
- Attend 6 tournaments during the summer on the weekends.

Retention Plans/Goals:

- Have students attend 2 hours of study tables each week.
- One on one meetings with athletes once a semester.
- Retain 80% of our student athletes from year to year.

Community Outreach/Goals:

- Have students volunteer in 2 or more community events.
- Have students hold softball camps for youth in the community.

Softball Team Income & Expenses

Item	Expense/Income
Total Budget	60,147
Scholarships	64,750
Coaches Salaries	101,705
Total Expenses	226,602
Indirect Income**	321,335

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

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 335 = \$67,000
- Fall Semester: Out-of-State Tuition Hours 117 = \$25,433
- Spring Semester: In-State Tuition Hours 268 = \$53,600
- Spring Semester: Out-of-State Tuition Hours 109 = \$23,702
- Total Tuition Revenue = \$169,735

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 21 x \$3,790 = \$79,590
- Spring Semester: Number of Athletes in Residence Halls 19 x \$3,790 = \$72,010
- Total Residence Hall Revenue = \$151,600

CHEER TEAM

Win/Loss Record: N/A

Athletic Preseason Information

Quota for number of student athletes	<u>50</u>
Number on Athletes on the first day of Preseason	<u>64</u>
Number of Freshman on the first day of Preseason	<u>35</u>
Number of Sophomores on the first day of Preseason	<u>29</u>
Number of In-State Athletes from Area V	<u>9</u>
Number of In-State Athletes outside of Area V	<u>39</u>
Number of Out-of-State Athletes	<u>16</u>
Number of International Athletes	<u>0</u>
Number of African-Americans	<u>12</u>
Number of Native Americans	<u>0</u>
Number of Hispanic/Latinos Americans	<u>11</u>
Number of Asian Americans	<u>0</u>

Athletic Roster Eligibility

Number of Athletes Enrolled Fall Semester	<u>61</u>
Number of Athletes on First Contest	<u>60</u>
Number of Athletes Enrolled Spring Semester	<u>61</u>
Number of Athletes that Completed the Season	<u>61</u>

Special Accomplishments of Team

- Small Coed National Runners-Up.
- Large Coed placed 3rd at Nationals.
- Both teams hit “zero” on day two of nationals.
- Invited to perform at the Iowa high school state championships.
- Invited to assist with coaching Iowa High School Honor Squad.

Special Accomplishments of Coaching Staff

- Record amount for enrollment.
- Hit two perfect routines at nationals.
- Record amount of retention of student athletes.
- Added a third team to our program – All Girl.
- Hosted a very successful Triton Challenge Cheer Competition.
- Put on 5 successful stunt clinics for recruits.

Special Accomplishments of Individual Players

- NCA (Cheer) All Americans: Laila Taylor, Jordan Benjamin, T'Mara Johnson, Claire Michael.

Number of All-Region Athletes:

- 1st N/A
- 2nd N/A
- Honorable Mention N/A

Number of All Americans: N/A

Number of Academic All-Americans:

- Pinnacle (GPA 4.00) - 5
- Superior (GPA 3.80-3.99) - 2
- Exemplary (GPA 3.60-3.79) - 4

Number of Academic All-Region XI Athletes: 30

2024-2025 Goals

Team Performance Goals:

- Compete at nationals with three teams.
- Placing top two at nationals in all three divisions.
- Win national title with at least one team.

Recruitment Plans/Goals:

- Travel to instate and out of state cheer recruiting combines.
- Travel to high schools in Iowa and surrounding states.
- Host Triton Challenge Cheer Competition.
- Phone calls/text messages/Instagram messages to potential recruits.
- Instagram hits 10k followers.
- Host 4-5 stunting recruitment clinics.

Retention Plans/Goals:

- Host individual meetings with our players throughout the year.
- Run grade checks weekly.
- Hold coach led study halls weekly.
- Create an environment and culture where athletes grow and thrive.

Community Outreach/Goals:

- Run camps/clinics.
- Run two cheer competitions for high school cheerleaders.
- Host summer youth camp.
- Host conference for high school and middle school coaches.
- Co-coach Honor Squad for high school cheerleaders. 120 cheerleaders perform at halftime of Iowa high school state football.

Cheer Team Income & Expenses

Item	Expense/Income
Total Budget	55,969
Scholarships	43,000
Coaches Salaries	129,117
Total Expenses	228,086
Indirect Income**	717,372

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

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 690 = \$139,432
- Fall Semester: Out-of-State Tuition Hours 180 = \$44,592
- Spring Semester: In-State Tuition Hours 636.5 = \$127,300
- Spring Semester: Out-of-State Tuition Hours 192 = \$45,997
- Total Tuition Revenue = \$357,322

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 47 x \$3,790 = \$178,130
- Spring Semester: Number of Athletes in Residence Halls 48 x \$3,790 = \$181,920
- Total Residence Hall Revenue = \$360,050

MEN'S BOWLING

Win/Loss Record: N/A

Athletic Preseason Information

Quota for number of student athletes	<u>24</u>
Number on Athletes on the first day of Preseason	<u>24</u>
Number of Freshman on the first day of Preseason	<u>17</u>
Number of Sophomores on the first day of Preseason	<u>7</u>
Number of In-State Athletes from Area V	<u>4</u>
Number of In-State Athletes outside of Area V	<u>14</u>
Number of Out-of-State Athletes	<u>6</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/Latinos Americans	<u>0</u>
Number of Asian Americans	<u>0</u>

Athletic Roster Eligibility

Number of Athletes Enrolled Fall Semester	<u>23</u>
Number of Athletes on First Contest	<u>24</u>
Number of Athletes Enrolled Spring Semester	<u>20</u>
Number of Athletes that Completed the Season	<u>19</u>

Special Accomplishments of Team

- 3rd Place at NJCAA National Bowling Tournament

Special Accomplishments of Coaching Staff

Special Accomplishments of Individual Players

- 1 NJCAA All-American.
- 4 ICCAC Athlete of the Week.

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) - 2
- Exemplary (GPA 3.60-3.79) - 2

Number of Academic All-Region XI Athletes: 16

2024-2025 Goals

Team Performance Goals:

- Top 3 finish at NJCAA Nationals.
- Qualify for USBC Sectionals.
- NJCAA All-Academic Team.

Recruitment Plans/Goals:

- Attend 10 or more high school meets.
- Attend Iowa high school state bowling tournament.
- Attend various high school bowling tournaments/showcases/recruiting events.

Retention Plans/Goals:

- Retain 90% of the student-athletes from fall 24 to spring 25.
- 2 hour study tables once per week.
- Bi-weekly grade checks/attendance.

Community Outreach/Goals:

- Volunteer for 2 Special Olympic State qualifying events.

Men's Bowling Team Income & Expenses

Item	Expense/Income
Total Budget	39,077
Scholarships	26,500
Coaches Salaries	52,415
Total Expenses	117,992
Indirect Income**	273,851

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

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 263 = \$52,300
- Fall Semester: Out-of-State Tuition Hours 89 = \$25,032
- Spring Semester: In-State Tuition Hours 252 = \$50,400
- Spring Semester: Out-of-State Tuition Hours 63 = \$17,259
- Total Tuition Revenue = \$144,991

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 17 x \$3,790 = \$64,430
- Spring Semester: Number of Athletes in Residence Halls 17 x \$3,790 = \$64,430
- Total Residence Hall Revenue = \$128,860

WOMEN'S BOWLING

Win/Loss Record: N/A

Athletic Preseason Information

Quota for number of student athletes	<u>15</u>
Number on Athletes on the first day of Preseason	<u>11</u>
Number of Freshman on the first day of Preseason	<u>10</u>
Number of Sophomores on the first day of Preseason	<u>1</u>
Number of In-State Athletes from Area V	<u>2</u>
Number of In-State Athletes outside of Area V	<u>9</u>
Number of Out-of-State 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/Latinos Americans	<u>1</u>
Number of Asian Americans	<u>0</u>

Athletic Roster Eligibility

Number of Athletes Enrolled Fall Semester	<u>11</u>
Number of Athletes on First Contest	<u>11</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 6th at the NJCAA National Bowling Tournament.

Special Accomplishments of Coaching Staff

Special Accomplishments of Individual Players

- 3 ICCAC Athlete of the Week awards.

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) - 0

Number of Academic All-Region XI Athletes: 6

2024-2025 Goals

Team Performance Goals:

- Top 5 finish at NJCAA Nationals.
- Qualify for USBC Sectionals.
- NJCAA All-Academic Team.

Recruitment Plans/Goals:

- Attend 10 or more high school meets.
- Attend Iowa high school state bowling tournament.
- Attend various other high school bowling tournaments/showcases/recruiting events.

Retention Plans/Goals:

- Retain 90% of the student-athletes from fall 24 to spring 25.
- 2 hour study tables once per week.
- Bi-weekly grade checks/attendance.

Community Outreach/Goals:

- Volunteer for 2 Special Olympic State qualifying events.

Women's Bowling Team Income & Expenses

Item	Expense/Income
Total Budget	30,625
Scholarships	22,500
Coaches Salaries	52,415
Total Expenses	105,540
Indirect Income**	115,650

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

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 157 = \$31,400
- Fall Semester: Out-of-State Tuition Hours 0 = \$0
- Spring Semester: In-State Tuition Hours 137 = \$27,400
- Spring Semester: Out-of-State Tuition Hours 0 = \$0
- Total Tuition Revenue = \$58,800

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 8 x \$3,790 = \$30,320
- Spring Semester: Number of Athletes in Residence Halls 7 x \$3,790 = \$26,530
- Total Residence Hall Revenue = \$56,850

MEN'S INDOOR/OUTDOOR TRACK & FIELD

Win/Loss Record: N/A

Athletic Preseason Information

Quota for number of student athletes	<u>55</u>
Number on Athletes on the first day of Preseason	<u>74</u>
Number of Freshman on the first day of Preseason	<u>52</u>
Number of Sophomores on the first day of Preseason	<u>22</u>
Number of In-State Athletes from Area V	<u>3</u>
Number of In-State Athletes outside of Area V	<u>19</u>
Number of Out-of-State Athletes	<u>39</u>
Number of International Athletes	<u>13</u>
Number of African-Americans	<u>36</u>
Number of Native Americans	<u>3</u>
Number of Hispanic/Latinos Americans	<u>7</u>
Number of Asian Americans	<u>0</u>

Athletic Roster Eligibility

Number of Athletes Enrolled Fall Semester	<u>68</u>
Number of Athletes on First Contest	<u>57</u>
Number of Athletes Enrolled Spring Semester	<u>61</u>
Number of Athletes that Completed the Season	<u>43</u>

Special Accomplishments of Team

- Finished 3rd at Region 11 Indoor Championships.
- Finished 8th at NJCAA Indoor Track & Field Championships (Gainesville, FL).
- Finished 3rd at Region 11 Outdoor Championships.
- Finished 18th at NJCAA Outdoor Track & Field Championships (Monroe, LA).
- National Champions – Men's Indoor Distance Medley.
- Broke Junior College Indoor Distance Medley record.
- Men's 4x800 Relay – ran 3rd fastest ever NJCAA time.

Special Accomplishments of Coaching Staff

- Coach Brown – NJCAA Track & Field Coaches Association Vice President.

Special Accomplishments of Individual Players

- ICCAC Indoor Track & Field Athlete of the Week – Zion Campbell (1/22).
- Zion Campbell – School Record 60M Dash.
- Zion Campbell – Tied for fastest 60M Dash time in NJCAA 2024 Indoors.
- Zion Campbell – Region 11 Indoor Record (60 Meters) – 6.60.
- Housem Hrabí – Region 11 Indoor Record (1 Mile) – 4:12.71.
- Indoor 4x800 Meter Relay – School Record (Jed Elmbarki, Bongumusa Nkosi, Jadon Boots, Housem Hrabí).
- ICCAC Outdoor Track & Field Athlete of the Week:
 - Jed Elmbarki (4/22); Stephen Sydnor (3/11); Musa Nkosi (3/11).
- NJCAA Outdoor Track & Field Player of the Week – Bongumusa Nkosi (3/13).

Number of All-Region Athletes:

- 1st 6 (Indoor)/2 (Outdoor)
- 2nd 7 (Indoor)/3 (Outdoor)
- Honorable Mention 4 (Indoor)/7 (Outdoor)

Number of All Americans:

- NJCAA Indoor All Americans – 4
- NJCAA Outdoor All Americans – 0

Number of Academic All-Americans:

- Pinnacle (GPA 4.00) – 1
- Superior (GPA 3.80-3.99) – 2
- Exemplary (GPA 3.60-3.79) – 5

Number of Academic All-Region XI Athletes:

- 1st 33 (Indoor)/32 (Outdoor)
- 2nd 33 (Indoor)/22 (Outdoor)

2024-2025 Goals

Team Performance Goals:

- Compete for a top-15 spot at NJCAA Indoor Track & Field Championships.
- Compete for a top-15 spot at NJCAA Outdoor Track & Field Championships.
- Compete for top-3 spot at Region 11 Championships.
- Earn NJCAA Academic Team of the Year.

Recruitment Plans/Goals:

- Each event coach visits 5 high schools during the fall/spring semesters.
- Attend as many Iowa State XC District Qualifying meets as possible.
- Attend Iowa State XC Championship and neighboring states.
- Attend Iowa State TF District Qualifying meets.
- Attend as many state TF Championships as possible.
- Hit Quota

Retention Plans/Goals:

- Schedule one-on-one meetings before and after each of our seasons.
- Have students attend 3 hours of team study halls per week.

- Retain 95% of the students from the fall 24 to spring 25.
- Retain 90% of the possible returning athletes for the 2025-2026 season.

Community Outreach/Goals:

- Raise at least \$2,000 for Breast Cancer Awareness and donate to Unity Point.
- Take teams to Friendship Haven at least one time per semester.
- Work Iowa State Cross Country Championships.
- Work Fort Dodge Invite XC meet.
- Work two middle school track meets.

Men's Indoor & Outdoor Track & Field Team Income & Expenses

Item	Expense/Income
Total Budget	48,248
Scholarships	81,737
Coaches Salaries	105,634
Total Expenses	235,619
Indirect Income**	942,874

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

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 284 = \$56,800
- Fall Semester: Out-of-State Tuition Hours 708 = \$199,892
- Spring Semester: In-State Tuition Hours 277 = \$55,200
- Spring Semester: Out-of-State Tuition Hours 641 = \$179,972
- Total Tuition Revenue = \$491,864

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 63 x \$3,790 = \$238,770
- Spring Semester: Number of Athletes in Residence Halls 56 x \$3,790 = \$212,240
- Total Residence Hall Revenue = \$451,010

WOMEN'S INDOOR & OUTDOOR TRACK & FIELD

Win/Loss Record: N/A

Athletic Preseason Information

Quota for number of student athletes	<u>23</u>
Number on Athletes on the first day of Preseason	<u>24</u>
Number of Freshman on the first day of Preseason	<u>18</u>
Number of Sophomores on the first day of Preseason	<u>6</u>
Number of In-State Athletes from Area V	<u>4</u>
Number of In-State Athletes outside of Area V	<u>4</u>
Number of Out-of-State Athletes	<u>9</u>
Number of International Athletes	<u>7</u>
Number of African-Americans	<u>15</u>
Number of Native Americans	<u>1</u>
Number of Hispanic/Latinos Americans	<u>0</u>
Number of Asian Americans	<u>0</u>

Athletic Roster Eligibility

Number of Athletes Enrolled Fall Semester	<u>23</u>
Number of Athletes on First Contest	<u>18</u>
Number of Athletes Enrolled Spring Semester	<u>20</u>
Number of Athletes that Completed the Season	<u>16</u>

Special Accomplishments of Team

- Finished 2nd at Region 11 Indoor Championship.
- Finished 20th at NJCAA Indoor Track & Field Championships (Gainesville, FL).
- Finished 2nd at Region 11 Outdoor Championships.
- Finished 18th at Outdoor Track & Field Championships (Monroe, LA).

Special Accomplishments of Coaching Staff

- Coach Brown – NJCAA Track & Field Coaches Association Vice President.

Special Accomplishments of Individual Players

- ICCAC Indoor Track & Field Athlete of the Week – Tina Samson (1/15, 1/22).
- NJCAA Indoor Track & Field Player of the Week – Tina Samson – (2/14).
- National Champion – Indoor Pentathlon – Tina Samson (2/14).
- ICCAC Outdoor Track & Field Athlete of the Week:
 - Tina Samson – (3/11, 3/25, 4/22, 4/29).
 - Abigail Frey – (3/11).
- NJCAA Outdoor Track & Field Player of the Week – Tina Samson (3/27, 4/24).

- Tina Samson voted Region 11 Outdoor Female Field Athlete of the Year.
- Tina Samson named USTFCCA Midwest Region Outdoor Female of the Year.
- Landry McCoid named Iowa Central's Female Athlete of the Year.
- Landry McCoid named ICCAC's Female Athlete of the Year.

Number of All-Region Athletes:

- 1st – 3 (Indoor)/8 (Outdoor)
- 2nd – 4 (Indoor)/2 (Outdoor)
- Honorable Mention – 4 (Indoor)/9 (Outdoor)

Number of All Americans:

- NJCAA Indoor All Americans – 1
- NJCAA Outdoor 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) – 1

Number of Academic All-Region XI Athletes:

- 1st 10 (Indoor)/10 (Outdoor)
- 2nd 8 (Indoor)/8 (Outdoor)

2024-2025 Goals

Team Performance Goals:

- Compete for a top-15 spot at NJCAA Indoor Track & Field Championships.
- Compete for a top-15 spot at NJCAA Outdoor Track & Field Championships.
- Compete for top-3 spot at Region 11 Championships.
- Earn NJCAA Academic Team of the Year.

Recruitment Plans/Goals:

- Each event coach visits 5 high schools during the fall/spring semesters.
- Attend as many Iowa State XC District Qualifying meets as possible.
- Attend Iowa State XC Championship and neighboring states.
- Attend Iowa State TF District Qualifying meets.
- Attend as many states TF Championships as possible.
- Hit Quota

Retention Plans/Goals:

- Schedule one-on-one meetings before and after each of our seasons.
- Have students attend 3 hours of team study halls per week.
- Retain 95% of the students from the fall 24 to spring 25.
- Retain 90% of the possible returning athletes for the 2025-2026 season.

Community Outreach/Goals:

- Raise at least \$2,000 for Breast Cancer Awareness and donate to Unity Point.
- Take teams to Friendship Haven at least one time per semester.
- Work Iowa State Cross Country Championships.
- Work Fort Dodge Invite XC meet.
- Work two middle school track meets.

Women's Indoor & Outdoor Track & Field Team Income & Expenses

Item	Expense/Income
Total Budget	50,593
Scholarships	69,751
Coaches Salaries	105,634
Total Expenses	225,978
Indirect Income**	288,881

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

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 114 = \$21,800
- Fall Semester: Out-of-State Tuition Hours 216 = \$59,936
- Spring Semester: In-State Tuition Hours 92 = \$18,400
- Spring Semester: Out-of-State Tuition Hours 203 = \$56,095
- Total Tuition Revenue = \$156,231

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 18 x \$3,790 = \$68,220
- Spring Semester: Number of Athletes in Residence Halls 17 x \$3,790 = \$64,430
- Total Residence Hall Revenue = \$132,650

WOMEN'S VOLLEYBALL

Win/Loss Record: 34-7

Athletic Preseason Information

Quota for number of student athletes	<u>23</u>
Number on Athletes on the first day of Preseason	<u>25</u>
Number of Freshman on the first day of Preseason	<u>14</u>
Number of Sophomores on the first day of Preseason	<u>11</u>
Number of In-State Athletes from Area V	<u>9</u>
Number of In-State Athletes outside of Area V	<u>6</u>
Number of Out-of-State Athletes	<u>9</u>
Number of International Athletes	<u>1</u>
Number of African-Americans	<u>5</u>
Number of Native Americans	<u>1</u>
Number of Hispanic/Latinos 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 on First Contest	<u>25</u>
Number of Athletes Enrolled Spring Semester	<u>24</u>
Number of Athletes that Completed the Season	<u>25</u>

Special Accomplishments of Team

- Co-Conference ICCAC Champions for the 6th straight year.
- Highest team GPA – 3.11.
- 15 players Academic All-Region in the fall.
- 16 players Academic All-Region in the spring.

Special Accomplishments of Coaching Staff

- Coach Horn reached 300 career wins.
- 4th straight Region 11 Championship.
- 5th place finish at the NJCAA National Tournament.

Special Accomplishments of Individual Players

- Captain Mercedes Madlock:
 - ICCAC Player of the Year; 1st Team All-American; Broke career assists mark.
- Captain Noemia Chiacchio:
 - 1st Team All-Region; Honorable Mention All-American.
- Captain Mya McClain – 2nd Team All-Region.

Number of All-Region Athletes

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

Number of All Americans: 2

Number of Academic All-Americans:

- Pinnacle (GPA 4.00) - 2
- Superior (GPA 3.80-3.99) - 3
- Exemplary (GPA 3.60-3.79) - 4

Number of Academic All-Region XI Athletes: 15 Fall/16 Spring

2024-2025 Goals

Team Performance Goals:

- Top 3 in ICCAC.
- 3.0+ team GPA.
- 23+ players.
- Top 10 national ranking.
- 75% retention of freshman class.
- National Tournament qualifier.

Recruitment Plans/Goals:

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

Retention Plans/Goals:

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

Community Outreach/Goals:

- Host camps for local area volleyball players K-12 and have athletes work these camps to connect with area youth.
- Help support local club and school teams with player coaches.
- Set up players to line judge and score keep area high school volleyball games.
- Aid local coaches and athletic directors in any volleyball and/or coaching area I can assist them in.
- Actively recruit and interact with area athletes and build connections with local community members.

Women's Volleyball Team Income & Expenses

Item	Expense/Income
Total Budget	52,202
Scholarships	62,909
Coaches Salaries	130,443
Total Expenses	245,554
Indirect Income**	323,169

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

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 214 = \$40,850
- Fall Semester: Out-of-State Tuition Hours 147 = \$35,565
- Spring Semester: In-State Tuition Hours 200 = \$37,850
- Spring Semester: Out-of-State Tuition Hours 143 = \$34,564
- Total Tuition Revenue = \$148,829

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 24 x \$3,790 = \$90,960
- Spring Semester: Number of Athletes in Residence Halls 22 x \$3,790 = \$83,380
- Total Residence Hall Revenue = \$174,340

MEN'S WRESTLING

Win/Loss Record: 11-2

Athletic Preseason Information

Quota for number of student athletes	<u>45</u>
Number on Athletes on the first day of Preseason	<u>54</u>
Number of Freshman on the first day of Preseason	<u>35</u>
Number of Sophomores on the first day of Preseason	<u>19</u>
Number of In-State Athletes from Area V	<u>12</u>
Number of In-State Athletes outside of Area V	<u>16</u>
Number of Out-of-State Athletes	<u>25</u>
Number of International Athletes	<u>1</u>
Number of African-Americans	<u>9</u>
Number of Native Americans	<u>2</u>
Number of Hispanic/Latinos Americans	<u>7</u>
Number of Asian Americans	<u>0</u>

Athletic Roster Eligibility

Number of Athletes Enrolled Fall Semester	<u>47</u>
Number of Athletes on First Contest	<u>39</u>
Number of Athletes Enrolled Spring Semester	<u>41</u>
Number of Athletes that Completed the Season	<u>50</u>

Special Accomplishments of Team

- Conference Dual Meet Champions.
- Regional Champions.
- 2nd place team at NJCAA Nationals.

Special Accomplishments of Coaching Staff

- Regional Coach of the Year.

Special Accomplishments of Individual Players

- 2 National Champions.
- 6 All-Americans.
- Qualified all 10 Nationals.
- Matt Sarbo Regional Tournament – MVP.

Number of All-Region Athletes

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

Number of All Americans: 6

Number of Academic All-Americans:

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

Number of Academic All-Region XI Athletes: 20

2024-2025 Goals

Team Performance Goals:

- Win National Championship.
- Win Regional Championship.

Recruitment Plans/Goals:

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

Retention Plans/Goals:

- 3 hours of study table per week.
- Weekly grade checks – countless meetings individually.

Community Outreach/Goals:

- Volunteer at Iron Sharpens Iron camp that brings 1300 student athletes to our campus.
- Free bread Friday pickup and delivery.
- Youth tournament volunteers.

Men's Wrestling Team Expenses

Item	Expense/Income
Total Budget	40,386
Scholarships	68,500
Coaches Salaries	143,545
Total Expenses	252,431
Indirect Income**	512,823

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

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 345 = \$67,500
- Fall Semester: Out-of-State Tuition Hours 327 = \$88,788
- Spring Semester: In-State Tuition Hours 330 = \$66,000
- Spring Semester: Out-of-State Tuition Hours 247 = \$66,925
- Total Tuition Revenue = \$289,213

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 32 x \$3,790 = \$121,280
- Spring Semester: Number of Athletes in Residence Halls 27 x \$3,790 = \$102,330
- Total Residence Hall Revenue = \$223,610

WOMEN'S WRESTLING

Win/Loss Record: 4-2

Athletic Preseason Information

Quota for Number of Student Athletes	<u>25</u>
Number on Athletes on the first day of Preseason	<u>32</u>
Number of Freshman on the first day of Preseason	<u>14</u>
Number of Sophomores on the first day of Preseason	<u>18</u>
Number of In-State Athletes from Area V	<u>3</u>
Number of In-State Athletes outside of Area V	<u>15</u>
Number of Border Athletes	<u>7</u>
Number of Out-of-State Athletes	<u>7</u>
Number of International Athletes	<u>0</u>
Number of African-Americans	<u>2</u>
Number of Native Americans	<u>2</u>
Number of Hispanic/Latinos Americans	<u>6</u>
Number of Asian Americans	<u>0</u>

Athletic Roster Eligibility

Number of Athletes Enrolled Fall Semester	<u>29</u>
Number of Athletes on First Contest	<u>23</u>
Number of Athletes Enrolled Spring Semester	<u>29</u>
Number of Athletes that Completed the Season	<u>27</u>

Special Accomplishments of Team

- NJCAA Women's National Runners Up
- 3 NWCA Wrestling Coaches Association Academic All-Americans

Special Accomplishments of Coaching Staff

Special Accomplishments of Individual Players

- First National Champion Brianna Araujo Batista.

Number of All-Region Athletes

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

Number of All Americans: 10

Number of Academic All-Americans:

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

Number of Academic All-Region XI Athletes: 12

2024-2025 Goals

Team Performance Goals:

- NJCAA National Champions.
- Team GPA of 3.0 or higher.
- Win ICCAC Women's Wrestling Tournament.

Recruitment Plans/Goals:

- Attend high school nationals.
- Have well over 30 athletes.

Retention Plans/Goals:

- Retain 80% of students from fall 24 to spring 25.
- Have athletes attend 3 hours of weekly study hall.
- 75% of first year students return.

Community Outreach/Goals:

- Help the community health center again with the annual event.
- Host a preseason clinic.
- Host a high school girl wrestling dual tournament.

Women's Wrestling Team Expenses

Item	Expense/Income
Total Budget	32,389
Scholarships	65,981
Coaches Salaries	72,163
Total Expenses	170,533
Indirect Income**	332,355

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

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 231 = \$46,200
- Fall Semester: Out-of-State Tuition Hours 186 = \$46,003
- Spring Semester: In-State Tuition Hours 209.5 = \$41,300
- Spring Semester: Out-of-State Tuition Hours 189 = \$47,252
- Total Tuition Revenue = \$180,755

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 23 x \$3,790 = \$87,170
- Spring Semester: Number of Athletes in Residence Halls 17 x \$3,790 = \$64,430
- Total Residence Hall Revenue = \$151,430

MARCHING BAND

Win/Loss Record: N/A

Athletic Preseason Information

Quota for number of student athletes	<u>60</u>
Number on Athletes on the first day of Preseason	<u>51</u>
Number of Freshman on the first day of Preseason	<u>31</u>
Number of Sophomores on the first day of Preseason	<u>20</u>
Number of In-State Athletes from Area V	<u>31</u>
Number of In-State Athletes outside of Area V	<u>19</u>
Number of Out-of-State Athletes	<u>1</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/Latinos Americans	<u>3</u>
Number of Asian Americans	<u>0</u>

Athletic Roster Eligibility

Number of Athletes Enrolled Fall Semester	<u>50</u>
Number of Athletes on First Contest	<u>51</u>
Number of Athletes Enrolled Spring Semester	<u>45</u>
Number of Athletes that Completed the Season	<u>34</u>

Special Accomplishments of Team

- Perform at Carroll Band Day.
- Exhibition at Star Fest in Sioux City.
- Annual Run Out Day – Exhibition at Alta Aurelia, Cherokee, Ridge View, MVAOCO and OAGCIG.
- Game One Bowl.
- Percussion – “specials” invitation at Butler Elementary School.
- Salvation Army Bell Ringing – Raised \$1,805.50.

Special Accomplishments of Coaching Staff

- Volunteer/Room Announcer at Iowa Jazz Championships and Iowa HS Music Association/Iowa Band Masters Performer Showcase.
- Iowa Bandmasters Association College Affairs representative for North Central Iowa District. Invited to be chair of IBA College Affairs committee.

Special Accomplishments of Individual Players

- Team based – no individual awards.

Number of All-Region Athletes:

- 1st N/A
- 2nd N/A
- Honorable Mention N/A

Number of All Americans: N/A

Number of Academic All-Americans:

- Pinnacle (GPA 4.00) - N/A
- Superior (GPA 3.80-3.99) - N/A
- Exemplary (GPA 3.60-3.79) – N/A

Number of Academic All-Region XI Athletes:

- 1st – 14 (fall)/15 (spring)
- 2nd – 11 (fall)/7 (spring)

2024-2025 Goals

Team Performance Goals:

- All home football games, multiple area parades/events.
- Run Out Day.
- Expand student leadership opportunities and training.

Recruitment Plans/Goals:

- Visit 50 more high schools (visits, concerts, events).
- Plan to attend 4 or more state and independent contests for marching band, jazz and concert festivals.
- More high school counselors' office visits than band room visits as in past.
- Bring back band day/visit day event.

Retention Plans/Goals:

- Schedule end of semester meeting with students when band is not in full activity.
- Create student leadership led game/social nights.
- Work with student leadership team on culture (topic of year).
- Retain 90% of members from fall 24 to spring 25.

Community Outreach/Goals:

- All members expected to work 2 hours for Salvation Army bell ringing campaign.
- FDSH Homecoming parade.
- Shared events with area high schools.

Marching Band Income & Expenses

Item	Expense/Income
Total Budget	21,813
Scholarships	22,023
Coaches Salaries	65,850
Total Expenses	109,686
Indirect Income**	470,635

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

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 773 = \$154,300
- Fall Semester: Out-of-State Tuition Hours 15 = \$3,075
- Spring Semester: In-State Tuition Hours 705 = \$140,250
- Spring Semester: Out-of-State Tuition Hours 12 = \$2,460
- Total Tuition Revenue = \$300,085

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 24 x \$3,790 = \$90,960
- Spring Semester: Number of Athletes in Residence Halls 21 x \$3,790 = \$79,590
- Total Residence Hall Revenue = \$170,550

Men's Sports Shooting

Win/Loss Record: 7-0

Athletic Preseason Information

Quota for number of student athletes	<u>30</u>
Number on Athletes on the first day of Preseason	<u>38</u>
Number of Freshman on the first day of Preseason	<u>18</u>
Number of Sophomores on the first day of Preseason	<u>20</u>
Number of In-State Athletes from Area V	<u>23</u>
Number of In-State Athletes outside of Area V	<u>13</u>
Number of Out-of-State Athletes	<u>2</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/Latinos 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 on First Contest	<u>30</u>
Number of Athletes Enrolled Spring Semester	<u>38</u>
Number of Athletes that Completed the Season	<u>34</u>

Special Accomplishments of Team

- 1st place at Mid-Plains CC open (against 2yr & 4yr schools).
- Division 4 HOA, Trap, Doubles Trap 2nd at Nationals.
- Division 4 Skeet, Doubles Skeet, Super Sporting 3rd at Nationals.

Special Accomplishments of Coaching Staff

- HC ISTA State Handicap champion.

Special Accomplishments of Individual Players

- Cody Dickerson ICCAC Athlete of the Week 1 time.
- Jacob Geis ICCAC Athlete of the Week 1 time.
- Jayden Ockerman first perfect score.
- Nathan Swanson B Class National Champion Double Skeet.
- Kaelan Smith C Class Runner Up Super Sporting at Nationals.

Number of All-Region Athletes:

- 1st 8
- 2nd 6
- Honorable Mention 8

Number of All Americans: 1

Number of Academic All-Americans:

- Pinnacle (GPA 4.00) - 1
- Superior (GPA 3.80-3.99) - 3
- Exemplary (GPA 3.60-3.79) - 6

Number of Academic All-Region XI Athletes: 17 (fall)/16 (spring)

2024-2025 Goals

Team Performance Goals:

- HOA Team National Champions.
- 425 team score in Sporting Clays
- 498 team score in trap.
- 3.25 team GPA.

Recruitment Plans/Goals:

- Attend the IA, MN and WI State Trap, Skeet and Sporting Clays tournaments.
- Attend 10 high school shoots.
- Visit 25 team practices.
- Attend IA, MN and WI state ATA and NSCA shoots.
- Attend the Nationals NSCA shoot.
- Attend the National SCTP shoot.

Retention Plans/Goals:

- Retain 80% of student-athletes from fall to spring.
- Have one on one study halls with students in need.
- Find more opportunities for athletes 20-30.
 - These athletes are talented but will not make traveling team.
 - These athletes are the ones we usually lose.
- Athletes 30-40 usually just want to be part of something.

Community Outreach/Goals:

- Volunteer at three high school shoots.
- Volunteer at the NRA and Pheasants Forever banquets
 - If the Pheasants Forever banquet falls during our national tournament we will likely not be in attendance.
- Host 2 high school camps.
- Write letters to the nursing home residents.

Men's Sports Shooting Team Expenses

Item	Expense/Income
Total Budget	58,509
Scholarships	23,000
Coaches Salaries	40,124
Total Expenses	121,633
Indirect Income**	433,290

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

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 562 = \$112,400
- Fall Semester: Out-of-State Tuition Hours 33 = \$8,122
- Spring Semester: In-State Tuition Hours 579 = \$115,350
- Spring Semester: Out-of-State Tuition Hours 32 = \$7,917
- Total Tuition Revenue = \$243,790

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 26 x \$3,790 = \$98,540
- Spring Semester: Number of Athletes in Residence Halls 24 x \$3,790 = \$90,960
- Total Residence Hall Revenue = \$189,500

Women's Sports Shooting

Win/Loss Record: 7-0

Athletic Preseason Information

Quota for number of student athletes	<u>15</u>
Number on Athletes on the first day of Preseason	<u>9</u>
Number of Freshman on the first day of Preseason	<u>3</u>
Number of Sophomores on the first day of Preseason	<u>6</u>
Number of In-State Athletes from Area V	<u>1</u>
Number of In-State Athletes outside of Area V	<u>7</u>
Number of Out-of-State 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/Latinos Americans	<u>0</u>
Number of Asian Americans	<u>0</u>

Athletic Roster Eligibility

Number of Athletes Enrolled Fall Semester	<u>9</u>
Number of Athletes on First Contest	<u>7</u>
Number of Athletes Enrolled Spring Semester	<u>9</u>
Number of Athletes that Completed the Season	<u>8</u>

Special Accomplishments of Team

- 1st place at Mid-Plains CC open (against 2yr & 4yr schools).
- Division 4 HOA, Trap, Doubles Trap 2nd at Nationals.
- Division 4 Skeet, Doubles Skeet, Super Sporting 3rd at Nationals.

Special Accomplishments of Coaching Staff

- HC ISTA State Handicap champion.

Special Accomplishments of Individual Players

- Emma Chapin – ICCAC Athlete of the Week 3 times.
- Bailey Fehrmann-Mercer – first perfect score.

Number of All-Region Athletes:

- 1st 8
- 2nd 7
- Honorable Mention 0

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) - 0

Number of Academic All-Region XI Athletes: 4 (fall)/3 (spring)

2024-2025 Goals

Team Performance Goals:

- HOA Team National Champions.
- 425 team score in Sporting Clays
- 498 team score in trap.
- 3.25 team GPA.

Recruitment Plans/Goals:

- Attend the IA, MN and WI State Trap, Skeet and Sporting Clays tournaments.
- Attend 10 high school shoots.
- Visit 25 team practices.
- Attend IA, MN and WI state ATA and NSCA shoots.
- Attend the Nationals NSCA shoot.
- Attend the National SCTP shoot.

Retention Plans/Goals:

- Retain 80% of student-athletes from fall to spring.
- Have one on one study halls with students in need.
- Find more opportunities for athletes 20-30.
 - These athletes are talented but will not make traveling team.
 - These athletes are the ones we usually lose.
- Athletes 30-40 usually just want to be part of something.

Community Outreach/Goals:

- Volunteer at three high school shoots.
- Volunteer at the NRA and Pheasants Forever banquets
 - If the Pheasants Forever banquet falls during our national tournament we will likely not be in attendance.
- Host 2 high school camps.
- Write letters to the nursing home residents.

Women's Sports Shooting Team Expenses

Item	Expense/Income
Total Budget	14,588
Scholarships	6,750
Coaches Salaries	40,124
Total Expenses	61,462
Indirect Income**	109,729

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

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 118.5 = \$23,700
- Fall Semester: Out-of-State Tuition Hours 14 = \$4,137
- Spring Semester: In-State Tuition Hours 122 = \$24,400
- Spring Semester: Out-of-State Tuition Hours 15 = \$4,432
- Total Tuition Revenue = \$56,669

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 7 x \$3,790 = \$26,530
- Spring Semester: Number of Athletes in Residence Halls 7 x \$3,790 = \$26,530
- Total Residence Hall Revenue = \$53,060

Rugby

Win/Loss Record: 6-7 (15's)/26-5 (7's)

Athletic Preseason Information

Quota for number of student athletes	<u>54</u>
Number on Athletes on the first day of Preseason	<u>74</u>
Number of Freshman on the first day of Preseason	<u>49</u>
Number of Sophomores on the first day of Preseason	<u>25</u>
Number of In-State Athletes from Area V	<u>9</u>
Number of In-State Athletes outside of Area V	<u>24</u>
Number of Out-of-State Athletes	<u>34</u>
Number of International Athletes	<u>7</u>
Number of African-Americans	<u>16</u>
Number of Native Americans	<u>2</u>
Number of Hispanic/Latinos Americans	<u>11</u>
Number of Asian Americans	<u>0</u>

Athletic Roster Eligibility

Number of Athletes Enrolled Fall Semester	<u>66</u>
Number of Athletes on First Contest	<u>65</u>
Number of Athletes Enrolled Spring Semester	<u>55</u>
Number of Athletes that Completed the Season	<u>52</u>

Special Accomplishments of Team

- Placed 4th in nation – 7's

Special Accomplishments of Coaching Staff

- Coaches Lippert named to All-Star staff from Midwest at NCR all-star.
- Coach Lippert named to NCR All-American staff to France in Summer.

Special Accomplishments of Individual Players

- Koen Webb named to NCR All-American team to France.

Number of All-Region Athletes:

- 1st N/A
- 2nd N/A
- Honorable Mention N/A

Number of All Americans: 1

Number of Academic All-Americans:

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

Number of Academic All-Region XI Athletes: 12

2024-2025 Goals

Team Performance Goals:

- Win Conference – 7's & 15's.
- National champions – 7's & 15's.
- 3.0 team GPA.

Recruitment Plans/Goals:

- Attend 20 high schools, conduct 80-100 personal contacts via text, social media or zoom.
- Attend 6 large multi-school tournaments.
- Attend all Friday night Iowa boys' high school events.

Retention Plans/Goals:

Community Outreach/Goals:

Rugby Team Expenses

Item	Expense/Income
Total Budget	47,856
Scholarships	27,079
Coaches Salaries	109,435
Total Expenses	184,370
Indirect Income**	816,193

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

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 474 = \$92,400
- Fall Semester: Out-of-State Tuition Hours 535.5 = \$145,977
- Spring Semester: In-State Tuition Hours 368 = \$73,600
- Spring Semester: Out-of-State Tuition Hours 443 = \$117,636
- Total Tuition Revenue = \$429,613

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 58 x \$3,790 = \$219,820
- Spring Semester: Number of Athletes in Residence Halls 44 x \$3,790 = \$166,760
- Total Residence Hall Revenue = \$386,580

Men's Swimming

Win/Loss Record: 2-2

Athletic Preseason Information

Quota for number of student athletes	<u>18</u>
Number on Athletes on the first day of Preseason	<u>17</u>
Number of Freshman on the first day of Preseason	<u>7</u>
Number of Sophomores on the first day of Preseason	<u>10</u>
Number of In-State Athletes from Area V	<u>0</u>
Number of In-State Athletes outside of Area V	<u>5</u>
Number of Out-of-State Athletes	<u>4</u>
Number of International Athletes	<u>8</u>
Number of African-Americans	<u>2</u>
Number of Native Americans	<u>0</u>
Number of Hispanic/Latinos Americans	<u>4</u>
Number of Asian Americans	<u>0</u>

Athletic Roster Eligibility

Number of Athletes Enrolled Fall Semester	<u>17</u>
Number of Athletes on First Contest	<u>16</u>
Number of Athletes Enrolled Spring Semester	<u>16</u>
Number of Athletes that Completed the Season	<u>14</u>

Special Accomplishments of Team

- Team placed 3rd at NJCAA Swimming & Diving National Championships.

Special Accomplishments of Coaching Staff

Special Accomplishments of Individual Players

- Luis Oliveira – Finished 1st in 50 freestyle at Nationals. Achieved ICCC All-Time Top 10 performances in the 50 freestyle, 100 freestyle, 50 butterfly, 200 freestyle relay, 400 freestyle relay, 200 medley relay and 400 medley relay.
- Canyon Jones – ICCC All-Time Top 10 performances in the 50 freestyle, 100 freestyle, 50 butterfly, 100 butterfly, 200 freestyle relay, 400 freestyle relay, 800 freestyle relay and 400 medley relay.
- Adnan Kabuye – ICCC All-Time Top 10 performances in the 50 freestyle, 100 freestyle, 50 butterfly, 100 individual medley, 200 freestyle relay, 400 freestyle relay, 800 freestyle relay and 200 medley relay.

- Kaleo Theis – ICCC All-Time Top 10 performances in the 100 freestyle, 200 freestyle, 500 freestyle, 1000 freestyle, 1650 freestyle, 2000 freestyle relay, 4000 freestyle relay and 8000 freestyle relay.
- Kervens Warnon – ICCC All-Time Top 10 performances in the 50 backstroke, 100 backstroke, 200 backstroke, 50 butterfly, 200 medley relay and 400 medley relay.
- Same Bruce – ICCC All-Time Top 10 performance in the 200 butterfly.
- Jack Colvin – ICCC All-Time Top 10 performance in the 200 breaststroke.

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) - 1
- Superior (GPA 3.80-3.99) - 0
- Exemplary (GPA 3.60-3.79) – 3

Number of Academic All-Region XI Athletes:

- 1st 10
- 2nd 2

2024-2025 Team Goals

Performance Goals:

- 50% of the team will meet Region 11 All-Academic Second Team standards.
- 25% of the team will meet Region 11 All-Academic First Team standards.
- Team will finish top 5 at NJCAA Swimming & Diving National Championships.

Recruitment Plans/Goals:

- Visit or attend 5 high school boys swim teams or competitions.
- Implement an ongoing mass email campaign to high school and club teams.
- Recruit 12 swimmers to the men’s swim team for the 25-26 academic year.
- Phone calls/test to potential recruits.

Retention Plans/Goals:

- Require students who do not maintain 3.0 GPA to attend a weekly study hall.
- Monitor student’s academic performance and schedule meetings with swimmers who are struggling.
- Monitor swimmers for signs of personal/mental health issues.
- Retain 80% of the freshman class.

Community Outreach/Goals:

- Conduct swimming lessons for the Fort Dodge Community at the REC.

Men's Swimming Team Expenses

Item	Expense/Income
Total Budget	17,443
Scholarships	24,825
Coaches Salaries	102,049
Total Expenses	144,317
Indirect Income**	247,581

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

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 74 = \$14,800
- Fall Semester: Out-of-State Tuition Hours 189 = \$49,876
- Spring Semester: In-State Tuition Hours 79 = \$15,800
- Spring Semester: Out-of-State Tuition Hours 171 = \$45,824
- Total Tuition Revenue = \$126,301

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 17 x \$3,790 = \$64,430
- Spring Semester: Number of Athletes in Residence Halls 15 x \$3,790 = \$56,850
- Total Residence Hall Revenue = \$121,280

Women's Swimming

Win/Loss Record: 1-3

Athletic Preseason Information

Quota for number of student athletes	<u>18</u>
Number on Athletes on the first day of Preseason	<u>7</u>
Number of Freshman on the first day of Preseason	<u>4</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 Athletes outside of Area V	<u>1</u>
Number of Out-of-State Athletes	<u>3</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/Latinos Americans	<u>2</u>
Number of Asian Americans	<u>0</u>

Athletic Roster Eligibility

Number of Athletes Enrolled Fall Semester	<u>7</u>
Number of Athletes on First Contest	<u>7</u>
Number of Athletes Enrolled Spring Semester	<u>7</u>
Number of Athletes that Completed the Season	<u>6</u>

Special Accomplishments of Team

- Team placed 5th at NJCAA Swimming & Diving National Championships.

Special Accomplishments of Coaching Staff

Special Accomplishments of Individual Players

- Jenna Braun – ICCA All-Time Top 10 performances in the 50 breaststroke, 100 breaststroke, 200 breaststroke and 100 individual medley.
- Makenna Engels – ICCA All-Time Top 10 performances in the 50 backstroke and 50 butterfly.

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

Number of Academic All-Region XI Athletes:

- 1st - 3
- 2nd - 2

2024-2025 Team Goals

Performance Goals:

- 50% of the team will meet Region 11 All-Academic Second Team standards.
- 25% of the team will meet Region 11 All-Academic First Team standards.
- Team will finish top 5 at NJCAA Swimming & Diving National Championships.

Recruitment Plans/Goals:

- Visit or attend 5 high school boys swim teams or competitions.
- Implement an ongoing mass email campaign to high school and club teams.
- Recruit 12 swimmers to the men's swim team for the 25-26 academic year.
- Phone calls/test to potential recruits.

Retention Plans/Goals:

- Require students who do not maintain 3.0 GPA to attend a weekly study hall.
- Monitor student's academic performance and schedule meetings with swimmers who are struggling.
- Monitor swimmers for signs of personal/mental health issues.
- Retain 80% of the freshman class.

Community Outreach/Goals:

- Conduct swimming lessons for the Fort Dodge Community at the REC.

Women's Swimming Team Expenses

Item	Expense/Income
Total Budget	9,037
Scholarships	18,450
Coaches Salaries	102,049
Total Expenses	129,536
Indirect Income**	95,947

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

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 40 = \$8,000
- Fall Semester: Out-of-State Tuition Hours 59 = \$15,986
- Spring Semester: In-State Tuition Hours 35 = \$7,000
- Spring Semester: Out-of-State Tuition Hours 58 = \$15,691
- Total Tuition Revenue = \$46,677

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 7 x \$3,790 = \$26,530
- Spring Semester: Number of Athletes in Residence Halls 6 x \$3,790 = \$22,740
- Total Residence Hall Revenue = \$49,270

Men's Tennis

Win/Loss Record: 15-1

Athletic Preseason Information

Quota for number of student athletes	<u>N/A</u>
Number on Athletes on the first day of Preseason	<u>12</u>
Number of Freshman on the first day of Preseason	<u>9</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 Athletes outside of Area V	<u>0</u>
Number of Out-of-State Athletes	<u>0</u>
Number of International Athletes	<u>11</u>
Number of African Americans	<u>5</u>
Number of Native Americans	<u>0</u>
Number of Hispanic/Latinos Americans	<u>3</u>
Number of Asian Americans	<u>0</u>

Athletic Roster Eligibility

Number of Athletes Enrolled Fall Semester	<u>9</u>
Number of Athletes on First Contest	<u>N/A</u>
Number of Athletes Enrolled Spring Semester	<u>8</u>
Number of Athletes that Completed the Season	<u>8</u>

Special Accomplishments of Team

- Doubles won NJCAA Division 1 National Championship.
- Men finished 8th.

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) - 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

Team Performance Goals:

- 8th place at nationals.
- Winning record.

Recruitment Plans/Goals:

- Expand Iowa recruiting.
- Work on recruiting more athletes.
- Visit 15 high schools.
- 10 tournaments.

Retention Plans/Goals:

- Retain 80% of the student athletes from fall 24 to spring 25.
- Schedule one on one meetings once a month.
- Team activities.

Community Outreach/Goals:

- 2 events a semester.

Men's Tennis Team Expenses

Item	Expense/Income
Total Budget	17,511
Scholarships	40,222
Coaches Salaries	86,682
Total Expenses	144,415
Indirect Income**	113,792

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

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 0 = \$0
- Fall Semester: Out-of-State Tuition Hours 128 = \$37,824
- Spring Semester: In-State Tuition Hours 0 = \$0
- Spring Semester: Out-of-State Tuition Hours 116 = \$34,278
- Total Tuition Revenue = \$72,102

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 7 x \$3,790 = \$26,530
- Spring Semester: Number of Athletes in Residence Halls 4 x \$3,790 = \$15,160
- Total Residence Hall Revenue = \$41,690

Women's Tennis

Win/Loss Record: 7-4

Athletic Preseason Information

Quota for number of student athletes	<u>N/A</u>
Number on Athletes on the first day of Preseason	<u>7</u>
Number of Freshman on the first day of Preseason	<u>6</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 Athletes outside of Area V	<u>1</u>
Number of Out-of-State Athletes	<u>0</u>
Number of International Athletes	<u>5</u>
Number of African Americans	<u>4</u>
Number of Native Americans	<u>0</u>
Number of Hispanic/Latinos Americans	<u>1</u>
Number of Asian Americans	<u>0</u>

Athletic Roster Eligibility

Number of Athletes Enrolled Fall Semester	<u>7</u>
Number of Athletes on First Contest	<u>N/A</u>
Number of Athletes Enrolled Spring Semester	<u>6</u>
Number of Athletes that Completed the Season	<u>6</u>

Special Accomplishments of Team

- Finished 20th.

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) - 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

Team Performance Goals:

- Top 15th
- Winning record.

Recruitment Plans/Goals:

- Expand Iowa recruiting.
- Work on recruiting more athletes.
- Visit 15 high schools.
- 10 tournaments.

Retention Plans/Goals:

- Retain 80% of the athletes from fall 24 to spring 25.
- Schedule one on one meetings once a month.
- Team activities.

Community Outreach/Goals:

- 2 events a semester.

Women's Tennis Team Expenses

Item	Expense/Income
Total Budget	10,149
Scholarships	37,239
Coaches Salaries	86,682
Total Expenses	134,070
Indirect Income**	97,416

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

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 28 = \$5,600
- Fall Semester: Out-of-State Tuition Hours 67 = \$19,798
- Spring Semester: In-State Tuition Hours 31 = \$6,200
- Spring Semester: Out-of-State Tuition Hours 56 = \$16,548
- Total Tuition Revenue = \$48,146

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 7 x \$3,790 = \$26,530
- Spring Semester: Number of Athletes in Residence Halls 6 x \$3,790 = \$22,740
- Total Residence Hall Revenue = \$49,270

Dance

Win/Loss Record: N/A

Athletic Preseason Information

Quota for number of student athletes	<u>30</u>
Number on Athletes on the first day of Preseason	<u>30</u>
Number of Freshman on the first day of Preseason	<u>15</u>
Number of Sophomores on the first day of Preseason	<u>15</u>
Number of In-State Athletes from Area V	<u>13</u>
Number of In-State Athletes outside of Area V	<u>15</u>
Number of Out-of-State 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/Latinos Americans	<u>2</u>
Number of Asian Americans	<u>0</u>

Athletic Roster Eligibility

Number of Athletes Enrolled Fall Semester	<u>30</u>
Number of Athletes on First Contest	<u>27</u>
Number of Athletes Enrolled Spring Semester	<u>29</u>
Number of Athletes that Completed the Season	<u>24</u>

Special Accomplishments of Team

- Herky teamwork award at NDA camp.

Special Accomplishments of Coaching Staff

- Met our recruitment goal.
- Coach Cassidy was acknowledged and ask to speak at the ISDTA coaches conference.

Special Accomplishments of Individual Players

- Reese Pederson – Power Performance Award.
- Ashley Westering – Triton Excellence Award.
- 6 dancers awarded Triton Academic Excellence.

Number of All-Region Athletes

- 1st 25
- 2nd 7
- Honorable Mention N/A

Number of All Americans: 8

Number of Academic All-Americans:

- Pinnacle (GPA 4.00) - N/A
- Superior (GPA 3.80-3.99) - N/A
- Exemplary (GPA 3.60-3.79) – N/A

Number of Academic All-Region XI Athletes: N/A

2024-2025 Goals

Team Performance Goals:

- Clean sweep at state for all 3 divisions.
- Top 5 at nationals.
- Increase scores at all competitions.

Recruitment Plans/Goals:

- Visit a total of 20 high schools during fall/spring semesters.
- Attend more dance combines and recruit events/host prep clinics.
- Make 10 calls/text per week to recruits.

Retention Plans/Goals:

- One-on-one meetings 3 times during the semester fall/spring.
- Track grades twice a week to maintain academic success.
- Create a positive and encouraging family like culture.

Community Outreach/Goals:

- Perform in local town parades.
- Perform at nursing homes.
- Work at Apple Orchard.
- Put on kid's clinics.

Women's Dance Team Expenses

Item	Expense/Income
Total Budget	53,582
Scholarships	18,550
Coaches Salaries	101,656
Total Expenses	173,788
Indirect Income**	349,882

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

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 382 = \$76,400
- Fall Semester: Out-of-State Tuition Hours 29 = \$8,569
- Spring Semester: In-State Tuition Hours 386 = \$74,475
- Spring Semester: Out-of-State Tuition Hours 16 = \$4,728
- Total Tuition Revenue = \$164,172

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 26 x \$3,790 = \$98,540
- Spring Semester: Number of Athletes in Residence Halls 23 x \$3,790 = \$87,170
- Total Residence Hall Revenue = \$185,710

Esports

Win/Loss Record: 81/34 (across all teams)

Athletic Preseason Information

Quota for number of student athletes	<u>40</u>
Number on Athletes on the first day of Preseason	<u>43</u>
Number of Freshman on the first day of Preseason	<u>31</u>
Number of Sophomores on the first day of Preseason	<u>12</u>
Number of In-State Athletes from Area V	<u>23</u>
Number of In-State Athletes outside of Area V	<u>16</u>
Number of Out-of-State Athletes	<u>4</u>
Number of International Athletes	<u>0</u>
Number of African-Americans	<u>2</u>
Number of Native Americans	<u>2</u>
Number of Hispanic/Latinos Americans	<u>5</u>
Number of Asian Americans	<u>0</u>

Athletic Roster Eligibility

Number of Athletes Enrolled Fall Semester	<u>39</u>
Number of Athletes on First Contest	<u>42</u>
Number of Athletes Enrolled Spring Semester	<u>33</u>
Number of Athletes that Completed the Season	<u>43</u>

Special Accomplishments of Team

- Won 1st in Smash Ultimate Tier 2.
- Won 3rd & 4th place in Smash Ultimate Tier 1.
- 4 teams finished top 8 in the championship bracket.

Special Accomplishments of Coaching Staff

- Raised a new record high in eteam sponsor.
- Elected Chair of the media and broadcasting committee for the NJCAA.

Special Accomplishments of Individual Players

- Mason Lantz – 1st place in Smash Ultimate Tier 2.

Number of All-Region Athletes

- 1st N/A
- 2nd N/A
- Honorable Mention N/A

Number of All Americans: N/A

Number of Academic All-Americans:

- Pinnacle (GPA 4.00) - N/A
 - Superior (GPA 3.80-3.99) - N/A
 - Exemplary (GPA 3.60-3.79) – N/A
- Number of Academic All-Region XI Athletes: N/A

2024-2025 Goals

Team Performance Goals:

- Maintain a 70% or higher win rate across all teams.

Recruitment Plans/Goals:

- Visit 10 high schools in person.
- Send out more flyers with admissions visits.

Retention Plans/Goals:

- Weekly meetings with team captains.
- Monthly meetings with all teams.
- Team activities (for fun tournaments, livestream events, etc.).

Community Outreach/Goals:

- ExtraLife 24-hour charity livestream.

Esports Team Expenses

Item	Expense/Income
Total Budget	2,708
Scholarships	5,000
Coaches Salaries	56,163
Total Expenses	63,871
Indirect Income**	319,224

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

Tuition Revenue:

- Fall Semester: In-State Tuition Hours 532 = \$105,104
- Fall Semester: Out-of-State Tuition Hours 36 = \$10,638
- Spring Semester: In-State Tuition Hours 426 = \$82,395
- Spring Semester: Out-of-State Tuition Hours 28 = \$7,387
- Total Tuition Revenue = \$205,524

Residence Hall Revenue

- Fall Semester: Number of Athletes in Residence Halls 17 x \$3,790 = \$64,430
- Spring Semester: Number of Athletes in Residence Halls 13 x \$3,790 = \$49,270
- Total Residence Hall Revenue = \$113,700