

**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) 701-351-0844  
 Rugby, ND 58368 (w) 701-776-5201  
[william.jansen@k12.nd.us](mailto: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](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) 218-779-3404  
 Thompson, ND 58278 (w) 701-599-2765  
[lisa.Strand@tps-k12.org](mailto:lisa.Strand@tps-k12.org)



Website: [www.ndhsca.com](http://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](mailto:eric.olson@k12.nd.us)

**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)

**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](mailto: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](mailto: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](mailto:twallstrum@mykps.us)

**Past 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  
[tlheisler@gmail.com](mailto:tlheisler@gmail.com)

## 2021 CLASS B BOYS CROSS COUNTRY ALL-STATE TEAM

<u>NAME</u>	<u>GRADE</u>	<u>TEAM</u>	<u>COACH</u>
Ian Busche	12	Beulah/Hazen	Amber Blackhurst
Christian Brist	10	Hillsboro/Central Valley	Kirk Zink
Ethan Schaffer	12	Kindred	Josh Roberts
Austin Wanner	11	Bowman County	Jonathan Jahner
Owen Duttenhefner	12	Killdeer	Nathan Horgeshimer
Colt Spotted Bear	11	New Town	Brian Anderson
Caleb Sarsland	11	Bowman County	Jonathan Jahner
Lucas Vollmer	10	Surrey	Gary Walhaug
Cole Campbell	11	Kindred	Josh Roberts
Kaden Fuller	11	Shiloh Christian	Jaden Radcliffe
Taylor Wanner	9	Bowman County	Jonathan Jahner
Xavier Bell	9	New Town	Brian Anderson
Keaton Olson	10	Kindred	Josh Roberts
Gavin Scott	12	Bowman County	Johathan Jahner
Lincoln Adair	9	Lisbon	Jacob Revier
Tanner Lundwall	12	Mayville-Portland-Clifford-Galesburg	Wendy Garrett-Mehus
Mason Christianson	11	Langdon Area/Edmore/Munich	Todd Hetler
Austin Dibble	11	Rugby	Bill Jansen
Jekori Dahlen	9	Killdeer	Nathan Horgeshimer
Lander Lahtinen	10	New Town	Brian Anderson

**NDHSCA POWERade Outstanding Senior Athlete - Ian Busche, Beulah/Hazen**

**NDHSCA SUBWAY Coach of the Year - Josh Roberts, Kindred**

## 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 (cell) 218-779-3404  
 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.sorlie@k12.nd.us](mailto:michael.sorlie@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)