

VARSITY GIRLS HOCKEY

BFS Success Story



Hayward High serves a student body that comes from a wide geographical area, quite rural. For some students, it's a 30-minute commute via their parents to school; for others, it's a 15-mile bike ride. So, when a student commits to playing sports as a Hayward Hurricane, it means they and their parents must make a lot of sacrifices. For the students involved in girls athletics, all the challenges have been worth it – they have proven themselves winners.

This past year the girls basketball team was just seven seconds away from making it to the state game, and the girls hockey team made it to the sectionals. With athletes from both these teams coming together to join the track team, they captured their first state title in track. Much of the teams' motivation and training came from the BFS program, which was implemented at Hayward this year for the first time, says PE teacher and head football coach Brian Trettin, who helps supervise many of the weight training classes at Hayward.

When organizing the weightroom schedules, the administration had to decide whether to have the girls train by themselves or to make all the training sessions coed. While the decision was to make the workouts coed, the girls preferred to train in the morning. Says Trettin, "Our girls have formed a

The Hurricanes won the state hockey title in 2013 and made it to the sectionals in 2014.

Building Girl Power at Hayward High

When you're a Hurricane, nothing can stand in your way

by Kim Goss, MS

The girls who play sports at Hayward High School in Wisconsin have teamwork covered from A to Z.

Accountability, character, commitment, community, discipline, passion, and zeal are hallmarks of their collective spirit.



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Freshman Gabby Snider receives the baton from senior Morgan Johnson, who is now attending Michigan State on a track scholarship.

very strong bond, and have done a very good job of holding each other accountable.” He adds that their motivation has extended throughout the summer, as they realized that to achieve their goals they can’t take long breaks from training.

The girls have learned the importance of challenging themselves. They had the benefit of seeing the motivational record charts that Trettin created for the football team and hung in the weightroom, using basic core BFS lifts such as the squat and bench press, along with athletic fitness tests such as the dot drill and vertical jump. Judging this to be a great idea, the girls made their own record boards and



Sophomore Katie Taylor placed second in the shot put and discus, and broke the school record in the discus with a throw of 132 feet 4 inches.

decided to unofficially compete against the boys to see who could break the most records. Despite being on the BFS program for only one year, some of the girls have made remarkable progress – there are two sisters who can bench press 175 pounds for reps!

Their BFS training manifests itself on the field and on the courts. Says Trettin, “In basketball, I think the number-one effect is that they are the most physical team on the floor. Nobody is bumping our girls off a screen, and it’s very tough to beat them on a rebound. I would also add that they are a very explosive group of athletes, with many of the girls

on the team also competing in track in such events as the long jump, triple jump, shot put, and discus throw.” Another benefit is confidence.

“Our girls are committed to the program, have invested a lot of time into it, and they have set high standards in the weightroom,” says Trettin. “This gives them confidence not just in their own abilities, but also an extra boost of confidence in that they know they can trust their teammates.”

In Wisconsin, boys ice hockey at the high school level is big time with a long tradition, and Trettin says the sport is growing in popularity among the girls. “There’s a lot of great hockey tradition in this area, and the girls are grasping onto that tradition.” He adds that although there is no checking in the girls game, the girls game is still physical, such that it’s tough to win games on skill alone.

Because ice hockey and women’s basketball are held in the winter, often the best athletes are split between the two sports. However, girls from both of these sports come together during track season, and this year the result of that combined talent was that the Hurricanes won a state championship, their first in school history. Trettin says much of the success in the track team came in the field events, and that this can be correlated to the power these

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girls developed in their conditioning program with cleans, squats, and plyos.

The coaches at Hayward High support the concept of the multisport athlete – and so does most of the community. Says Trettin, “There’s always those parents who want [their kids] to put all their eggs into one basket and play one sport, but these are the exception – most of our kids will play two to three sports. He adds that the coaches also work hard to stay focused; for instance, during open gym you won’t find any members of the football team playing basketball. “Such cooperation is a large reason for our success, especially for our girls program.”

In reflecting on the success of girls sports at Hayward, Trettin says that the girls embrace the Be an 11 ideals by setting goals and doing the things they need to do to achieve them, whether it’s to earn a starting position on the team or to keep their starting position. From there, they will join with their teammates to set team goals, such as winning a state championship. “Our girls want to win, and are doing the things they need to do to help them win. As a result, for the girls at Hayward High, success has become the norm.”

In black shirt - Katie Taylor
In pink - Gabby Snider
In teal - Taylor Snider
In blue - Holly Turnbull

The hard work the Hayward track team put into the weightroom, shown here with head track coach Dave Dixon supervising, helped the girls capture the state title.



Football coach Brian Trettin works in the weightroom with all the Hayward High athletes to give them the best opportunity to win.



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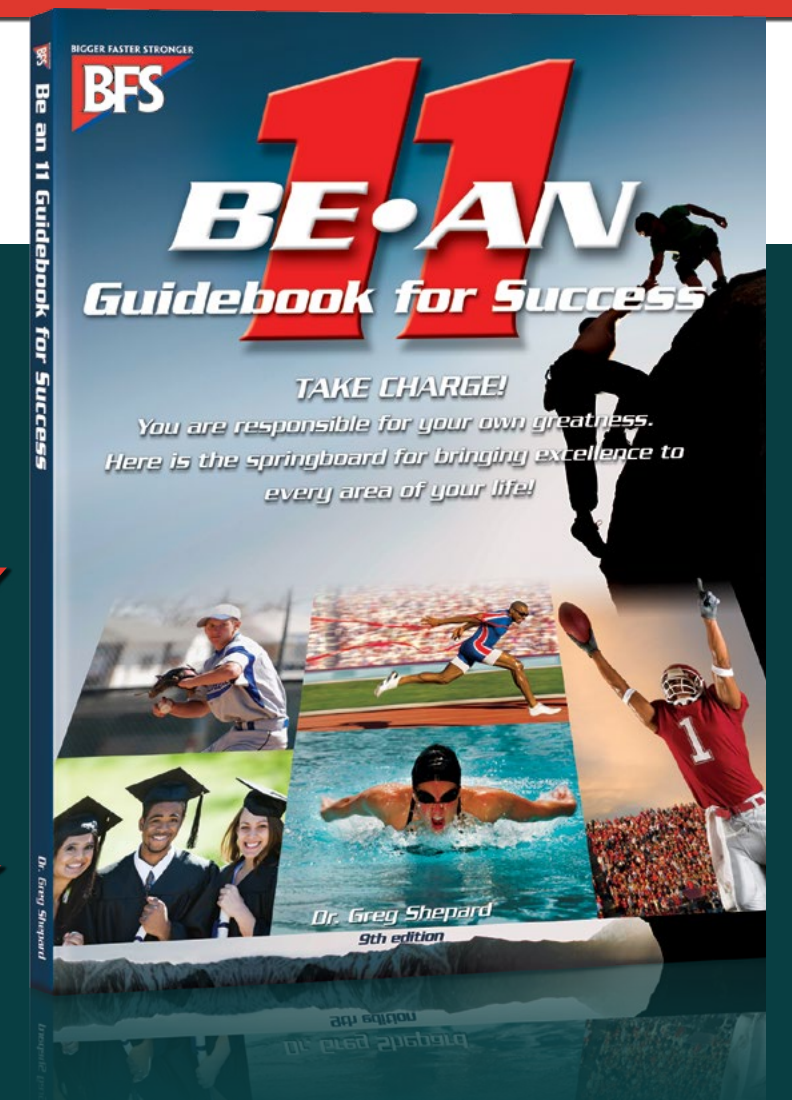
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