

**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**  
 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)

**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  


**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)

**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](mailto:Mike.zier@k12.nd.us)

**Vice President**  
 Greg Brown (cell) 701-570-0554  
 2507 – 6<sup>th</sup> Avenue NW (h) 701-570-0554  
 Mandan, ND 58554 (w) 701-570-0554  
[gregory.brown@msd1.org](mailto: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](mailto: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](mailto:ron_metz@bismarckschools.org)

## 2023 GIRLS SWIMMING & DIVING ALL-STATE TEAM

### FIRST TEAM

NAME	GRADE	TEAM	COACH
Haley Conklin	11	Minot	Emily Jensen
Ella Kesler	12	Minot	Emily Jensen
Harper Meyer	11	Fargo North	Talia Butery
Brooklyn Hanson	11	Shanley	Jackie Snyder
Sam VonBokern	10	Minot	Emily Jensen
Lauryn Caster	12	Bismarck Century	Spencer Wheeling
Addison Cerney	11	Fargo North	Talia Butery
Alexa Heckaman	10	Shanley	Jackie Snyder
Lauren McDonagh	11	West Fargo Sheyenne	Erich Richardson
Madeline VerDow	9	Bismarck	Emily Poppe/Matt Poppe
Madyson Tivis	12	Bismarck Century	Spencer Wheeling
Halle Braaflat	12	Fargo Davies	Krystle Leidholm/Tyler Hetland

### SECOND TEAM

NAME	GRADE	TEAM	COACH
Tova Blikre	11	Bismarck Legacy	Thomas Wheeling
Ava Williamson	11	Minot	Emily Jensen
Hellen Wu	8	Fargo Davies	Krystle Leidholm/Tyler Hetland
Bostyn Edwards	11	Minot	Emily Jensen
Brinley Steele	8	Bismarck Legacy	Thomas Wheeling
Abby Erickson	11	Bismarck Legacy	Thomas Wheeling
Sienna Mrachek	10	Bismarck Century	Spencer Wheeling
Bethany Mehl	9	Fargo South	Skip Fisher/Jenna Booth
Lilyana Hochhalter	8	Bismarck Legacy	Thomas Wheeling
Molly Osadchy	8	Bismarck Century	Spencer Wheeling

**NDHSCA POWERade Outstanding Senior Athlete** - Brooklyn Keney, West Fargo Sheyenne

**NDHSCA SUBWAY Coach of the Year** - Jackie Snyder, Shanley

## 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)