

Moms Of Youth Players Get Football Cram Course

Event Part Of 'Heads Up Football' Initiative

EAST RUTHERFORD, N.J. (AP) — Four dozen women snap selfies in the New York Giants locker room. They examine the pros' helmets and shoulder pads, then head to the field house to do drills.

The women all are football moms, and they're learning about tackling techniques, hydration, training and equipment care, all designed to keep their sons playing the game safely.

The clinics are part of an initiative by the NFL and USA Football, which governs the sport, to demonstrate the benefits of the Heads Up

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■ S.D. Junior Football, Of Which Yankton Is A Member, Participates In The Heads Up Football Program. Learn More At sdjuniorfootball.com

Football program. They could soon become a regular part of the calendar. The Falcons and Vikings also have held events this month, the Cardinals will do so in July, and 10 other teams are planning such sessions.

The idea is simple: making parents feel secure about their children playing the sport.

"Football has become the poster child for concussions," says Chris Golic, whose husband, Mike, played eight seasons in the NFL as a defensive lineman, and whose two sons played at Notre Dame. "But it's a sport that gives a family so much, and has given my family so much. We want to reach out and say that the sky is not falling, that there are changes happening to make the game safer."

That's being done in a hands-on way for the mothers. They break a sweat as they learn the five positions in Heads Up Football that keep the head and neck out of tackling; the breakdown; the buzz; the hit; the shoot; and the rip.

While the drills are accompanied early on by lots of chatter and laughs, the women get serious once USA Football master trainer Vince Digaetano, an assistant coach at SUNY Maritime in New York, orders them into action. Explaining is one thing, Digaetano says, but actually performing the drills pays off far more.

"I felt silly at first, like a kid learning," said Dori Toth of Metuchen, New Jersey, "but at the same time, I felt I was getting it. I understand why they do it step by step. I like doing it like that."

Another mom, Dena Muller of New York, was so reluctant to allow her son, Gus Muamba, to play football that it took more than two years before she signed him up for the Harlem Jets. Muller now echoes the message Chris Golic presents to parents who have doubts about football — or any sport, for that matter: "You can't protect your kids from everything in life, but you can try

to keep them safe in everything they do, and keep supporting them in chasing their dream."

Muamba's dream has been to play for his local league, and his mom says the opportunity has done wonders for her son healthwise, socially and in the classroom.

"I finally signed him up, still reluctant," she said of Gus, now 12. "And it was amazing to see the change in my son — although after two weeks, he almost wanted to quit because he had never worked so hard. I told him, 'No way. You chose to do this.'"

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Area Athletes Compete In State Hershey Meet

BELLE FOURCHE — Several area athletes brought home top-eight finishes from the S.D. State Hershey Track Meet, June 21 in Belle Fourche. Official marks will not be released until after the state team for the national meet is announced.

— Jaiden Boomsma of Yankton finished second in the long jump, third in the 100-meter dash and fourth in the 200-meter dash in the girls' 13-14 year-old.

— Courtney Klatt of Yankton won the girls' 800-meter and 1600-meter runs in the 13-14 year-old division.

— Bailey Kortan of Tyndall placed won the standing long jump and second in the softball throw in the girls' 13-14 year-old division.

— Trey Bohlmann of Yankton won the boys' 13-14 year-old softball throw.

— Logan Klautdt of Yankton placed sixth in the boys' 13-14 year-old 800-meter run.

— Calli Davis of Elk Point-Jefferson placed second in the 200 and third in the 400 in the girls' 11-12 year-old division. She also finished fifth in the standing long jump.

— Nate Kropuenske of Yankton finished third in the 100-meter and 200-meter dashes, as well as in the standing long jump, in the boys' 11-12 year-old division.

— Connor Libis of Vermillion placed third in the 400 and fifth in the 200 in the boys' 11-12 year-old division. He also placed eighth in the standing long jump.

— Blake Nelson of Vermillion placed third in the 800-meter run in the boys' 11-12 year-old division.

— Riley Rothschild of Tyndall won the softball throw in the boys' 9-10 year-old division.

— Lucas Hueser of Elk Point-Jefferson placed second in the 400-meter dash in the boys' 9-10 year-old division.

— Braylen Bietz of Vermillion placed sixth in both the 50-meter and 100-meter dashes, and seventh in the softball throw in the boys' 9-10 year-old division.

— Reece Proefrock of Yankton placed seventh in the 400-meter dash in the boys' 9-10 year-old division.

USD, SDSU Student-Athletes Earn SL Honors

ELMHURST, Ill. — A total of 975 student-athletes from the 19 Summit League-sponsored sports were recognized on the 2013-14 Commissioners' List of Academic Excellence. To be honored, a student-athlete must carry a 3.0 or better cumulative grade-point average, used a year of eligibility and previously competed one academic year at the nominating institution.

In addition, Team Academic Achievement Awards were presented in each sport based on percentage of list-eligible student-athletes on the Commissioner's List. South Dakota was recognized in men's (87 percent) and women's (100 percent) cross country, and men's track & field (75 percent). South Dakota State was recognized in men's basketball (71 percent), women's swimming & diving (94 percent) and volleyball (100 percent).

Several area student-athletes were named to the Commissioner's List:

YANKTON: Christine Broders, USD, softball; Chloe Cornemann, SDSU, women's basketball; Connor Fitzsimons, USD, men's track &

Bards Cool Off Freeman



Friday Night Baseball

ABOVE: Freeman shortstop Christian Wolfgang corals a ground ball during the Black Sox' amateur baseball game with Avon on Friday in Freeman.

LEFT: Freeman pitcher Austin Smidt sends the ball home during the Black Sox' amateur baseball game with Avon on Friday in Freeman.

JAMES D. CIMBUREK/P&D

FREEMAN — The Avon Bards ended Freeman's six-game win streak with a 2-1 victory over the Black Sox in South Central League amateur baseball action on Friday in Freeman.

Avon travels to Menno and Freeman hosts Crofton on Sunday.

VFW Teener

Brookings Tourn.

BROOKINGS — The Yankton Reds opened the Brookings VFW Teener baseball Tournament with a 4-0 shutout of Sioux Falls Central on Friday.

Rex Ryken tossed a complete game one-hitter, allowing a fifth-inning hit. He also had two hits and a RBI.

Also for the Reds, Evan Wishon had two doubles and two RBI, Sam Mooney had a hit and a RBI, and Levi Wiersma had a hit.

Yankton, 12-10, continues play in the tournament at 9 a.m. today (Saturday) against Brookings, followed by a 1:30 p.m. contest against Spearfish.

Alcester 9,

Vermillion JV 4

ALCESTER — Eli Skoglund went 3-3 with a triple and three RBI as Alcester downed Vermillion JV 9-4 in VFW Teener baseball action on Thursday.

Ethan Reed and Brayden Pulscher had two hits each for Alcester. Sam Jensen and Grant Johnson added doubles in the victory.

For Vermillion JV, Reese Peters doubled and singled, and Cole Christopherson had two hits to lead the way.

Skoglund picked up the win. Christopherson took the loss.

Alcester, 3-2, travels to North Sioux City today (Saturday) to face Dakota Valley and Canton in a triangular.

Indiana University To Offer Multiyear Scholarships

BLOOMINGTON, Ind. (AP) — Indiana plans to immediately begin guaranteeing four-year scholarships to athletes and will agree not to reduce the amount of money students on partial scholarship receive year to year based on illness, injury or ability, athletic director Fred Glass said Friday.

The changes are part of a plan announced by the school that Glass calls a "student-athlete bill of rights." It will include significant financial support to former athletes who wish to return to finish their degrees and increased health care commitments, he said.

Glass said in an interview with The Associated Press that the changes were not in response to the lawsuit by former UCLA basketball star Ed O'Ban-

non and others over the NCAA's use of their images in broadcasts and video games without compensation or the push by former Northwestern quarterback Kain Colter to form the first union for college athletes.

"But we're all products of our environments and I think rightfully there's more attention being placed on what benefits do these student-athletes get for the recognition and attention they generate for a university. So I can't tell you that if all this wasn't going on we would have done this. Maybe it wouldn't have been on our radar screen," he said. "But I can tell you it wasn't a reaction to any one thing."

Earlier this week, the Big Ten said it supports guaranteed four-year

scholarships and improved medical coverage for its athletes. In 2012, NCAA members voted to allow Division I schools to offer scholarships guaranteed for more than one year.

The IU plan includes improved medical coverage, including paying for physicals for walk-ons, and covering the full cost of education with its full scholarships as well as providing certain NCAA-approved extras, including a personal iPad and a blazer for formal occasions.

The plan announced by IU, which was first reported by The Indianapolis Star, introduces what Glass calls the "Hoosiers for Life" program, that calls for the school to pay the tuition plus books and fees for an undergraduate

degree for any scholarship student who is eligible at least two seasons and who leaves school early to tend to a family emergency, pursue a professional career or for any other reason.

Glass said he doesn't know how much the program would cost, but said it would likely cost hundreds of thousands of dollars a year.

"I think this is the cornerstone of the whole program. A lot of people in the reform area talk about education trust, that we ought to make sure kids graduate and don't fall by the wayside. There's been a lot of conversation about this," he said.

He said the university likely will try to raise funds and create an endowment to pay for that program.

U.S. Hopes To Boost World Cup Attack Against Belgium

SAO PAULO (AP) — No wonder the United States is having problems scoring at the World Cup: The Americans are hardly attacking.

Coach Jurgen Klinsmann is eager for the U.S. to create more chances in Tuesday's second-round game against Belgium.

The U.S. had just 72 attacks during three group-stage games, according to FIFA. That ranked 31st among the 32 teams, ahead of only Costa Rica's 69.

The Americans were dead last in attacks from the left with 21 and tied for last with Iran with 29 from the center. Right back Fabian Johnson seems to be providing the spark for most forays upfield, advancing more often than left back DaMarcus Beasley.

Midfielder Graham Zusi insists the approach and attitude must change if they are to reach the quarterfinals for the first time since 2002.

"The first minutes of the game, impose yourself, step on their toes a bit, get in their face," he said.

The Americans know they have to surge upfield more often if they hope to reach a quarterfinal against Ar-

gentina or Switzerland — a lot more often.

A day after advancing despite a 1-0 loss to Germany in rainy Recife, they worked out at Sao Paulo Futebol Clube, where the temperature on the sunny day peaked at 81 degrees (27 Celsius), 12 (6 Celsius) above normal.

They plan to fly Sunday to Salvador, another beach city on the northeast coast for the matchup against Belgium. The Red Devils, back in soccer's showcase after a 12-year absence, have won three straight World Cup games for the first time with one-goal victories over Algeria, Russia and South Korea. And their 136 attacks are seventh overall and nearly double the American total.

While Klinsmann wants his team to play attractive, attacking soccer, it hasn't worked out that way. The Americans had scored in eight straight World Cup games before getting shut out Thursday.

"It's definitely something that we learned out of the Germany game. We were too deep — especially the first 20 minutes," Klinsmann said. "I was screaming my lungs off there to get the back line out and to move the en-

tire unit high up the field. We will work on that in next couple days in training, to shift our entire game up forward. So that will put more pressure on the opponents and create more chances."

The U.S. had 41 percent possession in its 2-1 win over Ghana, 48 percent in its 2-2 draw against Portugal and 37 percent versus Germany. The Americans have been outshot 54-27 in the three matches.

And this had occurred in a World Cup in which offense is up. There were an average of 2.83 goals per game in the group stage, up 35 percent from 2.10 in South Africa four years ago and the highest in the initial phase since 1958's 3.37, according to STATS.

Jozy Altidore, the top American forward, has been sidelined since straining his left hamstring in the first half against Ghana. Klinsmann said "we are optimistic we have him being a part of the Belgium game" but didn't go into detail on Altidore's recovery. Altidore looked strong running laps, then stretched on the sideline under the direction of medical staff.

In the last two games, Klinsmann

opted for a 4-2-3-1 formation with five midfielders to feed Clint Dempsey as the lone striker.

Thus far, the U.S. has had just four solo runs into the penalty area, in a four-way tie for 27th, and the formation frequently morphs into a 4-4-1-1.

"We have to bring up the players higher up and create chances get more support for Clint and come down the line more often on the sides," Klinsmann said. "This is something we will work on in the next few days."

While midfielder Michael Bradley hasn't been at his sharpest, he was the endurance-man of the first round, leading all players with 23.6 miles (38 kilometers) covered.

"He is all over the place. The defensive work that Michael puts in is absolutely outstanding," Klinsmann said. "We know that he can add something extra to it going forward. He also needs to help with the team by shifting higher up. If we can get Michael more into that role behind Clint, I think we are even more dangerous then. So there is more to come."