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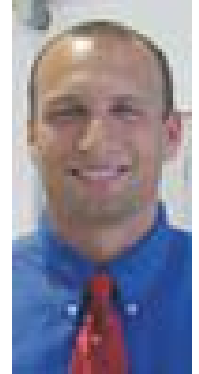
## Kammrad becomes a Lynx

STEVE SIGAFOOSE, Staff Writer

"I am a Lynx now."

And to emphasize the point, new Abraham Lincoln football coach Justin Kammrad was introduced to players and parents Wednesday evening at the high school dressed in a blue shirt and a red tie.

The former Thomas Jefferson star was making the cross-town move after an extensive search headed by Lynx athletic director Jeff Novotny.



Justin Kammrad

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"We had 20 candidates apply," said Novotny. "We interviewed nine and heard their philosophies."

From there, Novotny trimmed the field to four finalists "that were great."

In looking for a new coach, Novotny wanted someone who rated high in "preparation, knowledge, motivation, who had high standards and expectations on the field, in the classroom and at home and who would connect with the youth programs.

"Justin was the right fit."

Kammrad is no stranger to Council Bluffs sports fans. After a stellar career at Thomas Jefferson, he went on to an All-American career at the University of Nebraska-Omaha. He's been a player and now a coach with the Iowa Blackhawks

and moves over after being an assistant at T.J.

"I want to thank," said Kammrad, "the parents and players for being here (at the introduction). I thank the parents for raising the kids and turning them over to us."

Kammrad quickly introduced his wife, Laurie, and their young sons, Braylon and Landon, calling them his "rock."

Kammrad called upon his new team to "persevere, work hard and wait for your opportunities.

"The future of the program is bright."

Kammrad had praise for out-going coach Bob Forsyth.

"We visited the other day," said Kammrad, "about the program and found we had a lot in common."

Kammrad put emphasis on the off-season.

"Games and championships are won in the off-season," said Kammrad. "The weight room is big, but the kids have to make the commitment."

Kammrad is hitting the ground running.

"I will be meeting with the players over the next couple of weeks."

The new coach set the standards.

"Our goals," said Kammrad, "are to win games, win the MRC (Missouri River Conference) and go to the playoffs."

**Before you ✓ the ballot**

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