

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

President-Elect
 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

Vice President
 Lisa Jenkins (cell) 701-202-1495
 724 High Park Drive North (h) 701-202-1495
 Wilton, ND 58579 (w) 701-323-4550
lisa_jenkins@bismarckschools.org

Immediate Past President
 Jamie Zastoupil (cell) 701-730-5192
 736 Mustang Drive (h) 701-730-5192
 Bismarck, ND 58503 (w) 701-323-4900
Jamie_zastoupil@bismarckschools.org

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

2024 CLASS A GIRLS CROSS COUNTRY ALL-STATE TEAM

NAME	GRADE	TEAM	COACH
Ruby Ihmels	10	Bismarck Century	Kate Fox
Harley Jeannotte	9	Williston	Chase Gregory
Taya Fettig	12	Bismarck	Janelle Olson
Eva Selensky	12	Bismarck Legacy	Kelsey Reimnitz
Izzy Dahl	10	Bismarck	Janelle Olson
Aubrey Kleser	11	Bismarck	Janelle Olson
Lucy Harris	9	Minot	Carla Wahlund
Mattea Green	10	Grand Forks Red River	Nicole Kopff
Audrey Echelbarger	8	Bismarck Century	Kate Fox
Emmie Fellows	8	West Fargo Sheyenne	Troy Thorson
Kathryn Madrigga	10	West Fargo Sheyenne	Troy Thorson
Maggie Jacobson	8	West Fargo	Brad Amundson
Hannah Hintz	8	Bismarck	Janelle Olson
Leila Gregoire	11	Dickinson	Lisa Keith-Townsend
Kaylee Jackson	9	Minot	Carla Wahlund
Alyvia Kopp	9	Minot	Carla Wahlund
Cambree Moss	10	Williston	Chase Gregory
Ava Parks	11	Grand Forks Red River	Nicole Kopff
Sophia Lade	10	Minot	Carla Wahlund
Angela Wold	11	Williston	Chase Gregory

NDHSCA POWERade Outstanding Senior Athlete - Eva Selensky, Bismarck Legacy

NDHSCA SUBWAY Coach of the Year - Chris Foerster, 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

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 57th 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