

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
 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

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

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

President-Elect
 Mike Zier (cell) NA
 PO Box 353 (h) 701-872-3140
 Beach, ND 58621 (w) 701-872-4161
Mike.zier@k12.nd.us

Vice President
 Greg Brown (cell) 701-570-0554
 2507 – 6th Avenue NW (h) 701-570-0554
 Mandan, ND 58554 (w) 701-570-0554
gregory.brown@msd1.org

Immediate Past President
 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

Past President
 Ron Metz (cell) 701-471-5197
 4368 Pleasant Valley Rd S (h) 701-471-5197
 Mandan, ND 58554 (w) 701-323-4900
ron_metz@bismarckschools.org

2023 CLASS B GIRLS CROSS COUNTRY ALL-STATE TEAM

<u>NAME</u>	<u>GRADE</u>	<u>TEAM</u>	<u>COACH</u>
Brynn Hanson	10	Des Lacs-Burlington/Lewis & Clark	Anna Zietz
Noa Sancho	10	New England	Ashly Kraenzel
Mallory DeVries	11	Central Cass	Addi Jahnke
Anna Sarsland	8	Bowman County	Jon Jahner
Kenadie Pazdernik	11	Carrington	Josh Kerbaugh
Jaci Fischer	12	Bowman County	Jon Jahner
Hannah Senechal	10	Rugby	Bill Jansen
Julie Sarsland	11	Bowman County	Jon Jahner
Peyton Gette	12	Kindred	Josh Roberts
Lily Kaldor	9	Hillsboro/Central Valley	Kirk Zink
Allyson Goodmanson	12	Kindred	Josh Roberts
Keyara Lundstrom	9	Rugby	Bill Jansen
Jordyn Honeyman	8	Bowman County	Jon Jahner
Landyn Gerbig	11	Bowman County	Jon Jahner
Myla Kaldor	11	Hillsboro/Central Valley	Kirk Zink
Taryn Roesler	9	Kindred	Josh Roberts
Shaycee Johnson	10	Hillsboro/Central Valley	Kirk Zink
Adaleene Hansen	8	Lisbon	Jacob Revier
Mashae Miller	11	Kenmare/Bowbells/Burke Central	Ray Sayler
Azlynn Johnson	8	Hillsboro/Central Valley	Kirk Zink

NDHSCA POWERade Outstanding Senior Athlete - Brooklyn Bartsch, Rugby

NDHSCA SUBWAY Coach of the Year - Bill Jansen, Rugby

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 5th 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