



# Dakota Coach

North Dakota High School Coaches Association  
Official Publication

Winter 2003

Volume 36 No. 2

## NDHSCA Hall of Fame for 2003

NDHSCA Executive Board announces the recipients of the NDHSCA Hall of Fame as determined at its recent NDHSCA Executive Board Meeting. The inductees will be recognized and receive awards during the summer's NDHSCA Coaches Convention, held on July 22-July 25, 2003 in Fargo.

The Hall of Fame Awards will be presented at the Annual Banquet on Thursday, July 24<sup>th</sup> at 6:30 PM at Fargo Ramada Plaza Suites.

The recipients for the 2003 induction will be the following:



### Dave Dougherty

Head wrestling coach at Watford City HS

### Mike Lestina,

Assistant football coach at Fargo North HS

### Joe Swegarden

Former head football coach and assistant boys' basketball coach at Central Cass HS

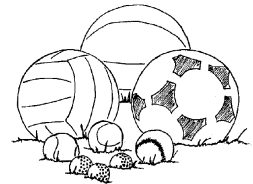
See article on page 5 for more details

## Ad Hoc Sportsmanship Committee Report

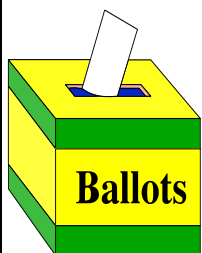
Sportsmanship is a growing concern in North Dakota.

The North Dakota High School Activities Association assembled a committee to review issues statewide and make recommendations in hopes of improving sportsmanship in all activities.

This was a very difficult task. The committee worked diligently in coming up with some of the following recommendations.



The head coach of each team would fill out a short evaluation following all contests on how the officials enforced the rules and addressed sportsmanship issues. The officials would be required to evaluate the coaches, players, and fans. Each school would receive a report following the season on how well their coaches, players, and fans created a positive environment in the competitive atmosphere. The school would work on improving areas where needed. The officials would also receive a score. This would allow them to work towards improvement, or possibly work towards placement in post-season tournaments.



## 2003 NDHSCA Vice Presidential Candidates

The North Dakota High School Coaches Association's Executive Board made nominations for balloting for the Association's Vice President. The balloting will be conducted at the Annual Coaches Convention that will be held in Fargo, ND July 22 - July 25, 2003. The two candidates will be **Scott Grochow**, Rugby High School's coach of football, track, and co-athletic director; and **Julie Jensen**, Kindred High School's girls' basketball and golf coach. (see article on page 4)

## Longevity Awards

The 2003 Longevity Awards, as determined by the 2002-2003 Membership Registration Forms have been identified. In the past, the recipients have been publicized at a late date and some recipients have complications to arrange to receive them at the Annual Coaches Convention. All coaches are reminded to contact Gelaine Orvik if their names are missing from the list.

Please contact **BEFORE** May 1, 2003, or the award will be moved to the 2004 banquet presentation. The Award Recipients are listed on page 3.

## President and Others

By Gelaine Orvik

President Jack Carlson has returned to his home in Dickinson and is undergoing chemo-therapy. His two treatments in Rochester for the tumors on his liver have placed the tumors in remission.

The Association's President has maintained a marvelous attitude throughout the entire process. When I visited with him in November, he shared his desires to fight the dread disease with all of his might.

At the same time Jack shared his spiritual views and his vow that his God will care for him. President Carlson also indicated that when someone tells him that he has only a 10% chance to survive, he is encouraged that he is one of the 10% who will survive. He is an inspiration to everyone who looks at a "half empty glass."

When questioned about his strength and prognostication for the rest of the school year, he vowed, "I will be coaching track and field in the spring."

Jack's capacity is admirable, just as others are to be held in awe. **John Gallagher**, cross-country coach at Carrington High School, also shared his struggle over the past fall. He had a five by-pass open heart surgery and has struggled to endure. Another coach has a personal story to tell about real success. To reach the top of the mountain requires true grit and faith in addition to the love and encouragement of friends.

One day in October, Sheryl Solberg shared the tragedy of the death of **Paulette Wentz**. Paulette is a volleyball coaching veteran from Napoleon High School. She entered the season with a 289-98 won-loss record. However, the inspiration and love that the Imperials shared as they battled other athletes were a direct unending guidance from the coach that could only view from above.

Late this fall another friend to all track and field coaches took another turn to reach the oval in the sky. "**O.J.**" died suddenly after a battle with a rare disease. As I sat at his memorial service, I was inspired with the love that permeated the congregation. Darrel Hestdalen's eulogy was an inspiration for all present. As I review the message in the OJ's service bulletin, I am again taken aback:

God saw he was getting tired  
And a cure was not to be.  
So He put His arms around him  
And whispered "Come with Me."

In tears we watched him suffer  
And saw him fade away.  
Although we loved him dearly,  
We could not make him stay.

A heart of Gold stopped beating,  
Hard working hands now rest.  
God broke our hearts to prove to us  
He only takes the best.

(continued on page 3

## NDHSCA 2002-2003 Executive Board

**President** – Jack Carlson (h) 701-483-6247  
1079 Sims Street (w) 701-456-0030  
Dickinson, ND 58601 (f) 701-456-0019  
*Jack.carlson@sendit.nodak.edu*

**President-Elect** – Randy Johnson (h) 701-748-5634  
701 Highway Drive #98 (w) 701-748-2345  
Hazen, ND 58545 (f) 701-748-2342  
*johnsonr@hazen.k12.nd.us*

**Vice President** – Todd Olson (h) 701-780-9034  
733 Horizon Circle (w) 701-787-4046  
Grand Forks, ND 58203 (f) 701-746-2387  
*Todd\_Olson@fc.grand-forks.k12.nd.us*

**Immediate Past President** –  
Dave Dougherty (h) 701-444-3865  
Box 1225 (w) 701-444-3624  
Watford City, ND 58854 (f) 701-444-3612  
*ddougherty@4eyes.net*

**Past President** – Terry West (h) 701-787-5792  
3815 - 11<sup>th</sup> Street South Unit D (w) 701-787-4196  
Grand Forks, ND 58201 (f) 701-746-2332  
*Terry\_West@fc.grand-forks.k12.nd.us*

**Executive Secretary** – Gelaine Orvik (h) 701-237-9711  
3457 - 26 Avenue SW (w) 701-298-4275  
Fargo, ND 58103 cell 701-793-5472  
*gorvik@cableone.net*

**Assist. Executive Secretary** –  
John Hutchison (h) 701-587-6319  
Box 110 (w) 701-587-5221  
Northwood, ND 58267 (f) 701-587-5423  
*John.hutchison@sendit.nodak.edu*

**Membership Chair** – Karen Hardie (h) 701-237-5624  
741 Royal Oaks Drive (w) 701-446-5224  
Fargo, ND 58102 (f) 701-446-5299  
*hardieK@fargo.k12.nd.us*

**Lions' Basketball Co-chairmen** -  
Curt Herman (h) 701-262-4725  
Box 183 (w) 701-345-8233  
Tolna, ND 58380 (f) 701-345-8251  
*Curt\_herman@sendit.nodak.edu*  
Terry West (h) 701-787-5792  
2225 34<sup>th</sup> Street South #15 (w) 701-787-4196  
Grand Forks, ND 58201 (f) 701-746-2332  
*Terry\_West@fc.grand-forks.k12.nd.us*

**Optimists' Volleyball Chair** –  
Scott Toenies (h) 701-436-4900  
608 Loyal Avenue (w) 701-636-4360  
Hillsboro, ND 58045 (f) 701-636-4362  
*Scott.toenies@sendit.nodak.edu*

**Shrine Football** – Mike Berg (h) 701-746-5170  
2211 5<sup>th</sup> Avenue North (w) 701-787-4053  
Grand Forks, ND 58203 (f) 701-746-2387  
*Mike\_Berg@fc.grand-forks.k12.nd.us*

**NDHSCA Web Site**

*<http://www.fargo.k12.nd.us/ndhsc/>*

## Longevity Awards Recipients

|                    |    |                     |
|--------------------|----|---------------------|
| Rick Cornell       | 35 | GF Schroeder JHS    |
| Brian Anderson     | 30 | Valley City HS      |
| Dale Beckman       | 30 | New Salem HS        |
| Ben Fink           | 30 | Wahpeton HS         |
| Dick Henderson     | 30 | Fargo South HS      |
| Arley Larson       | 30 | Ray HS              |
| Mike Merritt       | 30 | Fargo North HS      |
| Lee Nagel          | 30 | Wahpeton HS         |
| Harold Neis        | 30 | Fargo Discovery JHS |
| Vernon Schreiner   | 30 | Minto HS            |
| Mike Callahan      | 25 | Minnewaukan HS      |
| Frank Conlon       | 25 | Jamestown HS        |
| Mike Forsberg      | 25 | Bottineau HS        |
| Steve Graner       | 25 | Minot HS            |
| Randal Hajicek     | 25 | Northwood HS        |
| Mike Schatz        | 25 | New England HS      |
| Dave Tews          | 25 | Jamestown HS        |
| Joan Thompson      | 25 | Northwood HS        |
| Ken Tinquist       | 25 | Fargo Discovery JHS |
| Harvey Kruckenberg | 21 | Fargo South HS      |
| William Uscensky   | 21 | Minot Ramstad JHS   |
| Larry Walker       | 21 | Killdeer HS         |
| Wayne Berglund     | 20 | Maple Valley HS     |
| Jeff Fiechtner     | 20 | Fargo North HS      |
| Kevin Froeber      | 20 | West Fargo HS       |
| Harold Kjelgaard   | 20 | Fargo Discovery JHS |
| Tim Kraft          | 20 | Central Cass HS     |
| Dave Michaelson    | 20 | Dickinson HS        |
| Kent Van Eils      | 20 | Dickinson HS        |
| Robby Voigt        | 20 | Mohall HS           |

## LETTERS Editor

North Dakota Class B Coaches:

I first would like to let the Class B Basketball Coaches know that I have agreed to stay on and help with the Lions' All Star Team for the time being; I will be working with Terry West, helping him get his feet on the ground in the position of Lions' All Star Basketball Chairman. This year we will be sharing the duties with Terry doing the Class A and I will be doing the Class B.

I am writing this letter in an effort to clear up some problems in the nomination ballot for the Lions' All Star Basketball Team. In the past it seems that the Class B coaches do not realize that they are nominating deserving seniors from their whole Region, not just their District. I know it is hard to know all the players from the other District in your Region, but it is important to try to get as much information as possible so as to be able to nominate the most deserving players. In the past few years as the Chairman, the most common complaint that I have dealt with is the nominating and selection of the Class B Teams.

As a fellow coach, I ask each of you to do your best to nominate the five best players from your Region, and to do so by the time deadline, so that all of our deserving athletes are given the chance to be considered for the Lions' team.

Sincerely, Curt Herman

## LOOK

### NDHSCA Executive Secretary Address Changes!

For the 2002-2003 coaching season, **Gelaine Orvik** remains NDHSCA Executive Secretary. However his address has changed to:

**3457 26<sup>th</sup> Avenue Southwest  
Fargo, ND 58103**

Please be sure to direct all Association mail to him at that address.

Also, please note that all membership registrations should be sent to:

**Karen Hardie  
741 Royal Oaks Drive  
Fargo, ND 58102**

If any mailing is not addressed correctly, it remains at the dead letter office and ultimately is destroyed.

I would like to thank everyone involved with the ND High School Coaches Association. It was an Honor to receive the scholarship and very much appreciated. The money I was awarded has already helped to cover expenses at Concordia College in Moorhead.

Bill Neuheisel

\* \* \* \* \*

I would like to thank you at the NDHSCA for making last night [the convention banquet] one I will never forget!!! Your Award of Merit is truly an honor.

Please pass along my gratitude to the entire organization.

Sincerely, Lee Timmerman

### President and Others (continued from page 2)

**Bill Jansen** continues his struggle with cancer. He was given a bitter-sweet pill the last week of October when he was informed that his cancer was no longer in remission. Concurrently, his senior cross country runner repeated as champion of the State Class A race. The young athlete may have been even more inspired to succeed as he watched his coach fight for life. Bill informs the Association Office that he will be ready for the track and field season. Bill is presently doing testing and will have further therapy after Christmas.

# North Dakota High School Coaches Association

## \$500 Scholarship

### Sponsored by Burger King



Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City/State/Zip Code \_\_\_\_\_

Names of Parents/Guardians \_\_\_\_\_

High School \_\_\_\_\_ Date of Graduation \_\_\_\_\_

Grade Point Average \_\_\_\_\_ Class Rank ( \_\_\_ out of \_\_\_ ) ACT \_\_\_\_ SAT V \_\_\_\_ M \_\_\_\_

College or university planning to attend or have applied to \_\_\_\_\_

Local Newspaper \_\_\_\_\_

Activities: Check activities of participation. Star (\*) those in which leadership roles held.  
 Indicate varsity letter earned by using a **V** in the year that letter was earned.

**Athletics:**

|               |         |          |          |          |
|---------------|---------|----------|----------|----------|
| Baseball      | 9 _____ | 10 _____ | 11 _____ | 12 _____ |
| Basketball    | 9 _____ | 10 _____ | 11 _____ | 12 _____ |
| Cheerleading  | 9 _____ | 10 _____ | 11 _____ | 12 _____ |
| Cross Country | 9 _____ | 10 _____ | 11 _____ | 12 _____ |
| Dance Line    | 9 _____ | 10 _____ | 11 _____ | 12 _____ |
| Football      | 9 _____ | 10 _____ | 11 _____ | 12 _____ |
| Golf          | 9 _____ | 10 _____ | 11 _____ | 12 _____ |
| Gymnastics    | 9 _____ | 10 _____ | 11 _____ | 12 _____ |
| Hockey        | 9 _____ | 10 _____ | 11 _____ | 12 _____ |
| Soccer        | 9 _____ | 10 _____ | 11 _____ | 12 _____ |
| Softball      | 9 _____ | 10 _____ | 11 _____ | 12 _____ |
| Swimming      | 9 _____ | 10 _____ | 11 _____ | 12 _____ |
| Tennis        | 9 _____ | 10 _____ | 11 _____ | 12 _____ |
| Track & Field | 9 _____ | 10 _____ | 11 _____ | 12 _____ |
| Volleyball    | 9 _____ | 10 _____ | 11 _____ | 12 _____ |
| Wrestling     | 9 _____ | 10 _____ | 11 _____ | 12 _____ |

**(Use this space to list other sports, clubs, etc., if needed.)**

\_\_\_\_\_

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**School Activities:**

|                  |         |          |          |          |
|------------------|---------|----------|----------|----------|
| Band             | 9 _____ | 10 _____ | 11 _____ | 12 _____ |
| Chorus           | 9 _____ | 10 _____ | 11 _____ | 12 _____ |
| Debate           | 9 _____ | 10 _____ | 11 _____ | 12 _____ |
| Drama            | 9 _____ | 10 _____ | 11 _____ | 12 _____ |
| Orchestra        | 9 _____ | 10 _____ | 11 _____ | 12 _____ |
| Publications     | 9 _____ | 10 _____ | 11 _____ | 12 _____ |
| Speech           | 9 _____ | 10 _____ | 11 _____ | 12 _____ |
| Student Congress | 9 _____ | 10 _____ | 11 _____ | 12 _____ |

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Signature of person completing this form: \_\_\_\_\_

**Special Instructions:**

1. Applicant's parent/guardian must be a member of the NDHSCA.
2. Application must be made between January 31 and March 1 of each year.
3. Please include the following with this application:
  - a. High school transcript (at the end of first semester of senior year)
  - b. Senior photograph (a formal glossy photo)
  - c. Two letters of recommendation from faculty members.  
 These letters must be mailed to the NDHSCA Executive Secretary at the address listed below.
4. **Return this form, transcript and formal glossy photo to: Gelaine Orvik; Executive Secretary  
 North Dakota High School Coaches Association  
 3457 - 26th Avenue SW  
 Fargo ND 58103**

## West and Herman Team up for Lions' All Star Hoops

Terry West, Red River High School's girls' basketball coach, has been selected to serve as NDHSCA Lions' All Star Basketball Co-chairman.

Terry West was selected by the NDHSCA Executive Board at the recent November board meeting (Terry excused himself from the board meeting and was not involved in the discussion, the motion, or the voting on the motion).

Gelaine Orvik discussed the importance of NDHSCA making the Lions' All Star Chairs position a two person assignment since both boys' and girls' basketball are played during the same winter season. With that in mind, the player selection, the players' contacts, the games' advertising campaign, and all details involve twice the number of contact during the spring season. The board agreed that making the position a two person assignment was vital.

The first assignment was to contact the Class A person. The NDHSCA Board appointed Terry West to serve as the Class A Chairman. Curt Herman was contacted to verify the step taken to alleviate the workload, and he agreed to continue to serve as the Class B Chairman. He also agreed to serve as a transition for Terry West to begin his duties. The Board and Terry were agreeable that having Curt available for transitioning and guidance would be invaluable for the Lions' All Star Basketball player selection and contests.

The NDHSCA Board agreed unanimously that the transition was vital. The request for continued services by Curt Herman was identified as the most important key to a continuation of the Lions' All Star Basketball Program.

The Class B applicants and other Class A applicants were notified of the action by the NDHSCA Board. All applicants were urged to continue interest when and if one of the co-chairmen were to resign.

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## 2003 Vice-President Candidates

The NDHSCA Executive Board nominated Vice-President Candidates at the November Executive Board meeting. The candidates are Scott Grochow, Rugby High School and Julie Jensen, Kindred High School. The balloting will be conducted at the 2003 NDHSCA Convention that will be held in Fargo, July 23<sup>rd</sup>-25<sup>th</sup>.

**Scott Grochow** graduated from Anamoose High School and Minot State University. He earned a mathematics masters' degree from Minot State University and an Administrator's Master's from Mary University. Scott is a seventeen year coaching veteran at Rugby. He has served as head football coach for twelve years and head track and field coach for eight years. He has also been an assistant football coach for five years and assistant track and field coach for nine

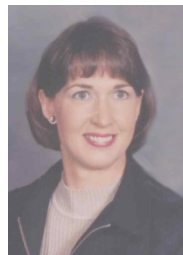


years. He coached basketball for twelve years as an assistant, but no longer coaches basketball. He also serves as co-athletic director.

Scott's football teams have a 68-49 record and his track and field teams sport a 68-28 record, using the NDHSCA milestone record. Scott's 1996 track and field team won a state championship. He was selected State Coach of the Year in AA football twice and regional COTY in track and field four times.

Scott and his wife Kerry have two children: Kaycee and Mitch.

**Julie Jensen** graduated from Kindred High School and Concordia College. Julie coached nine years at Sheldon High School before she moved to Kindred where she enters her 13th season as head girls' basketball coach (she has been an assistant girls' basketball coach for seven years.). She has also been head girls' golf coach for the past three years. Julie was an assistant track and field coach for nine years.



Julie's girls' basketball coaching record is 172-135. Her golf teams have an 18-1 record over three years. The Vikings' golf team won a state championship in 2002. She has been selected District Coach of the Year in girls' basketball twice. She was selected Regional COTY in girls' golf all three seasons that she has coached the sport and State Coach of the Year in 2002.

Julie and her husband Paul have three children: Kristen, Kara, and Andy.

NDHSCA Convention ~ July 23-25, 2003 ~ Fargo, ND

## NDHSCA EXECUTIVE BOARD MEETING

### Schroeder JHS; Grand Forks, ND 58201

### November 16 & 17, 2002

In the absence of Jack Carlson, due to medical reasons, Randy Johnson assumed the gavel and called the meeting to order at 1:00 with Todd Olson, Dave Dougherty, Terry West, Karen Hardie, John Hutchison, and Gelaine Orvik, present.

Mike Berg was present, representing the Shrine Football Committee. Mike gave a report on the Riddell football helmet and the claims that the manufacturer was making. The claim that the helmet prevents concussions simply is not a proven fact. The Equipment Managers Association has taken a stand against the manufacturer. The NATA also have made negative statements about the advertising that has occurred.

Mike presented a nomination form requesting a Special Recognition Award be presented to the Shrine group that has been the center of the working group to host the Shrine Football Contests. He also discussed the news comments that alluded to the Shrine Hospital being in danger of closing because of the shortage of patients. Basically, that means that the hospital is in need of patients, and not that any financial needs exists. If the hospital is closed, the athletes will be given videos to watch and special speakers to explain the shrine hospital and goals of the Shriners.

The Shrine Football games are scheduled for Saturday, July 19<sup>th</sup> at 3:00 and 7:00 PM respectively. The coaches will be selected next week when the winning coaches from each classification have been identified.

Grammatical errors and typo errors were pointed out in the minutes of the July Executive Board. Dave Dougherty moved to accept the minutes as corrected; Todd Olson seconded the motion. Motion passed 6-0.

The minutes of the NDHSCA July Annual Meeting will be distributed at the March Executive Board Meeting.

The Financial Report was presented; the financial balances on November 7, 2002 were as follows:

|             |                                    |
|-------------|------------------------------------|
| \$ 4,408.70 | Checking account balance           |
| \$ 93.37    | Savings account balance            |
| \$11,067.52 | Money Market Share bal. (3.66 APR) |
| \$ 500.00   | Petty Cash Balance                 |

#### Outstanding Income:

|                                   |             |
|-----------------------------------|-------------|
| NDHSAA (Convention re-imburement) | \$ 4,000.00 |
| VALIC (Hall of Fame Plaques)      | \$ 863.57   |
| Select Inn (COTY Rings)           | \$1,800.00  |

Gelaine explained that the two large checks that had been drawn from the account were to pay for the Hall of Fame Rings and to pay the Executive Secretary's per diem allowance for the 2001-2002 year.

Karen Hardie added that two deposits have been prepared for deposit that amount to nearly \$2,000.00 and will be credited within the next two days. Todd Olson moved to accept the financial report; Terry West seconded the motion. Motion passed 6-0.

Karen Hardie presented a printout of the NDHSCA Membership that has been received through membership registration and through the NDHSCA Convention registration. Memberships to date number 734 (that includes life memberships). Membership reports for the November Executive Board Meeting in the past were as follows:

|          |                      |
|----------|----------------------|
| 11/12/01 | 757 paid memberships |
| 11/15/99 | 711 paid memberships |
| 11/11/98 | 740 paid memberships |
| 10/30/97 | 704 paid memberships |
| 10/30/96 | 689 paid memberships |

Terry West moved to accept the membership report; Dave Dougherty seconded the motion. Motion passed 6-0.

Gelaine Orvik gave a report on Jack Carlson's medical condition, as he observed on Wednesday, November 6<sup>th</sup>. Jack was extremely talkative and appeared much rested, although the two visited for 4-5 hours. Jack has a very healthy outlook on his condition, albeit he still has malignant nodules on his lungs. Jack also reported that his doctor's visit early the week of November 11<sup>th</sup> confirmed that the tumors in his liver have not grown in the past month. The week of November 18<sup>th</sup>, he will begin chemotherapy in Bismarck. Gelaine also shared the inspiration that one feels when Jack is present. Jack has a marvelous spiritual outlook on all of the happenings of the year.

Randy Johnson gave a report that he had been contacted regarding a Hall of Fame Nomination form. He had provided the form. Randy and the board also were informed that copies of all forms are available on the NDHSCA website.

Todd Olson transferred a request that All Star Contest Chairs names along with telephone numbers, addresses, and email addresses be listed on the Executive Board on the Website.

Dave Dougherty gave a report on a request from Terry Porter of the Athletic Directors' Association to endorse the Athletic Directors' intent to amend the By-Laws of the NDHSAA to allow Class A basketball to increase the number of contests by two and thereby allowing all athletes in North Dakota to have opportunity to compete in the same number of games, regardless of whether Class A or Class B.

Terry West asked that all stationary and website pages be updated to reflect new addresses for himself, Karen Hardie, and Gelaine Orvik.

Karen Hardie and John Hutchison had no report.

Gelaine Orvik distributed printed materials that he had received since the convention. One such mailing was from Schutt Sports, seeking topics for speakers for next year's football clinic. He also distributed Life Membership lists. He then distributed a letter that requested additional fee for speaking at the convention that was over and above the contract that had been signed. Terry West moved that the clinic speaker conflict be resolved by paying the additional \$90 and provide the speaker options for future directions for cooperation between NDHSCA and the specified group; motion seconded by Todd Olson. Motion passed 6-0.

Gelaine reviewed the letters that had been sent to the following NHSACA National COTY nominees:

**Athletic Director:** Darryl Anderson; Mandan HS  
Mandan, ND 58554

**Football:** Mike Schatz; New England HS  
New England, ND 58647

**Boys' Basketball:** Gene Manson; Minot HS  
Minot, ND 58701

**Girls' Basketball:** Bruce Anderson; Minot HS  
Minot, ND 58701

**Boys' Track & Field:** Jack Carlson; Dickinson HS  
Dickinson, ND 58601

**Girls' Track & Field:** Mike Kuhn; Mandan HS  
Mandan, ND 58554

**Baseball:** Dennis Horner; Midway HS  
Inkster, ND 58244

**Wrestling:** Ron Gadberry; Hillsboro HS  
Hillsboro, ND 58045

**Swimming:** Ken Disher; Minot HS  
Minot, ND 58701

**Boys' Cross-Country:** Clint Chamberlin; Williston HS  
Williston, ND 58801

**Girls' Cross-Country:** Julie Stavn; Bismarck Century HS  
Bismarck, ND 58501

**Volleyball:** Jan Skadeland; Williston HS  
Williston, ND 58801

**Boys' Soccer:** Bob Grabko; Fargo North HS  
Fargo, ND 58103

**Girls' Soccer:** Mel Fisher; Bismarck HS  
Bismarck, ND 58501

**Golf:** Diane Fedje-Weisgarber; Fargo South HS  
Fargo, ND 58103

**Tennis:** Vic Youngs; Fargo South HS  
Fargo, ND 58103

**Special Sports:** Kent Van Ells; Dickinson HS  
Dickinson, ND 58601

Gelaine Orvik reviewed the progress of the Lions All Star Basketball. The board was reminded that selection of the All Star Basketball Chair is still on the agenda. Randy Salzwedal has been in contact with NDHSCA but has not confirmed a date or sites.

Scott Toenies has not provided a report, but has been in working on the All Star Volleyball Match.

Gelaine reviewed the progress of the second *Dakota Coach*. He gave every indication that the next *Dakota Coach* would be in the mail shortly after December first. Joyce Holter has been immensely helpful with her computer skills with desktop publishing.

Gelaine Orvik reviewed the cooperation with VALIC and the progress to date.

Burger King has continued to live up to its responsibility of providing NDHSCA Scholarships and a check for \$1500.00 to assist with Longevity Awards.

Select Inn has been very cooperative with its duties for NDHSCA COTY Rings.

Advisory Committee Appointments were updated and corrected:

**2002-2003 NDHSAA SPORTS  
ADVISORY COMMITTEES  
Updated November 2002**

**BASEBALL:**  
Rick Christianson; Midkota HS  
At Large Representative 2000-2003  
Michael Thingstad; Velva HS  
Class B Representative 2001-2004  
Jeff Fiechtner; Fargo North HS  
Class A Representative 2002-2005

**BOYS' BASKETBALL:**  
John DelVal; Wahpeton HS  
Class A Representative 2000-2003  
Dave Nelson; Mayville/Portland-C/G HS  
Class B Representative 2001-2004  
Rich Hovland; Bismarck Century HS  
At Large Representative 2002-2005

**BOYS' TRACK AND FIELD:**  
Bob Zimney; Grand Forks Red River HS  
Class A East Representative 1999-2003  
Jim Jeske; Killdeer HS  
Class B West Representative 2000-2004  
Greg Fjeld; Minot HS  
Class A West Representative 2001-2005  
Jeryl Thompson; Drayton HS  
Class B East Representative 2002-2005

**CHEERLEADING:**  
Lori Harris; Garrison HS  
Class B Representative 1999-2003  
Billie Ann Caya; Bismarck HS  
At Large Representative 2000-2004  
Brenda Hoffart; Bottineau HS  
Class A Representative 2002-2005

**CROSS COUNTRY:**  
Sean Allan; Grand Forks Central HS  
Class A Boys' Representative 2000-2004  
Damon Brady; New Town HS  
Class B Girls' Representative 2001-2005  
Jerry Schwartz; Dickinson HS  
Class A Girls' Representative 2002-2006  
Bill Jansen; Rugby HS  
Class B Boys' Representative 1999-2003

**FOOTBALL:**  
Jim Larson; Thompson HS  
Class A Representative 1999-2003  
Robert Bubach; Lisbon HS  
Class AA Representative 2000-2004  
Dean Goodall; Dickinson HS  
Class AAA Representative 2001-2005  
Randy Vigen; Central Valley HS  
Nine Man Representative 2002-2006

**GIRLS' BASKETBALL:**  
Jim Jeske; Bismarck Century HS  
At Large Representative 2000-2003  
Mark Wiest; Jamestown HS  
Class A Representative 2001-2004  
Wayne Brackenbury; Mohall HS  
Class B Representative 2002-2006

**GIRLS' TRACK AND FIELD:**

|   |           |
|---|-----------|
| Donna Hutchison; Grand Forks Red River HS |           |
| Class A East Representative               | 1999-2003 |
| Travis Olson; Richarton-Taylor HS         |           |
| Class B West Representative               | 2000-2004 |
| Julie Stavn; Bismarck Century HS          |           |
| Class A West Representative               | 2001-2005 |
| Neil Race; Hatton HS                      |           |
| Class B East Representative               | 2002-2006 |

**GOLF:**

|                                  |           |
|----------------------------------|-----------|
| Dean Kraft; Jamestown HS         |           |
| Class A Girls' Representative    | 2002-2007 |
| Ken Keller; Dickinson Trinity HS |           |
| Class B Representative           | 2000-2004 |
| Kathy Berglund; Hazen HS         |           |
| Class B Representative           | 2001-2005 |
| Ray Callaghan; Fargo North HS    |           |
| Class A Boys' Representative     | 2002-2006 |

**GYMNASTICS:**

|   |           |
|---|-----------|
| Kristi Sandbeck; Grand Forks Red River HS |           |
| President                                 | 1996-2002 |
| Mike Merritt; Fargo North HS              |           |
| East Representative                       | 1997-2003 |
| Curt Sherbrooke; Bismarck Schools         |           |
| West Representative                       | 1998-2004 |
| Ken Van Ells; Dickinson HS                |           |
| President                                 | 2001-2005 |

**HOCKEY:**

|                             |           |
|-----------------------------|-----------|
| Dean Wilson; Fargo South HS |           |
| At Large Representative     | 2000-2003 |
| Gary Samson; Minot HS       |           |
| West Representative         | 2001-2004 |
| Don Smith; Fargo North HS   |           |
| East Representative         | 2002-2005 |

**SOCCER:**

|                                     |           |
|-------------------------------------|-----------|
| Tom Steen; Grand Forks Red River HS |           |
| Class A Boys' Representative        | 2000-2003 |
| Cordell Sinding; Fargo North HS     |           |
| Class A Girls' Representative       | 2001-2004 |
| Randy Baumgartner; Bismarck HS      |           |
| At Large Representative             | 2002-2005 |

**SWIMMING:**

|                            |           |
|----------------------------|-----------|
| Marsha Dahl; West Fargo HS |           |
| At Large Representative    | 2000-2003 |
| Ralph Manley; Mandan HS    |           |
| Girls' Representative      | 2001-2004 |
| Ken Disher; Minot HS       |           |
| Boys' Representative       | 2002-2005 |

**TENNIS:**

|                              |           |
|------------------------------|-----------|
| Lee Nagel; Wahpeton HS       |           |
| Girls' Representative        | 2000-2003 |
| Jason Thiner; Fargo South HS |           |
| At Large Representative      | 2001-2004 |
| Greg LaDouceur; Red River HS |           |
| Boys' Representative         | 2002-2005 |

**VOLLEYBALL:**

|                             |           |
|-----------------------------|-----------|
| Scott Toenies; Hillsboro HS |           |
| Class B Representative      | 2000-2003 |

**VOLLEYBALL: (continued)**

|                              |           |
|------------------------------|-----------|
| Michelle Dolan; Ray HS       |           |
| At Large Representative      | 2001-2004 |
| Jay Schobinger; Dickinson HS |           |
| Class A Representative       | 2002-2005 |

**WRESTLING:**

|                                 |           |
|---------------------------------|-----------|
| Scott Knowlen; Bismarck HS      |           |
| Class A President               | 2002-2003 |
| Dave Dougherty; Watford City HS |           |
| Class B President               | 2002-2003 |
| Jeff Weber; Kindred HS          |           |
| At Large Representative         | 2002-2003 |

The Award of Merit Evaluation Committee met and reported. Terry West moved to present Kevin Fee of the Grand Forks *Herald* and Cindy Peterson of the Minot *Daily News* with the Award of Merit at the 2003 NDHSCA Coach of the Year and Hall of Fame Banquet; Todd Olson seconded the motion. Motion passed 6-0.

The Special Recognition Evaluation Committee met and reported. Terry West moved to present the Games' Committees of the Lions' All Star Basketball, Shrine Football, and Optimists Volleyball with Special Recognition Awards; motion seconded by Dave Dougherty. Motion passed 6-0.

John Hutchison gave a report on the Coach of the Year balloting for the past season. He distributed a list of the Coach of the Year Recipients for the Fall Season to date (including all football recipients). He praised the football coaches with their 71% return of ballots. Class AAA and Class A were especially outstanding with 94% return. Ballots are distributed almost exclusively through email and fax and returns are much improved.

Gelaine Orvik explained the process to determine the recipients for Longevity Awards. When coaches do not complete registration forms, their names are not considered for awards.

Assistant Coach of the Year nominees for Fall sports were presented: Mel Fischer, Bismarck HS; Bobby Hoffner, Maddock HS; George Levey, Washburn HS; Steve Madler, Bismarck HS; and Tim White, Griggs County HS.

Junior High School Coach of the Year nominees for fall sports were presented: Mary Ann Donnay, Fargo Discovery JHS; Jerry Jasmin, Williston HS and Joan Thompson, Northwood HS.

John Hutchison distributed a copy of the Senior Athlete of the Year Recipients to date (including all football recipients).

Gelaine Orvik reviewed the process that is followed for coaches to notify NDHSCA of reaching Victory Milestone levels. Awards are mailed to the recipient directly when NDHSCA is informed of the award level being reached.



The Winter Sports Seasons Coaches' Meetings and Coach of the Year presentation schedule was determined:

|                      |                |
|----------------------|----------------|
| Wrestling:           | Dave Dougherty |
| Boys' A Basketball:  | Todd Olson     |
| Girls' A Basketball: | Terry West     |
| Boys' B Basketball:  | Randy Johnson  |
| Girls' B Basketball: | John Hutchison |
| Hockey:              | Terry West     |
| Swimming & Diving:   | Marcy Blikre   |
| Girls' Hockey:       | Jack Carlson   |
| Gymnastics:          | Gelaine Orvik  |

Life Memberships that have been purchased will be printed and updated immediately on Life Membership Application Forms. Presently the following have purchased Life Memberships:

**PURCHASED LIFETIME MEMBERSHIP:**

Darryl Anderson; Mandan HS  
Ron Carlson; Minnewaukan HS  
Dave Carlsrud; NDHSA  
Greg Fjeld; Minot HS  
Collette Folstad; West Fargo HS  
Thomas Gabrielsen; Grand Forks Red River HS  
John Hutchison; Northwood HS  
Lonny Hutchison; Northwood HS  
Don Kerlin; Mayville/Portland-C/G HS  
Nancy Larson; DesLacs-Burlington HS  
Myron Loberg; Devils Lake HS  
Vernon Schreiner; Minto HS  
Robert Trieglaff; Fargo North HS  
Gary Walhaug; Surrey HS  
Jerry Wilson; Bismarck Century HS

Names were presented for consideration for Nomination for NDHSCA Vice President: Michelle Dolan, Ray HS; Donna Galloway, Park River HS; Randy Gordon, Dickinson Trinity HS; Scott Grochow, Rugby HS; Julie Jensen, Kindred HS; Dave Nelson, Mayville/Portland-C/G HS; Mike Thingstad, Velva HS; and Kiley Yates, Center HS.

Terry West moved to place the names of Scott Grochow, Rugby HS and Julie Jensen, Kindred HS in nomination for NDHSCA Vice President; motion seconded by Dave Dougherty. Motion passed 5-0.

Hall of Fame names and biographies were reviewed by the Hall of Fame Committee. Dave Dougherty moved to induct Joe Swegarden, Central Cass HS into the NDHSCA Hall of Fame; motion seconded by Todd Olson. Motion passed 5-0.

Dave Dougherty asked to be excused while evaluating active coaches. Gelaine Orvik moved to induct Dave Dougherty, Watford City HS into the NDHSCA Hall of Fame; Terry West seconded the motion. Motion passed 4-0.

Gelaine Orvik moved to induct Mike Lestina, Fargo North HS into the NDHSCA Hall of Fame; motion seconded by John Hutchison. Motion passed 4-0.

The following names were placed in consideration for the NHSACA Hall of Fame: Ken Rio, Grand Forks Central HS; Chipper Farrell, Minot HS; Russ Schmeichel, Jamestown HS; Collette Folstad, West Fargo HS; Gene Manson, Minot HS; Fred Fridley, Watford City HS; Henry Brenner, Devils Lake; Ron Gadberry, Hillsboro HS; Frank Fish, Watford City HS; Gene Buen, Velva HS; Fabian Shoults, Park River HS; Jerry Meyer, Jamestown HS; and Tom Manley, Fargo South HS. Gelaine Orvik moved to present Chipper Farrell, Minot HS and Collette Folstad, West Fargo HS to the NHSACA for induction into the National Hall of Fame; motion seconded by Terry West. Motion passed 5-0.

The dates, sites, and housing arrangements were set for the 2003 NDHSCA Coaches Convention and COTY and Hall of Fame Banquet. Contingent to details being confirmed, the Convention will begin on Monday, July 21<sup>st</sup> with the Executive Board meeting at Fargo South HS at 1:00 PM. The seminar sessions will be held at Fargo South HS on Tuesday, July 22<sup>nd</sup>. The Clinic sessions will be held at Fargo South HS Wednesday through Friday, July 23<sup>rd</sup> – July 25<sup>th</sup>. The banquet will be held at the Fargo Ramada Plaza Suites on Thursday, July 24<sup>th</sup>.

Gelaine Orvik requested individual board members and individual Association members to provide specific speaker names together with addresses, phone numbers, and email addresses.

Randy Johnson made a detailed presentation on the NDHSA *Ad Hoc* Committee's decisions regarding the sportsmanship in the schools. An area of concern is the delivery system of a **required parent meeting or video viewing**. Discussion has been held regarding implementation of schools' confirming parents' attendance and results of positive and negative attendance.

NDHSCA directed Randy Johnson to offer a seminar to train facilitators during the annual summer seminar session. NDHSCA will also happily offer a required general session for all head coaches.

Randy Johnson and Gelaine Orvik will discuss ideas with Sherm Sylling.

Discussion was held regarding Dr. Philip Johnson's letter and the establishment of a Medical Advisory Committee. The identified Doctors include Dr. Philip Johnson, orthopedic surgeon; Dr. Max Johnson, ophthalmologist; Dr. Greg Greek, primary care physician; Dr. Darin T. Leetun, orthopedic surgeon; Dr. Steve Wonderlich, Eating Disorder Institute; Dr. Bonnie Freije, chiropractor; and internal medicine doctor or pediatrician and a physician.

NDHSCA recommends the following coaches to represent the various sports of **Football**: Randy Vigen, Buxton Central Valley HS; **Hockey**: Don Smith, Fargo North HS; **Wrestling**: Jeff Weber, Kindred HS; **Track & Field**: Bob Zimney, Grand Forks Red River HS; **Soccer**: Tom Steen, Grand Forks Red River HS; and **Gymnastics**: Mike Merritt, Fargo North HS.

The NDHSCA Executive Board declared that Wednesday, July 30<sup>th</sup>, 2003 be declared John Hutchison Day at the NHSACA National Convention.

Gelaine Orvik moved to establish the Lions' All Star Chair as a two person role with one person dealing with Class A Basketball and one person dealing with Class B Basketball because of the excessive amount of work involved with all of the basketball teams competing in the winter season; motion seconded by Dave Dougherty. Motion passed 5-0 with Terry West abstaining.

Terry West excused himself from the consideration and discussion of the meeting. Gelaine Orvik moved to appoint Terry West as Class A representative for Lions' All Star Basketball Chair; motion seconded by Todd Olson. Motion passed 4-0.

Discussion was held on appointing a Class B representative.

**NOTE: Curt Herman was contacted regarding providing assistance for the transition for the All Star Basketball Chair. He was requested to remain on duty for at least one more year to make the transition easier. At that time Terry West would be able to assist with transition for another co-chair. Curt has agreed to remain on the task as co-chair with Terry West for at least one year.**

Gelaine Orvik will continue with his negotiations with Greg Larson Sports to be exclusive provider to NDHSCA of quality sportswear.

Discussion was held on the ethics of some coaches throughout the state and behavior reports that were questionable. Gelaine was directed to contact Sherm Sylling from NDHSAA and the Executive Secretary of the NDADA to develop a response for behaviors in questions.

Todd Olson moved to have the NDHSCA Executive Board provide verbal support to the NDADA regarding the NDHSAA by-laws change to increase Class A basketball game limitations by two games; motion seconded by Dave Dougherty. Motion passed 5-0.

President-Elect Johnson directed Gelaine Orvik to contact Allard Trophy to provide name plates to all Senior Athletes of the Year at the conclusion of each fall, winter, and spring season.

Suggestion was made to Gelaine Orvik to include CPR certification at the seminar sessions at the convention.

Gelaine Orvik was again reminded to include "Legends of Game" as speakers for the clinic.

Gelaine reviewed the request made by Leon House for a COTY ring because his first ring was stolen when his house was broken-into.

The next NDHSCA Executive Board meeting will be held at Fargo South HS with breakfast at 8:00 AM.

Todd moved to adjourn the meeting. President-Elect Johnson declared the meeting adjourned.

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(Signature) Gelaine Orvik; NDHSCA  
Executive Secretary

## 2003 NDHSCA CONVENTION PLANNING

The 2003 NDHSCA Coaches Convention has been set for July 22nd through July 25th. The seminar sessions will be held at Fargo South High School on the 22nd with the clinic session, also at South HS, on the 23rd through the 25th. The banquet will be held on Thursday, July 24<sup>th</sup> at the Fargo Ramada Plaza Suites Symphony Hall.

Speakers and clinic details will be prepared for the spring issue of the *Dakota Coach*. All coaches are urged to share speakers' names and other details with the Association's leadership.

The National High School Athletic Coaches Association Convention will be held at Tulsa, OK on Sunday, July 27<sup>th</sup> through Friday, August first. North Dakota's John Hutchison will assume the Presidency of the NHSACA at the National Convention. North Dakota is proud of John's role, and the NDHSCA Executive Board urges every coach to make the effort to support John.



## 2002-2003 Membership Report

NDHSCA has 791 members on its Membership roll as of December 15<sup>th</sup>. The membership numbers is somewhat less than one year ago and yet the Association is happy with the number. The Association will again emphasize each member's responsibility to solicit membership by providing every assistant coach a membership form.

A remarkable number of schools provide membership for coaching staffs. Coaches who have memberships provided by schools are urged to share the working relationship that exists with athletic directors and administrations with coaches from other schools. Although our coaches are underpaid, maybe providing memberships is a means of "payment in kind."

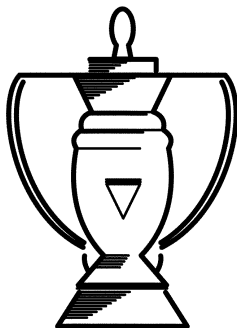
A membership application form is included in every issue of the *Dakota Coach*. The April and June issues will always provide an application for the current year as well as next year. The April and June issues will also always include a convention registration form. Convention registration includes membership as a benefit of registering for the clinic.

A Lifetime Membership Application form is also included as a feature of the Association. The application form will always be found on the inside cover of the back page.

Our President urged members to solicit membership of **every** coach in his or her school. Obviously, our membership is strength for operation and representation to other entities. **Please join!**

## NDHSCA HALL OF FAME 2003

NDHSCA Executive Board announces the recipients of the NDHSCA Hall of Fame as determined at its recent NDHSCA Executive Board Meeting. The inductees will be recognized and receive awards during the summer's NDHSCA Coaches Convention, held on July 22-July 25, 2003 in Fargo. The Hall of Fame Awards will be presented at the Annual Banquet on Thursday, July 24<sup>th</sup> at 6:30 PM at Fargo Ramada Plaza Suites. The recipients for the 2003 induction will be **Dave Dougherty**, head wrestling coach at Watford City High School; **Mike Lestina**, assistant football coach at Fargo North High School; and **Joe Swegarden**, former head football coach and assistant boys' basketball coach at Central Cass High School.



Dave began his NDHSCA Executive Board service in 1999. He was president of the Association in 2001. He will complete his Executive duties in 2004.

Dougherty has been NDHSCA Regional Wrestling Coach of the Year for 11 years. He has been NDHSCA Regional Boys' Track and Field Coach of the Year nine times and Regional Girls' Track and Field Coach of the Year four times. He was NDHSCA State Wrestling Coach of the

Year in 1998 and NHSACA National Coach of the Year Finalist in 2001. In 2003 Dave received his NDHSCA 25-year Longevity Award.

Dave and his wife Danell have four children: Chris, Aaron, Nikki, and Seth.

**Dave Dougherty** is a graduate of Minot High School and Minot State College. He earned his Masters of Arts degree from College of St. Scholastica in 2000. He has coached wrestling, football, boys' and girls' track at Kenmare, Beach, and Watford City High School for 25 seasons. He coached only wrestling at Kenmare High School for one, but coached wrestling, football, and boys' track and field and Beach High School for two years. He is entering his 22<sup>nd</sup> season as head wrestling coach, assistant boys' and girls' track and field coach, and 19<sup>th</sup> season as assistant football coach.

**Dougherty** has led the Watford City Wolves' wrestling team to four conference titles, six regional runnerup titles, six regional championships, State meet third place finishes twice, and three state runnerup titles. Dave has also assisted the girls' track teams to conference titles for two years, and region titles for two years. The Wolves' boys' track and field teams were conference champions three years, regional runnerup titlists twice, and regional champions on six occasions.

Dave has assisted the Wolves' boys' and girls' track and field teams to 85 multi-team victories. His overall wrestling coaching record is 286-72 including 40 tournament championships. Dougherty has coached 27 individual state champions and 74 individual state meet place winners while serving as head coach and assistant wrestling coach at Watford City High School.

Dougherty has been a leader in his profession by serving State Class B Wrestling Coaches Association President since 1989. He has been a member of the NDHSAA wrestling advisory committee since 1990. He was NDHSAA state wrestling seeing committee member in 1991 and 2000. He has been a clinician at the NDHSCA State Convention three times and at the NHSACA National Convention in 2001. He also served as NHSACA National Convention Committee Chairman in 2001.

**Mike Lestina** has coached basketball, track and field, wrestling, and football for 36 years. He coached one year at Barnesville (MN) High School before moving to Fargo North where he has been an assistant coach in wrestling (one year), boys' track and field (11 years), and football (1968-present). Mike is a graduate of Long Prairie (MN) High School and Moorhead State University.

Mike has assisted Fargo North High football to 208 victories. In 11 years the Spartans' Track and Field teams were victorious over 65% of the teams they competed against. Lestina has been a member of NEA, his State Education Association, and his Local Education Association since he began teaching. He has also been a member of NDHSCA since he began coaching in North Dakota. Mike has been an NEA National Delegate (3 years), Fargo Education Association vice president and president. He has also been a member of the FEA negotiations team for eight years. Lestina was selected outstanding biology teacher of North Dakota in 1979. He served three two-year terms on the Fargo Schools' Coaches Council (one year as chairman). Mike served the Fargo Public Schools as science study committee (1991-2001). He has been Fargo North science department chairman since 1991.

As an assistant coach, Fargo North was in the state football playoffs 19 times. The Spartans were State Runnerup Titlists in 1975, 1976, 1978, and 1986. They were State Champions in 1995 and 2000. The Spartans Track and Field teams were State Runnerup four times while Mike was an assistant coach. Mike coached state champions in the hurdles three times and state runnerup in the hurdles six times. He also coached one state champion in the long jump and state runnerup in the long jump twice.

(continued on page 6)

## Hall of Fame Recipients - continued

Lestina earned Special Scholastic Honors Awards four years in college. He was one of the top three freshmen having highest scholastic records and was sophomore class president. He graduated Summa Cum Laude in 1966. Mike was Honorable Mention Teacher of the Year (as elected by students) in 1980, 1981, and 1982. He was selected Teacher of the Year in 1983, 1984, 1985, and 2003. Lestina was awarded Fargo Public Schools Celebration of Excellence Teaching Award in 1988 and 1989. Mike was also selected Fargo Public Schools Teacher of the Year in 1998.

Lestina was North Dakota Shrine All Star Football Game assistant coach in 1987 and North Dakota all star Down Under Football Bowl assistant coach in 1990. Mike was named NDHSCA Assistant Coach of the Year (fall season) in 1988.

Mike is married to Gretchen.

**Joe Swegarden** coached football, boys' basketball, track and field, and baseball. He began his profession at Nome High School (two years). He then moved on to Wimbledon High School (three years), Brookings-Harbor (OR) High School (two years), Siuslaw (OR) High School (three years), and Central Cass High School (26 years). Joe is a graduate of Mayville High School and Mayville State University. He and his wife, Josephine, have five boys: Jay, Jon, Jim, Jeff, and Jed.

Swegarden coached his football teams to two conference championships, four regional playoff games, two regional championships, and a state championship (1980). Joe also coached basketball teams to two conference and district championships and a regional championship in 1967. His track and field teams were conference champions twice and regional titlists in 1967. Swegarden's 1958 baseball team won a district championship in 1958.

Joe coached his basketball teams to 70 victories, 125 football victories, 10 track and field dual meet victories, 10 track and field multi-team victories, and 10 baseball victories.

Joe was a member of the NDHSCA All Star Football Selection Committee from 1984-1986. He was NDHSCA regional all star selection chairman in 1980. Swegarden served on the NDHSAA football advisory committee from 1984-1986; in 1987, he was advisory committee chairman. He was a member of the North Dakota Athletic Directors Association, National Interscholastic Athletic Administrator Association, North Dakota High School Coaches Association, National High School Athletic Coaches Association, and National Federation Interscholastic Coaches.

Joe was honored by North Dakota High School Coaches Association as football Regional Coach of the Year (1984) and as football State Coach of the Year (1981). He was head coach for the North Dakota Shrine Football Game in 1981 and was state nominee for NHSACA National Coach of the Year (1980).

# Congratulations!

## 2003 Award of Merit Recipients

The recipients of the 2003 Awards of Merit and 2003 Special Recognition Awards have been identified by the NDHSCA Executive Board.

Award of Merit recipients are Kevin Fee of the Grand Forks *Herald* and Cindy Peterson of the Minot *Daily News*. The Awards of Merit will be presented at the 2003 NDHSCA Coach of the Year and Hall of Fame Banquet.

The Special Recognition Awards will be presented to the Games' Committees of the Lions' All Star Basketball, Shrine Football, and Optimists Volleyball. These contest committees have been in place for several years in each sport and have contributed significantly to the successes of the contests. The Special Recognition Awards will be presented to the committees at the annual All Star Contests, rather than at the Banquet.



## CDHPERD

### Annual Conference

By Brad Strand

The Central District Association for Health, Physical Education, Recreation and Dance is holding its annual convention in Fargo at the Ramada Inn Feb. 5-7, 2003. One of the pre-conference workshops involves strength and conditioning, something many coaches are interested in. The cost of the pre-conference workshop is \$25.

This is the effort of NDHSCA to inform coaches and Health, Physical Education, Recreation and Dance instructors of the meeting. Information about the conference can be found on the NDAHPERD web site at:

<http://www.ndsu.nodak.edu/ndsu/ndahperd/index.html>

Thanks, contact Brad Strand through his website if you have questions.



# North Dakota High School Coaches Association

## Membership Registration 2002-2003

Name \_\_\_\_\_  
 School \_\_\_\_\_  
 Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_  
 Home Address \_\_\_\_\_  
 City/State/Zip Code \_\_\_\_\_

|                    |       |
|--------------------|-------|
| <b>Membership:</b> |       |
| High School        | _____ |
| Junior High        | _____ |
| College            | _____ |
| Life               | _____ |
| Associate          | _____ |
| Cheerleading       | _____ |

In the A and B column, write H (head coach) or A (assistant coach) for the appropriate sport(s).  
 In the third column, write your 2000-2001 record.

|                     | A   | B   | 01-02 record | lifetime record |
|---------------------|-----|-----|--------------|-----------------|
| Athletic Director   | --- | --- | -            | -               |
| Baseball            | --- | --- | -            | -               |
| Boys Basketball     | --- | --- | -            | -               |
| Girls Basketball    | --- | --- | -            | -               |
| Boys Cross Country  | --- | --- | -            | -               |
| Girls Cross Country | --- | --- | -            | -               |
| Football            | --- | --- | -            | -               |
| Boys Golf           | --- | --- | -            | -               |
| Girls Golf          | --- | --- | -            | -               |
| Hockey              | --- | --- | -            | -               |
| Softball            | --- | --- | -            | -               |

|                | A   | B   | 01-02 record | lifetime record |
|----------------|-----|-----|--------------|-----------------|
| Gymnastics     | --- | --- | -            | -               |
| Soccer         | --- | --- | -            | -               |
| Boys Swimming  | --- | --- | -            | -               |
| Girls Swimming | --- | --- | -            | -               |
| Boys Tennis    | --- | --- | -            | -               |
| Girls Tennis   | --- | --- | -            | -               |
| Boys Track     | --- | --- | -            | -               |
| Girls Track    | --- | --- | -            | -               |
| Volleyball     | --- | --- | -            | -               |
| Wrestling      | --- | --- | -            | -               |
| Strength       | --- | --- | -            | -               |

List Year(s) and Sport(s) of state championships coached. \_\_\_\_\_

Have you filed a Victory Milestones Form? \_\_\_\_\_

Number of years coaching completed (as of June '03) \_\_\_\_\_

Signature \_\_\_\_\_

Fee: \$45.00

**Coaches are urged to photocopy additional membership forms and solicit membership of all head and assistant coaches throughout each school district. - Thank you.**

### *Proud to be a Member of the NDHSCA*

Membership in the NDHSCA has the following benefits:

- Subscription to our *Dakota Coach* newsletter
- Access to coaching openings in North Dakota
- Reduced admission to NDHSCA/NDHSAA Clinic during the year
- Free or reduced admission to many high school and college contests
- UND/NDSU football tickets for (except Hockey) \$1.00 allotted in reserved section
- Eligibility for the full awards program of the NDHSCA
- Eligibility to serve on the Sports Advisory Committee
- Eligibility to serve on All-Star Coaching Staff
- Contacts that will allow opinions to be heard in the governing of each sport by the NDHSCA
- An organized group that keeps everyone in touch with developments across the state and nation
- An organization that is concerned with offering programs that will help improve coaches
- An organization that is attempting to maintain and improve athletic programs for North Dakota's youth.



The NDHSCA is here to serve. Always feel free to contact any officer or the Executive Director with a problem, suggestion, or complaint. Knowing the needs of coaches makes it possible for the NDHSCA to serve you better.

**Membership deadlines:      Fall-October 1    Winter-February 1      Spring-May 1**

**Return form to: Karen Hardie, NDHSCA Membership Chair ~ 741 Royal Oaks Dr. ~ Fargo, ND 58102**

# NDHSCA Victory Milestones



Please help the NDHSCA keep your records current. Each coach must send their record at the completion of each season. If coaching more than one sport, complete each sport on a separate form. If you are completing the victory milestone for the first time, make sure to give your record for each year.

Report only the highest level of coaching each season. Don't add coaching seasons together (ex. if a coach is coaching both jr. high boys basketball and varsity basketball, count only the varsity basketball record for that season). If coaching both varsity girls' and varsity boys' basketball, count each season on separate forms and don't add together as one record. Under the new format for counting victories in certain sports such as track and field, cross country, tennis, golf, swimming, and gymnastics; the old records will need to be updated. Remember to keep each sport season separate and always report the highest level of coaching in each sport.

**Mail completed form/s to: Gelaine Orvik; 3457 - 26th Avenue SW; Fargo, ND 58103.** Awards will be sent upon request after records are updated.

### Procedure For Determining Won/Loss Records In An Invitational Meet:

- A. In an invitational meet, the teams that finish below you will count as victories, those that finish above you are losses. Any teams that you tie will count as a win.
- B. Figure out the total number of teams you have competed against and what percentage of those teams were wins and losses.
- C. Take the percentage of wins/losses from above and multiply it against the number of meets you participated in to arrive at your won/loss record for the season.
- D. If this is not a whole number, victories will always be rounded down and losses will be rounded up. (Obviously, if your team has participated in ten meets during the year, your wins plus losses should equal ten.)

| Sport         | Cat. 1 | Cat. 2 | Cat. 3 | Cat. 4 | Cat. 5 |
|---------------|--------|--------|--------|--------|--------|
| Baseball      | 75     | 150    | 225    | 300    | 375    |
| Basketball    | 100    | 200    | 300    | 400    | 500    |
| Cross Country | 50     | 100    | 200    | 300    | 400    |
| Football      | 50     | 100    | 200    | 300    | 400    |
| Golf          | 45     | 90     | 135    | 180    | 225    |
| Gymnastics    | 45     | 90     | 135    | 180    | 225    |
| Hockey        | 100    | 200    | 300    | 400    | 500    |

| Sport      | Cat. 1 | Cat. 2 | Cat. 3 | Cat. 4 | Cat. 5 |
|------------|--------|--------|--------|--------|--------|
| Soccer     | 100    | 200    | 300    | 400    | 500    |
| Softball   | 75     | 150    | 225    | 300    | 375    |
| Swimming   | 50     | 100    | 200    | 300    | 400    |
| Tennis     | 50     | 100    | 200    | 300    | 400    |
| Track      | 50     | 100    | 200    | 300    | 400    |
| Volleyball | 150    | 300    | 450    | 600    | 750    |
| Wrestling  | 75     | 150    | 225    | 300    | 375    |

- Only meets in which three or more schools participate will count as an invitational.
- Schools can still have a dual meet record that would remain the same along with a record for the invitationals they attend.
- It will be up to the individual coaches to determine their records from past years and update wins or revise their victory milestone forms.

|                 |                |                 |                          |
|-----------------|----------------|-----------------|--------------------------|
| Example: Meet 1 | 11 teams       | 7 wins          | 4 losses                 |
| Meet 2          | 4 teams        | 0 wins          | 4 losses                 |
| Meet 3          | 6 teams        | 6 wins          | 0 losses                 |
| Meet 4          | 5 teams        | 4 wins          | 1 loss                   |
| Meet 5          | 7 teams        | 5 wins          | 2 losses                 |
| <b>Totals</b>   | <b>5 meets</b> | <b>33 teams</b> | <b>22 wins 11 losses</b> |

Winning % equals  $22/33 = 67\%$  5 meets x .67=3.35  
 Losing % equals  $11/33 = 33\%$  5 meets x .33 = 1.65  
 Your record for the season would be 3 wins and 2 losses for invitationals.

## NDHSCA Victory Milestone Record Sheet

Name \_\_\_\_\_ Date \_\_\_\_\_  
 High School \_\_\_\_\_ Coaching Position \_\_\_\_\_  
 Address \_\_\_\_\_ City/State/Zip Code \_\_\_\_\_  
 Membership: High School \_\_\_\_\_ Associate \_\_\_\_\_ Junior High \_\_\_\_\_ Life \_\_\_\_\_

|     | Year  | School | Sport | Varsity | JV    | JH    | Won/Loss | Overall Record |
|-----|-------|--------|-------|---------|-------|-------|----------|----------------|
| 1.  | _____ | _____  | _____ | _____   | _____ | _____ | _____    | _____          |
| 2.  | _____ | _____  | _____ | _____   | _____ | _____ | _____    | _____          |
| 3.  | _____ | _____  | _____ | _____   | _____ | _____ | _____    | _____          |
| 4.  | _____ | _____  | _____ | _____   | _____ | _____ | _____    | _____          |
| 5.  | _____ | _____  | _____ | _____   | _____ | _____ | _____    | _____          |
| 6.  | _____ | _____  | _____ | _____   | _____ | _____ | _____    | _____          |
| 7.  | _____ | _____  | _____ | _____   | _____ | _____ | _____    | _____          |
| 8.  | _____ | _____  | _____ | _____   | _____ | _____ | _____    | _____          |
| 9.  | _____ | _____  | _____ | _____   | _____ | _____ | _____    | _____          |
| 10. | _____ | _____  | _____ | _____   | _____ | _____ | _____    | _____          |
| 11. | _____ | _____  | _____ | _____   | _____ | _____ | _____    | _____          |
| 12. | _____ | _____  | _____ | _____   | _____ | _____ | _____    | _____          |
| 13. | _____ | _____  | _____ | _____   | _____ | _____ | _____    | _____          |
| 14. | _____ | _____  | _____ | _____   | _____ | _____ | _____    | _____          |
| 15. | _____ | _____  | _____ | _____   | _____ | _____ | _____    | _____          |

# North Dakota High School Coaches Association Lifetime Membership Application



To purchase a Lifetime Membership  
the prospective coach must have been:  
A. an NDHSCA Member for 20 years.  
B. an active high school coach for 25 years -  
(either in ND or another state).

Lifetime Membership may be purchased for a one-time fee of \$250.  
Such Lifetime Membership will carry all Active Membership benefits.  
If a member is no longer an active coach, then Lifetime Member relinquishes voting  
and office holding privileges.

Name \_\_\_\_\_

School \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Home Address \_\_\_\_\_

City/State/Zip code \_\_\_\_\_

Number of years coaching completed (as of June 2003) \_\_\_\_\_

Number of years NDHSCA Member (as of June 2003) \_\_\_\_\_

**Fee: \$250 Please include the fee with this application.**

**Mail fee and application to:**

Karen Hardie, NDHSCA Membership Chair  
741 Royal Oaks Drive  
Fargo, ND 58102

## **Purchased Lifetime Memberships, as of December 2002**

Darryl Anderson; Mandan HS  
Dave Carlsrud; NDHSAA  
Collette Folstad; West Fargo HS  
John Hutchison; Northwood HS  
Don Kerlin; Mayville/Portland-C/G HS  
Myron Loberg; Devils Lake HS  
Robert Trieglaff; Fargo North HS

Ron Carlson; Minnewaukan HS  
Greg Fjeld; Minot HS  
Thomas Gabrielsen; Grand Forks Red River HS  
Lonny Hutchison; Northwood HS  
Nancy Larson; DesLacs-Burlington HS  
Vernon Schreiner; Minto HS  
Gary Walhaug; Surrey HS  
Jerry Wilson; Bismarck Century HS



**N.D.H.S.C.A.  
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**The *Dakota Coach* is printed through the assistance of Fargo Public Schools.**

The *Dakota Coach* is the official publication of the NDHSCA and is distributed without charge to all NDHSCA members in good standing. Notes, articles, opinions, or letters to the editor are welcome if they deal with high school coaching concerns. They will be printed as space permits. Opinions and views of the authors are their own and do not always reflect the official position of the NDHSCA.

Send to Gelaine Orvik - [gorvik@cableone.net](mailto:gorvik@cableone.net) or to any of the members of the Executive Board  
See page 2 for e-mail addresses, mailing addresses

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