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For more information regarding articles and advertising rates contact the editor.

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We would like to say thank you to all the companies that have placed an ad in this month's issue of the Sideline Report. Your support for the Iowa Sports Turf Managers Association is very much appreciated.

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# A Letter from the President

Jeff Bosworth, CSFM, Drake University



As I write this article in mid – September we are currently in another drought situation. The three pictures below summarize the year we have had. Snow in May, green lush grass we couldn't keep up mowing in June, to drought the rest of the summer. Weather wears on me, it shouldn't because there is nothing I can do about it, but it does. I am optimistic that our fall will bring some timely rains, cool nights and 70 degree days.

On the bright side, fall is here and football season is in full swing. While the jury is still out on how are beloved teams are going to fare this season, it's good to know there's still plenty of season left. I love fall, mostly because it's football season but also for the cool nights and warm days, leaves changing colors and falling, poking holes in the turf, and blowing out the irrigation. What I don't like is the season that follows. But the reason I like living in Iowa is our seasons, I just like some better than others.

The deadline is fast approaching to submit your Field of the Year Awards and Sports Turf Manager of the Year award. Nominate your own field or an individual that is deserving of such high recognition. Categories for field of the year are baseball, football, soccer and softball. All awards were given to fine individuals and facilities last year, let's do it again this year. You can find the form at <http://www.iowaturfgrass.org/istmaawards.htm> Deadline to submit it October 31, 2013.

Also coming due are submissions for the ISTMA Gary Peterson Scholarships. ISTMA scholarships are funded through the ISTMA silent auction held each year during the Iowa Turfgrass Conference and Trade Show. Last year two very deserving individuals received scholarships, I know there are many deserving Turfgrass students out there, don't wait get your application in. You can find the form at <http://www.iowaturfgrass.org/istmascholarship.htm>. Applications are due October 31, 2013. To help support the ISTMA Gary Peterson Scholarship fund silent auction items are needed for the ISTMA booth at the Iowa Turfgrass Conference and Trade Show.

The National Sports Turf Managers Association provides each chapter with a complimentary registration for a chapter member who has never attended the national conference. The 2014 STMA Conference & Exhibition will be held January 21-24, 2104 in San Antonio Texas. If you have never attended this outstanding conference please contact the Iowa Turfgrass Office or me.

Thanks to each of you for being a member of the Iowa Sports Turf Managers Association. ISTMA dues renewal notices will be coming out shortly in the mail. I hope everyone chooses to remain a member of this great association and to tell others in this profession how they too can become a member. Have a great fall season.



May 2013



June 2013



Sept. 2013



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# Iowa Turfgrass Office Update

## Jeff Wendel, CGCS, Iowa Turfgrass Insitute

### ISTMA Mission

ISTMA will be the recognized leader in strengthening the Sports Turf Industry and enhancing members' competence and acknowledgement of their professionalism.

ISTMA enhances members' competence through education programs at ISTMA Workshops and the Iowa Turfgrass Conference & Trade Show. Every type of Association improves with participation; please let us know the topics and speakers that are valuable and important to you.

ISTMA Membership includes the 'Sideline Report' newsletter, workshops, discount to the Iowa Turfgrass Conference & Trade Show, an industry wide online membership directory, access to industry experts and employment references other than your sister's husband.

Please take time to invite other Sports Turf Managers to join ISTMA. Referrals from current members are the very best way to help other Sports Turf Managers improve their skills and enhance the image of our profession.

### ISTMA Leadership

ISTMA is looking for candidates for the ISTMA Board of Directors. Take advantage of the opportunity to serve in a leadership role for your Association. Networking is a huge benefit of your ISTMA membership, but you must participate to realize that benefit. Contact the Iowa Turfgrass Office or any ISTMA Board Member if you are interested.

### Hazard Communication

By Dec. 1, 2013, employers must have trained their workers on the new label elements and the Safety Data Sheets (formerly known as Material Safety Data Sheets, or MSDS). Read about the changes at: <https://www.osha.gov/dsg/hazcom/>

### Disaster Preparedness

As an employer, make sure your facility has a building evacuation plan that is regularly practiced. Visit [www.](http://www.)

[ready.gov/business](http://ready.gov/business) for more information. Take a critical look at your heating, ventilation and air conditioning system to determine if it is secure or if it could feasibly be upgraded to better filter potential contaminants, and be sure you know how to turn it off if you need to.

Think about what to do if your employees can't go home. Make sure you have appropriate supplies on hand. Read more at [Build A Kit](#) and [Staying Put](#). For more information on working together, visit Citizen Corps and our Neighborhoods and Apartments section.

### More links:

<http://www.ready.gov/make-a-plan>

<https://www.osha.gov/dcsp/smallbusiness/consult.html>

### ISU Turfgrass Extension Associate

Ryan Adams joined the ISU Horticulture Department on August 19th. Ryan is working hard to meet Turfgrass Managers across the state, update extension publications and assist in planning and execution of the Iowa Turfgrass Conference & Trade Show. Please welcome Ryan and let him know your needs, he is very excited to get to know everyone.

### Ryan Adams

Lecturer/Turfgrass Extension Associate  
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Brent Smith  
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Jason Allen  
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# Northeast Director Update

## Jason Koester, CGCS, Northeast Director, Grinnell College

We are all in the fall sports groove. We are looking forward to some slower schedules and maintenance work to get our facilities into recovery mode from the 2013 and get ready for the 2014 season. We had a very wet spring and then the rain stopped. In Grinnell we received only 1 2/10" for the months of July and August. Needless to say our irrigation systems have been worked hard the last two summers. I have had a lot of practice changing out defective irrigation heads and my soil probe and pocket knife have been working overtime checking the field profiles.

Have you thought, man I wish I could remember the spreader setting for this fertilizer? Or I wish I could remember seeding time and rate it was applied? I have a solution for you keeping a daily log account for your fields. Detailed record keeping for your facilities can be very beneficial. Knowing exactly when things are done will help you plan for the future and budgeting, correct timing of the work you need to perform and will also give you solid foundation for to back up your work.

I keep very detailed records for the facilities that I manage. I have compiled records every year that I have been managing in Turfgrass. Pesticide records are required by state law but I decided to take my record keeping to the next level. The records are a year long process of daily tracking of the sports facilities. Weather (high and temperatures, rain, snow, wind) pesticide and fertilization applications and their results, mowing, painting, renovations, cultural practices (aeration, sand topdressing, spiking dragging), general maintenance (fields or buildings), pests (weeds, insects, disease), seeding, irrigation upgrades or repairs, irrigation start up and shutdown, irrigation run time, spreader and sprayer settings for all applications, events held on the fields, ideas for the upcoming season.

I have a hand written tablet I keep daily records on. My penmanship is not the best in the west, so in the winter I convert my daily log into a highlighted synopsis for the season. This word processing document provides a clean, professional looking recap of the season. We keep the year end layout the same for the most part so it is easy to compare seasons to each other. This record keeping process does involve a time commitment but the reward

is worth the price. Having precise facts will help you make better decisions and help take some of the guess work out.

Awards and Scholarships are due to the Turf Office on October 31 (<http://www.iowaturfgrass.org/istmaawards.htm> and <http://www.iowaturfgrass.org/istmascholarship.htm>) nominate a deserving individual or facility, the categories are Sports Turf Manager of the year, Baseball, Softball, Football, Soccer Fields of the year. Encourage a student interested in Sports Turf Management to apply for a scholarship. We are really look forward to having a lot of nominations so please send in the paperwork for these awesome opportunities to promote our industry and profession.

Good luck on finishing up your season and enjoy spending time with your family and friends and no matter what you take on believe in yourself.

*Believe you can and you're halfway there.*  
- Theodore Roosevelt



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# *And the Award Goes to.....*

## **Boone Community School District - Football Field of the Year**



Between pee-wee, junior high and high school football, soccer and several extra events Goeppinger Field stays very busy. Mark Ashby and his staff keep the field in the best possible condition all year round. That led to Boone Community School District winning the 2014 Football Field of the Year.

**How long have you been with Boone Community School District?** I have been with Boone Community School District since July 2011.

**What is your job/career history?** Prior to Boone Community School District I worked for Ames schools as a grounds/maintenance employee.

**What do you do for the Boone Community School District?** Currently I hold the position of Director of Buildings and Grounds. .

**What type of staff do you have and what important role do they play?** The staff I manage consists of both custodial and maintenance professionals that

continually prove to go the extra mile and to do the extra things not only at Goeppinger Field but throughout our school district to aid in making Boone Community School District a great place to go to school

**What are your career goals?** To aid Boone Community School District in creating a environment where kids achieve their goals at the highest quality possible. Then retire!!!

**Who was the first person you called about this award?** My closest friend.

**What does it mean to you to be a part of the ISTMA?** The ISTMA has been a great resource of knowledge and collaboration for our sports fields which allows our staff to accomplish our goals .

**What other hobbies do you have?** In my free time I enjoy working with and riding horses, riding my motorcycle and tinkering with old cars.

**What does it mean for Boone Community School District to win Football Field of the Year?** As a part of the administrative team at Boone Community School District we are striving to raise the school spirit/ culture of our school. This award is one step in a very large process in showing the kids and the community that great things are happening in their schools

**What is your advice to other Sports Turf Managers or Students?** Sometimes being a sports turf manager can become a pretty thankless position, especially when things are not working out the way you have planned or the weather is not cooperating, but at the end of the day and the athletic director, coaches, kids and fans show up to a beautiful facility that is very playable, that one thank you makes it all worth the effort.

**What do you love best about being a Sports Turf Manager?** The amount of help and knowledge that is freely given.

**Do you have any projects being planned or in the works?** We will be regrading our middle school football field this fall to repair the settling that has occurred over the years.



**What are some unique things about the Goeppinger Field?** The soil of our field is what we like to refer to as Des Moines River bottom clay. It has taken several years of incorporating sand and compost to allow this field drain.

**Anything you would like to add?** I would like to thank the ISTMA for all of the support they provide for all of us in the sports field industry.



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# Burnout in Youth Sports

## Rick House, Southwest Director, Council Bluffs Sports Complex

When I was asked to write a technical article this month I struggled to come up with something that hadn't been talked about before. We generally talk about turf care and problems which are associated with our field of practice, but we seldom discuss why we are so meticulous about our facilities and our turf and what we do. A large part of what we do is for the people that use our facilities. Many of our members run facilities that are youth orientated and our facilities and the kids that use them are the generation that ages and end up playing at our other member's facilities that are at the College and Minor League facilities. There is a progression thru the ages and thru the facilities. With that being said I would like to talk about a growing problem amongst the youths today that use our facilities.

Sports are everywhere in the United States and throughout the world. We sleep it, eat it, dream about it, bet over sports, argue over sports, and frequent businesses such as sports bars to enjoy them. We buy the sports attire, we pick and route for our favorite teams, and some of us are just pure sports fanatics.

As many people know the sports industry is one of the top 5 revenue earning industries in the world. Anything can be accomplished with sports so it would seem. Athletes tell you to drink Gatorade and we do, Shaquille O'Neil tells us to use Icy Hot when we hurt, so we do, Apollo Ono tells us to eat Subway to stay fit, so we get our self's a foot long at the counter, then there is the long list of Olympic athletes that tell us to eat our Wheaties, so we fill our bowls up every morning. We are a nation that is led by mentors and heroes, and athletes are one in the same to many kids. If you can become an exceptional athlete then the world is yours to take and suddenly a poor kid from the south side of town can become a multi-millionaire. The sporting industry is the only industry that you can become a millionaire without a Harvard education, a PhD, or need to know the right people. Unfortunately this sets the stage to make kids fail and for parents to become obsessed.

Everyone knows that to be an exceptional athlete you need to start young. Youth sports are supposed to teach kids discipline, and skills about the game. Instead par-

ents are out there worrying about getting that full ride scholarship for their kids, if only their kids can become good enough at sports, the scholarship could save the parents thousands of dollars. With that in mind the world of "select" teams evolved. These teams are above and beyond the city funded Parks and Rec league games that are truly for recreation and teaching. Select teams take it to a completely different level. These teams are well organized and disciplined. The parents spend large amounts of money for the professional looking uniforms and equipment. They travel hundreds and even thousands of miles to compete and pay up to \$2000 per tournament. They live out of hotel rooms and miss school just so they can compete and progress up through the ranks.

Look at youth baseball as an example. These kids practice 5 days a week and are in weekend long tournaments every weekend starting at the end of March and run all the way through September. Now During the "off season" they practice and train at indoor facilities and sign up for hands on training with organizations such as The Strike Zone in Omaha. Who promises that for your vested cost your child will field better, pitch better, bat harder, and so on. If not then parents can pay for more sessions and more training. It is like a year round boot camp for these kids. It is no wonder that burnout among players of youth sports is becoming more prevalent. The kids are pressured to play and train harder be better than everyone else. They have to do this so they can get the college scholarship, they must succeed so their team and coach can be "winners" because there isn't any room for "losers". Youth sports have become a business and most of the enjoyment of the game is lost for the kids. The sport has become a task like household chores to them, and it then becomes something they don't want to do anymore.

During the course of discussing this topic I read articles written by James White, Gerald Masterson, Ph.D., and Chris Stankovich, Ph.D. In addition to the doctors, and expert's opinions, I also discussed this with Keri King. Keri oversees the Triple Crown Slumpbuster Tournament which is the biggest youth tournament in

the nation. The event is held in Omaha and the surrounding areas every year. King states the following about the leading causes of burnout in youth sports.

- 1.) Parents living vicariously through their children. Pushing kids to play too much and not allowing them to experience their youth. Being too serious about performance.
- 2.) Coaches treating the youth sports world as if it's a major league career. Treating kids like they are professionals. Too many games, practices, and too serious on the field.
- 3.) Injuries due to over use. Common injury's in youth baseball is problems with the throwing arm from pitching too much.

After all of the articles I have read and colleagues that I have discussed this with, we have come to the conclusion that the first place to start in an attempt to slow the burnout rate is with the parents and coaches. The parents and coaches need to be well educated and

understand what the kids need at what age. Parents also need to learn to let their kids have a balance in their youth. Let them play more than one sport, don't make them specialize at such a young age, and don't bog kids down with practice schedules, games, travel and more training in the off season.

On the flip side sometimes some kids strive with the crazy game schedules, travel, practices, and travel. The youth that this works for are few and far between. Youth that this works for can still suffer from burnout.

I can't say one way or another about what is the best for kids. I think it all depends on the child and the parent as well. The parent can still be overbearing and put extreme pressure on their child whether they are starting to play sports at 4 or at 8. That kind of pressure is the leading cause of burnout and that doesn't change no matter what age the kids start playing.

Burnout is not inevitable and can be prevented. .



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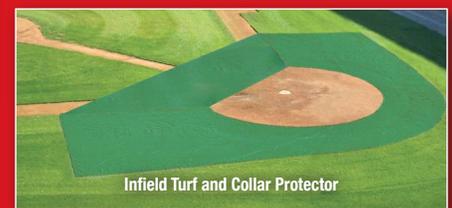
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Aaron Thomas' father Ed was a beloved high school football coach who not only trained generations of players on the importance of discipline, hard work and commitment but personally put these values into practice as a community leader who inspired his town to rebuild in the wake of a deadly tornado. Not long after the community withstood the disaster of the storm, the small town of Parkersburg, Iowa, endured a far worse tragedy: the fatal shooting of Ed Thomas by a mentally ill former player. Rather than shun the family of their father's murderer and perpetuate the tragedy that Parkersburg faced, Aaron and his family called for understanding and compassion—because that's what Ed Thomas would have wanted them to do. In this incredible story of ordinary people thrust into an extraordinary situation, Aaron Thomas shares his family's journey of showing uncommon strength during the darkest of times. Having made it through tremendous adversity, Thomas shares the importance of living a life of passion and meaning while challenging audiences to set the goals necessary to stand out in both life and business. Picking up the mantle of his father as the Athletic Director of Aplington-Parkersburg High School shortly after his death, he and his family are the recipients of the Arthur Ashe Award for Courage presented at the 2010 ESPY Awards.



Learn more about Aaron & his family : <http://www.youtube.com/watch?v=ukodLTOTens>

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[www.iowaturfgrass.org/2014iticonference.htm](http://www.iowaturfgrass.org/2014iticonference.htm)

## Tuesday January 28, 2014

### Sports Turf Workshop

Time	Topic	Speaker
9:00	Construction	Casey Scheidel, I-Cubs Sports Field Management
10:00	Red Bull Stadium	Joel Rieker, Iowa State University
11:00	Tough Weeds in Athletic Fields	Zac Reicher, UNL
11:45	Lunch	-----
12:45	TBA	Ryan Adams, Iowa State Univeristy
1:45	Management of High School Athletic Fields	TBA
2:45	Physiology - Inputs vs. # of games	TBA
3:45	Overcoming the Odds	Aaron Thomas, Aplington-Parkersburg Schhols

## Wednesday January 29, 2014

### General Session / Keynote

Time	Topic	Speaker
8:30	Awards	Troy McQuillen, Kirkwood Community College
8:45	Scholarships	Troy McQuillen, Kirkwood Community College
9:15	Nutrient Fate	Brian Horgan, PhD, University of Minnisota
9:45	New Products	Exhibitors
10:00	My Family's Story: Courage, Passion and Overcoming the Odds	Aaron Thomas, Aplington-Parkersburg Schhols <i>Keynote</i>
11:00	Trade Show Grand Opening	-----

### Sports Turf Session

Time	Topic	Speaker
1:30	Efficient Sports Field Irrigation	Lynda Wightman, Hunter Industries
2:00	Water Conservation	Brian Horgan, PhD, University of Minnisota
3:00	ISTMA Annual Meeting	Jason Koester, CGCS, ISTMA President

## Thursday January 30, 2014

### Sports Turf Session

Time	Topic	Speaker
8:00	Sports Turf Open Forum	Panel
9:00	Break Trade Show Open	-----
10:00	Seed and Seeding Exploring the options	Tim Gioffredi & Bryan Wood
11:30	Trade Show Open	-----

Pesticide Applicator Training - 1:00 PM - 3:00 PM

ISTMA Member Social  
Cub Club at Principal Park  
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Send your pictures to [sarah@iowaturfgrass.org](mailto:sarah@iowaturfgrass.org)

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_____ Registration for Tuesday Workshop Only (Includes Lunch)		\$140	\$150	\$
<b>Choose Your Regular Workshop</b>				
1 <sup>st</sup>	2 <sup>nd</sup>	(Mark your 1 <sup>st</sup> choice in the 1 <sup>st</sup> column & 2 <sup>nd</sup> choice in the 2 <sup>nd</sup> column)		
<input type="checkbox"/>	<input type="checkbox"/>	Golf Course Workshop (120 limit)		
<input type="checkbox"/>	<input type="checkbox"/>	Turfgrass Fundamentals Workshop (120 limit)		
<input type="checkbox"/>	<input type="checkbox"/>	Lawn Care & Landscape Workshop (120 limit)		
<input type="checkbox"/>	<input type="checkbox"/>	Sports Turf Workshop (120 limit)		
<input type="checkbox"/> Registration for ISTMA Membership Social – Cub Club – Principal Park 5:30 PM		ISTMA Members	No Charge	\$0
_____ 2-Day Registration (Wednesday & Thursday [Includes Trade Show (both days) & PAT])		\$150	\$160	\$
_____ 1-Day Registration <input type="checkbox"/> Wednesday or <input type="checkbox"/> Thursday [Includes Trade Show & PAT]		\$110	\$120	\$
_____ Student Registration (3-Day Pass. Does NOT include PAT) Call for One or Two day rates.		\$ 55	\$ 60	\$
_____ Trade Show Only (per day) <input type="checkbox"/> Wed. <input type="checkbox"/> Thurs. (Includes Lunch / Does NOT include PAT) (MEMBERS)		\$ 50	\$ 55	\$
_____ Trade Show Only (per day) <input type="checkbox"/> Wed. <input type="checkbox"/> Thurs. (Includes Lunch / Does NOT include PAT) (NON-MEMBERS)		\$ 75	\$ 80	\$
_____ Pesticide Applicator Training (PAT) ONLY (Thursday PM, does not include Trade Show)		\$ 50	\$ 55	\$
_____ Iowa GCSA Member Breakfast • Thursday 6:30 AM, Marriott Hotel		\$ 20	\$ 20	\$
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# Turf Tips After An Unusual Summer

Bryan Wood, Commercial Turf & Tractor

An unusual summer? I'd say so. With the exception of seeing a high amount of Dollar Spot disease this year, I see thatch as our #1 source for possible problems next year.

The first two thirds of the summer of 2013 produced unusually mild temperatures for many parts of the Midwest. Although many areas suffered from a summer drought, if the turf areas were irrigated, it was a good grass growing summer. After the past three summers of unbearable heat, it was a welcome change to only have about 3 weeks of heat at the very end (But boy, was that brutal). Most summers, the turfgrass areas are just trying to stay alive and survive the heat. This summer was different, the grass kept growing. Mowing practices were more like that of late spring. The grass just kept growing. All this extra growth produced thatch. In some cases, large amounts of thatch!

Dr. Miner used to say that most sports turf managers would love to have some thatch "cushion" in their high traffic areas. While this is true, thatch helps to give a better playing surface, and to protect the plant crown from physical and elemental damage. Excessive thatch can cause disease problems, tie up fertilizers and other pesticides, promote insect infestations, Cause poor rooting and turf blowouts, and other playability issues. Thatch can also get hydrophobic and cause serious watering issues during high stress periods. A thatch "problem" can be looked at as the grass out growing the maintenance.

Turfgrass managers must incorporate additional measures to control this excess thatch. With repeated core aerifying and/or verticutting, along with topdressing, it is possible to control thatch. Conventional core aerifying will remove about 5-10% of the thatch from the surface (depending on tine size and spacing), and that may be just enough to get you through the high stress season. With repeated core aerifying and/or verticutting, along with topdressing, it is possible to control higher percentages of this thatch.

If you do need some thatch "cushion" down the center section of a football or soccer field, just consider solid

tine aeration in those places, and use a coring tine elsewhere. As an aerating contractor, this type of request is okay. The contractor is working for you! My operators get asked a lot of questions for advice as to what to do. We do see a lot of different situations and conditions, but ultimately you, as the sports turf manager get the final say in what we do. If a solid tine is used, I would recommend a "heaving" type of aerator instead of a straight-up-and-down type. With the heaving type of aerator, a solid tine may be used without compacting the soil. If a double aerating is performed, a double de-compacting with solid tines down the middle can be very beneficial, while a double core aeration can really help the rest of the field. Not only does the core aeration help eliminate thatch, it also helps with compaction relief. The cores brought to the surface can be used for topdressing. This helps to decompose thatch and true the surface. With the right drag matt, these cores can be distributed and broken up evenly over the field. By criss-cross dragging, they can even be drug over the solid tined areas for additional topdressing.

If verticutting is your method of thatch removal, this can be combined with aerating or as a separate application.

A heavy topdressing with 1-1 ½ tons of topdressing per thousand square feet is recommended for aerating or verticutting.

If any seeding needs to be done, at the end of football the season, I would recommend either a late winter/ early spring dormant seeding, or just wait until early spring. Early is the key. Seed heavy, and use a good seeder that

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Always apply a good “starter” fertilizer when seeding. If dormant seeding, apply the fertilizer as soon as the weather is conducive to germination. Depending on the spring, we like to start seeding by mid March. The weather can be sketchy then, but if you can get a good stand of grass established before the weeds take over, you are ahead of the game. Usually, you can still get a late spring pre-emerge application down for crabgrass and summer annual weed control. For football fields, this pre-emerge residual will be gone by football season, so interseeding during the season will still work. For soccer and football fields, just broadcast seed in the high traffic areas throughout the season, and let the players cleat it in.

As I've stated before there is no “one magic bullet”, but with myriad of good agronomic practices, good common sense, and a cooperating mother nature, you can create your own field of dreams. Have a great fall!



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## ISTMA Scholarships & Silent Auction

The ISTMA hosts a Silent Auction during the Iowa Turfgrass Conference & Trade Show. This has been a very successful event and will continue in 2014.

The Silent Auction donations fund the ISTMA Gary Peterson Scholarships. In 2013, ISTMA was able to hand out two \$250 Scholarship to deserving students in Iowa.

The ISTMA Board is working to endow the scholarship fund so more ISTMA Gary Peterson Scholarships could be presented to students in need of financial assistance.

Please consider donating a gift to the ISTMA Silent Auction January 29 & 30th, 2014 at the Iowa Turfgrass Conference & Trade Show in the Downtown Des Moines Marriott.

You may bring your gift to the conference or send it to the Iowa Turfgrass Office before January 1, 2014.

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### Attention Students!

The ISTMA Gary Peterson Scholarship Application for 2014 is now available!

Deadline: Must be received in the Turfgrass Office no later than October 31, 2013.

To download the application visit:  
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# Serve on the ISTMA Board!

Southeast Director and Exhibitor Director seat are up for election. Nominations are due by October 31, 2013. The election is held at the ISTMA Annual Meeting during the 2014 Iowa Turfgrass Conference & Trade Show.

For more information please contact Sarah at [sarah@iowaturfgrass.org](mailto:sarah@iowaturfgrass.org)

Please provide us with a short biography to be used in the December issue of the ISTMA Newsletter. **Please e-mail the biography along with a picture to Sarah Hodgson no later than November 1<sup>st</sup>. Send to: [sarah@iowaturfgrass.org](mailto:sarah@iowaturfgrass.org)**

---

Name: \_\_\_\_\_

Facility Name: \_\_\_\_\_

Are you certified (only so we know whether or not to list CSFM after your name)?

\_\_\_\_\_ Years as a Sports Turf Manager

STMA Member: \_\_\_ Yes / \_\_\_ No

Number of years ISTMA MEMBER \_\_\_\_\_

Running for which position: \_\_\_\_\_

Employment History (start from current job, and go backwards)

List dates, name of company and your title

Personal Information/Family/Hobbies:

Education: (Only necessary to list highest degree, but if you'd like to list more, you may.)

Goals as a Board Member: (maximum number of words: 75 please)

# New for 2014!

ISTMA is excited to announce that Brian Abels with Miller and Sons Golf Cars will be offering the 2013 Sports Turf Manager of the Year the use of a utility cart for the 2014 season! We are currently accepting nomination forms. Forms can be found on the following page or at <http://www.iowaturfgrass.org/istmaawards.htm>.

## CRITERIA

- Be professionally engaged in a management position in the sports turf industry.
- Level of contribution by the turf manager to the sports turf industry.
- Management performance: i.e. current sports turf field condition, work ethic, creative skills to enhance his/her facility, maintenance projects participation.
- Contribution to the local community.
- Previous recipients may reapply if all requirements/applications are met

## Thank You!!



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# Iowa Sports Turf Managers Association Sports Turf Manager of the Year

## PURPOSE

To recognize a Sports Turf Manager for their professional ability and contribution to the sports turf industry of Iowa. To show appreciation for the individual's efforts in leading the sports turf industry into the future. The Iowa Sports Turf Manager's Association, by sponsoring this award, wishes to promote excellence in management of sports fields and the turf industry.

## CRITERIA

- Be professionally engaged in a management position in the sports turf industry.
- Level of contribution by the turf manager to the sports turf industry.
- Management performance: i.e. current sports turf field condition, work ethic, creative skills to enhance his/her facility, maintenance projects participation.
- Contribution to the local community.
- Previous recipients may reapply if all requirements/applications are met.

This award will be presented at the ISTMA Annual Business Meeting at the Iowa Turfgrass Conference and Trade Show in Des Moines in January/February each year.

## Nomination Form

Please PRINT CLEARLY or TYPE information requested below:

Name of Nominee: \_\_\_\_\_

Address of Nominee: \_\_\_\_\_

Phone Number of Nominees: \_\_\_\_\_

Name of school, park district, or agency: \_\_\_\_\_

Address of school, park district, or agency: \_\_\_\_\_

Name of Newspaper(s) to send Press Release: \_\_\_\_\_

- 1) Current reasons for nomination of this applicant (i.e. current sports turf field conditions, major projects, work ethic, job performance, etc.). Please provide a written letter of explanation on why the nominee should be recognized as ISTMA Turf Manager of the Year.

I certify that the information in these nomination papers is true, current and complete.

\_\_\_\_\_  
Name of Nominator (Please Print Legibly)

\_\_\_\_\_  
Signature of Nominator

\_\_\_\_\_  
Position of Nominator

\_\_\_\_\_  
Phone Number of Nominator

We ask that this nomination paper be co-signed by other permanent co-workers or by other members of the Iowa Sports Turf Manager's Association.

Co-Signed: \_\_\_\_\_

Co-Signed: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_

**Mail to: Iowa Turfgrass Office, 1605 N Ankeny Blvd Suite 210, Ankeny, Iowa 50023-4163  
Deadline: October 31**

# Iowa Sports Turf Managers Association Field of the Year

## PURPOSE

To recognize the excellence of sports fields maintained in Iowa. To show appreciation for the Sports Turf Manager and staff's efforts in leading the Sports Turf industry into the future. The Iowa Sports Turf Manager's Association, by sponsoring this award, wishes to promote excellence in management of sports fields and the turf industry. Please include pictures of the field with your application and letter.

## CRITERIA

- Located in the State of Iowa
- Resourcefulness of staff, budget, maintenance practices, challenges in the management of the athletic field
- Condition & aesthetics of the athletic field
- Number and type of games and/or events
- Previous recipients may reapply if all requirements/applications are met.

This award will be presented at the ISTMA Annual Business Meeting at the Iowa Turfgrass Conference and Trade Show in Des Moines in January.

## Nomination Form

Please PRINT CLEARLY or TYPE information requested below:

Field Type:     Baseball         Softball         Football         Soccer

Name of school, park district, or agency: \_\_\_\_\_

Address of school, park district, or agency: \_\_\_\_\_

Name of Manager: \_\_\_\_\_

Address of Manager: \_\_\_\_\_

Phone Number of Manager: \_\_\_\_\_

Name of Newspaper(s) to send Press Release: \_\_\_\_\_

- 1) Current reasons for nomination of the field/fields (i.e. current sports turf field conditions, major projects, aesthetics, etc.). Please provide a written letter of explanation on why the field/fields should be recognized as ISTMA Field of the Year.

I certify that the information in these nomination papers is true, current and complete.

\_\_\_\_\_  
Name of Nominator (Please Print Legibly)

\_\_\_\_\_  
Signature of Nominator

\_\_\_\_\_  
Position of Nominator

\_\_\_\_\_  
Phone Number of Nominator

We ask that this nomination paper be co-signed by other permanent co-workers or by other members of the Iowa Sports Turf Manager's Association.

Co-Signed: \_\_\_\_\_

Co-Signed: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_

**Mail to: Iowa Turfgrass Office, 1605 N Ankeny Blvd Suite 210, Ankeny, Iowa 50023-4163  
Deadline: October 31**

# Late-Season Fertilization of Cool-Season Turf

Pamela J. Sherratt & John R. Street, PhD

Late-season fertilization (LSF) applied to sports fields offers many benefits. The application of nitrogen fertilizers in late fall results in turfgrass that is visibly greener in color through spring/summer of the following year, but without the excessive shoot growth that typically occurs with nitrogen fertilization in the spring. More importantly, overall plant health is improved for the following season.



*The Turf on the left did not receive a late-season fertilizer application, the turf on the right did.*

The effects of late-season nitrogen applications on cool-season turf were documented by research conducted in Virginia during the late '60s and early '70s. In those studies, it was shown that the quality and root production of cool-season turf grown in the transition zone could be enhanced by using late-season nitrogen applications and avoiding early aggressive spring nitrogen fertilization.

While researchers and turfgrass practitioners alike have demonstrated that the year-round quality of cool-season grasses like Kentucky bluegrass can be enhanced by late-season nitrogen fertilization, research efforts concerning the effects on root growth and plant carbohydrate status have been lacking.

This article will review past studies that have examined late-season nitrogen fertilization and relate those findings to the results of research at Ohio State University (OSU) that assessed how the timing of nitrogen applications can influence the quality, carbohydrate status and root growth of cool-season grasses like Kentucky bluegrass.

## Turfgrass Quality

Turf fertilized in September and again during the late-season window is generally shown to possess better fall and winter color than turf that was not fertilized at that time. In addition, signs of spring green-up have been shown to occur two to six weeks earlier if the turf was fertilized during the previous fall. Most importantly, the enhanced rate of spring greening is realized without stimulating excessive shoot growth that accompanies the early spring nitrogen applications called for in most turf fertility programs.

For field managers, the longer greening into the late fall and the earlier green-up in the spring, especially, are beneficial when scheduling sports like baseball. Early spring green-up for all cool-season turf is not easy to initiate from a traditional spring fertilized turf that is attempting to green up from winter dormancy. Turf fertilized only during the spring and summer is decidedly inferior to turfgrass that receives fertilizer during the previous fall.

The rate of spring green-up is often slow as well, with acceptable color being attained only after nitrogen is applied during March or April. Although turf color then becomes equal to that of turf that receives the LSF application, the excessive shoot growth that sometimes accompanies spring fertilization is undesirable. OSU research found that the spring color of late-season-fertilized turf remained quite good until late May or early June, when the effects of nitrogen applied the previous fall began to "wear off." A .75 to 1-pound follow-up application of nitrogen is usually recommended at that time (late May-June) to maintain an acceptable level of turf quality throughout the summer period where turf managers are on a six to eight-week programming schedule. For sand-based field managers, that is also the ideal time to initiate spoon/liquid feeding when a late-season program is in place.

## Nitrogen Fertilizer Sources

It is important to remember that the nitrogen sources for late-season applications be relatively independent of microbial activity to ensure adequate nitrogen release

*Continued on Page 20*

## Late Season Fertilization Continued...

due to colder air and soil temperatures. This means that urea, sulfur-coated urea (SCU), IBDU, ammonium sulfate and the more highly active methylene ureas are the most efficient nitrogen sources for late-season applications.

Although SCU and IBDU are referred to as controlled-release fertilizers, the rate at which nitrogen is released from these fertilizers is mainly dependent upon soil moisture level and not on degree of microbial activity. Microbially, temperature-dependent nitrogen sources (e.g., UF-types, polymer-coated ureas and natural organics) for late-season nitrogen applications may not elicit the desired fall/winter color response because they do not provide enough available nitrogen for plant uptake when soil temperatures are low. However, these latter slow-release nitrogen sources are ideal for spring and summer use.

**Carbohydrate relations: the key to plant health**

Plant carbohydrate levels during early fall do not appear to be greatly affected by the timing of nitrogen application. From December to February, however, the carbohydrate content of late-season fertilized turf may be lower than turf fertilized only during the spring and summer. This probably occurs for two reasons: because energy must be expended to take up and assimilate fall-applied nitrogen; and nitrogen applied during the fall and winter has been shown to increase respira-

### The Basics of Late-Season Fertilization

- **Why:** Fall color, spring green-up, better roots in spring, improved summer stress tolerance
- **When:** After the last mow of the season. Turf is green but not growing.
- **What:** Quick-release source of nitrogen fertilizer
- **Rate:** .75 to 1 pound of nitrogen per 1,000 square feet

tion during the winter months.

Regardless of the timing of nitrogen applications, carbohydrates are accumulated by the slowly growing turf plant during the fall and winter months, reaching a peak sometime during the December to February period. The early spring (March, April and May) carbohydrate content of turfgrass plants fertilized the previous fall is often higher than plants that did not receive late-season nitrogen.

The ability to store carbohydrates (energy) at this time

is a result of the earlier greening (two to six weeks) realized through the use of late-season nitrogen fertilization. Photosynthesis occurs in the slowly growing turf plant at this time, thus allowing it to accumulate carbohydrates. In fact, green turfgrass tissue will continue to photosynthesize at air temperatures close to freezing, but at a much slower rate. Greening without growing is a key cultural and management strategy to improve overall plant health.

As root and shoot activity and plant respiration rates increase during the late winter and early spring, plant carbohydrate content generally decreases. This decline may be quite significant when the turf receives an early season (February to April) nitrogen application, as compared to grass that has not been fertilized since the previous fall. The rapid decline occurs because carbohydrates are needed to support the increased shoot growth resulting from nitrogen applications made early in the season.

*Continued on Page 21*

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## *Late Season Fertilization Continued...*

Conversely, the more slowly growing, late-season-fertilized turfgrass plants may develop a larger carbohydrate pool during the spring period. As will be discussed later, the process of spring root production can benefit from this greater concentration of carbohydrates from a late-season nitrogen application.

Another possible advantage resulting from late-season fertilization is that the levels of stored carbohydrates are higher than those found in spring-fertilized turf as summer approaches. The higher levels of carbohydrates are desirable at this time of the year since greater stress tolerance and/or the increased ability to recover from pests, traffic or stress-induced damage may be realized. (Key in summer stress enhancement.)

### **Root Growth**

For years, researchers have claimed that fall and winter root growth of cool-season turfgrass species should be stimulated by late-season and/or winter nitrogen applications. This stimulation should occur as fall temperatures decline to the point that root growth is favored over shoot growth.

Previous research at OSU has shown that root growth of cool-season turfgrass species does indeed occur during the fall after shoot growth has slowed or ceased. This situation develops because roots grow quite well when soil temperatures are between 40 to 65 degrees Fahrenheit, while shoot growth is favored at air temperatures in the 60 to 75-degree range. In fact, based on our OSU rhizotron research (underground root observation lab) conducted by R. Kuharski and A. Koski in the 1980s, some root growth will occur as long as the soil remains unfrozen.

In the Virginia study, no significant stimulation of winter root production by late-season nitrogen applications was observed. In fact, heavy and/or frequent nitrogen applications during the winter months (December and February) appeared to reduce the amount of roots produced during the winter.

Research at OSU has similarly revealed no noticeable stimulation of fall or winter root growth in response to late-season nitrogen applications. Three possible rea-

sons for the absence of increased root production can be offered here. The first is that soil temperatures optimal for root growth may not be sustained for a long enough period of time in the fall and early winter, thus preventing any noticeable stimulation by late nitrogen applications from occurring. Secondly, it is possible that the fall hardening off process - during which rapid accumulation and storage of carbohydrates occurs - effectively competes with the roots for available energy stores. Finally, uptake and assimilation of fall-applied nitrogen is an energy-consuming process that may also compete for carbohydrates.

It is conceivable that singly or in combination these factors may prevent the stimulation of root activity that many thought would occur with late-season nitrogen fertilization.

The true advantage that LSF provides to turfgrass root growth is realized during the following spring. It has been shown that the root growth of turf fertilized during the late winter/early spring declines soon after the nitrogen application. Conversely, turf fertilized using the LSF concept becomes green early and rapidly, without the need for an early spring nitrogen application, and root growth continues at a maximum rate. It appears that the excessive shoot growth encouraged by early spring nitrogen applications utilizes carbohydrates that may otherwise be used for growing roots.

### **Why Timing is Important**

It has been claimed that LSF reduces turfgrass cold hardiness and may increase the risk of winter damage by snow mold diseases. Research has shown that LSF applications cause neither problem, and observations over two winters at OSU detected no damage caused by either disease or cold injury. However, both types of injury can occur when high nitrogen rates are used and/or applications are not timed properly, resulting in excessive growth going into the late fall or winter.

For the LSF concept to work successfully, it is essential that the turf be green when the application is made. In central Ohio, this means that .75 to 1 pound of nitrogen be applied per 1,000 square feet in September (in a single or equivalent multiple feed applications/spoon feeding)

*Continued on Page 22*

## Late Season Fertilization Continued...

to enhance fall recovery and sustain greening for the late-season fertilization. This will ensure that the turf remains green late into the fall when the actual LSF application is made.

The late-season nitrogen application should be applied with top growth stoppage (but the turf still green) at .75 to 1 pound of nitrogen per 1,000 square feet using a nitrogen source that is not highly dependent on soil temperature for nitrogen release, such as urea, ammonium sulfate, urea/PCSCU, urea/IBDU, highly-active MU, etc.).

It is also important, however, that excessive shoot growth not be encouraged by overapplication of nitrogen during September. The production of lush, succulent growth then may decrease cold tolerance and increase the incidence of snow mold during the winter

and following spring. For the same reasons, the LSF application should be delayed if extended periods of unusually warm weather with average daily temperatures greater than 55 to 60 degrees are being experienced.

The higher nitrogen fertilizer rate for late-season fertilization may raise a red flag for field managers where spoon-feeding at light rates is the standard program. However, the late-season fertilization program will truly benefit the field manager's number one strategy: plant health.

*Pam Sherratt is a sports turf specialist at Ohio State University and served on the STMA board of directors from 2010-2011.*

*Dr. John Street has been a professor in turfgrass science at Ohio State University for the last 30 years. Dr. T. Karl Danneberger is a professor of horticulture and crop science at Ohio State University.*

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# So You Want To Be the Boss?

## Mona Bond, Iowa Alliance of Environmental Concerns

There are many reasons people rise to the top and get promotions. There are about as many reasons they don't. The focus for each individual is different. But for those who want to be managers, supervisors and/or lead the crew, here is some food for thought.

Ask yourself "Why would anyone want to be led by you?" Most people agree that leaders need vision, energy, authority, and strategic direction. But the most successful leaders inspire people. They capture an employee's heart, mind and soul. Let's boil that down. They CARE. Not that fake, "How ya doin'" type of care but they genuinely put forth an effort to know and understand where and what goes on with an employee when they are "off the clock". Why does this person work for me and how can we create success for both of us.

You ask, "Why would you take the time to do that?" I am not a babysitter or a marriage counselor. I have a job to do and performance expectations. Interesting thought but in order for you to be successful, your employees must be success – that is called inspiring the team!

Servant leadership is an increasingly popular concept of leadership styles. That doesn't mean you are at the whim of the employee – that means you understand that a "win-win" situation can be beneficial to everyone.

### What is your style of leadership?

There are numerous types of leadership styles:

- 1. Coercive.** The do-what-I-say style of management. "I am the boss"
- 2. Directing.** You are the boss, define each duty and micromanage the outcome
- 3. Authoritative.** Sets out with a vision and drives everything toward making that picture come to life – hopefully allowing the employees to know the vision.
- 4. Coaching.** You are open to discussion but all final decisions are yours
- 5. Affiliative.** Teamwork is paramount. The focus is on harmony and expecting all to understand that working as a team accomplishes the mission.
- 6. Democratic.** Builds a mission through group consensus which sometimes leads to paralysis.

- 7. Pacesetter.** Visionary leadership often demanding excellence and self-direction from a group of motivated super-achievers. Must set clear goals and expectations.
- 8. Supporting.** You allow folks to do their jobs with some latitude and good direction
- 9. Mentor.** You analyze your employees and help these people identify their strengths and weaknesses so they can grow and advance their careers.
- 10. Delegating.** You set the goals and expectations but allow the employees to decide when and how much to involve you.

### Would I Work for Me?

Take a little time and analyze what type of leader you are. Ask yourself, "would I work for me?" What do I do now or could I do to make the company successful and the employees want to come to work for you?

### Leadership is not for sissies.

Leadership is ever changing. Leadership is a learned skill that requires communication, analysis and training. "What you may have done for years – may not cut it for this generation of workers and I'm pretty sure it won't cut it for the next generation." Remember, you only have about 30 seconds to impress anyone and it could take a lifetime for that opinion to change.



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