

JEFFREY FROST

ATHLETIC DIRECTOR
WATERLOO WEST HIGH SCHOOL
WATERLOO, IA 50702

- 2008 State of Iowa finalist for Athletic Director of the Year
- Keynote Presenter at the 2008 Iowa Athletic Director's Association's Convention
- 2007 Northeast Iowa Athletic Director of the Year
- 2007 Iowa Wrestling Coaches & Officials Association Athletic Director of the Year
- Moderator of the Class 4A Question and Answer sessions at the 2007 Iowa Athletic Director's Association's Convention
- Listed in the Cambridge *Who's Who Among Executive and Professionals*
 - Top Honors 2007
- Three-time finalist for the Class 2A N.E. Iowa District's Wrestling Coach of the Year
- Has been published in national sport's journals on regarding the development of coach's evaluations
- Coached six Division I Athletes
- Coached one Major League baseball player

"The plan to create the National Wahawk Club is among the latest efforts to rejuvenate an athletic program with a storied history and re-instill pride at the school. Combine with other projects over the past few years, Jeff Frost has West right on track."

"Waterloo Courier"

"Your leadership and support for West High School students are your hallmark. You represent our district with much pride!"

**Michelle Temeyer- Community Education Coordinator,
Waterloo Community Schools**

"We attended last night's Grand Opening of our new athletic facilities and were nothing but impressed- especially with you! Every word, every person, every detail, had your hard work and passion written all over it. We want you to know how much everyone in the West High School community appreciates the job you do!"

A Waterloo West High School Parent

DR. ANTHONY W. PAPPAS

HEAD GIRL'S BASKETBALL COACH
WATERLOO WEST HIGH SCHOOL
WATERLOO, IA 50702

- **Inducted into the Iowa Girl's Coaches Association Basketball Hall of Fame, April, 2005**
- Coached the 1999 National High School Player of the Year (USA Today, Parade, WBCA)
- Coached the MVP of the 1993 NAIA Women's National Championships
- Coached the MVP of the 1992 NCAA Division I Women's Final Four
- Coached the MVP of the 1989 National Junior College Women's National Championships and National Junior College Player of the Year
- Teams ranked in the Top 10 of the State of Iowa in seventeen of the last twenty-two years
- Three of the last nine teams have finished in the Final Four, and State Runner-Up twice in the 4-A Iowa State Tournament
- 1997 Team ranked 15th in USA Today, 1998 Team ranked 8th in USA Today, 1999 Team ranked 14th in USA Today, 2002 Team ranked 9th in Street and Smith
- Done one-man clinics in several major cities in both the United States and Canada
- Has produced two of the top selling video tapes on offensive low post play and also produced video tapes/dvds on shooting, perimeter play, rebounding, and zone defense
- Had over 20 high school players sign with a Division I school
- Over 15,000 basketball players have attended his post clinics
- Has been a guest speaker for the NCAA, the IGHSAU, the IACA, the IBCA, and the WBCA
- Selected as the Site Director for the NIKE / Blue Star National Elite Basketball Camp
- Selected as Floor Director for the NIKE All-American Camp in Indianapolis, IN
- Coached four different teams that competed internationally in Europe, Australia, and Canada and currently has a 19 game winning streak on three different continents
- Has won several Coach of the Year awards
- Site Director for the Blue Star Collegiate Post Camps held all across America
- Has had several articles published in national magazines and newspapers and produced basketball videos/dvds that are sold all over the world
- Has had teams ranked Nationally in 1989, 1997, 1998, 1999, and 2002
- Has had two players play professionally in the WNBA and three in Europe
- **Regional scout for the Women's National Basketball Association (WNBA)**
- **Finalist for the WBCA National Coach of the Year Award and selected to coach in the NIKE / WBCA All-American Game in April 1998**

"One of the best clinicians in women's basketball today."

--Dick Weiss, New York Daily News

"One of the most respected high school coaches in the nation."

--Steve Tucker, Chicago Sun Times

"On a national level he is known as one of the top high school coaches in America, and to the game's insiders he is recognized as one of the premier teachers of the game."

**--Mike Flynn, Formerly of USA Today
President Blue Star Basketball Camps**