Associated Schools of Construction (ASC)

Annual Student Competition

Team Descriptions & Testimonials

Welcome to the Sac State ASC Student Competition team selection process. This document includes descriptions of the teams, the coaches, testimonials from past competitors and the official application. Please read it carefully and fill the application out completely. The Sac State Construction Management Program is fast becoming one of the best in the country. As much fun as the ASC Competition (a.k.a. “Reno Competition”) is, we’re looking to WIN! Therefore, the coaches are looking for students that are dedicated, practical, smart and hard working. Your reward for competing will be learning the industry from some of the most talented and dedicated leaders in the regional construction industry and a head start on finding your next job. Good luck and go Sac State!

Applications can be found by visiting the CM homepage

www.ecs.csus.edu/cm

Go to “Current Students” → and click on “Surveys” link for details

For questions, feel free to contact:
Prof. Mikael Anderson, mikael@csus.edu
Prof. Justin Reginato, reginato@csus.edu

More competition information found at http://www.asc67.org/competition.html
THE PREPARATION FOR VICTORY IN RENO STARTS TODAY

The Reno Competition brings together the “best of the best” of the student participants. I graduated from the program in 1986, before Sac State competed in the competition and before the competition took on such a prestigious role in our industry. However, I believe I am fortunate to be able to see the competition now first and see how it transforms the learning process for the students. It has been an honor to participate as a coach and mentor to so many dedicated students and watch them utilize their class knowledge and turn it into real project applications for their futures. As a construction company owner, I have been able to experience first-hand what the program is teaching to students and use that information to tailor internships at my company for many of the past participants. With the real life experiences encountered by the participants, we have found that most, if not all, of the students who are on a team are also involved in an internship with one of the top local contracting firms and many times will lead to a job offer after graduation. I see the Reno competition as one of the leading prerequisites to a strong construction career. Whether you are on a team as a member or an alternate, this experience will lead to great things for you in the construction industry in your futures and you will have fun doing it! Good luck and I look forward to seeing you in Reno.

Ron Brown, Class of 1986, Owner & President, Brown Construction and Multi-Family Team Coach

Each year we are excited to observe and meet the many talented engineering and construction management students at the Reno competition. Our experience with them has exceeded expectations and allowed us to develop fantastic relationships with the best and brightest engineering students in the country.

Tonya Sandman, Communications Specialist for Flatiron Corporation
Commercial Construction CATEGORY

The Commercial Team for Sacramento State is an exciting way to learn about commercial construction and hone your skills! Focused on commercial construction projects, recent projects have included large commercial projects constructed by Hensel Phelps, the current regional competition sponsor. Coached by local construction company executives and previous commercial team members, you will have the opportunity to learn new skills and presentation techniques that will help you find a good job when you graduate. The Sac State Commercial Team has been on the rise, winning the National Championship in 2008!

Starting in late September/early October, a team of students will be formed and a kick off meeting will get us organized on the challenge ahead. We will meet regularly through the fall semester and continue to meet on the winter break and into the new semester. During the winter break we will typically hold two full day dress rehearsals to mimic the conditions of the competition. The Reno Competition is usually Mid-February.

Team members will get lots of practice with project management, scheduling, estimating, logistics and presentation skills to name a few. You will get a chance to learn from industry veterans and ask them questions and get individual feedback.

Coaches: Mark Shope (Ascent Builders), Gary Tinseth (Unger Construction), Ryan Shope (Ascent Builders), & Tyler Gahagan (Ascent Builders)

Recent Awards:
2013 – 2nd Place
2010 – 1st Place
2008- 1st Place Region 7 and National

Phil Wonders, Project Manager for the 2008 Commercial Team says:
“What a rush to experience real life competition conditions and produce an incredible proposal in a day. I learned so much about how to analyze and present a commercial construction project – it increased my confidence tremendously. I highly recommend this to all students.”
Concrete Solutions CATEGORY

The Concrete Solutions problem was new in 2012 and exciting to Sacramento State and the ASC competition. This competition is similar in many ways to the commercial team, yet more focused on challenging concrete specific projects. For centuries concrete has been the primary building material dating back to Roman times. An intricate knowledge of how this material is used, and what types of projects it is suited for in today’s industry is critical to advance your education and movement into the workforce.

Focused on many different projects where concrete is the primary building material, you will learn in detail all the steps to successfully, schedule, estimate, and construct concrete structures. Past projects include large, cast in place multi-story buildings and cast in place storage tank facilities for the defense department. You will learn all about different forming methods, how to distribute man power for the work, how concrete is impacted by the area you are in, and how that relates to the schedule, estimate, and proposal you put together.

The Concrete Solutions team works in tandem with the Commercial team. The coaches are all local company executives, previous Reno team members, and industry professionals who specialize in concrete construction. These leaders in our local industry will help you learn the skills necessary to be competitive in this competition, and provide the knowledge necessary to be competitive in today’s job market when you graduate.

Concrete Solutions is a national problem and after placing 4th last year, we want to take this competition by storm!

Recent Awards:
2013 – 1st Place
2012 – 4th Place (Problem's Inaugural Year)

Coaches: Mike Seegert (Ascent Builders), & Bill Naramore (Concrete North)

Nick Hansen, team member 2013 1st Place, intern at Sundt says:

“Being a part of the Concrete Solutions Team and participating in the Associated School of Construction (ASC) Competition was one of the best experiences of my life. It was very challenging and gives students a chance to experience how the Construction Industry really works. Having 12-18 hours to do a full take off, schedule, pricing, logistical plan and more is a rush you won’t get in any classroom. Concrete Solutions offers students a chance to look at a specialized aspect of construction and really learn what it takes to be a key player in our industry and develop the skills needed to be leaders as we enter the workforce”
Design-Build CATEGORY

The Design-Build completion offers you an experience normally only found working in the industry. You will join five other students and develop a design, an estimate, a schedule, and a proposal for division sponsor, Swinerton Builders, who uses an actual project they recently finished. The project can range from a high rise building to an underground parking structure.

Design-Build is a delivery method that emphasizes the importance of ethics and teamwork in the building process. Design-Build projects require teamwork to deliver a successful project. You and your teammates will learn from each other while you assemble a proposal to illustrate your team’s understanding of the Design-Build process.

Your CSUS alumni coaches will provide you with all the information and training needed to ensure your success.

Come join Design-Build and join a legacy of success!

Recent Awards:
2013 – 1st Place
2011 – 2nd Place
2010 – 2nd Place
2008 - 2nd place
2007 - 1st place at Reno, 1st Place in Las Vegas
2006- 3rd place
2005- 3rd place

Coaches:  Sean Burnie (Clark & Sullivan), Heman Chand (Whiting-Turner), Sean Ladd (Boldt), Matt Burnie (Whiting-Turner), and Adam Della-Monica (Turner)

Past Head Coach and ASC Sac State Competition Director:  Henry Meier (Swinerton Builders)

They say in business, “It’s who you know, not always what you know,” which is quite a true statement when it comes to the field of construction, mostly when you’re trying to get your foot in the door on a construction contract. Well, the ASC Student Competition is by far the best real-life, foot-in-the-door training you will ever get. Before participating in these competitions, I hardly knew how to establish relationships and contacts, but by participating three years in a row, I learned to remember names and faces, exchange information professionally and get-my-foot-in-the-door. It’s the reason I work in Hawaii now…”

Hitesh Dewan, Class of 2009, Project Engineer, Swinerton Builders Hawaii and member of the 2009 Design-Build Team
Determining Project Risk (DPRisk) CATEGORY

All projects have critical requirements that must be met, such as budget and schedule. However, those must be balanced with other criteria such as quality, sustainability, safety, and reputation. To win a project with a negotiated contract, the general contractor cannot just meet these requirements, but must exceed these goals further than the competition. In the Determining Risk competition, you will get to prove that Sac State is the best at exceeding these goals in this national competition.

For the Determining Project Risk problem, you will assume the role of the project management team working for DPR Construction. You will negotiate a contract for a large and complicated building project (typically a hospital). After your contract has been negotiated, the team will review and select subcontractors and participate in a lean construction planning session. Lastly, your team will solve a multitude of problems and manage various project scenarios from throughout the construction process such as complete a LEED scorecard, manage a project schedule, and analyze change orders and disputes. Throughout the competition, you must mitigate project risks and ensure that the project owner remains happy.

The Determining Project Risk is fast, chaotic and requires teamwork. You will be asked to solve problems that are almost impossible to predict and will require you to think fast. Luckily, that’s exactly what Sac State CM students are good at.

Recent Awards:
2011 – 3rd Place

Coaches: Mike Penney (Turner), Sterling Graham (Swinerton), Adam Hucik (Western States Fire Protection), Russell Green (Swinerton), Justin Reginato (Sac State), Paul Sieberg (Whiting-Turner), and Jovan Petrovic (Whiting-Turner)
Electrical Competition

Student teams assume the role of electrical contracting companies short listed to propose and interview for a challenging new project. Students will participate as the managers and project team members of their company and present to the owner's project team for selection. The panel of judges will be an independent group of managers WHO HAVE NOT PARTICIPATED IN THE DEVELOPMENT OF THE PROBLEM MATERIALS.

The primary goal will be to make this setting and interaction as "real life" as possible, very similar to the proposal and interview selections that electrical contractors participate in every week.

Students will be challenged in the following areas of electrical contracting:

1. Prequalification
   - Company history
   - Project staffing plan
   - Recent company project experience
   - Safety Record

2. Written Proposal
   - Bid form with clarifications
   - Cost estimate, plan reading/specifications
   - Schedule of values
   - Value engineering, cost management
   - Schedule, man-loaded per milestones
   - MEP coordination
   - Contract review, modifications
   - Safety road map

3. Oral presentation
   - Team presentation, teamwork
   - Presentation materials
   - Response to questions, challenges
   - Ethics, integrity

Problem Goals

1. Exposure to electrical contracting as a viable, possibly exciting career path.
2. Challenge critical thinking and problem solving.
3. Create a "real life" proposal and interview experience
4. Demonstrate leadership and teamwork.
5. Work hard and have fun!

Recent Awards:
2013 – 2nd Place
2011 – 1st Place
2010 – 1st Place

Coaches: Fran McDermott (NECA), Bill Prout (Schetter), Tom Okumura (Local 340 Apprenticeship Program), Bob Ward, Cliff Moore (Tricorp-Hearn), Fred Callison (Rudolph-Sletton), & Ryan Lippmann (Markk III Builders)
Heavy Civil Competition

Heavy Civil construction typically refers to the following types of projects: mass excavation; rough/finish grading; substructure work such as footings, retaining walls, bridge foundations, dams, and spillways; AC and concrete paving; rock quarry mining operations and material processing; and bridge construction. These types of projects are generally funded by state, local and federal government agencies requiring a combination of unit price and lump sum bidding from qualified general engineering contractors.

The Heavy Civil problem, sponsored by Granite Construction Company, will provide project drawings and specifications to each of the competing teams. The teams will then retire to their suite to perform quantity takeoffs, a detailed estimate, and CPM schedule prior to submitting a complete bid 16 hours later. Once the bid is submitted, Granite will perform a formal bid opening in the presence of all the heavy civil teams. The students will then have the next 16 hours to put together an oral presentation for their final task.

The six member Sac State University team will be able to expand their knowledge in the heavy civil discipline through a series of lectures conducted during the fall semester prior to the ASC student competition. The topics of study will include: material quantity takeoff calculations; equipment spreads and production rates; sample crew configurations; green-sheeting an estimate; bid documents and special provisions; site logistics, SWPPP, and traffic control; scheduling the work (CPM); cash flow analysis; labor and equipment tracking; developing bid day strategies, such as unbalancing bids, managing risks, and identifying opportunities; and oral presentation skills.

Our competition problem will be based on a real project constructed by the problem sponsor. At the end of the competition, Granite’s project team responsible for constructing the actual project will present the details of the project to all of the competing universities.

Coaches: Fred Penman (Western Engineering), Mikael Anderson (Sac State), Gareth Figgess (Sac State), Kurt Frandrup (Flatiron Construction), and Ryan Henry (Hanna Group)

Recent Awards:
2013 – 2nd Place
2011 – 1st Place
2006- 1st place (Region 7), 2nd Place (National)

I was able to gain experience to not only compliment what I had learned through the CM program, but also the years of “field” experience I have in construction. Through that participation, I was able to meet and work with some of the managers of our sponsoring company, Flatiron Construction. My internship worked out well and I have rolled it into a part-time job while I finish school. Get involved even if only for the ridiculous party afterward!

Paul MacClanahan, Class of 2011, Project Intern, Flatiron and member of the 2009 Marine Team
Mechanical Competition

The Construction Management program at CSUS is fast becoming one of the best in the nation. This has been proven at the Associated Schools of Construction annual Competition in Reno. We started with 2 teams in 2002 and grew to 6 by 2006 with another being added for 2010. The Mechanical team has set the bar very high in its first two years taking 1st place in 2008 and 2nd place in 2009. We look forward to another great performance in 2010. The team’s success has been due to the caliber of students that have been on the team. The original coaches are back for a 3rd year with the support of a member of the 2008 team, Matt Moore. The three of them bring a variety of industry and competition experience that will help this year’s team towards another great showing on the national stage.

The competition gives the participants an upper hand in entering the construction industry. Some of the largest contracting companies attend the competition in a recruiting effort. All of the previous Mechanical team members are now working in the construction industry and doing a great job. The competition is very demanding but the potential rewards are great and the experience will last a lifetime. Any student who is serious about working in construction management after graduation should consider being a part of this competition. If Mechanical just isn’t your thing, there are 6 other teams at CSUS, join one.

Recent Awards:
2012 – 2nd Place
2011 – 2nd Place
2010 – 1st Place
2009 – 2nd Place
2008 – 1st Place

Coaches: Dave Huhn (Giumac Mechanical), Craig Wentworth (Airco Mechanical) & Brian Lonquist (Boldt)

The most valuable lesson I learned at the Reno Competitions was how to successfully and productively work with a wide variety of people in stressful environments. Construction is a stressful industry and the Reno Competition does a good job of mimicking some of the loads you will carry every day in your career. The numerous practice presentations leading up to the competition also elevated my ability to speak publicly, problem solve, understand site logistics, create and articulate construction schedules. I was able to get direct feedback from top construction executives in the area which was extremely helpful for my competitiveness at Reno as well as for school and my development as an employee.

Chris Cormier, Class of 2009, Tricorp Construction, member of the 2008 (National Champions!) Mechanical Team
Mixed Use/Multi-Family Competition

Mixed use/multi-family construction typically refers to structures that combine commercial retail space along with “for sale” or “for rent” dwelling units (apartment/condominiums). These projects are mostly found in downtown urban infill areas that are highly visible with very tight site constraints and difficult traffic and pedestrian requirements. Many mixed use/multi-family projects are mid-rise or high-rise structures built over multi-level subterranean parking structures with rooftop pools, gardens or entertainment venues. Massive excavations, shoring, cast in place concrete, steel & wood framing, tower crane use and placement are just a few of the exciting challenges typically found in mixed-use/multi-family construction.

Our competition problem is based on a real project constructed by Morley Builders, usually in the L.A. area. The problem theme is entitled “A Day in the Life of a Project Engineer.” The written portion includes site logistics, estimating, scheduling, and project engineering and is concluded the following day with a “Team Meeting” discussion with upper management.

Recent Awards:
2013 – 3rd Place
2012 – 1st Place
2011 – 1st Place
2010 - 2nd place

Coaches: Ron Brown (Brown Construction), Collin Nichols (Brown Construction), David Garner (Brown Construction), Marc Hiatt (Brown Construction), Shawn Marty (Sundt) & Scott Woody (Sundt)

I competed on the Sacramento State mixed-use team in Reno for three years. This competition was essential to the development of my career in the construction industry by providing problems and situations that will be faced in your every day responsibilities when you enter your career as a construction manager. It also surrounds you with hundreds of companies ranging from small to big business in every facet of construction where you can have quality face to face time with employers that are looking to hire students for part time and full time employment. The time spent preparing, competing and conversing with employers was indispensable for my personal growth and was pivotal in jump starting my career in the construction industry. I would highly recommend competing in Reno.

Daniel Bargmann, Project Engineer and member of the 2007-2009 Mixed-Use/ Multi-Family Teams
FINAL WORDS

As a transfer student, I had no idea what to expect the first year I competed. Putting my nerves to the side, I jumped in head first and quickly found out that deciding to sign up for the competition was one of the best decisions that I’ve made regarding my education. Not only is it beneficial for knowledge and experience, but the camaraderie that is developed between team members during and leading up to the competition plays an essential role in getting through the CM program successfully. I’m coming into my third competition and I can honestly say that every year is a tremendous learning experience.

Ed Dajani, Class of 2010, Intern, Brown Construction and member of the 2010 Multi-Family Team (2nd Place).

It is a very respectable accomplishment to have on your resume for both job opportunities and scholarships, which equates to free money and experience. Being involved gives you the opportunity to experience a real life situation that you will actually experience someday in your career. Moreover, the experience of learning how to work effectively with a team to accomplish a goal, while dealing with a very stressful and competitive environment is a true taste of what it takes to be successful in the construction industry. Once the competition is over, the camaraderie and the bond you create with your teammates can create life-long friendships, and a sense of pride to have represented the Sac State CM program. I truly feel that the Reno competition was one of the most beneficial learning experiences out of my whole academic career, and if you are debating whether you should be involved or not, I would highly recommend taking advantage of this priceless opportunity!

Carl Arevalo, Class of 2009, Project Engineer Intern, HMH Kaiser South Sacramento Project and member of the 2008 (National Champions!) and 2009 Design-Build Teams

Participating in the Reno competition was the highlight of my educational career. It seemed like an unachievable goal when we first decided to do this. However, we met with several GC’s that were willing to help and pointed us in the right direction. We were able to take what we had learned in school and apply it to real life. Although this was not real life, it could not have been more real to the members of our team. The competition itself was high stress which quickly went by the wayside and was replaced by the feeling of success. We came in fourth place but to us we benefitted as much as if we came in 1st. What we took away from the competition was a sense of accomplishment, many construction related contacts, some great stories, and had a really uplifting good time. Anybody that doesn’t participate in the Reno competition that has a chance is really selling themselves short.

Bill Gill, CSUS Class of 2005, Senior Project Manager, Marelich Mechanical and member of the 2005 Design Build Team