

**Executive Secretary**  
 Randy Johnson (cell) 701-870-1064  
 1527 North 33<sup>rd</sup> Street Unit 4 (h) 701-870-1064  
 Bismarck, ND 58501 (w) 701-870-1064  
[duck@westriv.com](mailto:duck@westriv.com)

**Assistant Executive Secretary**  
 Scott Grochow (cell) 701-771-2709  
 409 7<sup>th</sup> Avenue SE (h) 701-776-6854  
 Rugby, ND 58368 (w) 701-776-5201  
[scott.grochow@k12.nd.us](mailto:scott.grochow@k12.nd.us)

**Assistant Executive Secretary**  
 Bill Jansen (cell) 701-351-0844  
 410 7<sup>th</sup> Avenue SE (h) 701-776-7758  
 Rugby, ND 58368 (w) 701-776-5201  
[william.jansen@k12.nd.us](mailto:william.jansen@k12.nd.us)

**Membership Chairperson**  
 Karen Hardie (h) 701-237-5624  
 2472 Lilac Lane (w) 701-446-5200  
 Fargo, ND 58102 (f) 701-446-5299  
[hardiek@fargo.k12.nd.us](mailto:hardiek@fargo.k12.nd.us)

**Assistant Executive Secretary – Dakota Coach**  
 Lisa Strand (cell) 218-779-3404  
 1511 7<sup>th</sup> Avenue NE (h) 701-599-2620  
 Thompson, ND 58278 (w) 701-599-2745  
[lisa.Strand@tps-k12.org](mailto:lisa.Strand@tps-k12.org)



Website: [www.ndhsca.com](http://www.ndhsca.com)



[@ndhsca1](https://www.instagram.com/ndhsca1)

## 2019 CLASS B BASEBALL ALL-STATE TEAM

**President**  
 Tracey Heisler (cell) 218-779-3021  
 1120 22<sup>nd</sup> Street NW (h) 218-779-3021  
 East Grand Forks, MN 56721 (w) 218-779-3021  
[theisler020@mygfschools.org](mailto:theisler020@mygfschools.org)

**President-Elect**  
 Tim Wallstrum (h) 701-385-3376  
 PO Box 402 (h) 701-385-4996  
 Kenmare, ND 58746 (f) 701-385-4390  
[twallstrum@mykps.us](mailto:twallstrum@mykps.us)

**Vice President**  
 Ron Metz (cell) 701-471-5197  
 1335 – 20<sup>th</sup> Street North (h) 701-471-5197  
 Bismarck, ND 58501 (w) 701-323-4900  
[ron\\_metz@bismarckschools.org](mailto:ron_metz@bismarckschools.org)

**Immediate Past President**  
 Eric Olson (cell) 701-730-2018  
 121 Maplewood Drive (h) 701-678-6842  
 Gwinner, ND 58040 (w) 701-678-2492  
[eric.olson@k12.nd.us](mailto:eric.olson@k12.nd.us)

**Past President**  
 Paul Lean (cell) 701-261-6581  
 1335 Maple Street North (h) 701-261-6581  
 Fargo, ND 58102 (w) 701-446-5781  
[leap@fargo.k12.nd.us](mailto:leap@fargo.k12.nd.us)

### FIRST TEAM

NAME	GRADE	TEAM	COACH
Chance Bye	12	Enderlin/Maple Valley	Kevin Bratland
Jacob Johnson	11	Enderlin/Maple Valley	Kevin Bratland
Cadyn Schwabe	12	Thompson	Brady Schwab
Clay Odenbach	11	Thompson	Brady Schwab
Marcus Hughes	12	Thompson	Brady Schwab
Adam Zavalney	12	Park River/Fordville-Lankin	Brett Omdahl
Nathan Zavalney	12	Park River/Fordville-Lankin	Brett Omdahl
Nick Thompson	12	Park River/Fordville-Lankin	Brett Omdahl
Kyle Leapaldt	12	Carrington	Wayne Shipman
Theodore Allmaras	12	New Rockford-Sheyenne	Elliott Belquist
Enrique Gonzales	10	Velva/Drake-Anamoose	Matt Weidler
Kersey Harris	11	Bishop Ryan/South Prairie	Ben Magnuson
Canaan Fagerland	12	Shiloh Christian	Aric Lee
Shear Huntington	12	Shiloh Christian	Aric Lee
Jaden Mitzel	11	Shiloh Christian	Aric Lee
Zane Wenstad	12	Mohall-Lansford-Sherwood/Glenburn	Wayne Brackenbury
Dalton Moberg	12	Mohall-Lansford-Sherwood/Glenburn	Wayne Brackenbury
Gavin Miller	12	North Star	Jesse Vote

### SECOND TEAM

NAME	GRADE	TEAM	COACH
Alex Klever	12	LaMoure/Litchville-Marion	Derold Haugen
Trenton Duchscherer	12	Kindred/Richland	Scott Milbrandt
Matthew Suda	12	Grafton	Joe Demers
Grant Romfo	10	Langdon Area/Munich/Edmore	Josh Krivarchka
Lucas Geiszler	12	Carrington	Wayne Shipman
Bo Belquist	11	New Rockford-Sheyenne	Elliott Belquist
Colton Anderson	12	Hillsboro/Central Valley	Nathan Walsh
Patrick Limke	11	Hillsboro/Central Valley	Nathan Walsh
Isaac Doll	11	Hazen	Scott Leintz
Braden Zuroff	12	Beulah	Stephen Elkins
Tace Pederson	10	Velva/Drake-Anamoose	Matt Weidler
Alex Hansen	12	Surrey	Bruce Mack
Logan Merck	10	Bishop Ryan/South Prairie	Ben Magnuson
Shayden Luna	12	Rugby	Kendall Schieve
Riley Olson	12	Bottineau	Zach Keller
Trevor Decoteau	12	Northern Lights	Jaden Pfeifer
Dante Gunville	11	Des Lacs-Burlington	BJ Karhoff
Trevor Hayes	12	Ray	Ben Schafer

**NDHSCA POWERade Outstanding Senior Athlete - Adam Zavalney, Park River/Fordville-Lankin**

**NDHSCA SUBWAY Coach of the Year - Brett Omdahl, Park River/Fordville-Lankin**

### All Star Games Chairpersons

**Optimists' Volleyball Co-Chair**  
 Tim Wallstrum (h) 701-385-3376  
 PO Box 402 (w) 701-385-4996  
 Kenmare, ND 58746 (f) 701-385-4390  
[twallstrum@mykps.us](mailto:twallstrum@mykps.us)

**Optimists' Volleyball Co-Chair**  
 Lisa Strand (h) 701-599-2620  
 1511 7<sup>th</sup> Ave NE (w) 701-599-2765  
 Thompson, ND 58278 (f) 701-599-2819  
[lisa.strand@tps-k12.org](mailto:lisa.strand@tps-k12.org)

**Lions' Basketball Co-Chair**  
 Michael Sorlie (h) 701-678-3823  
 PO Box 5 (w) 701-678-2492  
 Gwinner, ND 58040 (f) 701-678-2311  
[michael.sortie@k12.nd.us](mailto:michael.sortie@k12.nd.us)

**Lions' Basketball Co-Chair**  
 Mike Hendrickson (cell) 701-367-6546  
 1408 57<sup>th</sup> Ave South (w) 701-446-2043  
 Fargo, ND 58104 (f) 701-446-2899  
[hendrim@fargo.k12.nd.us](mailto:hendrim@fargo.k12.nd.us)

**Shrine Football Chair**  
 Bill Lorenz (h) 701-795-7818  
 1431 Chestnut St. (w) 701-746-2375  
 Grand Forks, ND 58201 (f) 701-746-2387  
[wlorenz280@mygfschools.org](mailto:wlorenz280@mygfschools.org)