



Dakota Coach

North Dakota High School Coaches Association
Official Publication

Spring 2004

Volume 37 No. 3

Hall of Fame

NDHSCA Executive Committee announces the inductees to the 2004 NDHSCA Hall of Fame as determined at its recent NDHSCA Executive Committee Meeting. The inductees will be recognized and receive awards during the 2004 NDHSCA Coaches Convention, held on July 27-July 30, 2004 in Fargo. The Hall of Fame Awards will be presented at the Annual Banquet on Thursday, July 29th at 6:30 PM at Fargo Ramada Plaza Suites. The recipients for the 2004 induction will be the following coaches.

- **Kathy Aspaas**, assistant girls' swimming coach at Minot High School
- **Marney Shirley**, head girls' swimming and diving coach at Jamestown High School
- **Dick Miller**, retired head boys' basketball at Oakes High School

Kathy Aspaas is a graduate of Minot High School and Minot State University. She has coached swimming and diving at Minot High School since she launched into her profession as an educator and coach. **Kathy** was head girls' swimming and diving coach for 26 years, assistant girls' coach for three years, and assistant boys' coach for five years. She spent one year coaching Minot Junior High School swimming and diving. She has coached the Minot Swim Club for fifteen years.

(Continued on page 3)

NDHSCA Outstanding Senior Athlete Award

During the course of the past year, the NDHSCA Office has received several contacts regarding guidelines for selection Senior Athlete Award. The concern from most contacts has been relative to whether team or school suspension should enter into the consideration of the selection process.

When the Senior Athlete Award was given birth by the Association, the premise for the development was precisely that more than individual or team performance needed to be a part of the consideration.

The Association, in the preparation of the award, notified each sport to prepare all selection criteria to be in agreement with the NDHSCA philosophy for awards. Frankly, the NDHSCA Executive Committee expected that each coach would use Association Ethics and Principles as guidance for nomination.

If any sport wanted to develop specific criteria, that sport's Advisory Committee would be responsible to develop and circulate that criteria to all coaches of that sport.

Since that time, with the request for direction and guidance from some sports, the NDHSCA Executive Committee has developed criteria and guidelines for selection of Senior Athlete of the Year.

(See page 5 for guidelines)

Membership and COTY

During the course of the past year, NDHSCA has faced several unusual membership issues. Some of the issues involve the basic fact that coaches forget to order memberships and ignore failure to receive a membership card.

Last fall a coach went through the process of being nominated for Coach of the Year at the regional level and the state level, only to have the award withheld because membership had not been received by **our association** office. Later in the fall, a Coach of the Year Award was withheld because none of the nominees were members.

(See guidelines on page 4)

President's Message



Now that the spring sports season is upon us and the school year is coming to a close, it is important for all people to reflect back on the accomplishments and efforts by the teams in their sports. I am confident that the spring sports will continue to fulfill the same excitement for individuals of all ages. Teams and coaches need to be congratulated for all their accomplishments.

I encourage coaches to become involved in the NDHSCA. We need to continue recruiting new members, attend meetings in your discipline, volunteer for advisory positions, and be part of committees. Remember that we are working together to improve all sports and benefit our student-athletes. The only way to do this is to become involved in our organization.

I hope part of your summer plans include attending our State Convention. Gelaine has worked hard to make this summer's convention outstanding. We plan on having some interesting topics during the first day of seminars as well as some great coaches talking about their individual discipline. The dates for the convention are July 27, 28, 29, and 30. It will be held at the Ramada Plaza Suites in Fargo. They have a wonderful convention center and treat us extremely well. Get your room reservations today.

See you at the State Convention!
President Johnson

2004 NDHSCA Coaches Convention
July 27-30, 2004
Fargo Ramada Plaza Suites

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Hall of Fame continued from front page

Aspaas has led the Majettes to 22 girls' swimming and diving conference titles as a head coach, assisted the girls' to a title in 2002 and 2003, and assisted the boys' swimming and diving team to four conference titles. The Majettes earned five State Runnerup titles under **Kathy's** guidance. While she was an assistant coach, Minot High School produced one girls' swimming State Runnerup title, one boys' swimming State Runnerup title and one girls' swimming State Championship (2003).

As a head coach, **Kathy** has coached her teams to sixteen State Championships. She has assisted the boys' swimming team to three State Championships. **Aspaas'** teams have beaten 1428 teams while losing to only 92 teams as a head coach, which leads to a 93.9% won-lost percentage.

Aspaas has been equally honored with the awards she has earned during her coaching tenure. She has been named NDHSCA Girls' Swimming and Diving Coach of the Year six times (1978, 1982, 1984, 1987, 1993, and 1996). **Kathy** has also earned NHSACA Coach of the Year Finalist five times (1988, 1990, 1995, 1998, and 2001).

Coach Aspaas was named Young Career Woman in 1979 by the Minot Business and Professional Women's Organization. She was accorded the Minot PTA Service to Youth Award in 1982 and 1999. **Kathy** was Runnerup North Dakota Coach of the Year for a Female Team in 1982 and in 1986 North Dakota Coach of the Year for a Female by the North Dakota Sportscasters and Sportswriters Association. The Minot Rotary Club awarded **Aspaas** with the Paul Harris Fellow Award in 1989.

Kathy has served on the NDHSAA Swimming advisory board for four terms. She has served as a clinician at the NDHSCA Coaches Convention. She is a registered swimming and diving official and was a volleyball official.

Coach Aspaas and her husband Robert have two daughters: Alecia Aspaas Rostad and Amanda.

Marney Shirley is a graduate of Jamestown High School and Jamestown College. She has coached swimming and diving at Jamestown High School since she dived into her profession as an educator and coach.

Coach Shirley has been head girls' swimming and diving coach at Jamestown for 34 years. She doubled as head boys' coach also for three years. **Marney** has also served as assistant boys' coach for five years and supervisor of the boys' swim team for a season. She has served as USS Swimming and USA JEST Swim Coach.

Marney coached the Blue Jays to eight EDC Conference/East Region Runnerup Titles. The Blue Jays have won ten Conference/Region Championships. **Coach Shirley** has guided Jamestown High School Swimmers to one State Runnerup Title. Over **Ms. Shirley's** 33 seasons, the Blue Jays have defeated 228 teams in dual & triangular contests. She has also led her teams to victories over 709 teams in multi-team competitions.

Coach Shirley has served on the NDHSCA swimming advisory committee for five terms. She has been advisory committee chair five times. She has served as NDHSCA Swimming and Diving All State Team coordinator since 1982. **Coach Shirley** has also been NDHSCA Swimming Academic All State Chair since 1994. She has been the North Dakota delegate to National Interscholastic Swimming Coaches Association (NISCA) since 1983 as well as Zone Five Director to NISCA 1989-1992. **Ms. Shirley** has served as NISCA Academic All America Chair since 1992 as well as NISCA All America Chair since 1992.

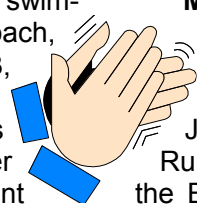
She introduced the NISCA Team Scholar Award, researched and organized the awards procedure. She became chair in 2001 and remains the chair for the awards committee. She served on the NISCA audit committee in 1992 and on the JEST Swim Board.

Marney's coaching peers selected her as NDHSCA Regional Coach of the Year six times (1984, 1985, 1986, 1987, 1988, and 1991) and State Coach of the Year five times (1981, 1983, 1986, 1988, and 1998). NISCA presented her with its prestigious Outstanding Service Award in 1992. The National Federation awarded her with the State Coach of the Year award in 2000 and Midsection Coach of the Year award in 2000.

Coach Shirley was awarded the NDHSCA 20, 25, and 30 year awards. She has also been presented with a Victory Milestone Award in 1995. NISCA recognized her with a Special Service Award in 1995 and her 25 year award. **Marney** has also been nominated for NHSACA National Coach of the Year in 1993, 1994, and 1995.

Marney has two children: Ryan Thomas and Kali Morgan.

Dick Miller is a graduate of Dell Rapids (SD) High School and Dakota State (SD) College. He earned his Masters Degree from NDSU. He coached basketball, track, football, and was athletic director at Orland (SD) HS, Hecla (SD) HS, and Oakes HS for a total of 28 years. He spent 24 years at Oakes HS as head basketball coach, assistant football coach and 12 years as athletic director.



Dick led his basketball teams to 12 conference titles and assisted football teams to ten conference titles. Oakes HS also won ten district titles. The Tornados won three of four Regional Championships in basketball. Miller led his basketball teams to third, fourth, and fifth finishes in the three state tournament appearances. His basketball teams had 448 victories in his 28 years of coaching. He coached 188 football victories as a head coach and an assistant coach.

Coach Miller served on the basketball advisory committee for one term. He also was a member of the track and field advisory committee.

Dick received the Athletic Director of the Year Award from the North Dakota Athletic Director's Association in 1988. He was inducted into Dakota State's Athletic Hall of Fame in 2001.

Dick and his wife Mary have three children: Sara Wohl, Betsy Seter, and Jay Miller.

During the course of the month of February, several coaches contacted the office relative to joining after February first. The answer is always the same: "Any coach may choose to register for membership at anytime during the course of the membership year. However, to receive association awards, the member must be a member before balloting for Coach of the Year in a particular sport begins and before the sports' season membership deadline (Fall Sports-October first; Winter Sports-February first; and Spring Sports-May first)."

The association leadership becomes frustrated with coaches' failure to join before designated deadlines, and their continued request for special exemption of the guidelines of the Association for awards. An old friend, Doyle Radke, always dealt with such requests for special exclusion by referring to the fraud that would be involved for the people who adhered to the guidelines.



Reminder!
Send Membership Fees and Applications to:
Karen Hardie
Membership Chairperson
741 Royal Oaks Drive
Fargo, ND 58102

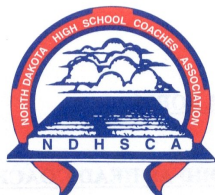
Send Convention forms to:
Gelaine Orvik

- Advice is often ignored when the recommendation applies to one's self. However, some simple advice seems appropriate:
- Ask your school's athletic director to provide membership for all of the school's coaches.
- Join the NDHSCA as soon as possible after June 30th each year.
- Do not wait for the beginning of any particular sport season; join at the beginning of the school year for sure.
- Solicit membership for all of your coaching staff at your first staff meeting.
- Register for the Annual NDHSCA Coaches Convention; the convention registration includes Association membership.

North Dakota High School Coaches Association

Web Site

www.fargo.k12.nd.us/ndhsca/index.htm



Visit our site to find NDHSCA Goals and Purposes,
What does NDHSCA Do?

Forms to download, Listing of Coaches' Awards,
Players' Awards, Executive Board, Advisory Committees,
plus Newsletter and Convention Information

Outstanding Senior Athlete Award Guidelines

Continued from page 1



These criteria will be presented to the membership at the July NDHSCA Annual Meeting for approval.

NDHSCA Outstanding Senior Athlete Award

Selection Guidelines:

CLASS B:

Select one nominee from each District to advance for the Regional Selection.

Select one nominee from each Region to advance for the State Selection.

CLASS A:

Select two nominees from each conference/region to advance for the State Selection.

Nomination Guidelines:

- Be a senior, in good academic standing, enrolled in an NDHSAA School.
- Be nominated by and receive supportive data from the varsity head coach in the respective sport.
- Compete for a high school varsity team during the respective sport season.
- Display exceptional skills in respective sport during the athlete's senior season.
- Display exceptional sportsmanship during the season of nomination.
- Display leadership qualities during the season of nomination.
- Display commendable citizenship and have no NDHSAA Training Rule Violations during academic senior year.
- Have never been suspended from respective athletic team or the school of representation during academic senior year.

NDHSCA Outstanding Senior Athlete Award Form



Nomination form for the sport of _____

Name of Student _____ School _____

Varsity Head Coach _____ GPA (if available) _____

Team Position, Class, or Event _____

Information about nominee (stats, attributes, records, # of letters, other sports, etc.):

COTY

NDHSCA 2003-2004 Coaches Of The Year

WINTER SPORTS SEASON

<u>CLASS A</u>	<u>NAME</u>	<u>SCHOOL</u>
Girls' Basketball	Craig Flaagan	Fargo South HS
Boys' Basketball	Steve Miller	Bismarck HS
Girls' Hockey	Ace Gregg	Fargo South HS
Boys' Hockey	Dave Lindahl	Williston HS
Boys' Swimming	Diana Farrenkopf	Williston HS

<u>CLASS B</u>	<u>NAME</u>	<u>SCHOOL</u>
Girls' Basketball	Leon Carey	Larimore HS
Boys' Basketball	Gregg Grinsteiner	Dickinson Trinity HS
Wrestling	Davy Zinke	Rolla HS
Junior High COTY	Jocelyn Sevre	Hazen HS
Assistant COTY	Merle Strand	May-Port-C/G HS

ALL STAR SHRINE FOOTBALL

The NDHSCA All Star Football Committee has appointed
by the Football Coaching staff.

The following staffs have been approved:

ELEVEN MAN EAST STAFF:

Head Coach:

Marty Hochhalter, Carrington HS

Assistant Coaches:

Kevin Feeney, Fargo Shanley HS

Greg Hermes, LaMoure HS

Brad Sandy, Harvey HS



ELEVEN MAN WEST STAFF:

Head Coach:

Pete Moe, Washburn HS

Assistant Coaches:

Mark Gibson, Bismarck HS

Loy Ham, Beulah HS

Rich Phillion, Hazen HS

NINE MAN EAST STAFF:

Head Coach:

Dave Bymoan, New Rockford-Sheyenne HS

Assistant Coaches:

Bobby Hoffner, Maddock HS

Scott Strenge, Wyndmere-Lidgerwood HS

Scott Udem, Milnor-North Sargent HS

NINE MAN WEST STAFF:

Head Coach:

Travis Olson, Richardton-Taylor HS

Assistant Coaches:

Dan Imdieke, Linton-HMB HS

Randy Klusmann, Kulm HS

Todd Kosel, Edgeley HS

Letter to the Editor

February 2, 2004

Gary Schauer
Langdon HS
Langdon, ND 58249

Gary:

Thank you for your inquiry regarding guidelines
for selection of Senior Athlete of the Year.

NDHSCA does not have an official specific
criteria regarding selection of NDHSCA Senior
Athlete of the Year. However, the award was
established to counter the Associated Press
Ms. Basketball and Mr. Basketball Award since
the AP award does not have access to the
"finer qualities" involved in the selection of the
NDHSCA Senior Athlete Award.

The NDHSCA award was established with the
general criteria to be based on sport skills,
team contributions, academic achievement,
citizenship, and coachability. Coachability is
the quality that a coach brings to the table and
is based on the knowledge and ethics that only
the coach can contribute to the nomination
process.

Every coach has the ethical responsibility to
nominate only those athletes that can be held
to the most stringent scrutiny. Every coach
has the ethical responsibility to withhold the
nomination of any athlete who does not meet
that scrutiny.

NDHSCA does have guidelines delineated for
the All Star athletes and NDHSAA training
rules violation from the beginning of practice
for the school year (August 12th) would remove
the athlete from consideration. NDHSCA as
an Executive Committee applies those guide-
lines to all athlete awards when the committee
acts for the Association.

Gary, I hope that this will assist the coaches
from your district if question is raised regarding
an athlete being recognized after a violation of
NDHSAA Training Rules.

Sincerely for the Association,

Gelaine Orvik, Executive Secretary
North Dakota High School Coaches Association

Copy: NDHSCA Executive Committee

NDHSCA 2003-2004 Senior Athlete of the Year

2003-2004 FALL SPORTS SEASON

SPORT	ATHLETE	SCHOOL	HEAD COACH
A Boys' Cross Country	Severyn Claymore	Fargo South High School	Rod Hardie
A Boys' Football	Cody Sailer	LaMoure High School	Greg Hermes
AA Boys' Football	Brady Trenbeath	Cavalier High School	Rod Oksendahl
AAA Boys' Football	Tyler Roehl	West Fargo High School	Jay Gibson
A Boys' Soccer	Caleb White	Fargo North High School	Bob Grabko
A Boys' Tennis	Zac Lunak	Grand Forks Red River	Greg LaDouceur
A Girls' Cross Country	Kendra Lystad	Fargo South High School	Dave Tack
A Girls' Golf	Amanda Miller	Wahpeton High School	Jeff Bass
A Girls' Swimming	Emily Weeks	Minot High School	Brock Mitzel
A Girls' Volleyball	Katelynn Stiefel	Dickinson High School	Jay Schobinger
B Boys' Cross Country	Kurt Rettig	Medina High School	Tom Rettig
B Boys' Nine-Man Football	Alex Belquist	New Rockford High School	David Bymoen
B Girls' Cross Country	Stacy Honeyman	Bowman High School	Jerry Popp
B Girls' Volleyball	Tara Holmen	Berthold High School	Crystal Holen

2003-2004 WINTER SPORTS SEASON

SPORT	ATHLETE	SCHOOL	HEAD COACH
A Boys' Basketball	Lucas Moormann	Dickinson HS	Dean Winczewski
A Boys' Hockey	Jordan McIntyre	Grand Forks Central HS	Tarek Howard
A Boys' Swimming	Matthew Lowe	Minot HS	Ken Disher
	Andy Schoonhoven	West Fargo HS	Marsha Dahl
A Girls' Basketball	Melanie Hageman	Fargo South HS	Craig Flaagan
A Girls' Hockey	Ali Rood	Grand Forks Central HS	Kyle Ellingson
A Wrestling	Travis Lang	Bismarck HS	Scott Knowlen & Jeff Schumacher
B Boys' Basketball	Brady Trenbeath	Cavalier HS	Dan Stutlien
B Girls Basketball	Ruthie Dockter	Washburn HS	Keith Jacobson
B Wrestling	Ben Imdieke	Linton HS	Dan Imdieke
Girls' Gymnastics	Kaitlyn Towery	Minot HS	Marissa Upton



National High School Athletic Coaches Association

HOSTS THE

2004 NHSACA ANNUAL MEETING

June 22-24, 2004

Harrah's Hotel • Las Vegas, Nevada

Registration Forms on pages 15 & 16

Congratulations!

Scholarship Recipients

NDHSCA

The NDHSCA Executive Board selected the recipients for the NDHSCA Scholarships at its March 21st meeting. **Lindsey Hausauer**, Velva HS, who plans to attend UND; **Robyn Herman**, Dakota Prairie HS, who plans to attend Lake Region State College; and **Kenyon Wingenbach**, Bismarck Century HS, who plans to attend UND will each receive a \$500.00 scholarship from NDHSCA and Burger King. The scholarships will be presented to each student/athlete at the Annual NDHSCA Hall of Fame and COTY Banquet at the Ramada Plaza Suites Conference Center in Fargo on Thursday, July 29th. Among the three students 31 athletic letters were awarded, 21 activity letters were earned, and ACT scores averaged 28.

Lindsey Hausauer is the daughter of Mike and Diana Thingstad. Mike Thingstad is head wrestling and baseball coach at Velva HS. Lindsey ranks second in her class with a GPA of 3.98 through seven semesters at Velva High School. She has received only one grade that was not an "A" while in high school—and that was an A-. She scored 30 on her ACT test.

Lindsey earned four letters in both basketball and volleyball. She earned six varsity letters in track and field. She was captain of her volleyball and basketball teams. Lindsey also earned letters in band (4), chorus (2), speech (6), and drama (4). She participated in FBLA and FCCLA for four years. She was also a member of the science Olympiad for two years and served as wrestling statistician for two years.

Robyn Herman is the daughter of Curtis and Janet Herman. Curtis is athletic director, and he coaches golf and basketball at Dakota Prairie High School. Robyn ranks second in her class of 37 with a 4.00 GPA. She scored 28 on her ACT.

Robyn earned four varsity letters in basketball and six varsity letters in golf. She was captain of the basketball team as a senior. She also earned activity letters in band (2) and yearbook (2). She participated in Academic Challenge for two years. Robyn also participated in SADD for four years and was a leader in the program her junior and senior years. She is a Reality Check Instructor and participated in Mathcounts for two years.

Robyn plans to matriculate at Lake Region State College.

Kenyon Wingenbach is the son of Ron and Mary Wingenbach. Ron coaches football, basketball, and track and field at Bismarck Century High School. Kenyon carries a 4.00 GPA and ranks first in a class of 382. He scored a 25 on his ACT. Kenyon has earned four letters in three different sports: football, basketball, and track and field. He has been selected team captain for all three sports. He also earned a letter in student government.

Kenyon will attend UND next fall.

Each of the three recipients will receive a \$500.00 scholarship from John Walsh and Burger King of North Dakota at the July 29th NDHSCA Coach of the Year and Hall of Fame Banquet in Fargo at the Ramada Plaza Suites.

Tom Lium Memorial Scholarship Recipients

Nancy Lium and her family formed a scholarship fund in memory of the Late Tom Lium to continue an athletic legacy that he perpetuated while he coached at Berthold HS, Harvey HS, Bismarck HS, and Fargo South HS. The NDHSCA Executive Board was requested to serve as the selection committee for the scholarship by the family. At the NDHSCA Executive Committee Meeting on March 21st, the committee selected **Drew Erhardt of Center High School and T. Ryan Knutson of Williston High School as the 2004 recipients.** Drew and T. Ryan will each receive a \$500.00 scholarship from Nancy Lium.

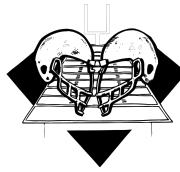
Ryan Knutson ranks first in his graduating class of 211 students at Williston High School with a 4.00 GPA. He scored a 32 on his ACT test and plans to attend UND. Ryan earned varsity letters in cross-country, football, and track and field. As a senior, he will captain his track and field team. He also earned two letters in band. He is an active leader in VICA and participated in Missouri Basin Bowmen and Church Youth Group.

Drew Erhardt ranks 6th in his graduating class of 37 with a GPA of 3.858. He scored a 31 on his ACT and plans to attend Dickinson State University. He earned three letters in baseball and four letters in basketball. He also lettered in golf as a 9th grader. He was active in band and chorus where he earned eight letters. He also was a member of jazz band for four years.

The scholarships will be presented to each student/athlete at the Annual NDHSCA Hall of Fame and COTY Banquet at the Ramada Plaza Suites Convention Center in Fargo on Thursday, July 29th.



2003 Nine-Man Football ALL STATE TEAM



2003 Class A Football ALL STATE TEAM

First Team Offense

OL	Lee Hauck Carson Klosterman Chris Erickson Taylor Schatz	Richardton-Taylor HS Wyndmere-Lidgerwood HS Hope-Page HS Linton-HMB HS
QB	Michael Cudworth	New Rockford-Sheyenne HS
RB	Thomas Fandrich Jay Tweed Brandon Yri	Richardton-Taylor HS Wells County HS Maddock HS
WR	Cameron Hodgkiss Alex Belquist	Trenton-Trinity Christian HS New Rockford-Sheyenne HS
TE	Nick Schuetz	Linton-Hazleton-Moffit Braddock HS

Second Team Offense

OL	Ben Tufte Ed Johnson Kyle Nieuwsma Brandon Yagow	North Central Benson HS TGU-Towner HS New England HS Milnor-North Sargent HS
RB	John Bellon R.J. Boprie Tyler Severson James Overlie	Hope-Page HS Wyndmere-Lidgerwood HS Dakota Prairie HS TGU-Towner HS
WR	Casey Harkness Deyton Bogret Bryan Hummel	North Central Benson HS Divide County HS Strasburg-Zeeland HS
TE	Mike Stowman	Maple Valley-Oriska HS
QB	Kyle Carr	Linton-Hazleton-Moffit Braddock HS

First Team Defense

DL	Noah Ellingson Tim Moch Cameron Abrahamson Jared Rognlien	Maddock HS Edgeley-Kulm HS Maddock HS TGU-Towner HS
LB	Casey Weber Bobby Volesky Jordan Fylling Reid Huttunen Eric Schmidt	New Rockford-Sheyenne HS Wyndmere-Lidgerwood Westhope-Newburg HS North Border HS Linton-HMB HS
DB	Jesse Vote Jamie Kallenbach Brian Fransen Clayton Thorson	Cando-B-E-Starkweather HS Maddock HS Underwood HS TGU-Towner HS

Second Team Defense

DL	Karlan Fullman James Haman Corey Rixen Dustin Brandt Erik Klein	Rolette-Wolford HS Lakota HS Mott-Regent HS Westhope-Newburg HS New England HS
LB	Jeff Judkins Dan Moch Keith McCleary Kyle Hammer Ben Imdieke Justin Mosset	TGU-Towner HS Edgeley-Kulm HS Napoleon-Gackle HS Adams-Edmore-Edinburg HS Linton-HMB HS Linton-HMB HS
DB	Brett Stanhoye Tony Schumacher Kevin Remington	North Border HS Edgeley-Kulm HS Richardton-Taylor HS

First Team Offense

OL	Bobby Johnson Aaron Walsh Barry Kinnischtzke Kyle Nichols Josh Lee	LaMoure HS Harvey HS Washburn HS Stanley HS Park River HS
QB	Riley Dolezal	Stanley HS
RB	Matt Kittelson Dana Sandness	Velva-Sawyer HS LaMoure HS
WR	Ross Schilling Heath Crawford Jake Holen	Harvey HS Garrison HS LaMoure HS
Kicker	Sergio Mar	Stanley HS

Second Team Offense

OL	Steve Hirschirt Matt Indvik Eric Berg Mac Rau Keith Buckman	Washburn HS Northern Cass HS Oak Grove HS Velva-Sawyer HS Belfield HS
QB	Josh Kittel	Garrison HS
RB	Tyler Volk Jamie Hysjulien Phillip Keller	Harvey HS Stanley HS Harvey HS
WR	Jacob Wartz Dusty Vliem	Thompson HS Hettinger HS
TE	Kellen Leupp	Stanley HS
Kicker	Eric Arbrandt	May/Port-C/G HS

First Team Defense

DL	Scott Halverson Ward DeMantigny Mike Brown Cody Sailer	Stanley HS Washburn HS Larimore HS LaMoure HS
LB	Nate Piersol Jon Rethemeier Paul Gjellstad Jury Teigen	Oak Grove HS Larimore HS Velva-Sawyer HS Bowman HS
DB	Cameron Redfish Michael Jordan Brent Bachmeier	Belfield HS May/Port-C/G HS Harvey HS

Second Team Defense

DL	Joe Heninger Clint Gorrell Lowell Johnson Kevin Wagner	Kennmare HS Beach HS Stanley HS Harvey HS
LB	Jordan Everet David Dick Dexter Albrecht Luke Melgaard Josh Hahn	LaMoure HS May/Port-C/G HS Langdon HS Kennmare HS Park River HS
DB	Matt Kram Jace Lalim Tommy Weidler	Langdon HS Williams Co. HS Velva-Sawyer HS



2003 Class AA Football ALL STATE TEAM



2003 Class AAA Football ALL STATE TEAM

First Team Offense

OL	Zach Harrington Luke Holt Jeff Jackson Austin Jensen Tyler Doeling	Carrington HS Grafton HS Trinity HS Beulah HS Carrington HS
QB	Tim Oksenh Dahl	Cavalier HS
RB	Josh Halvorson Wesley Schwartz Paul Wallender	Rugby HS Beulah HS Hazen HS
WR	Brady Trenbeath Brad Elliot	Cavalier HS Valley City HS
TE	Steve Mongeon	Beulah HS

Second Team Offense

OL	Jacob Zach Josh Person Mac Guy Russell Lee Eric Stevenson	Trinity HS DesLacs-Burlington HS DesLacs-Burlington HS Valley City HS Trinity HS
RB	Chris Paulson Andrew Sinner	Grafton HS Central Cass
WR	Josh Vidsten	DesLacs-Burlington HS
TE	Jordyn Nelson	Valley City HS
Punter	Jared Johnson	Kindred HS

First Team Offense

DL	Wayne Samson Luke Schweitzer Ryan Smith Brock Smith	Cavalier HS Trinity HS Hazen HS Carrington HS
LB	John Wanner Ryan Siegle Jordan Henricks Tyler Tudahl Shawn Melland	Trinity HS Cavalier HS Lisbon HS DesLacs-Burlington HS Watford City HS

Second Team Offense

DL	Brandon Messer Kyle Switzer Scott Mollenkamp Brennan Quintus	Trinity HS Cavalier HS Lisbon HS Trinity HS
LB	Dustin Zupan Kelly Coghlan Keith Leier	Belcourt HS Valley City HS Rugby HS
DB	Phillip Zink Jayden Peters Nick Miller Lee Tibert	Carrington HS Trinity HS Hazen HS Grafton HS
Specialist	Arlen Jacobson	Watford City HS

First Team Offense

OL	Dan Dardis Josh Obrugewitch Wade Haugland Jesse Johnson Ryan Bodell	West Fargo HS Bismarck HS GF Central HS Century HS Minot HS
QB	Evan Fahrman	West Fargo HS
RB	Tyler Roel Weston Dressler	West Fargo HS Bismarck HS
WR	Jake Caulfield Kyle Balster	Minot HS West Fargo HS
TE	Mark Gilbertson Nathan Carpenter	Shanley HS Bismarck HS

Second Team Offense

OL	Cal Fougner Haakon Zaeske Scott Ritter Joe DeCoteau Justin Gallagher	Shanley HS Fargo South HS St. Mary's HS Bismarck HS Jamestown HS
QB	Jordan King	Minot HS
RB	Kenyon Wingenbach Tra Tagalaa Jeremy Burgard	Century HS Minot HS Dickinson HS
WR	Jon Breitbach Andrew Ross	Century HS Fargo North HS
TE	Jeff Tescher	St. Mary's HS

First Team Defense

DL	Jeremiah Wurzbacher Cole Rienerts Tanner Fox Greg Hastings	Fargo South HS West Fargo HS Dickinson HS Jamestown HS
LB	Jon Samuelson Logan Schmitz Rockie Stavn	Bismarck HS Stanley HS Century HS
DB	Dary Sjostrum Jason Lunski Brian McNeil Drew Rheault	Century HS Shanley HS West Fargo HS West Fargo HS

Return Specialist

Ryan Chappell	GF Central HS
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Second Team Defense

DL	Joey Schell Rod Heit Dave Dinneen	Fargo South HS Bismarck HS St. Mary's HS
LB	Brendon Flynn Brett Holinka Jeff Sinner Levi Bjertness	Devils Lake HS Dickinson HS West Fargo HS Minot HS
DB	Andrew Knoll Charlie Shirek Mike Feldman Matt Ruby	Shanley HS Minot HS St. Mary's HS Wahpeton HS



2004 LONGEVITY AWARDS

A listing of the longevity award recipients for 2004 follows. Coaches must be helpful in notifying the NDHSCA office to make necessary corrections to this list. The following is a listing with the specific number of years of coaching experience for each recipient.

Awards for the July 30th NDHSCA Hall of Fame and Coach of the Year Awards Banquet will be based on this listing. A letter will be sent to each recipient to verify attendance. Only recipients who reply will have an award prepared for presentation at the awards banquet. Coaches who have received an award for a five year level and are on this list to receive an award are asked to contact the NDHSCA Office immediately to make the correction.

Steve	Dunrud	Rolla HS	20
Dan	Fawcett	Sargent Central HS	20
Marcus	Friskop	Hankinson HS	20
Bill	Galloway	Park River HS	20
Rick	Hack	Ellendale HS	20
Curt	Honeyman	Mott/Regent HS	20
Scott	Knowlen	Bismarck HS	20
Carl	Noss	Enderlin HS	20
Jean	Roise	GF Central HS	20
Chris	Sorensen	Hazen HS	20
Terry	Stargardt	Fargo Discovery JHS	20
Vic	Youngs	Fargo South HS	20
LeRoy	Bettenhausen	Watford City HS	25
Bill	Cahill	Jamestown HS	25
Dan	Carr	Linton HS	25
Mary Ann	Donnay	Fargo Discovery JHS	25

Curt	Herman	Dakota Prairie HS	25
Gerald	Holinka	Dickinson Trinity HS	25
James	Jeske	Killdeer HS	25
Mike	Kuhn	Mandan HS	25
Ralph	Manley	Mandan HS	25
Barry	McCleary	Napoleon HS	25
Larry	Moser	Leeds HS	25
Greg	Pollestad	Drayton HS	25
Gary	Samson	Minot HS	25
Tom	Suelzle	Watford City HS	25
Jeryl	Thompson	Drayton HS	25
Mark	Wisnewski	Lidgerwood HS	25
Greg	Amundson	Mandan HS	30
Brian	Anderson	Valley City HS	30
Rick	Anderson	Griggs County HS	30
Kathy	Aspaas	Minot HS	30
Denny	Dinius	Langdon HS	30
John	Marsh	Fargo South HS	30
"Sam"	Neis	Fargo Discovery JHS	30
Rod	Oksendahl	Cavalier HS	30
Gary	Schauer	Langdon HS	30
Jim	Schilling	Fargo South HS	30
Jerry	Schwartz	Dickinson HS	30
Keith	Snortland	Warwick HS	30
Doug	Sorensen	Washburn HS	30
Bob	Zimney	GF Red River HS	30
Rick	Cornell	GF Schroeder JHS	35
Chipper	Farrell	Minot HS	35
Dennis	Friestad	Valley City HS	35
Dennis	Horner	Midway HS	40
Clint	Lein	Larimore HS	40



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Coaches
Association

Assistant and JHS Coach of the Year – Winter Season

C O T Y

The NDHSCA Executive Committee made selection of the recipient for the 2004 Assistant Coach of the Year Award and Junior High School Coach of the Year Award for the Winter Season at the recent NDHSCA Executive Committee Meeting.

In 1984 The North Dakota High School Coaches Association initiated its program of recognizing Assistant Coaches and Junior High School Coaches from each season with annual awards. The awards are based coaching longevity; assisting state championship or all-state recognition; duties for schools, church and community; contributions to athletics and sports; recognition for contributions to education, athletics, and extraordinary performances; and special commendations from the head coach.

The award is designed for “full-time” Junior High School coaches, who are not head coaches in any sport. However, the evaluation committee may exercise reasonable consideration for an assistant coach who is also a head coach in another sport.

The Winter Season recipient of the Assistant Coach of the Year award is **Merle Strand**, May-Port -C/G High School’s assistant boys’ basketball coach. Merle was nominated by the Mayville-Portland/C-G High School’s head boys’ coach, Dave Nelson.

Merle Strand has been an assistant boys’ basketball coach at Mayville/Portland-C/G High School for 16 years. He has coached basketball for 19 years. During Merle’s last two year tenure as assistant boys’ basketball coach, the Patriots’ varsity had a 54-2 overall record and the junior varsity team has a 34-2 record.

Rick’s primary responsibility includes teaching and developing young players to compete at a varsity level. He also expects players to respect and persevere with the head coach’s philosophy and expectations.

The Winter Season recipient for Junior High School Coach of the Year Award is **Ms. Jocelyn Sevre**, Hazen High School girls’ basketball coach. Ms. Sevre was nominated by Hazen High School boys’ basketball coach, Randy Johnson.

Jocelyn Sevre has been an outstanding coach for 25 years. She is a junior high basketball coach for both boys and girls’ programs in Hazen. Jocelyn helps build the necessary fundamentals that are essential for basketball players. Her ability to teach young people both basketball and life skills are identified by Coach Johnson in his nomination.

Ms. Sevre coordinates the first through 4th grade spring basketball program. She also studies to increase her knowledge of the game and discover new ideas to improve the programs.

NDHSCA Coaches Convention Planning

The 2004 NDHSCA Coaches Convention is in full planning status. All Convention activities will be held at the Fargo Ramada Plaza Suites, beginning with the seminar sessions on Tuesday, July 27th. The sport specific sessions continue on Wednesday through Friday, the 28th-30th.

The Awards banquet will be held on Thursday, July 29th. Baseball, basketball, football, track & field, golf and volleyball will hold advisory committee meetings during the course of the activities. All coaches are urged to attend these sessions to review the new guidelines and begin planning for the 2004-2005 committee recommendations.

Rules interpretations meetings will be conducted for football, swimming, volleyball, and wrestling. The rules meetings will be scheduled to with the least conflict with other sports possible.

Three seminars will be held on Tuesday: **Coaches and Conflict, Special Topics, and Speed, Strength & Conditioning**. These seminars will involve outstanding speakers.

Special sleeping room rates have been arranged at the Ramada Plaza. Standard sleeping rooms with Kings or double queens are available at \$65.00. Suites (with 2 queens and a queen-sized pullout) are available at \$74.00. The suites are ideal for coaches from any single school to share (3 beds @ \$25.00/bed). Registration fee is \$100 again this year and includes 2004-2005 membership, banquet ticket, attendance at all convention activities. The convention continues to be a learning activities as well as opportunity to renew friendships with our busy cohorts.

Please contact Gelaine Orvik at 701-367-8282 or 701-237-9711
with any requests or questions.

North Dakota High School Coaches Association

Membership Registration 2004-2005

Name _____
 School _____ E-mail Address _____
 Home Phone _____ Work Phone _____
 Home Address _____
 City/State/Zip Code _____

Membership:	
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 2003-2004 record.

	A	B	02-03 record	lifetime record		A	B	02-03 record	lifetime record
Athletic Director	---	---	---	---	Soccer	---	---	---	---
Baseball	---	---	---	---	Softball	---	---	---	---
Boys Basketball	---	---	---	---	Boys Swimming	---	---	---	---
Girls Basketball	---	---	---	---	Girls Swimming	---	---	---	---
Boys Cross Country	---	---	---	---	Boys Tennis	---	---	---	---
Girls Cross Country	---	---	---	---	Girls Tennis	---	---	---	---
Football	---	---	---	---	Boys Track	---	---	---	---
Boys Golf	---	---	---	---	Girls Track	---	---	---	---
Girls Golf	---	---	---	---	Volleyball	---	---	---	---
Gymnastics	---	---	---	---	Wrestling	---	---	---	---
Hockey	---	---	---	---	Strength	---	---	---	---
					Year				
						Sport			

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 '05) _____

Signature _____ Fee: \$50.00

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.

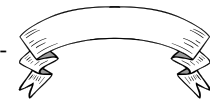


The NDHSCA is here to serve. Always feel free to contact any officer or the Executive Director with a problem, suggestion, or complaint. Knowing the needs of coaches makes it possible for the NDHSCA to serve you better.

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

Return form to: Karen Hardie, NDHSCA Membership Chair ~ 741 Royal Oaks Drive ~ 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

Totals	5 meets	33 teams	22 wins	11 losses
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 _____ E-Mail Address _____
 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 at least 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 _____ E-Mail Address _____

Home Phone _____ Work Phone _____

Home Address _____

City/State/Zip code _____

Number of years coaching completed (as of June 2004) _____

Number of years NDHSCA Member (as of June 2004) _____

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

Please include the lifetime membership fee at the time of the request to purchase a Lifetime Membership.

Purchased Lifetime Membership

Vern Aardahl; Milnor HS	(10/17/03)	Darryl Anderson; Mandan HS	(2002)
Richard Burckhard; Parshall HS	(08/29/03)	Ron Carlson; Minnewaukan HS	(2002)
Dave Carlsrud; NDHSAA	(10/04/02)	Rick Cornell; GF Schroeder JHS	(10/28/03)
Jim Dew; Valley City State College	(10/01/03)	Ken Disher; Minot HS	(07/14/03)
Greg Fjeld; Minot HS	(07/25/02)	Collette Folstad; West Fargo HS	(08/26/03)
Thomas Gabrielsen; Red River HS	(12/19/02)	Ron Gadberry; Hillsboro HS	
Donald C. Hanson; Mandan HS	(02/05/02)	Dale Hertel; Fargo South HS	(06/03/03)
Dennis Horner; Midway HS	(09/16/03)	John Hutchison; Northwood HS	(09/09/03)
Lonny Hutchison; Northwood HS	(09/09/03)	Don Kerlin; May/Port-C/G HS	(08/26/02)
Harold Kjelgaard; Fargo Discovery JHS	(08/26/03)	Nancy Larson; DesLacs-Burlington HS	(09/01/01)
Myron Loberg; Devils Lake HS	(08/01/02)	Jerry Lyon; Minot HS	(08/25/03)
Gary Mailloux; Fargo North HS	(08/28/03)	Harold "Sam" Neis; Discovery JHS	(06/20/03)
Vernon Schreiner; Minto HS	(08/26/02)	David Sluke; Grafton HS	(08/29/03)
Keith Snortland; Warwick HS	(02/03/03)	Robert Trieglaff; Fargo North HS	(08/26/02)
Gary Walhaug; Surrey HS	(08/01/02)	Jerry Wilson; Bismarck Century HS	(09/18/02)
Bob Zimney; Grand Forks Red River HS	(07/01/03)		

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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 or to any of the members of the Executive Board.
See page 2 for e-mail and mailing addresses or phone numbers

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