

Executive Secretary
 Randy Johnson (cell) 701-870-1064
 1527 North 33rd Street Unit 4 (h) 701-870-1064
 Bismarck, ND 58501 (w) 701-870-1064
duck@westriv.com

Assistant Executive Secretary
 Scott Grochow (cell) 701-771-2709
 409 7th Avenue SE (h) 701-776-6854
 Rugby, ND 58368 (w) 701-776-5201
scott.grochow@k12.nd.us

Assistant Executive Secretary
 Bill Jansen (cell) 701-351-0844
 410 7th Avenue SE (h) 701-351-0844
 Rugby, ND 58368 (w) 701-776-5201
william.jansen@k12.nd.us

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

Assistant Executive Secretary – Dakota Coach
 Lisa Strand (cell) 218-779-3404
 1511 7th Avenue NE (h) 218-779-3404
 Thompson, ND 58278 (w) 701-599-2765
lisa.Strand@tps-k12.org



Website: www.ndhsca.com
 @ndhsca1
 Dual Member


Membership Chairperson
 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

President
 Ron Metz (cell) 701-471-5197
 1335 – 20th Street North (h) 701-471-5197
 Bismarck, ND 58501 (w) 701-323-4900
ron_metz@bismarckschools.org

President-Elect
 Rick Anderson (cell) 701-789-1669
 1415 Roberts Avenue NE (h) 701-797-3199
 Cooperstown, ND 58425 (w) 701-797-3114
rick.anderson@k12.nd.us

Vice President
 Jamie Zastoupil (cell) 701-730-5192
 736 Mustang Drive (h) 701-224-1231
 Bismarck, ND 58503 (w) 701-323-4900
jamie_zastoupil@bismarckschools.org

Immediate Past President
 Tim Wallstrum (h) 701-385-3376
 PO Box 402 (w) 701-385-4996
 Kenmare, ND 58746 (f) 701-385-4390
twallstrum@mykps.us

Past President
 Tracey Heisler (cell) 218-779-3021
 1120 22nd Street NW (h) 218-779-3021
 East Grand Forks, MN 56721 (w) 218-779-3021
tlheisler@gmail.com

2021 CLASS A BOYS CROSS COUNTRY ALL-STATE TEAM

<u>NAME</u>	<u>GRADE</u>	<u>TEAM</u>	<u>COACH</u>
Aiden Johnson	10	West Fargo Sheyenne	Troy Thorson
Ivan Askim	11	Williston	Shane Wahlstrom
Hunter McHenry	12	Grand Forks Red River	Richard Dafoe
Fynn Krenz	11	Williston	Shane Wahlstrom
Brady Korsmo	11	Bismarck	Scott Reichenberger
Aj Ash	12	Dickinson	Greg Jung
Matthew Rongitsch	11	Grand Forks Red River	Richard Dafoe
Ethan Moe	11	Williston	Shane Wahlstrom
Quinn Roehl	11	Grand Forks Central	Sean Allan
Caeden Johnson	12	West Fargo Sheyenne	Troy Thorson
Caleb Hansen	12	Dickinson	Greg Jung
Dameon Zenawick	12	Grand Forks Red River	Richard Dafoe
Griffin House	12	Bismarck Century	Brad Lies
Parker Hintz	10	Bismarck	Scott Reichenberger
Brady Goss	11	Devils Lake	Nick Kavli
Regan Bosch	12	Fargo Davies	Jason Holland
Tyler Goss	11	Devils Lake	Nick Kavli
Chase Hoechst	12	Bismarck Century	Brad Lies
Justin Smith	12	West Fargo	Brad Amundson
Elijah Dafoe	9	Grand Forks Red River	Richard Dafoe

NDHSCA POWERade Outstanding Senior Athlete - Griffin House, Bismarck Century

NDHSCA SUBWAY Coach of the Year - Shane Wahlstrom, Williston

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

Optimists' Volleyball Co-Chair
 Lisa Strand (cell) 218-779-3404
 1511 7th Ave NE (w) 701-599-2765
 Thompson, ND 58278 (f) 701-599-2819
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.sorlie@k12.nd.us

Lions' Basketball Co-Chair
 Mike Hendrickson (cell) 701-367-6546
 1408 57th Ave South(w) 701-446-2043
 Fargo, ND 58104 (f) 701-446-2899
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