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Dean Leaders Speaks



Dean Leaders, Ass't Wrestling Coach at Lewis Central and Head Coach for Girls Wrestling, spoke. Dean is married to Holly, John Klein's daughter. Dean started wrestling at age four and grew up in Underwood, where his Dad wrestled. He went to Iowa State for two years to wrestle

and then Central Missouri NCA and was a double qualifier there. He has been in the sport 43 years.

Lewis Central has six Wrestling Coaches. Wrestling became an Olympic event in 2004 and has grown in popularity. In 2018 Iowa girls were wanting to have a girls' team. Lewis Central was instrumental in getting a tournament for girls started and now it is a big sport in Iowa. Lewis Central had 23 High School girls wrestling and have 55 in Middle School. They placed 1st in the state and 24th in the country. The Iowa Girls Association sanctioned it February 2022. Leaders stated Iowa is a hot spot for Girls Wrestling.

124 colleges in US have Girls Wrestling as a sport. They pay students that wrestle very well. The University of Iowa is a big dog for wrestling and when it offered the girls program, it really took off.

Wrestling teaches goal setting, motivation, overcoming setbacks and how to deal with loss and success. Girls have to deal with how they and their body look and how they fit in. Lewis Central has an open spot for anyone (no matter size, etc.) Girls have found a sport that will accept them and they get to compete and be successful and feel good about themselves.

Coaches do have to treat the girls different than boys as girls are motivated by different things. Girls care about the ENTIRE program. Boys are motivated about individual success. Girls are about the 'team' and for the greater good. Coaches can't get into a girl's face and scream as girls will shut down and cry. You have

to motivate them in a way to make them feel they are doing something good. The girls are competing hard all the time.

Girls have 13 weight classes. The 100 lb. bracket is very large. The most you can weigh is 235 lbs. Weight and body fat determines a girl's class. If your school offers girls wrestling, you cannot compete against boys as it is state sanctioned. Boys and girls don't practice together. The State of Iowa has about 240 schools participating. Some schools will co-op together to form complete teams. Dean loves that Wrestling gives girls another opportunity to compete in the winter besides Basketball.

Girls at LC are required to take weight lifting class. Leaders stated there are some really tough girls out there. The girls glean a lot of pride in wrestling because they are willing to do things other girls don't want to. These girls are the pioneers and front winners of something very great in its early stage. It is a difficult sport and there are injuries but not that bad – ankles, knees, ears. Girls are very good about wearing their head gear. Concussions can occur so more emphasis is being put on this.

One big challenge is trying to find bigger arenas for the boys and girls state tournaments, each sponsored by their own association.

Next week's speaker is Travis Castle, giving an update on building and use plans for "The T" in 2023 and beyond.

Thanks to Kathy Luedke for taking notes.

Advice for Lent:

"Fast from hurting words and say kind words."

Pope Francis

Meeting Minutes

Jordan Campbell called the meeting to order. There were 14 members present. Guests were:

Dean Leaders, Jr., Holly Leaders, Carol Klein, and Nicole Reed.

Campbell led the pledge and Dee Guttau offered the prayer. Keith Denton shared a joke.

50/50: Chad Guttau won.

Attendance: Dee Guttau's name was drawn, but did not claim as she was absent last week.

Birthdays: None, **Celebrity Birthdays:** Rick Flair (73), Sean Astin (51); Carrot Top (57)

Anniversaries: None

Bragging Rights: (Dollars are contributed to benefit local youth programs.)

1. Gary Guttau shared a story about a bottle to fill a battery.
2. Carol Klein bragged on the Treynor Girls Basketball season.
3. John Klein contributed because the Jazz Band is headed back to Iowa Jazz Championships. The high school jazz band received 2nd Place and the Jr. High Band won every category.
4. Glenrose Meier shared that the Treynor Mouse Derby was fun!
5. Kevin Underwood paid because of the recent game victory and academic night.
6. Jordan Campbell contributed because three local kids won in the Elks Club Free Throw Contest: Karter Maguire, Cade Mackland, and Addy Mauer. The kids and families were treated great and the kids go to the state level in Grinnell. Winners then go to regionals.

Community:

1. Jeff Jorgensen stated Dan Dawson, Iowa State Senator, would be at Barley's today at 11AM- 1PM. (After the meeting, Jeff reports that Dan gave a recap of the current legislative session and current bills in the works. There was a good discussion especially about taxes.)
2. Boy's Basketball plays Central Lyons tonight in Sioux City. (The boys lost to #1 Central Lyons. Congratulations on a great season.)
3. The Treynor Pops Concert is Monday, March 13. Mark your calendars for this popular event.

Business:

1. John Klein is making arrangements for Arbor Day with the 5th graders from school. The city wants five trees planted and the Treynor School Superintendent would like five trees planted against the south fence row by visiting parking lot. John has applied for a grant for 10 trees on behalf of Optimists. The Optimist Club will pay for the trees but a grant will reimburse us up to \$2500 which pays for the trees and one load of mulch.
2. Ken Graham needs someone to volunteer as Sergeant of Arms for the first two weeks in March. Gary Guttau (4th) and Bill Vorthmann (11th) volunteered. Also, Ken is ready to step out of this role and hopes someone else will step up to the plate. The club is open to suggestions and the following is involved:
 - a. Opens building at 7
 - b. Opens side door
 - c. Makes coffee
 - d. Puts up banners
 - e. Tracks breakfast money
 - f. Tracks 50/50 and Attendance
 - g. Prints out attendance sheets

3.

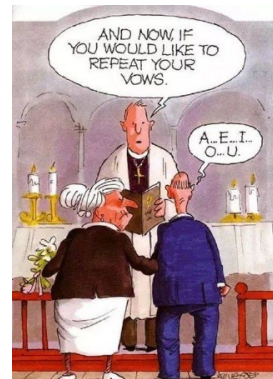


Can Kennel: A check for \$1575 for the After Prom Committee was picked up today by Nicole Reed.

Auction Items: None.

There being no further business the meeting was adjourned.

HUMOR



Calendar

Events

Mar 1 Can Kennel Sorting, 3 PM
May 1 Mulch Madness 12:30-3:30 PM

Birthdays

Mar 11 Ken Graham

Anniversaries

Mar 4 Gene & Erika Seran
Mar 8 Keith & Georgia Denton

Programs:

Mar Dee Guttau (first two weeks)
Linda Danker (last two weeks)
Apr Keith Denton
John Klein (last Sat.)
May Dale Willenborg

Speakers

Mar 4 Travis Castle – Building and use plans for
“The T” recreation area in 2023 and
beyond.
Mar 11 Byron Menke: How to Plan for an Estate
Sale – what things people want and what is
not of value.

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