

**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)

## 2024 GYMNASTICS ALL-STATE TEAM

### FIRST TEAM

<u>NAME</u>	<u>GRADE</u>	<u>TEAM</u>	<u>COACH</u>
Elizabeth Karsky	9	Dickinson	Casey Berry
Aspen Roadarmel	10	Dickinson	Casey Berry
Rylee Olson	12	Dickinson	Casey Berry
Julia Skari	11	Jamestown	Bre Carlson
Haley Conklin	11	Minot	Robbie Werchau
Jocelyne Hoefs	9	Grand Forks Central/Red River	Megan Johnson
Teah Schulte	12	Bismarck Century	Rachel Johnson Krug
Taryn Swanson	12	Grand Forks Central/Red River	Megan Johnson

### SECOND TEAM

<u>NAME</u>	<u>GRADE</u>	<u>TEAM</u>	<u>COACH</u>
Reygan Strommen	9	Dickinson	Casey Berry
Brooklyn Wariner	10	Dickinson	Casey Berry
Keira Davis	10	Minot	Robbie Werchau
Sutton Van Gilder	10	Jamestown	Bre Carlson
Allysa Larson	12	Jamestown	Bre Carlson
Jericah Lockner	12	Mandan	McKenzie Swallow
Alyson Krug	12	Bismarck	Rachel Johnson Krug
Gracyn Bergan	9	Minot	Robbie Werchau

**NDHSCA POWERade Outstanding Senior Athlete - Rylee Olson, Dickinson**

**NDHSCA SUBWAY Coach of the Year - Casey Berry, Dickinson**

## 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)