

**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**  
 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)

**President-Elect**  
 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)

**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](mailto: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](mailto: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](mailto:rick.anderson@k12.nd.us)

## 2024 GIRLS SWIMMING & DIVING ALL-STATE TEAM

### FIRST TEAM

<u>NAME</u>	<u>GRADE</u>	<u>TEAM</u>	<u>COACH</u>
Tova Blikre	12	Bismarck Legacy	Thomas Wheeling
Addison Cerney	12	Fargo North	Talia Butery
Brooklyn Hanson	12	Shanley	Jackie Snyder
Alexa Heckaman	11	Shanley	Jackie Snyder
Lilyana Hochhalter	9	Bismarck Legacy	Thomas Wheeling
Arianna Hoff	11	Shanley	Jackie Snyder
Lauren McDonagh	12	West Fargo Sheyenne	Erich Richardson
Bethany Mehl	10	Fargo South	Skip Fisher/Jenna Dreher
Molly Osadchy	9	Bismarck Century	Spencer Wheeling
Madeline VerDouw	10	Bismarck	Emily Poppe
Sam VonBokern	11	Minot	Emily Jensen
Hellen Wu	9	Fargo Davies	Krystle Leidholm/Tyler Hetland
Dru Zander	11	Williston	Krista Pierce
Haley Conklin	12	Minot	Emily Jensen
Harper Meyer	12	Fargo North	Talia Butery
Brinley Steele	9	Bismarck Legacy	Thomas Wheeling

### SECOND TEAM

<u>NAME</u>	<u>GRADE</u>	<u>TEAM</u>	<u>COACH</u>
Joely Anderson	12	Grand Forks Red River	Bryan Walls
Anika Grunenwald	12	Williston	Krista Pierce
Brooklyn Herrick	11	West Fargo Horace	Andrea Smith
Sienna Mrachek	11	Bismarck Century	Spencer Wheeling
Isla Rogne	9	Shanley	Jackie Snyder
Norah Sears	8	Bismarck Legacy	Thomas Wheeling
Evie Sevald	10	West Fargo Sheyenne	Erich Richardson
Kambree Draper	11	Bismarck Legacy	Thomas Wheeling
Abby Erickson	12	Bismarck Legacy	Thomas Wheeling

**NDHSCA POWERade Outstanding Senior Athlete** - Addison Cerney, Fargo North

**NDHSCA SUBWAY Coach of the Year** - Emily Jensen, 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)