

**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



**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  
[tlaheisler@gmail.com](mailto:tlaheisler@gmail.com)

## 2022 CLASS A BOYS SWIMMING & DIVING ALL-STATE TEAM

### FIRST TEAM

<u>NAME</u>	<u>GRADE</u>	<u>TEAM</u>	<u>COACH</u>
Ryaan Alshami	10	Grand Forks	Brent Newman
Peyton Bartsch	12	Minot	Jake Solper
Mason Beck	12	Dickinson	McKenzie Steckler
Avery Berg	9	Grand Forks	Brent Newman
Logan Bjerke	9	Grand Forks	Brent Newman
Jaron Coombs	11	Minot	Jake Solper
Luke Domres	11	Bismarck Century	Michael Porter
Thomas Doyel	12	West Fargo	Barb Fisher
Oscar Francis	10	Fargo South	Pat Anderson
Tanner Haag	11	West Fargo Sheyenne	Erich Richardson
Conner Harr	12	Fargo Davies	Jennifer Johnson
Wyatt Hermanson	12	Mandan	Claudia Schoellkopf
Ryan Hubbard	11	Minot	Jake Solper
Alex King	11	Minot	Jake Solper
Kolden Kringen	11	Williston	Joe Kemp
Ryder Myers	10	Fargo Davies	Jennifer Johnson
Blake Nelson	9	Bismarck	Cale Schafer
Tavian Nelson	12	Fargo Davies	Jennifer Johnson
Tristan Quibell	10	Fargo South	Pat Anderson
Vaughn Raimo	12	West Fargo Sheyenne	Erich Richardson
Jaxon Reinke	11	Minot	Jake Solper
Oliver Roongin	11	Minot	Jake Solper
Ty Ross	10	Minot	Jake Solper
Grant Schaeffer	12	Minot	Jake Solper
Dawson Wilson	12	Dickinson	McKenzie Steckler

### SECOND TEAM

<u>NAME</u>	<u>GRADE</u>	<u>TEAM</u>	<u>COACH</u>
Jayden Ahmann	11	Bismarck Legacy	Alex Lucy
Brody Engelstad	8	West Fargo	Barb Fisher
Drew Heckaman	8	Fargo South	Pat Anderson
Logan Hill	9	Minot	Jake Solper
Zach May	12	West Fargo Sheyenne	Erich Richardson
Noah Mayer	9	Bismarck Legacy	Alex Lucy
Benjamin Schaff	10	Bismarck Century	Michael Porter
Alex Steichen	11	Bismarck	Cale Schafer
Isaac Vallie	8	Bismarck Century	Michael Porter
Haydn Vein	10	Fargo North	Richard Fisher
Beau Zander	11	Bismarck Century	Michael Porter

**NDHSCA POWERade Outstanding Senior Athlete - Grant Schaeffer, Minot**

**NDHSCA SUBWAY Coach of the Year - Jake Solper, Minot**

## 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)