

**NATIONAL FEDERATION OF STATE  
HIGH SCHOOL ASSOCIATIONS**



## **NEWS RELEASE**

### **12 Individuals to Receive NFHS Citations**

**FOR IMMEDIATE RELEASE**

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INDIANAPOLIS, IN (June 4, 2013) — Twelve leaders in high school activity programs across the country have been selected to receive National Federation of State High School Associations (NFHS) Citations.

An award designed to honor individuals who have made contributions to the NFHS, state high school associations, athletic director and coaching professions, the officiating avocation and fine arts/performing arts programs, the NFHS Citation is one of the most highly regarded achievements in high school athletics and performing arts.

The 2013 NFHS Citation recipients will receive their awards June 25 at the 94<sup>th</sup> annual NFHS Summer Meeting in Denver, Colorado.

Eight of the 12 award winners represent the NFHS-member state high school associations. The other four Citation recipients represent NFHS professional organizations for officials, coaches, music and speech/debate/theatre.

The eight state association recipients are **Lloyd Mott**, retired assistant director of the New York State Public High School Athletic Association; **Mike Hayden**, retired executive director of the West Virginia Secondary School Activities Commission; **Rick Strunk**, associate commissioner, North Carolina High School Athletic Association; **Bernard (Bud) Legg**, sports information director, Iowa High School Athletic Association; **Bob Lowery**, retired assistant executive director of the South Dakota High School Activities Association; **Gary Tripp**, retired executive director of the New Mexico Activities Association; **Craig Hammer**, executive director of secondary schools, Washington County School District, St. George, Utah; and **Lavonne Norman**, director of office operations and marketing director, Alaska School Activities Association.

Other Citation recipients are **Roger Barr**, Official Citation recipient, director of officials, Iowa High School Athletic Association; **Ellis Lane**, Coach Citation recipient, retired basketball coach, Wakefield (Massachusetts) High School; **Dana Hamant**, Music Citation recipient, Wichita (Kansas) Public Schools; and **Jana Riggins**, Speech/Debate/Theatre Citation recipient, state director of speech and debate, Texas University Interscholastic League.

Following is biographical information on the 12 NFHS Citation recipients:

## **Lloyd Mott**

### **Section 1**

Lloyd Mott retired as assistant director of the New York State Public High School Athletic Association (NYSPHSAA) in 2008 after 11 years of service. During this time, he played a key role in developing sportsmanship programs as well as expanding sports medicine at the association level.

Mott's work with New York state high schools began long before joining the NYSPHSAA. He started his career in 1966 as athletic director for the Broadalbin (New York) Central School District (CSD) for seven years, and then served in a similar capacity with the Cobleskill CSD for 10 years. His final stop before joining the NYSPHSAA in 1997 was a 14-year stint as director of health, physical education and athletics for the Queensbury CSD.

During his time as a school administrator, Mott was president of the NYSPHSAA Section II (1978-80) and the New York State Council of Physical Education Administrators (1996-97).

Mott hit the ground running at the NYSPHSAA in 1997 as he organized the association's first sportsmanship and media committees in his first year. Mott started the New York Good Sports recognition program, which granted awards to schools that best demonstrated a proactive approach to sportsmanship. He also helped to develop the Citizenship Through Athletics Course, which certified more than 200 instructors. He also directed the association's first sportsmanship video, "Sportsmanship: Where Does It Start?"

Additionally, Mott administered the NYSPHSAA Concussion Management Program and helped produce a DVD on concussion management for distribution to member schools. He also conducted the first coaches clinic and was instrumental in developing the association's Web site.

At the national level, his program regarding hazing identification and prevention has been presented at several national conferences, including the NFHS Summer Meeting. He served terms on the NFHS Sports Medicine Advisory Committee and NFHS Citizenship Committee.

Since retiring in 2008, Mott has operated a consulting business, Fit 4 Life, in which he assists schools and other organizations in New York with their athletic programs.

## **Mike Hayden**

### **Section 2**

Mike Hayden retired as executive director of the West Virginia Secondary School Activities Commission (WVSSAC) in 2007 after eight years in that role and 42 years overall in the education field.

During Hayden's tenure as the WVSSAC executive director, he initiated a complete review of the WVSSAC Rules and Regulations, which led to major changes in the organization's handbook. He also made changes to state tournament procedures, and initiated the renovation and expansion of the WVSSAC office.

Hayden's teaching and coaching career began in 1965 at Massillon (Ohio) Washington High School where he taught business and was an assistant football coach. After three years in Ohio, Hayden landed at Parkersburg (West Virginia) High School – his alma mater – in 1968. He spent the next 31 years serving Parkersburg students in various ways including as a teacher, coach, assistant principal and athletic director.

Hayden was the head football coach at Parkersburg South High School for 14 years (1970-83) and compiled an 86-55 record. He was named head coach of the North team for the 1983 North-South All-Star Football Game.

Parkersburg High School experienced tremendous success during Hayden's 15 years as athletic director. Under his guidance, Parkersburg won 39 state

championships and finished runner-up 17 other times. He also formed the committee that led to a multi-million dollar renovation of the school's football complex.

Hayden was involved in several professional organizations including the West Virginia Athletic Directors Association, National Interscholastic Athletic Administrators Association and the West Virginia Secondary School Principals Association.

Hayden helped Parkersburg High School to the 1958 Class AAA State Football Championship and the 1960 Class AAA State Basketball Championship. He graduated from Morehead (Kentucky) State University and earned his master's from West Virginia University.

## **Rick Strunk**

### **Section 3**

Rick Strunk joined the North Carolina High School Athletic Association (NCHSAA) in 1986, and today brings a variety of media-related experiences to his position as associate commissioner.

Strunk, an athlete at Newton-Conover (North Carolina) High School, attended the University of North Carolina (UNC) at Chapel Hill on a prestigious Morehead Scholarship and was also a National Merit Scholar. He graduated from UNC with degrees in American studies (with honors) and English in 1975, and then completed graduate work at UNC in American history.

After college, he joined the Observer-News-Enterprise in Newton as sports editor in 1976 and worked four years there before being named sports information director at Lenoir-Rhyne College in Hickory, North Carolina. While

there he earned 16 national awards for excellence, including seven for the No. 1 publication of its type in the country. He was the National Association of Intercollegiate Athletics District 26 Sports Information Director of the Year the first year the award was given.

In 1985, he was named sports information director at Furman University in Greenville, South Carolina, working under athletic director Dick Sheridan as the Furman football team went to the NCAA national championship game.

Beginning as the NCHSAA's sports information director, Strunk's role has expanded over the years. His work includes writing and designing all the publications and championship game programs, as well as working with the media. Strunk coordinates the NCHSAA Scholar-Athlete program, the NCHSAA Hall of Fame and the Wells Fargo Cup, and he handles eligibility hardships for the NCHSAA. He also oversees the NCHSAA Web site and its internship program.

He is editor of the official North Carolina High School Sports Record Book and served eight years as chair of the NFHS National Records Committee. He has been a featured speaker or workshop presenter at several national meetings, and in 1998 and 1999, he was the master of ceremonies for the National High School Hall of Fame Induction Ceremony.

Nationally, Strunk is a former chair of the NFHS National Records Committee and was instrumental in the adoption of the Sportsmanship Statement that appears in the National High School Sports Record Book.

Strunk is active in his church as a member of the choir and as a teacher for an adult Sunday school class.

## **Bernard (Bud) Legg**

### **Section 4**

Bud Legg has dedicated more than five decades to helping young people through his teaching, coaching and administrative work at the high school level in Iowa.

After 36 years in three Iowa school systems, Legg joined the Iowa High School Athletic Association (IHSAA) in 2001 and has served as the association's sports information director for the past 12 years. Among his many tasks are maintaining the IHSAA Record Book, preparing media releases, distributing media credentials, historian for state tournaments, hall of fame selections and speaking/emceeing responsibilities.

Legg's teaching career began in 1966, a year after graduating from Iowa State University, in the Oakland (Iowa) School District, which was followed by a 10-year stint at South Hamilton School District in Jewell, Iowa. He coached the girls softball team at South Hamilton to a 188-30 record, including one state title and two state runner-up finishes.

During the 26 years prior to joining the IHSAA, Legg worked in many capacities for the Ames (Iowa) Community Schools, including teacher, guidance counselor, coach, associate principal and athletic director. He started the girls softball program and won 222 games in 10 years. He was an assistant coach on the 1990-91 boys basketball team – featuring Fred Hoiberg – that won the state title.

In addition to his teaching, coaching and administrative contributions, Legg was an IHSAA football official from 1977 to 1993 and worked the state playoffs 15

times, including one championship. He also has officiated college football at the NCAA Division III level.

Legg has been enshrined into four different halls of fame. In 1990, he was inducted into the Iowa Girls' Coaches Association Hall of Fame as a softball coach and then again in 1996 as an umpire. He also is in the IHSAA Officials Hall of Fame and the Iowa Track & Field Hall of Fame. In 2012, he was honored by the NFHS with the Outstanding Service Award.

A native of Iowa, Legg earned his bachelor's and master's degrees from Iowa State University. At the national level, Legg is currently chair of the NFHS Hall of Fame Screening Committee.

## **Bob Lowery**

### **Section 5**

Bob Lowery retired from the South Dakota High School Activities Association (SDHSAA) last year after serving the organization for 18 years as assistant executive director.

Lowery joined the SDHSAA in 1994 after spending 17 years at Vermillion (South Dakota) High School where he coached cross country and track. He also served as the school's athletic director for nine years. As a coach, he led the 1983 boys cross country team to a state title followed by a state title for the boys track team in 1984. In all, he coached 14 individual state champions and five relay state champions.

At the SDHSAA, Lowery's duties included being the head administrator and rules interpreter for football, wrestling, cross country, track and field, and golf. He also was responsible for sportsmanship issues and organizing the summer



coaches' clinic. In addition, Lowery scheduled all regular-season football games for member schools – a process that the SDHSAA continues today.

Lowery's dedication to the student-athletes in South Dakota has not gone unnoticed. In 2012, he was inducted into the South Dakota Wrestling Hall of Fame, received the Distinguished Service Award from the South Dakota High School Coaches Association (SDHSCA) and earned the State Friend of Football Award. The SDHSAA honored Lowery when it presented him with its 2012-13 Distinguished Service Award. In 1994, he was named Athletic Director of the Year by the SDHSCA.

At the national level, Lowery served on the NFHS Football Rules Committee for 18 years and also spent four years on its Hall of Fame Screening Committee.

Lowery and his wife, Diane, have four children: Brian, a biology teacher at the University of Sioux Falls (South Dakota); Brandon, an eighth-grade teacher and coach in Pierre, South Dakota; Bradley, who is working on his doctorate at the University of Colorado-Denver; and Brittany, who works for the South Dakota Public Utilities Commission.

## **Gary Tripp**

### **Section 6**

Gary Tripp retired as executive director of the New Mexico Activities Association (NMAA) last year after eight years as the fifth executive director in the history of the NMAA.

Among the many accomplishments during Tripp's tenure was the establishment of the NMAA Foundation, which was set up to award student scholarships and to provide school grants for the start of new athletic programs.

Since its inception in 2007, the foundation has distributed more than \$150,000 to students and schools through grants and scholarships.

Tripp's other accomplishments include bringing financial stability to the NMAA through changes made to state championships and the development of a solid corporate sponsorship program. These types of programs and initiatives resulted in no increases in dues for the membership.

In addition, Tripp led the way in instituting more effective eligibility bylaws, creating a statewide sportsmanship programs and developing a sports medicine advisory committee.

Along with his contributions to New Mexico, Tripp also had roles in helping student-athletes at a national level by serving on numerous committees, including chairing the financial subcommittee for the 2008-2011 NFHS Strategic Planning Committee.

After graduating from Las Vegas (New Mexico) West Las Vegas High School in 1979, where he received honors in the sports of football, basketball and baseball, he attended New Mexico Highlands University on a football/baseball scholarship, where he earned bachelor's and master's degrees in education administration. He then coached football, baseball and boys basketball before becoming the athletic director at Moriarty (New Mexico) High School.

After his athletic experience at Moriarty High School, he took on an assistant principal position at Rio Rancho (New Mexico) High School, which led to a promotion as the school's principal.

**Craig Hammer**

**Section 7**

A former high school and college athlete and former high school coach, Craig Hammer has been in a leadership role for the Utah High School Activities Association for the past 14 years.

Currently, the executive director of secondary schools for the Washington County School District in St. George, Utah, Hammer is chair of the UHSAA Executive Committee and has served as a member of the committee since 1999. He also was a member of the UHSAA Board of Trustees for six years.

Hammer has served in the Washington County School District since 1990. He was a teacher at Dixie High School in St. George for two years, followed by two years as assistant principal of the school and 13 years as the school's principal prior to joining the district office in 2007. He is now in his sixth year as the district's executive director of secondary schools.

Prior to joining the Washington County School District, Hammer began teaching at Millcreek Junior High School in Bountiful, Utah, immediately following his graduation from the University of Utah in 1983. That same year, he became the head coach of Millcreek's boys basketball and track teams. He then moved to Murray (Utah) High School, his alma mater, and was a teacher and coach for six years before moving to St. George.

At Murray High School, where he played basketball, baseball, golf and track as a high school student, he was head basketball and golf coach for four years after serving as an assistant in several sports.

Along the way, Hammer has served on various committees and has been a member of numerous associations. In addition to his service with the UHSAA, Hammer is a member of the National Association of Secondary School Principals,

the Association of Supervision and Curriculum Development and the Utah Association of Secondary School Principals.

Hammer earned his bachelor's degree from the University of Utah in 1983 and his master's from Utah in 1989.

## **Lavonne Norman**

### **Section 8**

Since joining the Alaska School Activities Association (ASAA) in 1996, Lavonne Norman has served in a variety of capacities as one of the state's key leaders in high school activity programs.

Currently, Norman is ASAA director of office operations, marketing director and state cheerleading competition coordinator, and she oversees the World Language Declamation Championship. In addition to her significant contributions to cheerleading, Norman has been a leader in the area of coach education.

Norman's extensive spirit coaching experience dates to when she served as the Anchorage (Alaska) Abbott Loop Christian School head cheer coach from 1989 to 1994. Beginning in 1996, Norman was a part of the cheerleading coaching staff at the University of Alaska (Anchorage), first as an assistant before becoming the head coach in 2000.

Norman has been an American Association of Cheerleading Coaches and Administrators (AACCA) certified instructor and trainer since 2010 and was a cheer coaches certification instructor for the National Cheerleaders Association from 1992 to 2004.

At the national level, Norman recently served a four-year term on the NFHS Coaches Education Committee and is a current member of the NFHS National

Records Committee. She has been an NFHS Coach Education instructor for 10 years, and, in 2009, Norman received the NFHS Coach Educator of the Year Award.

At the state level, Norman has been an adjunct professor of coach education at the University of Alaska, Anchorage, for five years, and she was president of the Alaska Cheer Coaches Association for five years.

Other duties for Norman include service on the Alaska High School Hall of Fame Committee, secretary to the ASAA Board of Directors, ASAA state cheerleading director and trustee for the Alaska Endowment for Youth Activities.

Norman is a 1965 graduate of Federal Way (Washington) High School, and a 1968 graduate of Bethel Bible College in Seattle, Washington. She and her husband, Jerry, just celebrated their 46<sup>th</sup> wedding anniversary. They have a son and daughter and two granddaughters living in Anchorage and a son and daughter-in-law stationed in Naples, Italy, while serving in the Navy.

## **Roger Barr**

### **NFHS Officials Association**

After spending 30 years as a baseball, basketball and football official in Iowa, Roger Barr joined the Iowa High School Athletic Association (IHSAA) in 2003 as director of officials and remains in that position today.

Barr is one of two officials in Iowa history to rank among the top eight in state assignments and championship games in football, boys basketball and baseball. During his tenure as an official in Iowa, he officiated high school football playoffs for 26 years. He was head referee in 68 games, including 10

championship contests. In baseball, Barr umpired 26 Iowa state tournaments, including 24 championship contests. In basketball, he covered more than 80 boys and girls state basketball tournament games as well as officiating 22 title games (12 boys and 10 girls).

During his years as an active official, Barr was IHSAA rules interpreter in the sports of football, basketball and baseball for 18 years, and he has continued that role since joining the staff.

In his current position at the IHSAA, Barr has focused on the evaluation and tournament assignment of officials in baseball, basketball and football. In addition, he has created and started a series of statewide clinics to assist in training and recruiting new officials.

For his continued dedication to officiating in Iowa high school athletics, Barr has received considerable recognition. In 2000, he was awarded the NFHS Officials Association Distinguished Officials Award for the Central Section, and last year he received the 2012 NFHS Outstanding Service Award. In addition, Barr has been elected to the IHSAA, Iowa Girls' Basketball Coaches Association and Northwest Iowa Officials' Association Halls of Fame.

Barr is a former member of the NFHS Basketball Rules Committee and last year was appointed to a four-year term on the NFHS Officials Advisory Committee. During his 30 years as an official prior to joining the IHSAA, Barr operated a successful sporting goods business.

**Ellis Lane**

**NFHS Coaches Association**

Ellis Lane was an outstanding teacher, coach and athletic director at four Massachusetts high schools from 1965 to 2001, but his true legacy may be the profound effect he has had since retirement through the implementation of a statewide coaches education program.

As a high school coach, Lane's most notable stint was 17 years at Wakefield (Massachusetts) High School, where he coached the boys basketball team to a record of 276-111 with five league championships, three state sectional championships and one Eastern Massachusetts championship. He also coached at Watertown High School and Stoneham High School, and he concluded his education career in Massachusetts as athletic director at Melrose High School from 1987 to 2001.

Coaches education became his passion in the late 1990s as the Massachusetts Interscholastic Athletic Association (MIAA) selected Lane to be involved in starting the association's coach education program. He has worked tirelessly for the past 16 years to teach these courses.

Despite the fact that Lane moved to Maine after retiring from active teaching and coaching in 2001, he continues to be involved in the MIAA Coach Education Program. Since starting the program in 1998, Lane and his cohort, Brian McNally, have taught approximately 60 courses – mostly to high schools and private schools.

For his coaching success, Lane has received numerous accolades including being named the 1983 Boston Globe Basketball Coach of the Year, 1987 NFHS Massachusetts Coach of the Year and Division 2 North Coach of the Year three times. In addition, Lane was elected to the Massachusetts State Basketball Hall of Fame in 1991.

In addition to his accolades as a coach, Lane was honored in Massachusetts for his commitment and dedication as a high school athletic director. He was awarded the 2000 Massachusetts Secondary Schools Athletic Directors Association (MSSADA) President's Award of Merit and the 2001 MSSADA District B Athletic Director of the Year Award.

## **Dana Hamant**

### **NFHS Music Association**

Dana Hamant has devoted more than 30 years to teaching interscholastic music in the state of Kansas. Hamant has spent the past year as the sixth-grade instrument specialist in the Wichita (Kansas) Public Schools as well as the assistant director of bands at Friends (Kansas) University, after an outstanding 17-year career as director of bands at Wichita (Kansas) East High School.

Before joining the Wichita Public Schools in 1995, Hamant taught music in the Cimarron (Kansas) Public Schools for three years, followed by two years at Wichita (Kansas) North High School for two years and the Hutchinson (Kansas) Public Schools for eight years.

Beyond his contributions at the school level, Hamant has given yeoman service to the Kansas State High School Activities Association (KSHSAA). He has been an adjudicator for KSHSAA Large Group and Solo/Ensemble Music Festivals since 1999, and he has served as festival manager for the KSHSAA State Large Group Festival since 1995.

Hamant has been chair of the Kansas Music Educators Association (KMEA) Festival Committee since 2004 and is KMEA state exhibitor booth chair. Hamant



was KMEA South Central District president in 1996-97 and was KMEA jazz chair in 1992-93. Hamant has been a member of the Kansas Band Masters (KBA) since 1978 and was president in 2006-07.

During his career, Hamant has had 51 different students, representing 75 different slots, selected to all-state ensembles. In 2005, his Wichita East High School Symphonic Band was one of 16 bands chosen to perform at the first Disney Honors Festival. Hamant's students have received 90 percent outstanding ratings and 10 percent excellent ratings at the KSHSAA State Large Group Festival.

Hamant has received numerous previous awards, including the 2011 Drums Across Kansas Distinguished Service Award and the 2011 NFHS Section V Outstanding Music Educator Award. In 2006, he became one of five Kansas directors to receive the John Philip Sousa Foundation Legion of Honor.

## **Jana Riggins**

### **NFHS Speech, Debate and Theatre Association**

Jana Riggins has spent more than 35 years as a speech and debate teacher and director in Texas, including the past 16 years as state director of speech and debate for more than 1,400 schools in the Texas University Interscholastic League (UIL).

Prior to joining the UIL in 1997, Riggins taught speech and debate at the junior high, high school and college levels in the Texas cities of Waco, Carrollton, Athens and Kaufman for 21 years.

As the tournament director for UIL state debate and speech championships, Riggins supervises 23 staff members, 10 contest officials and 400 judges for more

than 700 rounds of competition in the Policy Debate State Tournament, as well as 12 staff members, seven contest officials and more than 100 judges for the State Speech Tournament.

Riggins led the fight for speech communication to be sustained as a graduation requirement for all Texas high school students, delivering testimony before the State Board of Education. One of only 42 educators in Texas to earn the “Master Teacher” designation, Riggins also testified on behalf of extracurricular activities before the Texas State Legislature. Under her leadership, Texas was the first state in the nation to integrate computers into debate competition and speaking contests.

Riggins is an executive officer in the Texas Speech Communication Association (TSCA), the nation’s largest state professional speech organization. She has served a term as president and has chaired five committees. At the national level, Riggins has served on the NFHS Debate Topic Selection Wording Committee and is a current member of the NFHS Speech Committee.

Riggins has helped to improve speech and debate competitions in Texas as the co-designer of a statewide online system for tournament registration and results, and the developer of the online judge registration database. Most recently, she designed the curriculum and was an instructor for the Elite 100 Student Leadership Conference in association with the UIL’s centennial celebration.

Riggins was named Speech Teacher of the Year for the state of Texas and received the prestigious Outstanding Service Award from the TSCA and the Texas Excellence Award for Outstanding High School Teachers from the University of Texas.

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**About the National Federation of State High School Associations (NFHS)**

The NFHS, based in Indianapolis, Indiana, is the national leadership organization for high school sports and performing arts activities. Since 1920, the NFHS has led the development of education-based interscholastic sports and performing arts activities that help students succeed in their lives. The NFHS sets direction for the future by building awareness and support, improving the participation experience, establishing consistent standards and rules for competition, and helping those who oversee high school sports and activities. The NFHS writes playing rules for 17 sports for boys and girls at the high school level. Through its 50 member state associations and the District of Columbia, the NFHS reaches more than 19,000 high schools and 11 million participants in high school activity programs, including more than 7.6 million in high school sports. As the recognized national authority on interscholastic activity programs, the NFHS conducts national meetings; sanctions interstate events; offers online publications and services for high school coaches and officials; sponsors professional organizations for high school coaches, officials, speech and debate coaches, and music adjudicators; serves as the national source for interscholastic coach training; and serves as a national information resource of interscholastic athletics and activities. For more information, visit the NFHS Web site at [www.nfhs.org](http://www.nfhs.org).

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