

— Fox Cities —

JUNE 26

SPORTS

***I Am Bee,
The Keeper!
Kimberly's
Claire "Bee"
Brockert***

FREE!

Relax and Recharge: The Spa Team Can Help!

BY NALETTA SANCHEZ

I am Naletta Sanchez, co-owner of The Spa Team ... and I am proud to help families throughout Appleton and the Fox Cities create spaces where they can relax, recharge, and spend meaningful time together.

From luxury hot tubs and swim spas to fiberglass pools, saunas, and cold plunge systems, The Spa Team believes wellness begins at home. With one of the area's largest spa showrooms and a friendly, knowledgeable team, The Spa Team focuses on making the entire experience comfortable, enjoyable, and stress-free from the very first visit.

A WIDE RANGE OF PRODUCTS

The Spa Team offers a carefully selected lineup of premium hot tubs, swim spas, saunas, and fiberglass pools. We proudly carry trusted industry-leading brands including Hot Spring, Caldera Spas, Endless Pools, San Juan Pools, and Tylö Saunas. We specialize in saltwater spas, which offer a more natural way to produce chlorine, and we work with you every step of the way to find the right product to meet your wellness needs.

Whether you are looking for a spa to address aches and pains, a swim spa for exercise and recovery, an infrared sauna for joint health, or a beautiful fiberglass pool for entertaining, The Spa Team offers products you can use every day to live better.

CHOOSING THE RIGHT PRODUCT

Choosing the right spa is really about understanding how you want to enjoy your space, and how you want to feel when using it. Some families want a place to reconnect and unwind together, while others are focused on hydrotherapy, relaxation, fitness, or recovery after long days or workouts.

The Spa Team takes a relaxed, educational approach, and we sincerely enjoy helping customers compare options without pressure. Whether you are looking for a traditional spa or

exploring the benefits of a saltwater system, our goal is always to help you find the perfect fit for your home and wellness routine.

WELLNESS PRODUCTS FOR EVERY NEED

Hot tubs, swim spas, saunas, and cold plunge systems can play an important role in helping people feel their best both physically and mentally. Athletes and active individuals often use hydrotherapy to help soothe sore muscles, improve circulation, support recovery, and relax after training or competition.

Swim spas are especially popular because they combine exercise, low-impact fitness, and relaxation in one versatile space. Families enjoy them for recreation, connection, and year-round wellness right in their own backyard.

The regular use of hot tubs and wellness products encourages healthier daily routines, and it can help improve sleep, reduce stress, and promote relaxation. More people today are investing in wellness experiences at home that support longevity, balance, and overall quality of life. Simple daily habits like soaking in warm water, using a sauna, swimming, or taking time to disconnect can help you and your

family stay active, recover more effectively, and enjoy healthier living for years to come.

EXCITING NEW FEATURES AND TECHNOLOGIES

Our customers are excited about how much today's wellness products combine comfort, convenience, and technology. Popular features include smart water care systems, saltwater technology, energy-efficient insulation, advanced hydrotherapy jets, LED lighting, app-based controls, and enhanced filtration systems.

Many of our customers love the growing trend of creating complete backyard wellness spaces that include hot tubs, saunas, cold plunge systems, and luxury fiberglass pools. Features like tanning ledges, ergonomic seating, customizable massage experiences, and fitness-focused swim spa designs are helping homeowners transform their backyards into places that feel relaxing, restorative, and welcoming year-round.

MAKING OWNERSHIP SIMPLE AND STRESS-FREE

The Spa Team understands that purchasing a hot tub, swim spa, or pool can feel overwhelming for first-time buyers, which is why we focus heavily on education, guidance, and personal support. With over 8,000 square feet of showroom space and the area's only dedicated experience rooms, we strive to demonstrate the benefits and value of our products.

Customers receive help every step of the way, including choosing the right model, understanding electrical requirements, learning water care basics, and preparing for installation. The team takes time to answer questions, explain maintenance in simple terms, and provide continued support long after installation is complete.

The overall experience is designed to feel welcoming, comfortable, and enjoyable rather than intimidating or high-pressure.

WITH YOU EVERY STEP OF THE WAY

We believe the relationship with customers truly begins after the purchase. Our team provides full-service support including delivery coordination, installation guidance, startup assistance, water care education, maintenance and warranty support, accessories, replacement covers, and ongoing customer service.

Our goal is to make ownership easy and enjoyable, so you can spend more time relaxing and less time worrying about maintenance.

A TRUSTED NAME FOR BACKYARD WELLNESS

The Spa Team has built its reputation by focusing on relationships, customer care, and helping families create spaces where they can truly enjoy time together. Customers appreciate our honest guidance, experienced staff, premium product selection, and commitment to supporting them long after the sale.

With a large showroom, trusted wellness brands, and a passion for helping people improve their everyday lives, The Spa Team has become a destination for homeowners looking to invest in relaxation, recovery, and healthier living at home.

By offering hot tubs, swim spas, fiberglass pools, saunas, cold plunge systems, and complete homecare wellness solutions under one roof, The Spa Team continues to help families throughout the Fox Cities live better. We look forward to helping YOU! Visit us at 846 North Westhill Boulevard in Appleton, or visit us online at <http://www.thespateamwi.com>. ■

From the Publisher



Finally, summer has arrived in the Fox Cities. Our sports calendar shifts from baseball and soccer to basketball camps, travel tournaments, and family road trips across Wisconsin. June is packed with activity for athletes and fans alike. Around here, summer doesn't mean slowing down — it means finding the next game, the next challenge, and the next opportunity to compete. And this month is going to "bee" especially busy.

Our June cover story features Kimberly soccer standout Claire "Bee" Brockert, one of the area's most determined student-athletes. She has brought her soccer skills to many teams, playing not only for the Papermakers but also for WPSL (Women's Premier Soccer League) Green Bay Glory, FC Green Bay (National League), and FC Wisconsin ECNL RL (Elite Clubs National League - Regional League). Her story represents what high school sports are all about: hard work, perseverance, teamwork, and enjoying the journey along the way.



Photo by Paul Stumpf

We spotlight Appleton East baseball player Alex Thompson in this month's "20 Questions" feature. Alex gives readers a fun glimpse into his personality, mindset, and life beyond baseball, while our accompanying "Parent's Perspective" with Gary and Erica Thompson highlights the time, worry, and financial commitment that come with raising student-athletes. These family stories continue to remind us that sports are about far more than wins and losses.

In our "One on One" feature, we sit down with TNT Basic Training owner Tammy Thyssen. Tammy shares insights into her coaching philosophy, her business, and her love for helping athletes become stronger and faster, grow in confidence, and achieve their goals.

This issue also dives into several stories that celebrate Wisconsin's deep sports culture and summer traditions. We explore the legacy of the Bart and Cherry Starr Museum, put together a Wisconsin Summer Travel Sports Destination Guide for families looking to combine sports and adventure, and feature former Wisconsin Badger basketball star Brian Butch and his growing Sweat Equity Basketball Camps.

And for athletes preparing for long summer seasons, don't miss our article on Nutrition Recommendations for Soccer Performance — packed with useful tips for staying energized, healthy, and performing at your best.

Thank you for continuing to support local athletes, local businesses, and local sports storytelling. We're proud to share these stories with you each month and grateful to be part of such a passionate sports community. Enjoy the June issue, enjoy the summer, and we'll see you at the next game. ■



— Fox Cities — SPORTS

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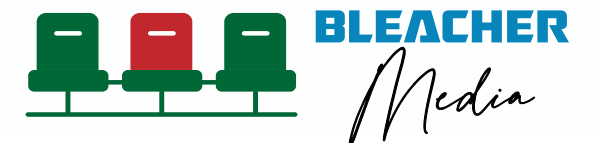
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Have feedback, ideas or submissions? We are always happy to hear from you! Deadlines for submissions are the 15th of each month prior. Email your thoughts, ideas and photos to: dale@foxcitiesports.com.

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SPAS AND HOT TUBS



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INSIDE JUNE



Photo By Paul Stumpf, P.S. Portraits

◀◀ 12-15

CLAIRE "BEE" BROCKERT

"I love that soccer constantly pushes me to grow—physically, mentally, and emotionally," she says. "I also love the relationships the sport has given me. Soccer has introduced me to incredible teammates, coaches, and experiences I never would have imagined."

7 >>>

SPORTS EVENTS AND TOURISM ASSOCIATION

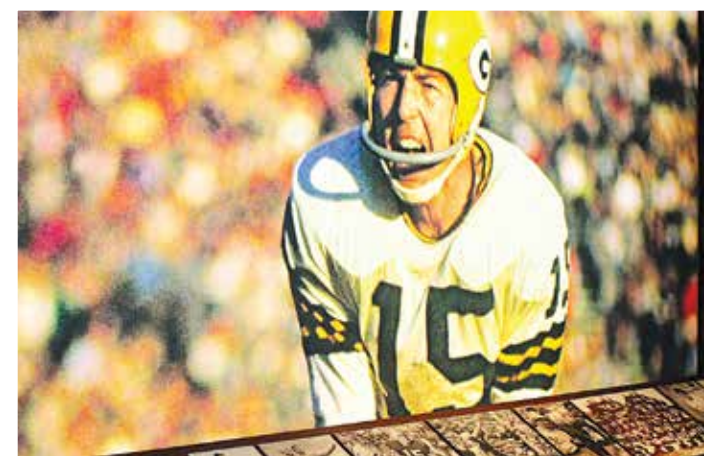
Sports ETA delivers quality education, ample networking opportunities, and event management and marketing know-how to protect the integrity of the sports events and tourism industry.



◀◀ 18-19

THE BART AND CHERRY STARR MUSEUM

"We always had a little museum, it was more like a display area," Kaleb Schad said. "It was very low-budget, low-impact. We knew we wanted to tell the story of Bart and Cherry Starr, especially the story that we got to see here at Rawhide."



11

A PARENT'S PERSPECTIVE

The pure emotion that Alex plays with has always been amazing.

20-21

BRIAN BUTCH SWEAT EQUITY CAMP

"Anybody can run a camp," Butch explains, "but not everyone can teach."

24-25

ONE ON ONE WITH TAMMY THYSSEN

"Every year I try to offer more fun ways to train and keep building strong athletes."

30-31

OUTDOORS WITH GREG SEUBERT

Twenty years, 49 turkeys in 49 states.

How ThedaCare Orthopedic Care Helps You Keep Moving and Living Your Best Life

SUBMITTED BY THEDACARE

At ThedaCare, our mission calls us to improve the health and well-being of the communities we serve, empowering individuals to live their unique, best lives. When it comes to the health of your bones and joints, a “unique, best life” looks different for each person.

Running a marathon. Maximizing opportunities to golf. Ruling the pickleball court. Climbing your deer stand. Chasing your grandkids. Completing everyday tasks without constant pain. These are just a few of the possible motivators. For many people, it’s a combination of wishes.

Whatever moves you, the ThedaCare Orthopedic Care team is here to help you keep living your unique, best life.

COMPREHENSIVE

The ThedaCare Orthopedic Care team is comprised of four specialty focus areas that come together to offer you seamless, comprehensive care.

The **Orthopedic Surgery** team features:

- Fellowship-trained hip and knee replacement specialists
- Sports medicine surgeons specializing in shoulder and upper extremity procedures as well as hip and knee arthroscopy and arthroplasty
- Foot and ankle surgeon
- Orthopedic trauma surgeon
- General orthopedic surgeons who offer a broad range of procedures, including hip and knee, shoulder and upper extremity

The **Non-Operative Sports Medicine** team includes specialists who are experts in diagnosing and treating musculoskeletal conditions. Treatment options can include medications, physical and occupational therapy, home exercise programs, and injections.



Therapy gym, ThedaCare Medical Center-Orthopedic, Spine and Pain.

Pain Management and Physical Medicine and Rehabilitation

specialists diagnose and treat back, neck, spine, and joint pain. They also care for chronic pain conditions including complex regional pain syndrome, diabetic neuropathy, and fibromyalgia.

COORDINATED

When it comes to your orthopedic care needs, our priority is the same as yours: getting you back to living your best life. Regardless of where you begin your care, you can expect a coordinated, seamless experience.

No matter what brings you to us and where you access care, our team will work together across disciplines to ensure we’re providing you the best possible care. From labs and imaging to pharmacy services to referrals to physical therapy and other specialists, we have you covered.

CONVENIENT

We make it easy to connect to the care you need, where and when you need it. That includes ThedaCare Medical Center-Orthopedic, Spine and Pain in Appleton as well as orthopedic care locations in Berlin, Neenah, New

London, Oshkosh, Shawano, and Waupaca.

ThedaCare Medical Center-Orthopedic, Spine and Pain features a medical office building, specialty surgery center, and inpatient hospital, along with many complementary services for total patient care. The hospital includes operating suites designed for orthopedic, spine, and pain surgery, 25 inpatient beds, and support services including imaging, therapy, lab, pharmacy, and dining.

ThedaCare Orthopedic Walk-in Care is available in Appleton and Oshkosh. The walk-in clinics offer no-appointment-needed orthopedic care. In one visit, you can meet with a specialist provider, have imaging taken, and receive an initial treatment, if recommended. Providers also can arrange for any needed follow-up specialist or therapy visits.

Don't let pain stop you. Schedule with an orthopedic or pain specialist today. Call (920) 831-5050 or visit thedacare.org/orthopedics to schedule online or learn more.

Sports ETA 2026 State of the Industry Report

BY MATT TEN HAKEN, DIRECTOR OF SPORTS MARKETING, FOX CITIES CONVENTION & VISITORS BUREAU



In April, I attended the annual Sports ETA Symposium in Las Vegas. Sports ETA is the only trade association for the sports events and tourism industry. My colleagues at hundreds of Convention and Visitor Bureaus around the country are members of the association, along with individuals from sports commissions, sporting event owners, and industry vendors. In total, more than 800 organizations and 2,400 individual professionals are members of the association. We trust Sports ETA to deliver quality education, ample networking opportunities, and event management and marketing know-how to protect the integrity of the sports events and tourism industry. At the symposium, Sports ETA released its 2026 State of the Industry Report. The report reveals that sports tourism has evolved into a \$274.5 billion total economic impact industry, generating \$111.2 billion in direct spending, supporting 1.6 million jobs, and producing \$20.5 billion in state and local tax revenue nationwide. In total, 339 million sports travelers generated 124.3 million room nights, reinforcing the industry’s role as one of the most powerful and reliable drivers of economic development in the United States.

The 2026 report underscores the complementary roles of two key segments: Participatory Sports Tourism and Spectator Sports Tourism. Since the majority of the work we do at the Fox Cities CVB focuses on participatory sports tourism, let’s take a deeper dive there.

Driven primarily by youth and amateur events, participatory sports tourism generated \$60.1 billion in direct spending and \$149.1 billion

in total economic impact, driven by 227.6 million travelers, supporting more than 880,000 jobs and producing \$11.3 billion in state and local taxes. For a reference, in 2019 (pre-pandemic) participatory sports-related travel spending was \$45.1 billion annually (so a \$15 billion increase in six years) and total travelers in 2019 was 179.3 million (so a 48.3 million traveler increase in six years).

If you made it through all those stats in the last two paragraphs, thank you! I know that was a lot to take in. My biggest take-away from the report, beyond the massive figures, is the continued impressive year-over-year growth of the industry. Youth and amateur sports travel shows no signs of slowing down.

So, how does all of this impact you, the reader? Here are some take-aways you can ponder.

- If you are a parent of a youth travel athlete, you may want to ask yourself: “I know how much we spend as a family on travel sports. Can my team(s) host more events locally so we don’t have to travel out of the area so much?”
- If you work at or own a business that does, or could, get traffic from travel sports, you may ask, “Are we doing everything possible to cater to travel sports customers and maximize our revenue?”
- And if you are a community leader, you may want to ask yourself, “Does my community have all the necessary infrastructure to host high-level sporting events?”

If you want to discuss any of these thoughts further, shoot me an email: mtenhaken@foxcities.org.



Photo Credit - Chad Mazur

Looking to plan a tournament? *Let us help!*

Contact Matt and Abby at the Fox Cities Convention and Visitors Bureau to discuss ways we can help you plan and promote your event and possibly even help you secure grant funding support!



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Wisconsin Summer Travel Sports Destination Guide

BY NICOLE CAMPUZANO

Summer in Wisconsin, though somewhat fleeting, is an excellent time to travel for many people. This state offers an abundance of entertainment options, from beautiful state parks to the Water Park Capital of the World. For sports fans and enthusiasts, there are dozens of amazing destinations that offer sports-focused attractions. This article offers just a small sampling of the sports travel destinations our state has to offer for everyone—from the lone traveler to the whole family.



Photo by James Brey

NORTHEAST WISCONSIN

Here in our neck of the woods, there are a number of sports destinations to explore. No sports travel guide would be complete without mentioning Lambeau Field in Green Bay. Stadium tours are offered year-round, with the exception of game days and some other special events. This iconic destination is “the NFL’s oldest continually operating stadium.”

The guided tours cover “the history of the team” and a “behind-the-scenes look” at the stadium. There are several tour options, including one that takes guests into the Green Bay Packers Hall of Fame.

While in Green Bay, check out the Packers Training camp in July and August. Training typically takes place at Ray Nitschke Field, across from Lambeau, and certain events are open to the public. Dates for training camp are made available at the beginning of July.

Baseball fans can visit the Neuroscience Group Field in Appleton to see a Wisconsin Timber Rattlers game for a fantastic family outing. There are often creative and fun promotional events going on, such as “Girls Night Out” on June 9, “Star Wars Night and Fireworks” on June 13, and “Udder Tuggers Weekend and Fireworks” on June 27. A complete season schedule can be found on their website.

In Fremont, the Webfooters water ski show is celebrating its 50th anniversary on June 3 at 6:30 p.m. This is a great family-friendly option with free shows most Wednesdays and Sundays at 6:00 p.m. all summer long. Water skiers range from 3 to 60+ years old, and they often dress in exciting costumes and dazzle the crowd with their amazing tricks.

If you’re looking to get some water action yourself, surfing in Sheboygan might be just the ticket. That’s right, surfing in Lake Michigan! For more than 50 years, people have been enjoying the perfect conditions to surf the waves right here in the Midwest. According to Travel Wisconsin, this location “has been crowned the Malibu of the Midwest.” Though surfing in Lake Michigan is a year-round sport, it is likely much more comfortable in the summer months! Visit EOS Surf and Revolution Board Shop, “the first surf and paddleboard shop of its kind in Wisconsin that offers private lessons, rental gear and boards, and other accompanying accessories.”

NORTHERN WISCONSIN

In Northern Wisconsin, there are numerous opportunities to explore sports-related destinations as well. If you’re looking to connect with nature and get some exercise along the way, try sea kayaking near

Bayfield along the Apostle Islands National Lakeshore. The National Parks Service website offers a few things you might need to know if you plan to take a paddle in Lake Superior, including where to launch and a link to several authorized kayak outfitters.

In the small northern town of Hayward, you can visit the National Fresh Water Fishing Hall of Fame, which features a massive collection of fishing tackle as well as a landmark huge fiberglass musky that stretches half a city block and is five stories tall! This gigantic fish out of water offers a great photo opportunity, and proof so no one will be able to deny the size of your catch.

Also in Hayward is the Lumberjack World Championships. This year, the Lumberjack Bowl will be held from July 15–18, with special guest Charlie Behrens making an appearance on July 15. Log rolling, sawing, chopping, and speed climbing are featured at this family-friendly event, along with a beer garden where you can stop in for a cool drink. Tickets and festival details can be found on the Lumberjack World Championship website.

One hundred and twenty miles to the east is the town of Eagle River, home to the Wisconsin Hockey Hall of Fame. Open daily from 9:00 a.m. to 5:00 p.m., it is housed in the Eagle River Sports Arena. This museum focused on the history of hockey in Wisconsin was founded in 1975 and is dedicated to honoring “outstanding individuals responsible for the development, growth and success of amateur ice hockey in the State of Wisconsin.”

Another attraction in Eagle River is the World Snowmobile Headquarters, open year-round from 10:00 a.m. to 4:00 p.m. This museum-style destination offers snowmobile-themed exhibits that include the World Championship Snowmobile Derby Hall of Fame.

While you’re traveling up north, you can catch another free water ski show every Sunday, Wednesday, and Friday at 7:00 p.m. in Minoqua. The Min-Aqua Bats Water Ski Show, which began in 1950, is the “nation’s oldest running amateur water ski show.” The first show of the season will be on June 10, with the final show on August 16. The shows take place at 422 W. Park Ave, rain or shine.

WESTERN WISCONSIN

A quick jog to the Western side of the state takes you to River Falls, where you can catch a free high-level amateur baseball game at the First National Bank of River Falls Field located at Hoffman Park. Fighting Fish games are very family-friendly, with a playground right next to the field so kids can play while parents enjoy the game. The games are free, with food and beverages for sale at the concession stand. A full team schedule can be found on the Fighting Fish Baseball website.



If you’re into rock climbing, just north of River Falls, near Hudson, is Willow River State Park. There you will find the breathtaking Willow Falls, beautifully maintained hiking trails, and an observation tower that offers stunning views—and two notable sport climbs. One is *Sudden Shock*, “one of the few 5.11’s at Willow River [...] The route follows a 30-degree overhang on unique holds to the top.” The other is *Requiem*, which is “[r]arely repeated,” because it is “exposed climbing almost directly above the falls in the river. A high upper crux makes for an exhilarating finish.”

At Granddad Bluff in La Crosse, which overlooks the Mississippi River, you’ll find two more notable sports climbs. The first, *Patent Pending*, is considered “a bit of a cult classic” by rock climbers. This climb “has seen numerous speed challenges, mid-winter ascents, and naked sends.” The second is *Hawaiian Bill*. Named after the man who originally envisioned it, this climb is “often considered the best route on Meader Wall.”

SOUTHERN WISCONSIN

The Madison area provides many cool travel destinations. For golfers, a visit to University Ridge in Verona, just 20 minutes southwest of Madison, will prove to be an excellent summer activity. The course has won awards every year since 1992 and has hosted numerous championships, including the American Family Insurance Championship from 2016 to 2023. The course website explains it offers something for players of every ability level while promoting the protection “of water quality, conserving natural resources, and providing wildlife habitats.”

Construction began this spring on the new permanent home of the University of Wisconsin-Madison Athletic Hall of Fame, which will re-open this September at the Kohl Center. The Hall of Fame was previously housed in the Camp Randall Sports Center, but the new location will make it more visible, with up to 50 times more foot traffic expected, according to a statement given earlier this year by Douglas McLeod, UW Athletic Board Chair, for a recent article in *The Daily Cardinal*.



Photo by Wolterk

Speaking of Camp Randall, a stadium tour is another great experience for the whole family. According to their website, “Camp Randall Stadium, built in 1917, is the home for Wisconsin’s football team. The current capacity (76,057) ranks among the nation’s largest school-owned stadiums.” Group tours are available weekdays May through October with several times available. There

are also guided tour options and tours of the Kohl Center and the LaBahn Arena. Be sure to check the website for blackout dates and other pertinent information.

About 45 minutes from Madison, in Janesville, you can catch a show by the Rock Aqua Jays Water Ski Show Team, who are 24-time national champions! The team, which got its start more than 65 years ago, offers free parking and free admission to the show every Wednesday and Sunday between Memorial Day and Labor Day. Their website boasts of “high-flying, jaw-dropping water ski stunts on the banks of the Rock River.” Shows start at 7:00 p.m.

SOUTHEAST WISCONSIN

The Milwaukee area also has much to offer by way of sports destinations. For starters, you can take a walking tour of the plaques and statues honoring Hank Aaron and other Milwaukee Braves legends by visiting the Milwaukee Braves Historical Markers at American Family Field (formerly Miller Park). While you’re there, you can go behind the scenes at the Brewers’ home ballpark. According to their website, tours allow visitors to access “some of the most restricted and non-public areas such as the Selig Experience, Playing Field, Visitors’ Clubhouse, Visitors’ dugout, Brewers bullpen, luxury suite level, Press Box, broadcast booth, and many other special locations!” They offer both walk-up tours and private group tours that can be reserved in advance. Walk-up tours are offered daily during the regular Brewers’ season with various tour times available.

Also in Milwaukee is the Holler House, “home to the oldest certified, manual-pinset bowling alley in the U.S.” Established in 1908, this

tenpin bowling alley and tavern is also rated by *Esquire* as one of the best bars in the United States. This venue may not be quite as family-friendly as many of the other items in this article: Look up the tradition this bar is known for if you’re curious and a little brave! Still, it is an interesting destination with its original, vintage appearance, looking much as it did over a century ago. They also have memorabilia on display dating back to about 1912, making it both an entertaining and historical destination.

Another great Milwaukee experience to check out is the Wisconsin Athletic Walk of Fame. Located at 400 W. Kilbourn Avenue, this attraction allows you to “[s]troll Old World Third Street and check out stars celebrating Wisconsin sports legends.” The best part: It’s free and open 24 hours a day, 365 days of the year. The Walk honors Wisconsin sports legends such as Hank Aaron, Vince Lombardi, and Bart Starr, among others.



Photo by Joe Hendrickson

If you’re a Milwaukee Bucks fan, a Fiserv Forum Arena Tour might be right up your alley. “More than just an arena,” their website notes, “Fiserv Forum is the central hub of Deer District for recreation in Milwaukee, connecting communities, neighborhoods and generations ... for generations to come.” Public tours last approximately 90 minutes and begin at the Atrium doors. Check out the website for pricing and additional experience options.

In nearby West Allis is the Milwaukee Mile Speedway, the oldest operating racetrack in the world. This oval racetrack opened in 1903 and has hosted at least one auto race every year since, except during the U.S. involvement during WWII. There are several exciting events scheduled for the 2026 season. The Brew City Street Drags/Banger, a community racing event, will take place June 12–13; there will be a Vintage Indy Event the weekend of July 10–11, with historic cars on the track; and the Indycar Weekend will take place August 28–30. The Speedway also offers driving experiences for those looking for a thrill. Depending upon your budget (experiences start at around \$100 and reach almost \$1,600), you can drive the track in a high-speed race car or try an unforgettable ride-along.

These are just a few of the many exciting, historic, and interesting sports destinations that can be found in our beautiful state. No matter what your interests may be, Wisconsin offers an amazing range of experiences for the whole family or the lone traveler alike. As you travel the state and check out all the stellar destinations, you are guaranteed to make great memories along the way. ■



Nicole Campuzano is an Antigo, Wisconsin native. She earned her bachelor’s degree in English Education from the University of Wisconsin-River Falls. She taught high school English Language Arts for several years. She and her family recently relocated to the Fox Valley, where they are enjoying the many exciting opportunities the area has to offer.

20+ QUESTIONS

PHOTO BY PAUL STUMPF

ALEX THOMPSON

SENIOR | SHORT STOP, PITCHER
APPLETON EAST PATRIOTS BASEBALL



WHAT'S A WEIRD FACT YOU JUST KNOW? 6+4+3=2.

I'M PROUD THAT: I've started on varsity since sophomore year for baseball and football.

SOMETHING THAT WOULD SURPRISE PEOPLE ABOUT ME: I have never hit a home run in High School.

MY MOST MEMORABLE SPORTS MOMENT: Going to Midwest Regionals with my Legion baseball team.

IF I RULED THE WORLD: There would be no income tax.

WHAT IS YOUR FAVORITE SMELL AND WHY? Gas, because it's so expensive.

SOMETHING IN MY HOMETOWN I'D LIKE TO CHANGE: The price of everything.

WHAT I LIKE ABOUT MY HOMETOWN: All of the opportunities to hunt and fish.

I WILL NEVER GO: Paragliding.

MY IDOL: Willy Adames.

MY FAVORITE HOME-COOKED MEAL: My Uncle Nick's Chicken Alfredo.

MY FAVORITE JUNK FOOD: Sour patch watermelons.

WHO WAS YOUR ACTOR/ACTRESS CRUSH? Prime Megan Fox.

WHAT WAS YOUR FIRST CONCERT? Luke Combs.

WHAT BAND WOULD YOU BE EMBARRASSED TO ADMIT YOU LISTEN TO? Rhianna.

MY FAVORITE MUSICAL ARTIST: Sam Hunt.

WHO WAS YOUR FAVORITE COACH AND WHY? Coach JP Prestigiacomo because he has taught me a lot throughout the years, both sports-related and personal life skills.

WHO DO YOU WISH WAS WATCHING YOU PERFORM AT EVERY GAME OR MATCH? Great Grandma Thompson and Papa.

IF YOU HAD TO USE A FAKE NAME, WHAT FAKE NAME WOULD YOU MAKE UP? Kadiddlehopper, a nickname my Papa gave me when I was young.

WHAT IS YOUR FAVORITE SONG TO LISTEN TO PRIOR TO COMPETING? Take You to Rio from the movie Rio.

I PLAN TO GO TO COLLEGE FOR: Electrical Apprenticeship.

IN 10 YEARS, I WILL BE: Working and building my dream family.

IF YOU COULD START A NEW COLLECTION, WHAT WOULD YOU COLLECT? Trucks.

WHAT IS YOUR FAVORITE SPORTS MOVIE? Remember the Titans.

A Parent's Perspective

BY GARY AND ERICA THOMPSON | PHOTOS BY PAUL STUMPF



Alex has had multiple concussions during his years playing sports. Mom Erica, because she works in the medical field, worries about the long-term effects of those concussions.

His worst concussion came while he was playing varsity quarterback his sophomore year. He took a bad hit and was laid face-down unconscious on the field. Dr. Eric Erickson and Davan, our licensed athletic trainer at the time, took immediate action and got the ambulance there. Alex was strapped down from head to toe. He wouldn't move his feet in the back of the ambulance or push against the EMT's hands. Thankfully in the end, it was just a bad concussion.

Alex plays baseball and football, and he's on the school's fishing team. He originally considered playing football after high school. We did several Junior Day invites and he tentatively committed. But he has since changed his career path and has opted for an electrical trades apprenticeship. He has talked about playing in leagues of some sort around the area with friends.

Emma, Alex's younger sister, plays volleyball. So as parents we had to take a "divide and conquer" approach with the two kids between practices and games. Now it isn't so bad, since Alex can drive himself. Dad was involved in coaching from the very start up until high school. Practices and games were always the divide of Mom in the stands and Dad in the dugout or on the sidelines. We are now trying to slow down and enjoy the moments, not knowing how many more times we will get to watch him play.

As parents, we find the biggest challenge of having a child who plays sports is the time and also the financial commitment. We are very family-oriented, and we enjoy the time when we are all together, be it at sports or enjoying a family meal.

Alex does well most of the time keeping up on schoolwork with minimal prompts from Mom and Dad. He also makes it a priority to show up and attend the open gyms and weight lifting. Add in two jobs and being a handyman for a couple families, and his schedule has very few unfilled time slots.

The biggest reward for us as parents is watching our student-athletes play and achieve their goals. We hope he's learning important life skills by playing sports, including respect, teamwork, discipline, and work ethic.

The pure emotion that Alex plays with has always been amazing. You never forget those moments. We are thankful for the countless pictures of these moments that have been taken by all the very talented sports photographers that cover the area sports scene.



We talk about big wins AND big losses when he gets home, asking what he feels went well and what went bad. We are emotionally connected to his play and the outcome, but we try hard to let it be his. Alex and the team, not us parents, are the ones who achieved that result.

We would like to extend our appreciation to all the organizations that Alex has been involved with: Appleton Little League, Kaukauna Little League, Kaukauna Travel, Appleton Nationals, Appleton Rattlers, Impact Sports Academy, Junior Patriots, Appleton Doubledays, Tourists, Pop Warner, Rebels, Appleton East Youth Basketball Association, and Appleton East High School. Without them we would not have had the chance to enjoy watching him play all these years.

Many memories and friendships have been created. There are too many individuals to name, but thank you everyone who has been on this journey with him. ■

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I Am Bee, The Keeper!

Kimberly's Claire "Bee" Brockert

BY DIANE BAST | PHOTOS BY PAUL STUMPF

Claire Brockert was dubbed "Bee" nearly half-a-dozen years ago, when there were two "Claire B's" on her 7th grade soccer club team.

Bee recalls, "Coach said, 'what can we call each of you?' The other Claire B. said, 'I'll go by Claire' and I said, 'I'll go by 'B.'"

The nickname stuck and now strikes her as "PERFECT, since I'm a keeper... I'm Bee the Keeper!"

BEES GET AROUND

Like her nickname "Bee", Claire certainly is busy as a bee.

The Kimberly High School senior has been playing soccer for more than a dozen years. She also played JV volleyball during her freshman year, and rec basketball through CYO.

She has brought her soccer skills to many teams, playing not only for the Papermakers but also for WPSL (Women's Premier Soccer League) Green Bay Glory, FC Green Bay (National League), and FC Wisconsin ECNL RL (Elite Clubs National League - Regional League). Twice, she was goalkeeper for Wisconsin's Olympic Development Program (ODP) State Team.



Photos submitted by the family.



In 2024, Bee trained and played internationally in England with i2i Academy soccer. She trained half the summer at Northumbria University, Newcastle, and the other half at Leeds Beckett University with former professional players and coaches. She played against English clubs York City FC, West Brom, Wallsend BC, Whitley Bay, and others.

INTERNATIONAL TURNING POINT

Playing internationally "was a major turning point for me," Bee says.

"Training and competing against talented English clubs gave me a new perspective on the game," she explains, "and challenged me in ways I hadn't experienced before. It pushed me to raise my standards and showed me that I can compete at a higher level than I once imagined.

"The coaches were remarkable and gave me a different perspective of the game," she continues. "My goal is to play internationally again at some point. I sincerely hope I get the opportunity to play in England again someday."

SOURCE OF STABILITY

Soccer, Bee says, has been "an outlet and a source of stability" for her. The game, her teammates, and coaches helped her through one of life's biggest challenges: "navigating grief and uncertainty after losing my father in March of 2020, at the beginning of the COVID-19 pandemic," she recalls.

"Showing up for training and for my teammates helped me regain focus and confidence when things felt overwhelming," Bee says. Soccer offered "structure, focus, and a

place where effort and consistency mattered.

"Dad's passing taught me resilience, mental toughness, and most of all kindness and the importance of being kind and supportive," Bee says. "Those qualities define how I approach life, high-pressure moments in goal, and challenges on and off the field."

More than six years later, Bee still feels her father's supportive presence on the soccer field. "Every time I see a butterfly on the field with me, I know my dad is there with me," she says.

"I know that may sound childish or naive, but it brings me joy to see a butterfly and feel that he is there cheering me on."

KEEP IT SIMPLE

Bee says her "mental game" has grown the most over her soccer career.



"I've learned how to stay calm under pressure, reset quickly after mistakes, and trust my preparation," she says. "That confidence has allowed my technical skills to improve as well, especially in communication, positioning, and decision-making."

One particular piece of advice sticks with her: "Let it happen, and let it go."

She explains, "As a goalkeeper, your mistakes are very visible. That advice has helped me learn how to move forward quickly, stay composed, and focus on the next play rather than the last one.

"That mindset helps me stay calm and confident no matter what happens during a match."

Keeping herself calm and confident is always top-of-mind, Bee says, even during what she calls "a pretty simple" pregame routine. "I like to take a few quiet moments to breathe, visualize the game, and remind myself to stay present," she says.

SOMEONE OTHERS CAN COUNT ON

Bee suspects her teammates would describe her as "steady, supportive, and dependable.

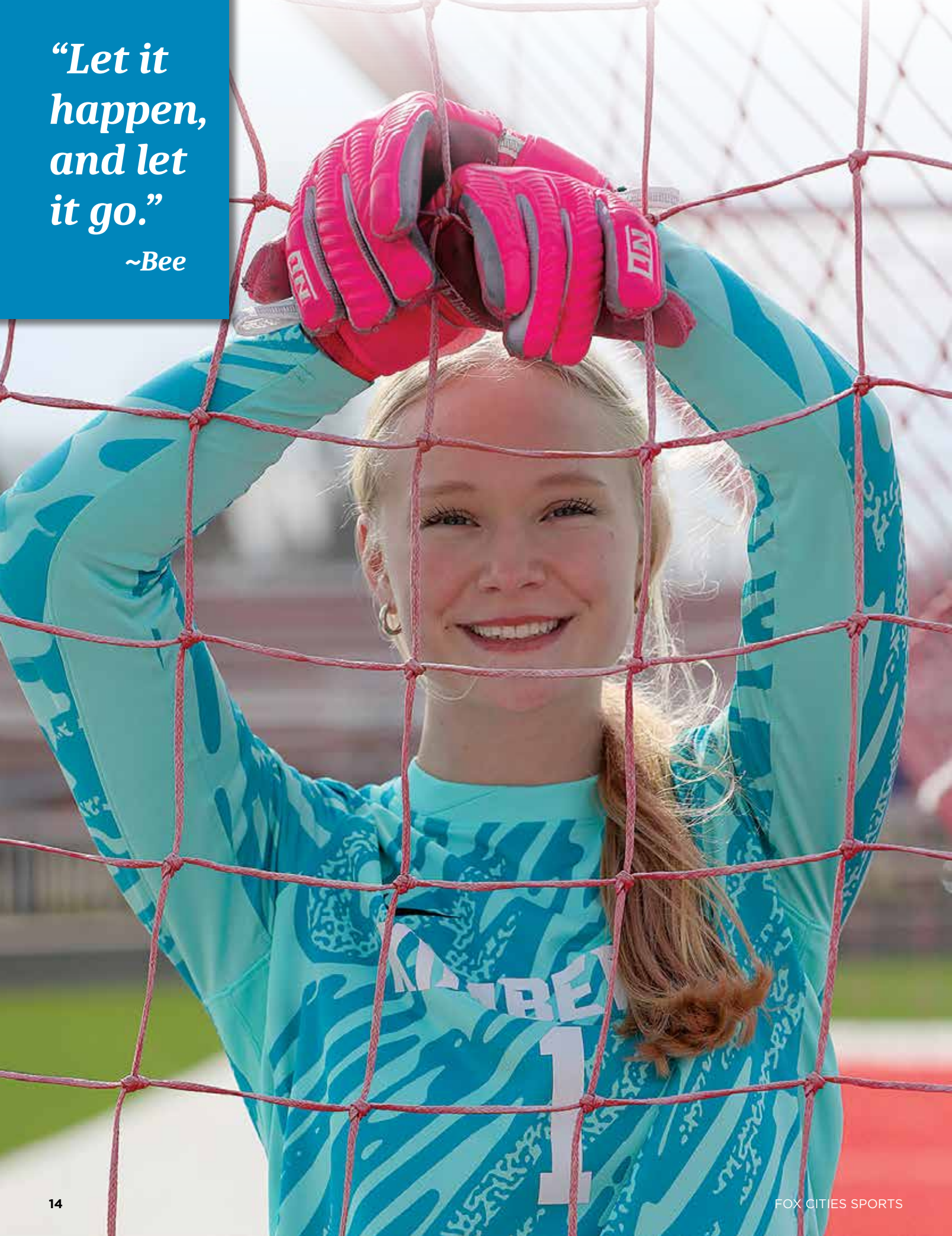
"On the field," she says, "I try to lead with communication and positivity, especially in high-pressure moments.

"As a goalkeeper," Bee says, "I get to see the entire field, communicate with my teammates, and make split-second decisions that matter."

She carries her steady, supportive, and dependable nature off the field as well. "I aim to be someone others can count on," Bee says, "whether

“Let it happen, and let it go.”

~Bee



that's offering encouragement, helping younger players, or simply showing up consistently."

Bee is active at KHS as a Link Crew Leader, helping incoming freshmen feel welcome and supported through events, tours, and school activities. She interns as a strength and conditioning coach at ETS for young athletes in the Fox Valley, and she coaches youth goalkeepers. She completed her first two U.S. Soccer Coaching Licenses in January 2026 with the Wisconsin Youth Soccer Association in Milwaukee, and she will complete her D License, designed for coaches working with youth players, this summer.

Bee hopes her story lets those young players know that "big dreams can come from right here in the Fox Cities.

"You don't have to have everything figured out," she promises. "You just need to work hard, stay curious, and believe in yourself.

"I want younger athletes to know that it's okay to grow at your own pace, and that consistency and character matter just as much as talent."

ACADEMICS AS WELL AS ATHLETICS

"Outside of soccer," Bee says, "I enjoy cooking, relaxing, and spending time with friends and my family. I enjoy volunteering in the community. When I have a rare weekend off, I'm usually catching up on laundry, meal prepping, and studying."

Studying has allowed Bee to maintain a 3.98 GPA, even with a rigorous course load that includes multiple AP classes and hands-on technical coursework. Through a collaborative Fox Valley Technical College program offered through Kimberly High School, she has already earned her Certified Nursing Assistant (CNA) technical degree. Bee says she "has enjoyed exploring home construction and food science classes," and she enjoys AP Biology "most of all."

This Fall, Bee will attend Minnesota State University Moorhead, where she'll be a goalkeeper for the Dragons'

NCAA Division II women's soccer team while pursuing a degree in Biology. Her long-term goal, she says, "is pediatric dentistry, a career that combines precision, care, and service"—not unlike being a soccer goalkeeper, she says.

On the athletic side of things, Bee says her goal is "to continue growing as a goalkeeper at the collegiate level while competing at the highest level I can.



"Long term," she continues, "I hope to keep pushing myself—whether that's through WPSL/Green Bay Glory league play, additional training opportunities, and eventually playing internationally again."

A GRATEFUL HEART

"Soccer has given me so much," Bee says, "and I want to see just how far hard work and consistency can take me.

"I love that soccer constantly pushes me to grow—physically, mentally, and emotionally," she says. "I also love the relationships the sport has given me. Soccer has introduced me to incredible teammates, coaches, and experiences I never would have imagined.

"I'm incredibly grateful for my coaches, teammates, my mom, and the Kimberly community for supporting me throughout my journey. Soccer has shaped who I am, and I'm excited to carry those lessons with me into college, my future career, and everything that comes next." ■



Photo submitted by the family

Brought to you by the



From American Legion to Appleton East to the Major Leagues: Don Werner

BY JON HAGEN

In 1971, the Appleton public high schools fielded baseball teams for the first time. Appleton East, Appleton West, and Oshkosh all tied for first place in the Fox Valley Association with 8-4 conference records.

Don Werner, the catcher for East, was a unanimous All-Conference selection. His batting average was .316 and he was an excellent defensive player with a strong, accurate throwing arm. The Patriots, coached by Bill Radtke, went on to the WIAA State Tournament, held in Marion. They lost to Chippewa Falls in their first game, 8-2.



Appleton East's success could in part be attributed to a strong American Legion baseball program, coached by Don Hawkins and Sonny Filz. Werner had played Legion ball for four years. His batting average was over .300 three times. He was named a league All-Star, but he played only a couple games in 1971. He had been drafted in the fifth round by the Cincinnati Reds, so he left to begin his professional career shortly after graduation. His first stop was Bradenton, Florida, in the Gulf Coast Rookie League. In 1972, he was an All-Star in the Florida State League.

In September 1975, the Reds called Werner up to the major leagues. He made his debut against the Padres, getting hit by a pitch in his first big league at-bat. On September 14, he made his first start behind the plate at Candlestick Park in San Francisco, getting his first major league hit off Greg Minton.

Werner recalled that the Reds required players to wear a suit and tie while on the road. When Werner reported to the team, his wardrobe consisted mostly of blue jeans and T shirts. He was surprised to see three suits hanging in his locker, thinking another player's dry cleaning had been hung there by mistake. There was no mistake; the suits were indeed Werner's, a gift from Johnny Bench.

After bouncing from the minors to the majors, and getting partial World Series shares from the Reds twice, Werner was on the Reds Opening Day roster in 1978, backing up Bench. In late May, Bench was sidelined by a back injury, and Werner was the starting catcher. At one point, he started 25 consecutive games, winning 15. On June 16, playing the St. Louis Cardinals in Cincinnati's Riverfront Stadium,



Werner caught Tom Seaver's only career no-hitter, winning 4-0. Seaver was enshrined in the National Baseball Hall of Fame in 1992, Bench in 1989.

Werner's final season with the Reds was in 1980. He played parts of 1981 and 1982 with the Texas Rangers, playing in his final major league game on September 19. The Rangers released him after the 1983 season. He did continue to play in the minors but never got the call to come back to the major leagues. He served as a player-coach for a couple of years, then retired as a player. He spent several years in the minors as a manager and a roving instructor.

In a recent interview, Werner recalled that Bench, Joe Morgan, Pete Rose, and Tony Perez (all Hall of Famers) were great teammates, always encouraging and pleasant. He recalled that one of his favorite umpires was Oshkosh native Dutch Rennert, who refereed high school basketball during the off-season. Rennert told Werner that he remembered when he officiated a few Appleton East games when Werner was in high school.

Werner recently had the opportunity to meet Danny Jansen, an Appleton West graduate. Jansen, also a catcher, played part of last season with the Milwaukee Brewers and is now with the Rangers. Werner told Jansen that he (Werner) is "now only the second-best major league catcher from Appleton."

Werner, now 73, lives with his wife Cynthia in Arlington, Texas. They have been married for 43 years. He has fond memories of growing up in Appleton. ■

On Friday, May 15, 2026, Kaukauna High School hosted its seventh annual Breaking Boundaries Triathlon: an adaptive triathlon for students with disabilities.

Kaukauna, Kimberly, and Little Chute students participated in swimming, biking, and running or walking from the Heart of the Valley YMCA along the CE trail to the Bank of Kaukauna Stadium.

Breaking Boundaries proudly promotes and supports a healthy lifestyle for our students while appropriately challenging their social, emotional, and physical abilities in order to help each student exceed their own expectations.

Fans joined along the route and at Bank of Kaukauna Stadium to cheer on the student-athletes and peer mentors.



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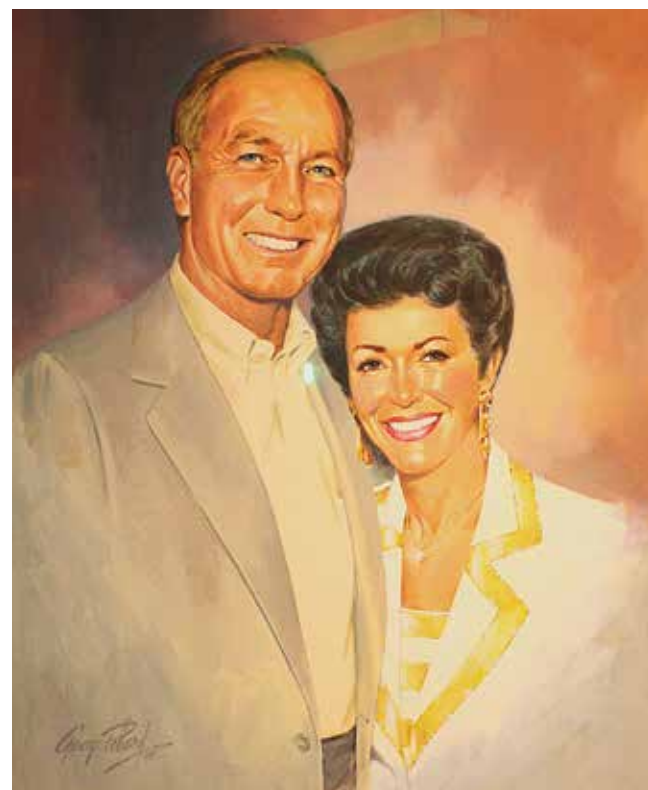
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Museum at Rawhide Youth Services a Loving Tribute to Bart, Cherry Starr

BY GREG SEUBERT

A new museum at an out-of-the-way place in Waupaca County is a lasting tribute to one of the Green Bay Packers' most iconic players and his family.

Bart Starr, who spent 16 seasons with the Packers and quarterbacked the team to wins in the first two Super Bowls and three



Bart and Cherry Starr remained committed to Rawhide Youth Services long after Bart's playing and coaching days ended. Greg Seubert Photo

other NFL titles in the 1960s, helped found Rawhide Boys Ranch — now known as Rawhide Youth Services — near the Wolf River between New London and Fremont in 1965.

The Starrs and John and Jan Gillespie founded Rawhide Boys Ranch to help at-risk and troubled boys from throughout Wisconsin.

Rawhide Youth Services opened the Bart and Cherry Starr Museum two years ago. Bart passed away in 2019 and Cherry in 2024 before the museum's official opening that summer, but she was heavily involved in its development, according to Kaleb Schad, Rawhide Youth Services' director of strategy and marketing.

"She picked and helped us track down artifacts," Schad said. "She didn't get to see it in person, as she passed away before it was completed. You're going to see things that only she could have given us."

Rawhide spent about two years designing the museum, Schad said.

"The goal is to tell the story of their choice to love," he said. "Everything they did in their life, they made really intentional choices: 'I'm going to love football with all my heart and I'm going to throw myself into it.' Bart just worked harder than anyone. They loved the kids here at Rawhide. They loved all the other nonprofits they were connected to and supported through the years.

"Their love for each other was lifelong and rich and of course, we wanted to tell that story," he said. "We wanted to talk about Bart Starr the football player, but also this other side of them."

The Starrs provided a major financial boost to Rawhide Boys Ranch after Bart was named the MVP of Super Bowl II on January 14, 1968. The Packers had

defeated the Oakland Raiders 33-14 to win the team's fifth NFL championship in seven seasons under coach Vince Lombardi, and Starr's prize was a red Corvette convertible.

"They raffled it off over a weekend because John and Jan Gillespie owed about \$40,000 on the property and they just didn't know how they were going to finish paying that off," Schad said. "I think [Bart's] salary at the time was about \$6,000 which would be about \$65,000 today. It wasn't like he had millions [of dollars] that he could give to the organization. He donated the car and Rawhide sold 40,000 \$1 tickets to raise the funds and that's how they paid the mortgage."



Bart Starr received this Chevrolet Corvette after being named the MVP of Super Bowl II in 1968. He donated the vehicle to Rawhide Youth Services, which sold raffle tickets to help pay the mortgage for the property in Waupaca County. Greg Seubert Photo

The Starrs had founded Rawhide Boys Ranch with the Gillespies in 1965.

While coming up with displays for the museum, which opened its doors for the first time in 2024, Rawhide officials were able to track down the owner of the car, Kris Erickson of Hortonville, who owned the car from 1984 until selling it to Rawhide in 2024.

The Corvette was restored and became the centerpiece of the museum's exhibits.

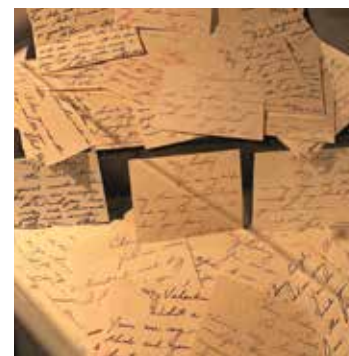
"Rawhide underwent a capital campaign in 2021," Schad said. "We wanted to remodel this building, build a new home for the boys here on campus called the Bart and Cherry Starr Home."

Part of that campaign also included a permanent museum.

"We always had a little museum, it was more like a display area," Schad said. "It was very low-budget, low-impact. We knew we wanted to tell the story of Bart and Cherry Starr, especially the story that we got to see here at Rawhide. Packers fans saw parts of it, but they didn't see behind the scenes. The one thing everybody said when they met Bart or Cherry was just how generous and loving they were. It didn't matter if you were a waiter at their table or a kid who had done some terrible things in their past. They loved you anyway."

Besides the Corvette, the museum includes a collection of letters that Bart wrote to Cherry over the years. Cherry provided the letters to the museum.

"She gave us a keepsake chest and in it, from bottom to top, were love letters that Bart had written to her over the years," Schad said. "She showed up with that on



The Bart and Cherry Starr Museum at Rawhide Youth Services includes several personal letters from Bart to his wife. Cherry brought them on her final visit to Rawhide. Greg Seubert Photo

her last visit to Rawhide. We were like, 'Oh my gosh, I can't believe you're giving this to us.' She wanted it to be on display for her grandkids and kids to come out here and be able to see it. You won't see this at the Packers Hall of Fame and you're not going to see them at any NFL museum."

Other highlights of the museum include Bart's championship rings from the first two Super Bowls; NFL Championship rings from the 1961, 1962, and 1965 seasons; and jerseys, game balls, and personal items that showed Bart's impact on the sport.

Museum visitors can also view several videos on the Starrs, including one about their son, Bret, who died in 1988 of a drug overdose.

"We digitized a bunch of home videos," Schad said. "There's a clip of Cherry coming home from the hospital with Bart Jr. There's footage of Bart wrestling on the floor with his sons. They were already involved with Rawhide at the time, but I think the testament to their son Bret and his loss to drug addiction just reinforced why they do this work. I think that loss helped them look at these boys and kids that Rawhide serves and see some connection there."

"Both of them suffered really tough traumas throughout their life," he said. "Bart lost his brother at a really young age after he stepped on a dog bone, got tetanus, and died. Cherry lost a home to a flood and had to move around, so she felt homeless at times in her childhood."

Although the museum has been open for two years, not many Packers fans know it exists. It's open from 10 a.m. to 3 p.m. Tuesday through Thursday and from 4 p.m. to 7 p.m. on the third Friday of the month from June through September during monthly fish fries. The museum is located at E7475 Rawhide Road, New London.

Those that have visited have been impressed, Schad said.

"They get back here and they're shocked how big the campus is," he said. "They walk in [the museum] and it looks very much like the Packers Hall of Fame, a really high-quality museum. The storytelling is really interesting because it captures a lot of facts that you're not going to find in a biography about Bart and Cherry."

Packers fans from all over the country have visited the museum.

"We had some people show up last year when we had the (NFL) draft," Schad said. "It's been good to get the fans out here."

Details on the museum can be found at Rawhide Youth Services' website — rawhide.org — or by calling (800) 729-4433.

"Obviously, Bart and Cherry Starr were foundational to Rawhide," Schad said. "John and Jan Gillespie started it and had the vision, but if it hadn't been for Bart and Cherry Starr coming along that first year, there would be no Rawhide."

"They knew they were here to help other people," he added. "They knew they wanted to make a positive impact on the lives of as many people as they could with whatever means they were given." ■



The football history of former Green Bay Packers quarterback and coach Bart Starr is told at the Bart and Cherry Starr Museum, located at Rawhide Youth Services between New London and Fremont. Greg Seubert Photo



Greg Seubert is a freelance reporter, photographer and editor based out of his rural Weyauwega home. He spent 28 years covering high school sports for the Waupaca County Post, a Waupaca-based weekly newspaper, before stepping down in April 2024. Before that, he spent 10 years as a reporter and editor at four other newspaper in Wisconsin. He joined the Waupaca County Post prior to the start of the 1996-97 school year and eventually covered sports teams from Waupaca, Iola-Scandinavia, Weyauwega-Fremont, Little Wolf (Manawa), Amherst, Wild Rose, Almond-Bancroft, Stevens Point, New London, Clintonville and Hortonville high schools.

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SMILE LIKE A CHAMP!

Sweat Equity Basketball Camps: Teaching Kids the Fundamentals of the Game

BY NICOLE CAMPUZANO

Brian Butch is an alumnus of Appleton West High School, playing basketball there in the early 2000s before going on to join the UW-Madison team. He has an extensive background in basketball at various levels, including playing for the Memphis Grizzlies Summer League in 2008, the Jiangsu Dragons of China, the Ilisiakos of Greece, and the Milwaukee Bucks for the 2012 NBA Summer League, just to name a few of his achievements.



Butch has earned numerous awards over his basketball career, such as the 2001–2002 Wisconsin High School AP Player of the Year award, the 2002–2003 McDonald's All-American award, the 2007–2008 Big Ten Champions award, and the 2010 NBA D-League All-Star Game MVP award. He was also the assistant coach for the Wisconsin Herd. It's safe to say Brian Butch knows basketball.

That's why it's not surprising that in 2011, Butch started the Brian Butch Basketball Camps in Appleton. He wanted to start his own youth camps because he "loves the process of teaching kids the fundamentals" of the game. Using a metaphor, Butch elucidates: "In youth sports, there's a lot of *running* going on, but we don't necessarily know how to walk."

Butch believes that in order for kids to raise their "basketball IQ," they have to understand the "why" of the game. "It's the conceptual side of the game," Butch says. At the youth camps, the coaches really want kids to know *why* they are doing what they are doing in order to improve their skills. The coaches work hard to find out what works for each kid's learning style and hone in on that.

Having experienced coaches to run the youth camps is another key component for the success of the players. "Anybody can run a camp," Butch explains, "but not everyone can teach." In addition to Butch, there are two other camp directors, Logan Flora and AJ Alexander, who help keep the proverbial ball in motion. Both Flora and Alexander were college coaches at St. Norbert in Green Bay. Butch says the coaching staff's experience makes all the difference. In fact, many of the other coaches at camp are either college athletes who want to become coaches or professional coaches themselves. Furthermore, the youth camps offer a 10:1 camper-to-coach ratio.

Though the camps have been known under his own name, Butch explains that some recent rebranding had to happen, in part because of a shift in his personal life. His son was diagnosed with brain cancer, and Butch needed to put more focus on his son's care. To accommodate this change, he made the decision to rebrand the camps as Sweat Equity, and hand off some of the workload to Flora and Alexander. "I just can't be everywhere at once," Butch adds.

Though the home base for Sweat Equity is in Appleton, there are many satellite locations. The basketball camps have an enrollment of approximately 3,000 kids each year throughout the states of Wisconsin, Michigan, Illinois, and Minnesota. Camps are available year-round, with winter options being somewhat more limited, though Butch hopes to expand those options in the near future.

In Appleton, camps are held at the Community First Champion Center located at 5000 W. Champion Drive. Butch says that all skill and ability levels are welcome, and there are options for kids of all ages between kindergarten and grade 12.



Some camp offerings are about three hours long, from 8:00–11:00 a.m., while others are full-day camp experiences. There are also a few two-day camp options available.

The satellite camps are typically held at schools across the state. "We try to put a focus on making it as easy as possible [to attend camp]. Parents and kids are very busy, and we want to bring the game to them," Butch says. Choosing the locations for the satellite camps is dependent upon various sponsors or coaches who reach out to Sweat Equity with a desire to have them come in and run a camp for kids in their area. Butch says word-of-mouth is the primary way that people hear about the camps.

Camp costs vary, but Butch explains they put an emphasis on keeping the cost affordable and accessible. "We've tried to get sponsors involved to help keep prices low. We have lots of new sponsors. They are people who really care about the community, local sponsors who really care," Butch emphasizes. Some of those sponsors are Done Already Gutters & Trim Lighting, Abby Bank, Rehab Lab, Five Sycamores, Iron Joc, Evergreen Power, Century 21 Ace Realty, Insta Print Plus, Northrock Partners, Middleton Ford, Sports Advantaged, Zentner's Auto Service, LLC, Cooney's Embroidery & Sportswear, and Emplify Health. Butch credits the sponsors with helping to keep the cost of camp reasonable, and in some cases, less expensive than other basketball camps in the area.

Over the nearly 15 years the camps have been running, many recognizable names in the sport of basketball have emerged. For example, Donovan Davis of the Iowa State Cyclones, Stevie Clark of the Colgate Raiders, Jon O'Neill of the New Hampshire Wildcats, Max Nelson of the Purdue Fort Wayne Mastodons, Jack Flynn of the UW-Oshkosh Titans, Marcus Domask of the Santa Cruz Warriors, and Allie Ziebel of the UConn Huskies all attended basketball camps at Sweat Equity in their youth.

For Butch, the biggest reason for starting and continuing to run the camps goes back to his own personal experience. "When I was growing up, if I didn't have basketball camps, I wouldn't be where I am today," he says. He feels kids have the ability to learn from many different people. He explains that kids take a little bit of knowledge from every one of the many voices they hear cheering them on and building them up. "Sometimes kids can tune out a familiar voice, but hearing from different people

is important for growing in the sport," Butch adds. He wants kids to reach their dreams and grow their confidence through basketball. Butch says participating in basketball camps through Sweat Equity can provide a space for kids to push themselves out of their comfort zones in a safe environment. Kids are coming from all over the state, which means they are often playing alongside kids they may not know. "Kids have to learn how to be alone in a group and how to make friends fast, and this builds confidence," Butch adds.

It's been about eight years since Butch played professionally, but he says he doesn't miss it. "I was fortunate. I played until the wheels came off. My body hurt. I played until I didn't have any more. I wasn't playing at the level that I knew I needed to play at," Butch admits. However, he is still involved in the game he loves and making an impact on many lives through Sweat Equity. "I'm still around the game," he says. By opening doors to excellent experiences provided by stellar coaches, Butch is using his platform and influence to help kids grow and thrive while playing a sport they love. ■



Nicole Campuzano is an Antigo, Wisconsin native. She earned her bachelor's degree in English Education from the University of Wisconsin-River Falls. She taught high school English Language Arts for several years. She and her family recently relocated to the Fox Valley, where they are enjoying the many exciting opportunities the area has to offer.

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Fox Cities CVB Named National “Sports Tourism Organization of the Year”

Region sets records with \$14.1 million in economic impact and 264 hosted events

BY THE FOX CITIES CONVENTION & VISITORS BUREAU

The Fox Cities Convention & Visitors Bureau (CVB) has been named the Sports Tourism Organization of the Year (Population under 500,000) by Sports ETA, the leading trade association for the sports events and tourism industry, representing over 800 member organizations. The honor was announced April 21 at the 2026 Sports ETA Symposium in Las Vegas.

This award is the highest honor an organization or individual in the sports tourism industry can receive, as they are created and awarded by industry peers. Judges noted the organization’s success in supporting a diverse and high-impact portfolio of events across multiple sports and venues. Matt Ten Haken, Director of Sports Marketing, and Abby McDaniel, Sports Marketing Manager, lead the CVB’s sports tourism efforts.

“The Fox Cities Convention & Visitors Bureau represents the very best of what sports tourism leadership looks like,” said John David, President & CEO of Sports ETA. “Their ability to drive measurable economic impact, foster strong community partnerships, and consistently deliver high-quality events sets a national standard for destinations of any size.”

The award caps a landmark year for the Fox Cities, which saw the region emerge as a premier destination for competitive athletics. In 2025, the Fox Cities CVB hosted 264 sporting events, generating over 34,000 hotel room nights and an impressive \$14.1 million in direct visitor spending.

A RECORD-BREAKING YEAR

The CVB’s success was fueled by high-profile bookings, including the USA Powerlifting High School National Championships and the World Axe & Knife Throwing Championships. Central to this growth is the Community First Champion Center, which hosted more than 70 major tournaments in 2025 alone.



“We are incredibly honored to be recognized by Sports ETA as Sports Tourism Organization of the Year,” said Ten Haken. “This award reflects the dedication of our team, the strength of our partnerships, and our shared commitment to creating exceptional sports experiences that benefit our entire community.”

For more information on the Fox Cities and its sports facilities, visit foxcities.org.



The Fox Cities Convention & Visitors Bureau strengthens the local economy by investing in and promoting our community. Visitors to the Fox Cities, which comprises 19 local communities, spent \$603 million in the area in 2024. Spending directly supported 6,945 jobs in the Fox Cities tourism industry with employee income of \$209 million.

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Staying Local, Aiming High: Appleton’s Caleb Hardy Chose Lawrence

SUBMITTED BY LAWRENCE UNIVERSITY

For Caleb Hardy, running has never been just a sport: It’s been a constant thread running through his life. Long before he wore a Lawrence University jersey, he was the energetic kid who couldn’t sit still, the one who found freedom in movement and joy in competition. That restless energy eventually became purpose, discipline, and a passion that would carry him into collegiate athletics.

At Lawrence, Caleb has found the perfect intersection of community, challenge, and belonging. “The team immediately felt like family,” he said. “After my visit, I told my mom Lawrence was the first school where I felt I fit in.” That sense of fit wasn’t just about athletics—it was about finding a place where he could grow as both a student and an athlete.



FINDING HIS PEOPLE

Caleb’s journey to Lawrence was shaped by a network of mentors who saw his potential long before he did. One of the earliest was Coach Annette Jadin, who first noticed him as a third grader with endless energy. “She was the first person to truly see my potential,” Caleb said. “During a field trip when I was struggling to sit still, she took me aside to let me run and burn off energy. Afterward, she told me, ‘You are going to be on my cross country team

someday.’ From that moment on, she encouraged me to become a runner.”

That early belief stayed with him. Years later, he joined her team at Appleton North, where she continued to nurture his growth. Other mentors—like Logan Jadin, who pushed him to improve, and his former algebra teacher Mr. Schwan, who helped him recognize his academic potential—also played key roles in shaping the disciplined, driven student-athlete he is today.

Coach Fast at Lawrence became the next guiding force, helping Caleb envision a future at the university. “He took the time showing me all the reasons I belong at Lawrence,” Caleb said. “His guidance and genuine care for my well-being provided me with the confidence I needed to make my choice.”

A TEAM THAT FEELS LIKE FAMILY

Caleb’s parents still remember when his love for running first took root. “He took his first steps around nine months old—not the tentative steps into Mom or Dad’s arms, but got up and took off without looking back,” they said. Over the years, programs like the YMCA, Inspire Sports, and Miracle League gave him opportunities to develop not only as an athlete but as a compassionate, community-minded young man.

At Lawrence, that spirit of connection found a home. “The culture of our cross country and track team is welcoming, connected, and



sometimes even crazy in the best way,” Caleb said. “Everyone is encouraged and supported, creating strong friendships that make the team feel like a family.”

Shared experiences—like team dinners, long runs, and the laughter that comes with them—have created a bond that goes beyond competition. “We know when to prioritize pushing each other through workouts and competition,” he said. “That balance of being supportive and competitive is what makes our team so special.”

GROWING INTO HIMSELF

The transition to college life hasn’t been without its challenges, but it’s been a period of growth that Caleb’s parents have watched with pride. “There have been moments of uncertainty, but they’ve been matched by an overwhelming sense of pride in all that he has accomplished,” they said. “Seeing him grow more confident and independent has made every emotion along the way worth it.”

Academically, Caleb chose Lawrence for its environment and the opportunities it offered. “It was part of my community and offered a strong, growing academic environment that I felt would prepare me well for the future,” he said. He’s now pursuing an economics major with an interest in analytics, and he’s open to continuing his education after graduation. “I want to use my economics major and interest in analytics somewhere that challenges me,” he said. “One of my personal goals is to travel and see more of the country, gaining new perspectives and experiences along the way.”

LOOKING AHEAD

As Caleb continues his journey at Lawrence, he carries with him the lessons and values that have shaped him: discipline, compassion, and a love for running. His parents hope those qualities remain constant. “We hope he carries with him his discipline and drive to do his best in everything he pursues, along with his compassion for others,” they said. “Most of all, we hope he continues to embrace his love of running and the joy and opportunities it has brought into his life.”

For Caleb, running is still the thread that ties it all together. It’s the thing that keeps him grounded, connected, and moving forward—one stride at a time. ■

ONE ON ONE

BY DIANE BAST | PHOTO BY PAUL STUMPF

TAMMY THYSSEN

OWNER TNT BASIC TRAINING



What inspired you to start TNT Basic Training? I have coached for years, and I love helping athletes become stronger and faster, grow in confidence, and achieve their goals. After my schooling for physical education, physical therapy, athletic training, and nutrition and having children, I stayed home to raise them. I didn't want what I worked hard for to disappear, and I wanted to still work. I began helping parents and athletes individually at their homes or at a site. My husband helped me build a gym and create my business. I started in 2002 and have been building ever since. I currently have a full-scale personal studio and outdoor training area. I am training others by my mottos: "Basic Training for Life" and "Helping Others Conquer Obstacles."

What makes TNT different from other training programs? We focus on building a solid foundation of basics so they become simple habits. We also focus on discipline and positive motivation to encourage athletes to push to their potential and overcome obstacles while building their confidence and self-esteem. Having patience, understanding, and true care for the individual is important to me. I strive to improve the individual's strength through teaching them to use their body as a whole unit, building their functional movement and power potential. "Basic Training for Life."

What's the most common mistake athletes make in training? Athletes push hard every day because they want the results now! They forget they can't overload their body. Training is a process, and to get the results they want they have to trust the process and be willing to do the hard work to break their barriers. Many use their talent to move forward, but they forget it's the non-talent stuff that takes you to the next level and gets you noticed. That's what I like to help athletes develop, and we have fun doing it. My Takes-No-Talent focus builds their work ethic.

How do you tailor workouts for different ages or skill levels? My programs and workouts are tailored to the individual. Everyone has a starting base and that's where we build from. Workouts are tailored to their ability and grow with their confidence, self-esteem, and will power. Making the workouts fun and challenging helps build their mental toughness drive, which gives them the progress they strive for. I build them from the ground up, and we work on trusting the process. Some people say I'm hard and tough; I'll take that as a compliment! For some it's intimidating, it's hard in the gym—but life and the game are fun and enjoyable, not a chore.

What advice would you give young athletes looking to improve? It takes determination and hard work. Every little bit helps and building a solid foundation of basics is key. Training is a process, not immediate.

In turn, it's a mental training not defeat; once they understand that, the growth begins. Without a solid base you cannot grow to your fullest potential.

What's a moment with an athlete that really stuck with you? When I was coaching, I was always given the B-C athletes, the

talented kids who were hard to work with. I loved working with them. I could see their abilities, their potential ... and their defeat. I would build them to become great team players, learning to work with others' abilities and disabilities and become a strong solid team. If we didn't work together, we were defeated. We challenged the A teams and we would win because we had each others' backs and trusted.

When I was coaching, I had an athlete who had a great talent, but not much of a team game. I remember his dad wasn't sure about my coaching philosophy or discipline at the time, but I reassured him that if he trusted me, we would have a positive outcome. He trusted the process, and his kid became an excellent leader and player as he continued to play through his high school and college—but he had to earn it with me. He was a great basketball player, and on my team I had all abilities and disabilities. Our last game of the year, my talented player had an open lane drive opportunity, but he stopped at the top of the key and made a great clean pass to one of his teammates at the block, who had a disability. That player grabbed the ball, turned, and shot the ball—and he scored and we won! I jumped for joy off the bench and cried. It was the happiest, most emotional moment and realization of what I had done. We were all winners. Both teams carried my little guy who scored to the center of the court and celebrated. Best coaching experience ever.

How do you push athletes past plateaus without burning them out? I focus on knowing the workload they can handle and properly building off that. Teaching them to know when to push, when to back off, when to enjoy, when to coast,

etc. Building a base is very important to prevent injuries and major setbacks. The consistent build and challenges they overcome keep their body from burning out. I have an obstacle course we run for fun while training. It's a workout and fun, and they don't even know they're working hard. It's too much fun with friends and teammates.

How do you measure real progress beyond just stats or numbers? When I start to work with athletes, I "break them in gentle," because killing them is not my method; I want to build their base. As we train, I build in challenges, and each workout gets more complex as they master the complex exercises—that's progress. They do it without knowing it; they don't even realize their progress is being challenged when they are playing their game with ease and having fun. The game should not be hard, and they should not get tired. When they notice changes in their games and practices is the true progress.

If you could give every young athlete one no-excuses rule, what would it be? We all have excuses. But no matter what, you need to show up and try to do something, even if it's executed but only at half ability. If you want to reach your goal and dream, you can. My words to finish: Decide. Determine. Dedicate. Discipline. Do.

Anything else you'd like to add? I love what I do, and I don't plan on stopping any time soon. Every year I try to offer more fun ways to train and keep building strong athletes, because I love sports and watching athletes having fun doing their passion. I had a few coaches who left a driving mark on me, and I hope to leave a positive drive on those I train—may it carry them to their dream and through life. ■

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Thank you for pushing us hard this summer and making us stronger faster players. Love the challenges. Can't wait to return next year! See you at the games!
~ Peyton, Julia, and Layla Tanith

I thought I was strong when I arrived. You made me so much stronger now. You found my weaknesses and built me up. Thanks for the push and believing in me.
~ Easton



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STUDENT SPOTLIGHT

NAME: Paul Grasse **SCHOOL:** Hortonville High School
AGE: 18 **GRADE:** 12th **SPORTS:** Football, Soccer, Cross-Country Skiing, Downhill Skiing, Track & Field

1. WHAT'S BEEN YOUR FAVORITE HIGH SCHOOL SPORTS MEMORY?

My favorite high school sports memory was kicking the go-ahead field goal against Neenah this past season. We were locked in a tight conference game, and late in the contest I stepped up and hit a 28-yard kick that ended up being the difference in a 17-14 win. Neenah came storming back and made it a one-score game, but our defense held on and we walked away with the win. Knowing I played a direct role in that victory, in front of our home crowd on senior night, is something I will carry with me for the rest of my life.

2. WHO HAS HAD THE BIGGEST IMPACT ON YOUR ATHLETIC JOURNEY?

My parents have had the biggest impact on my athletic journey. From the time I was young, they were there for everything. Every football game, every soccer match, every track meet, every cross-country ski race. Not once did I look into the stands and not see them there. That kind of consistent, unconditional support is something you do not fully appreciate until you are older and realize how much time and sacrifice goes into it. They showed up, and that taught me more about commitment and dedication than anything else ever could.

3. WHAT MOTIVATES YOU TO KEEP IMPROVING?

My motivation has always come from within. It is not about being the best player on the field or outperforming everyone around me. It is about being the best version of myself that I am capable of being. I hold myself to a personal standard, and when I fall short of it, that is what drives me back to work. Whether it is putting in extra time in training or staying disciplined in the offseason, I am always asking myself if I gave everything I had. That mindset has carried me through football, ski patrol, and everything in between.

4. WHAT ARE YOUR PLANS AFTER GRADUATION?

After graduation, I will be heading to Tuscaloosa to attend the University of Alabama, where I will be studying Biology with a

minor in Interdisciplinary Studies in Medicine. I was also selected to be part of the McCollough Institute for Pre-Medical Scholars, which is a highly competitive pre-med program at Alabama designed to train the next generation of medical leaders. It is a huge step and something I am incredibly proud of.



Long term, my goal is to become an orthopedic surgeon. Working as a ski patroller at Nordic Mountain is where that passion truly started. Being on the mountain, responding to injuries, and seeing firsthand how much a medical professional can impact someone in their worst moment sparked something in me. I want to be the person in that role one day, and the discipline and work ethic I have built as a student-athlete will carry over directly into that path.

5. WHAT ADVICE WOULD YOU GIVE YOUNGER ATHLETES?

The biggest piece of advice I would give younger athletes is to show up every single day, even when you do not feel like it and even when no one is watching. The habits you build early are the ones that define you later. I would also tell younger athletes not to limit themselves to just one sport or one role. Some of the most valuable lessons I have learned came from being a ski patroller, where I had to manage high-pressure situations and be responsible for others' safety. Those experiences made me a better football player and a better person overall. Find what drives you, hold yourself to a high standard, and lean on the people who show up for you. ■

Appleton Bicycle Shop

BY GWEN HINZMAN-SARGEANT



Appleton Bicycle Shop is a historic, family-owned bicycle retailer established in downtown Appleton in 1939 by Clarence Hinzman. Clarence's son Paul ran the shop for many years. Now the shop is in its third generation of family ownership, managed by Clarence's granddaughter, Gwen Hinzman-Sargeant, along with her husband Joe and their children.

The Hinzman-Sargeant family has been pedaling bicycles for the past 87 years. The business has grown into a foundational fixture of the Fox Cities cycling community. The business is steeped in time-honored customer service. Appleton Bicycle Shop sells electric bicycles, e-trikes, standard bicycles, and accessories. It has been located at 121 South State Street in downtown Appleton since 1950.

The shop stocks an extensive array of bike gear, accommodating cyclists ranging from toddlers on balance bikes to families, individuals, and pros. You will find bicycles from high-quality brands like Specialized, Giant, Reid, and more. We strive to find the right bike for each person, with test rides available. Our goal is to educate the consumer on the best options to fit their needs. Where you ride, how you ride, and the best sizing all matter, and we are here to help you get the best equipment for YOU.

Appleton Bicycle Shop accepts quality trade-ins on new bikes; those trades are repaired as needed and sold as good quality used bikes. Appleton Bicycle carries car racks from Hollywood, Thule, and Saris. If you are looking for a bike bag, trunk bag, pannier, basket, cell phone holder, water bottle, mirror, lock, light, or a bicycle part, you're in luck: Appleton Bicycle carries an extensive inventory of these items and more. Helmets are in stock with professional fitting by Appleton Bicycle Shop staff.

We service all brands of standard bicycles, as well as specific electric bike brands that are sold at Appleton Bicycle Shop, including Specialized, Giant, Trek, Bosch, and Reid. Appleton Bicycle Shop does not service internet e-bikes, e-motorcycles, or gas-powered bicycles.

Stop in at Appleton Bicycle Shop, 121 South State Street, for a free local trail map of the Fox Cities! We are open from 10:00

a.m. to 6:00 p.m. on Monday and Tuesday, and from 10:00 a.m. to 4:00 p.m. on Thursday, Friday, and Saturday. (We are closed Sunday and Wednesday.)

You can get more information or place an order at appletonbike.com and email questions to appletonbike@gmail.com. ■



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Nutrition Recommendations for Soccer Performance

BY KATE HARRELL JENKINS, MS, RD, CSSD, LD
YMCA DIETITIAN AND PERSONAL TRAINER, NEENAH-MENASHA



Soccer is a demanding sport, both physically and mentally. Practices and games can be long and intense, which can deplete the body's energy stores. Games can be won or lost with split-second decisions, requiring a fully fueled brain and body!

Well-timed and well-balanced nutrition before, during, and after soccer practice and games can help promote optimal performance through the full game, and optimal recovery after, no matter what level of play you are at.

Energy: Soccer is a high-energy sport requiring a high caloric intake to support the demands of practices, games, or tournaments. Youth athletes have the added demand of growth on top of the demands of the sport. Calorie needs vary person to person, but some soccer athletes may burn well over 1,000 calories in a practice or game, leading to daily totals that could easily push over 3,000 calories or more. Consistent meals and snacks across the day will be critical to meeting this high energy demand. Using energy-dense additions like nuts, seeds, nut butters, trail mix, and dried fruit, as well as caloric liquids like smoothies, milk or milk substitutes, and more can help meet high calorie demands.

Carbohydrates: Due to the high-intensity nature of the game, the body utilizes a significant amount of carbohydrates in practice and during games. It is important to adequately fuel before and potentially during play to help support performance.

Daily recommendations for many soccer athletes are at least 5g/kg of carbohydrates per day. This number may increase to 7-12g/kg per day during more intense training or game days. Tournaments would also demand this higher level of carbohydrate intake.

Carbohydrates can come from so many sources: grains, fruit, vegetables (especially starchy vegetables like potatoes or sweet potatoes), dairy, and beans. Including a variety of carbohydrates also ensures a well-rounded vitamin and mineral intake.

During practice/games: Due to the longer duration of soccer games, it may be beneficial to have quick carbohydrate options on hand, such as sports drinks, sport chews, or fresh or dried fruit (the good old orange slices for the win!) so athletes can consume carbohydrates throughout the game

and during half time. This will help the athlete maintain a high level of performance through the second half. Recommended amounts are 30-60g of carbohydrate per hour of exercise. Sports drinks may be helpful for short breaks in the action.



Post practice/games: Including recovery fuel ASAP after a practice or game will jumpstart recovery and start to replenish stores so the athlete is ready for the next practice or game to come. Include a recovery snack or meal as soon as possible, with a recommended amount of carbohydrates post workout of 1.0-1.5g/kg. It is encouraged to pair this with a protein as well. Given logistics after games, it may be advantageous for an athlete to have a snack with them in their gym bag or even in the car if parents are picking up athletes.

Protein: Protein is critical for the repair of the muscle and other proteins in the body after exercise. Recommended amounts for soccer athletes range from 1.4 to 1.7g/kg per day. Including protein with meals and snacks will help to achieve these goals. Timing a good protein source post workout can also help to speed recovery of the muscle. Post workout goals are 20-25g of a quality protein. This can be achieved by the following:



- 3oz meat/fish/poultry (Example: meat added into a sandwich or wrap).
- 1 serving of a high-protein Greek style yogurt (pair with fruit, granola, or make into a smoothie).
- Combinations like milk or milk alternatives paired with a peanut butter and jelly sandwich can be a quick, easy, and portable option.
- Protein powder or sports nutrition bars work for convenient recovery. But don't forget the carbs! Powders can quickly be added into smoothies.

Hydration: Hydration is a key component for performance. Conditions such as heat or humidity can influence fluid losses. Athletes should aim to include fluids before, during, and after exercise.

Before: Consume 5-7ml/kg four hours before exercise. If urine is still dark, consume another 3-5ml/kg two hours before exercise. Top off with an additional 7-10oz of fluids before starting a practice or game.

During: Consume fluids at least every 15 to 20 minutes during a practice or a game. Including a source of electrolytes and carbohydrates may be beneficial to performance, especially when losses are high due to duration, heat/humidity, or other elements (such as playing at elevation).

After: Replace fluid losses with 1.5 times the amount lost. Not all athletes will have that data, so be sure to start rehydrating soon after exercise. Guzzling will often lead to needing to eliminate more quickly. Consider slow and steady rehydration. Including a source of sodium may help with fluid retention.

SPECIAL SITUATIONS

For athletes playing **back-to-back games**, or in **all-day tournaments**, rapid recovery between games is critical. Rapid means ASAP. Aim for a high-carbohydrate snack or meal from quickly digested sources. Liquids can be helpful, such as smoothie drinks or sports drinks, especially if an athlete doesn't have an appetite for solid food directly after.

Options? Fruit (yes, those infamous orange slices!), dried fruit, fruit snacks, granola bars, rice, sandwiches, wraps, yogurt bowls, cereal and milk, can all be easy options. Including carbohydrates throughout each game will also be important, as there will not be sufficient time to fully replenish carbohydrate stores before the next game.

Soccer is a sport that demands a lot of the body. Focusing in on sports nutrition to support performance can have a huge impact. My favorite part about sports nutrition is that it is one thing you can control. You can't control the competition or the weather, but you can control what you choose to put into your body to support performance.

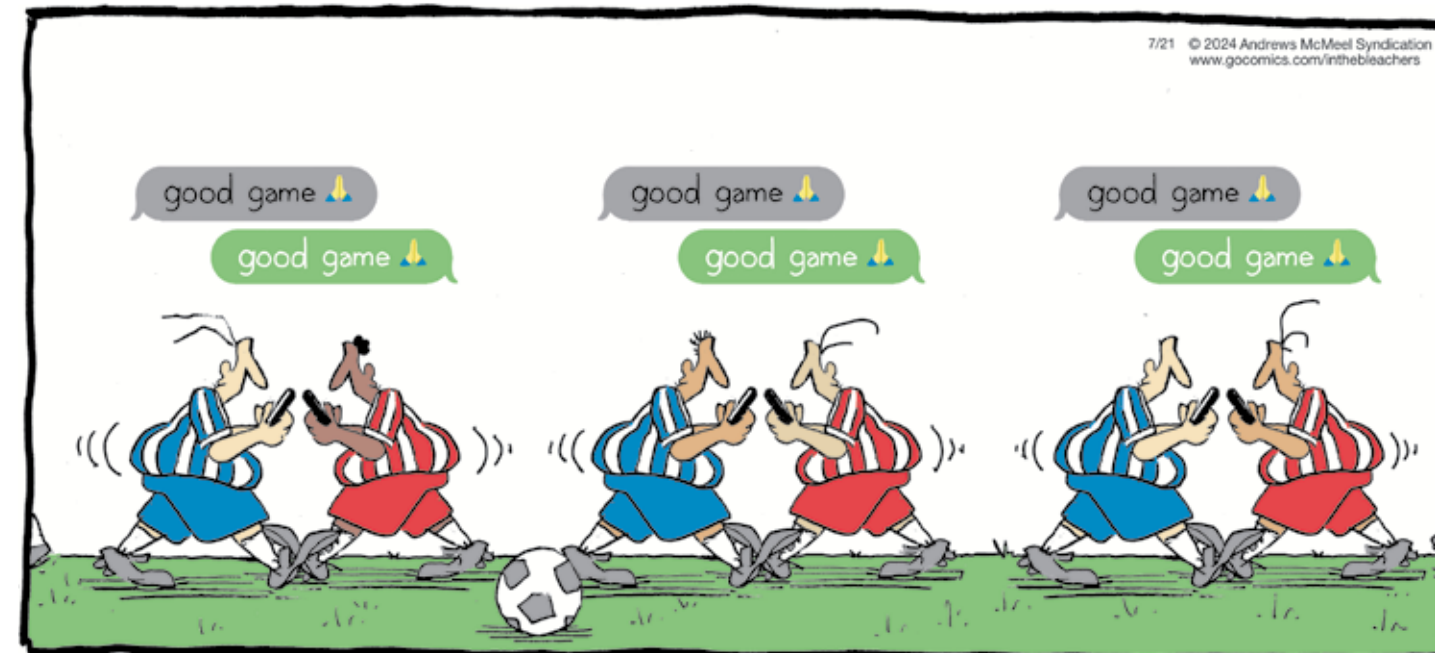
Don't hesitate to reach out with questions! ■



Kate Harrell Jenkins is a registered dietitian, certified sports dietitian, personal trainer and group fitness instructor. She loves all things wellness, and is an avid runner with over 20 marathons and ultramarathons under her belt. She also has a passion for working with Parkinson's and is certified in Rock Steady Boxing, PWR! Moves and Pedaling for Parkinson's. Kate believes in bringing together nutrition and fitness and would love to talk with you! Feel free to email Kate at kharrell@ymcafoxcities.org or kateharrellrd@gmail.com. Photo by David Schuhart, DRS Photos.

IN THE BLEACHERS

BY BEN ZAEHRINGER



Father's Insistence Leads to 49 Turkeys in 49 States

Lance Penney harvested his first turkey in 1995 in Waupaca County.

Turns out he was just getting started.

The avid turkey and waterfowl hunter from Waupaca recently returned from a hunting trip to Indiana after completing a personal goal of shooting a turkey in all 49 states where they exist.

It took Penney more than 20 years to achieve a goal he set for himself, but he harvested more than half of the birds in the past four years after retiring from the Waupaca County Highway Department.

He started turkey hunting in 1995 at his late father Jack's insistence.

"He didn't even talk me into it," he said. "He insisted I go because he had hunted them in the southern part of the state. He kept telling me how much fun it was.

"I knew nothing about it," he said. "I went to a couple of seminars. I didn't do anything as far as going out-of-state until 1998. I don't know why, but somebody put a bug up my rear to shoot the Grand Slam—all four subspecies in the United States. In 1998, I went to Nebraska and the following year, I went to Florida and shot an Osceola (subspecies). In 2000, I went to Texas and shot a Rio Grande. That's the Grand Slam in four different states."

The other subspecies are Eastern, the largest and most widespread, and Merriam's.

"Because of those four, I had four different states and really didn't think much about trying to shoot a turkey in every state until my wife Kim developed an interest in turkey hunting when our kids became of age to hunt," Penney said. "Once she started hunting around here, she decided she wanted to shoot the Grand Slam. She's the first woman in the state of Wisconsin to shoot a Grand Slam.

"I took her to different states that I went to and after she shot her bird, then I hunted," he said. "After she had her Grand Slam in 2002 or 2004, I made a stupid statement, that's all it started out to be, just shooting my mouth off. I said, 'You know, I think I'm going to try and shoot a turkey in every state.' I was still working at the time, and I'd go to maybe a state a year. I remember one year I went to three states and that was a record. In 2015, I went to New York, Pennsylvania, and Ohio. That kind of got the ball rolling a little bit, but I still only went to a state or two a year because I couldn't get away from work that much."



Lance Penney of Waupaca shot this Eastern subspecies turkey in April in Indiana to complete his quest to harvest a turkey in all 49 states that have them. Alaska is the only state without a wild turkey population. The United States is also home to three other subspecies: Osceola, Rio Grande and Merriam's. Photo Courtesy of Lance Penney

Everything changed after Penney retired, as the state visits became more frequent.

"I went to six or seven states a year," he said. "In the last four years, besides going back to some of the states I went to, I killed birds in 28 different states. This year, all I had left was Delaware and Indiana. Delaware is one of the hardest states in the country to shoot a turkey. I got one there my fourth day, and you can only hunt until 1 in the afternoon. I hit a couple other states because I had to wait for Indiana to open. Delaware opened April 11 and I was there for the opener. Then, I went to Virginia and hunted for two days and got one there and went to Kentucky and hunted for two days and got one there. I had already shot (turkeys) in those states before, but I went back just to waste some time."

Indiana's season opened April 22, and Penney shot his bird on his third day of hunting.

Penney said states differ on opportunities for turkey hunters.

"A lot of states are very different than Wisconsin," he said. "There's a big controversy right now and people are talking about how Wisconsin's seasons are run, how the lottery works and everything else. Having hunted in all 49 states for turkeys, Wisconsin is one of the best-run operations there is. To me, it works out perfect."

Penney prefers to hunt on private land.

"I hunted public and private land, wherever I could get permission or find that there were birds around," he said. "I killed birds on public and private land. I like private land because you don't have to worry about somebody being there and competing against you or maybe even screwing you up."

He figures he spent just as much time researching his destinations as actually hunting.

"Looking at newspapers, checking statistics on where the most birds were harvested in that state," he said. "I had a lot of friends helping me out. Somebody went hunting out West and said, 'Oh yeah, we saw turkeys there.' I would happen to run upon somebody that knew somebody that either owned land, possibly turkey hunted, or hunted something else and knew where turkeys were. I'd make a few phone calls and get a line on things. It was not just drive out there and go hunting."

Penney had to return to a few states after coming up short on a hunt.

"You can't believe the number of times I had things fall through when I thought I really had things set up," he said. "I didn't just stop at one place. I would line up as many as I could because you can't believe how many times I thought I had the perfect place and I got out there and there just weren't any birds. With a couple of them, I just got lucky. I drove around, knocked on doors. It panned out a few times."

Alaska is the only state without turkeys, which means Penney hunted in Hawaii on a family vacation three years ago.

"They said, 'We're going to Hawaii' and I said, 'OK, I'm going to turkey hunt,'" he said. "I did a lot of research and there are only a couple of places there that you can shoot a turkey. Most of them are on private ranches. They sock it to you in order to hunt their ranch."

Penney ended up hunting for one day at Parker Ranch at a cost of \$1,500.

"I had to have a guy with me, which was very beneficial because he knew his way around," he said. "He didn't know a lot about turkey hunting, but he knew where the turkeys were."

Penney said he was relieved after shooting his Indiana gobbler.

"I said, 'Now I can maybe get back to having fun turkey hunting,' because it got to be work," he said.

He has no idea how much money he's spent over the years on out-of-state licenses, lodging, and travel.

"I don't even want to look back and see how much it cost me," he said. "Some of the Southern states incorporate deer hunting in with your turkey hunting license. You're probably paying between \$200 and \$300 just for a license."

Penney kept meticulous records of each turkey hunt over the years.

"I have records of the weight, the beard length, the spur length, where I shot it, the county, and who I was with for every bird," he said. "I can tell you every detail of every hunt. You remember the turkeys that fooled you more than you remember the ones that you got."

Penney's gobbler Grand Slam isn't his only major hunting accomplishment.

"I think I'm one of the few that have shot a bearded turkey in the spring in all 49 states that have them, and I'm pretty certain I'm the only person in the world that has shot a turkey in all 49 states and shot the North American Waterfowl Slam," he said. "Some say 41 and some say 43 species of waterfowl inhabit North America that are legal to hunt. If you shoot every one of them, they call it the North American Waterfowl Slam. I did that, too, and I think I'm the only person to have done both." ■



Greg Seubert is a freelance reporter, photographer and editor based out of his rural Weyauwega home. He spent 28 years covering high school sports for the Waupaca County Post, a Waupaca-based weekly newspaper, before stepping down in April 2024. Before that, he spent 10 years as a reporter and editor at four other newspaper in Wisconsin. He joined the Waupaca County Post prior to the start of the 1996-97 school year and eventually covered sports teams from Waupaca, Iola-Scandinavia, Weyauwega-Fremont, Little Wolf (Manawa), Amherst, Wild Rose, Almond-Bancroft, Stevens Point, New London, Clintonville and Hortonville high schools.

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Action from the Wisconsin Middle School Rugby Medieval 7's Tournament held Saturday May 2 at Heesakker Park in Little Chute.



PARTING SHOTS

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