



Dakota Coach

North Dakota High School Coaches Association
Official Publication

Summer 2004

Volume 37 No. 4

2004 CONVENTION PLANS

The thirtieth annual NDHSCA Coaches Convention will be held at the Fargo Ramada Plaza Suites on Tuesday (July 27th) through Friday (July 30th). A typical Coaches' Education concentration with three concurrent sessions will be held on Tuesday. The three sessions will be "Speed, Strength, and Nutrition," "Coaching and Athletics" and "Coaching and Conflict." A luncheon will be provided for all attendants at noon on Tuesday with a speaker addressing "Coaching Psychology."

All wrestling coaches are alerted to the schedule that has been established to coordinate with the National Kids Tournament. The National Wrestling staff has suggested that the sessions be held at noon each day.

On Wednesday, sport specific clinics will be held for baseball, basketball, football, golf, track & field, volleyball, and wrestling. The golf sessions will be held at the Oxbow Golf Course. The golf scramble will also be held at Oxbow. All registration for the golf scramble must be completed at the Convention Registration at the Ramada. ONLY convention registrants may compete in the golf scramble.

On Wednesday evening, all coaches are invited to a reception at the Ramada Plaza Suites to honor John Hutchison, NHSACA President.

Sport specific clinic sessions continue on Thursday for the sports of baseball, basketball, cross-country, football, swimming & diving, track & field, volleyball, and wrestling.

The NDHSCA Annual Meeting will be held on Thursday morning. Several critical issues will be presented for decision by the general membership. Balloting for NDHSCA Vice-President will also be conducted. Greg Limke from West Fargo and Dave Michaelson from Dickinson are the candidates.

Mike Hendrickson from Fargo South will be presented for approval as Class A Chairman for Lions' All Star Basketball.

The NDHSCA Hall of Fame and Coach of the Year Banquet and Program will be held at the Ramada Plaza Suites. A hospitality will be hosted at 5:30 PM with the banquet beginning at 6:30 PM.

The sport specific sessions will continue on Friday. NDHSAA Rules Interpretation meetings will be held for wrestling coaches on Wednesday, for football coaches on Thursday, for swimming & diving coaches on Friday and for volleyball coaches on Friday.

The NDHSAA Advisory Committees will hold open meetings for suggestions and directions in baseball (Thursday), golf (Wednesday), basketball (Thursday), and football (Thursday). None of the Advisory Committee sessions will conflict with one another.

All coaches should note the registration form on page 3. All golf fees will be charged at the **\$45.00** fee because the golf scramble will be held at Oxbow. If anyone registered for golf using the Spring *Dakota Coach* registration form, an additional fee will be charged at the registration desk.

All North Dakota coaches and friends of coaches are invited to a reception for John Hutchison. The reception will be held at 7:00 PM on Wednesday, June 28, 2004 at the Fargo Ramada Plaza Suites to honor John Hutchison.

John completes his tenure as President of the National High School Athletic Coaches Association as he adjourns the NHSACA Awards Banquet on Thursday, June 24th at Harrah's Resort in Las Vegas, Nevada.

This is an opportunity for all North Dakota Coaches and friends to share our North Dakota Pride with President Hutchison.

President's Message



A special thank you to all the coaches in the state of North Dakota for making this year excellent! It has been an honor to serve as president of one of the strongest Coaches Associations in the country. I really appreciate all the work the board has done this past year to make my job a lot easier. They are an outstanding group of people to be around.

Congratulations to all the State Champions, Coach of the Year Winners, and Senior Athletes of the year. This recognition is one to be cherished for years to come.

I invite you to the State Coaches Convention this summer in Fargo. The dates for the convention are July 27, 28, 29, and 30. It will be held at the Ramada Plaza Suites. They have a wonderful convention center and treat us extremely well. We have some good seminar sessions to attend on Tuesday and the clinicians scheduled for the various sport disciplines on Wednesday, Thursday, and Friday are outstanding. Remember, we do offer graduate credit from North Dakota State University at a very reasonable price. This is a great way to continue your education in areas of your enjoyment. Get your room reservations today. See you at the State Convention and have a great summer!

President Johnson



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Web site www.fargo,k12.nd.us/NDHSCA

NDHSCA/NDHSAA Coaches Convention July 27-30, 2004



Fargo Ramada Plaza Suites
Fargo, North Dakota

The Hall of Fame and COTY Banquet
Fargo Ramada Plaza Suites
Thursday, July 30th

Reserve your rooms at the

Ramada Plaza Suites

BEFORE JULY 10 to receive the \$65 convention rates

Ramada Phone # 1-800-272-6232

2004 Convention Registration Form

**2004 NDHSCA/NCHSAA Coaches Convention
July 27 - 30, 2004**

Fargo Ramada Plaza Suites; Fargo, North Dakota

Convention Registration Fee is \$100.00

Convention Registration Postmarked after July 20, 2004 is \$125.00

No refunds after July 20th

Check each applicable line below on left; circle all the amounts for line item fees on the right.

- 1. Convention:** Registration for all clinic and seminar sessions, 1 NDHSCA Banquet ticket and NDHSCA Membership. **\$100.00**
- ALL COLLEGE CREDIT REGISTRANTS MUST PAY \$100.00 CONVENTION REGISTRATION FEE FIRST.**
- 2. College Credit:** Registration for **TWO (2)** NDSU Semester Credits. **\$110.00**
Coaches and Conflicts Seminar (July 27) and Sports' Clinic Sessions (July 28-30)
- 3. College Credit:** Registration for **TWO (2)** NDSU Semester Credits. **\$110.00**
Special Topics Seminar (July 27) and Sports' Clinic Sessions (July 28-30)
- 4. College Credit:** Registration for **TWO (2)** NDSU Semester Credits. **\$110.00**
Speed, Strength & Conditioning Seminar (July 27) and Sports' Clinic Sessions (July 28-30)
- 5. College Credit:** Registration for **ONE (1)** NDSU Semester Credits. **\$ 55.00**
Sports' Clinic Sessions (July 28-30)

Additional Fees:

- | | | |
|--|------------|----------|
| <input type="checkbox"/> On-site Registration Fee | @ \$ 25.00 | \$ 25.00 |
| <input type="checkbox"/> Golf Tournament (scramble) (7/29/04) | @ \$ 45.00 | \$ 45.00 |
| <input type="checkbox"/> Extra NDHSCA Hall of Fame/Coach of the Year Banquet (7/30/04) tickets | @ \$ 25.00 | \$ 25.00 |
| <input type="checkbox"/> Additional NDHSCA Memberships | @ \$ 50.00 | \$ 50.00 |
| <input type="checkbox"/> Lifetime NDHSCA Memberships | @ \$250.00 | \$250.00 |

Total Amount Due _____

Make checks payable to NDHSCA; Mail Registration form with fee to:

Gelaine Orvik, NDHSCA Executive Secretary
3457 26th Avenue SW, Fargo, ND 58103

NDHSCA Member Registration --- Remainder of form must be completed

**North Dakota High School Coaches Association
Membership Registration 2004-2005**

Membership:

Name _____
School _____ E-Mail _____
Home Phone _____ Work Phone _____
Home Address _____
City/State/Zip code _____

High School	_____
Junior High	_____
College	_____
Life	_____
Associate	_____
Cheer Coach	_____

In the A column, write H (head coach) or A (assistant coach) for the appropriate sport(s).

In the second column, write your 2002-2003 coaching record for each sport.

SPORT	A	03-04 record	life record	SPORT	A	03-04 record	life record
Athletic Director		-	-	Boys' Soccer		-	-
Baseball		-	-	Girls' Soccer		-	-
Boys' Basketball		-	-	Softball		-	-
Girls' Basketball		-	-	Boys' Swimming		-	-
Boys' Cross Country		-	-	Girls' Swimming		-	-
Girls' Cross Country		-	-	Boys' Tennis		-	-
Football		-	-	Girls' Tennis		-	-
Boys' Golf		-	-	Boys' Track & Field		-	-
Girls' Golf		-	-	Girls' Track & Field		-	-
Gymnastics		-	-	Volleyball		-	-
Boys' Hockey		-	-	Wrestling		-	-
Girls' Hockey		-	-	Strength		-	-

Have you filed a Victory Milestones Form? _____ (see backside)

List Year(s) and Sport(s) of state championships coached.	
Years	Sports
_____	_____
_____	_____
_____	_____

Number of years coaching completed (as of June '05) _____

Membership Fee: \$50.00
Return Membership ONLY To: Karen Hardie
(If you are registering for the 741 Royal Oaks Drive
convention - send to ORVIK) 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 _____
 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.	_____	_____	_____	_____	_____	_____	_____	_____

Power of Influence Award American Football Coaches Association



Football Coaches:

The American Football Coaches Association is the voice of our profession. Learn more about our professional organization: www.afca.com

Also, please look at the following information on the Power of Influence Award. Each state nominates a member, and we should be doing this as well.

The American Football Coaches Association and the American Football Coaches Foundation™ created the Power of Influence Award in 2002 as a way for the AFCA & AFCF™ to honor a deserving high school football coach for his effect on his players, school and community. It is the first time the AFCA has created an award specifically designed to honor a high school coach.

The award is given annually to a high school head football coach who is nominated by his state association and selected by a committee comprised of members of the American Football Coaches Foundation™ Board of Directors.

"The most influential men in our profession are our high school and junior high coaches," said Grant Teaff, executive director of the American Football Coaches Association, speaking on behalf of the AFCA and the AFCF™. "There has never been an award on a national basis by a major organization that is based on lifetime achievement, positive influence, community contributions and consistent success on the football field."

The individuals nominated must be active head football coaches and must embody the life-changing qualities of respect and inspiration. They must have touched lives and caused student-athletes and others to want to emulate their honesty, patience and modesty. This award is not based on wins and losses; however, it is noted that coaches of powerful influence have longevity and success.

Thanks.

Mike Berg
Central High School, 115 N. 4th St
Grand Forks, ND 58203
701-787-4053 701-746-2387 fax

Plan to attend the NDHSCA ~ July 27-30, 2004



Your locally owned
**Burger King
Restaurants**
are proud to
sponsor the
**North Dakota
High School
Coaches
Association**



2003-2004 NDHSCA COACHES OF THE YEAR



FALL SPORTS SEASON

CLASS A

Boys' Cross Country
 Boys' Football AAA
 Boys' Football AA
 Boys' Football A
 Boys' Soccer
 Boys' Tennis
 Girls' Cross Country
 Girls' Golf
 Girls' Swimming
 Girls' Volleyball

Leon House
 Ron Wingenbach
 Randy Gordon
 Greg Hermes
 Joe Mueller
 Lee Nagel
 Sean Allan
 Jay Erickson
 Brock Mitzel
 Carolyn Olson

Mandan HS
 Bismarck Century HS
 Dickinson Trinity HS
 LaMoure HS
 Bismarck St. Mary's HS
 Wahpeton HS
 Grand Forks Central HS
 Fargo North HS
 Minot HS
 Grand Forks Red River HS

CLASS B

Boys' Cross Country
 Girls' Cross Country
 Boys' Nine-Man Football
 Girls' Volleyball
 Junior High COTY
 Assistant COTY

Rick Anderson
 Jerry Popp
 David Bymoan
 Rich Olson
 Mary Ann Donnay
 Rick Stevens

Griggs County HS
 Bowman HS
 New Rockford HS
 Langdon HS
 Fargo Discovery JHS
 Minot HS

WINTER SPORTS SEASON

CLASS A

Boys' Basketball
 Boys' Hockey
 Boys' Swimming
 Wrestling
 Girls' Basketball
 Girls' Gymnastics
 Girls' Hockey
 Athletic Director

Steve Miller
 Dave Lindahl
 Diana Farrenkopf
 Derrick Dixon
 Craig Flaagan
 Marissa Upton
 Ace Gregg
 Rex Wenko

Bismarck HS
 Williston HS
 Williston HS
 Turtle Mountain Community HS
 Fargo South HS
 Minot HS
 Fargo South HS
 Beulah HS

CLASS B

Boys' Basketball
 Wrestling
 Girls Basketball
 Athletic Director
 Junior High COTY
 Assistant COTY

Craig Demester
 Davy Zinke
 Leon Carey
 Peggy Person
 Jocelyn Sevre
 Merle Strand

New Rockford/Sheyenne HS
 Rolla HS
 Larimore HS
 Berthold HS
 Hazen HS
 May-Port-C/G HS

SPRING SPORTS SEASON

CLASS A

Boys' Baseball
 Boys' Golf
 Boys' Track and Field
 Boys' Track and Field
 Girls' Soccer
 Girls' Tennis
 Girls' Track and Field

Pete Stenberg
 Brian Anderson
 Darrell Anderson
 Dave Zittleman
 Scott Nordin
 Jason Thiner
 Tim Kolsrud

Minot HS
 Valley City HS
 Bismarck HS
 Bismarck HS
 Grand Forks Central HS
 Fargo South HS
 Bismarck HS

CLASS B

Boys' Baseball
 Boys' Golf
 Boys' Track and Field
 Girls' Golf
 Girls' Track and Field

Justin Fletschock
 Dale Beckman
 Bernie Hall
 Kathy Berglund
 Gary Schauer

Central Cass HS
 New Salem HS
 Harvey HS
 Hazen HS
 Langdon HS

2003-2004 NDHSCA Senior Athlete of the Year Award

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 Bymoan
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
A Boys' Swimming	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

2003-2004 SPRING SPORTS SEASON

SPORT	ATHLETE	SCHOOL	HEAD COACH
A Boys' Baseball	Jake Laber	Fargo North HS	Jeff Feichtner
A Boys' Golf	Tyler Bakke	Minot HS	Chipper Farrell
A Girls' Soccer	Stacy Lunneborg	Fargo South HS	Dan Weiler
A Girls' Tennis	Sheela Damle	Grand Forks Red River HS	Tim Wynne
A Girls' Track and Field	Christin Kingsley	Fargo South HS	Cory Lehman
A Boys' Track and Field	Weston Dressler	Bismarck HS	Dave Zittleman & Darrell Anderson
B Boys' Baseball	Brady Burchill	Hope-Page HS	Mark Frost
B Boys' Golf	Nick Kondos	Minot Bishop Ryan HS	Chuck Finneman
B Boys' Track and Field	Ross Schilling	Harvey HS	Bernie Hall
B Girls' Golf	Martina Bieber	Center HS	Howard Bieber
B Girls' Track and Field	Adriana Friezen	Scranton HS	Kelly Pierce
B Girls' Track and Field	Staci Honeyman	Carrington HS	Greg Hoeckle



Convention Program Tuesday, July 27, 2004

TIME SCHEDULE

8:00-8:55 AM		<u>Speaker and Topic</u>
	STRENGTH & SPEED	John Frappier; Acceleration Products "Screening for Weaknesses"
	COACHING/ATHLETICS	Randy Johnson; Hazen HS "NDHSAA Sportsmanship Program"
	COACHING/CONFLICTS	Rick Smith; Four Winds HS "Drug Testing"
9:00-9:55 AM		<u>Speaker and Topic</u>
	STRENGTH & SPEED	John Frappier; Acceleration Products "Correcting Weaknesses"
	COACHING/ATHLETICS	Gelaine Orvik; NDHSCA Executive Secretary "Professionalism and Ethics in Coaching"
	COACHING/CONFLICTS	Hank Lukaski; USDA Research "Performance Enhancement"
10:00-10:55 AM		<u>Speaker and Topic</u>
	STRENGTH & SPEED	Sherri Driscoll; NDSU Dietician "Nutrition-Hi-Pro Diets: This Too Will Pass"
	COACHING/ATHLETICS	Sherman Sylling, NDHSAA & Gelaine Orvik, NDHSCA" "A Vision: Coaches Education & Training"
	COACHING/CONFLICTS	Sherri Driscoll; NDSU Dietician "Nutrition-Hi-Pro Diets: This Too Will Pass"
11:00-11:55 AM		<u>Speaker and Topic</u>
	STRENGTH & SPEED	Dr. Jane Edwards; NDSU HPER "Diet and Nutrition"
	COACHING/ATHLETICS	Sherman Sylling; NDHSAA Executive Secretary "NDHSAA Programs & Training"
	COACHING/CONFLICTS	Dr. Jane Edwards; NDSU HPER "Diet and Nutrition"
NOON LUNCHEON		Desiree Larson; NDSU - "Coaching Psychology"
1:30-2:25 PM		<u>Speaker and Topic</u>
	STRENGTH & SPEED	Rory Beil; Meritcare Sports Physiologist "Strength & Power Development for Multi-Sport Athlete"
	COACHING/ATHLETICS	Mike LaBine; Detroit Lakes HS "Coaching the Female Athlete"
	COACHING/CONFLICTS	Lynn Lee; Family Violence Prevention "Family Violence Prevention Programs"
2:30-3:25 PM		<u>Speaker and Topic</u>
	STRENGTH & SPEED	Rory Beil; Meritcare Sports Physiologist "Speed Development for the Multi-Sport Athlete"
	COACHING/ATHLETICS	Dr. Bradford Strand; NDSU "NDSU Coaching Minor Requirements"
	COACHING/CONFLICTS	Hank Lukaski; USDA Research "Performance Enhancement"
3:30-4:25 PM		<u>Speaker and Topic</u>
	STRENGTH & SPEED	Al Kraft; Meritcare Sports Physiologist "Sports Specific Strength Program Development"
	COACHING/ATHLETICS	Terry West; Grand Forks Red River Assistant AD "NDHSAA Season Changes"
	COACHING/CONFLICTS	Lynn Lee; Family Violence Prevention "Family Violence Prevention Programs"
4:30-5:25 PM		<u>Speaker and Topic</u>
	STRENGTH & SPEED	Al Kraft; Meritcare Sports Physiologist "Development of Strength Plan"
	COACHING/ATHLETICS	Jim Egeberg; Valley City State University "Developing a Coaching Minor Program"
	COACHING/CONFLICTS	Ron Schneider; Fargo South HS "Fargo-Moorhead Drug Awareness"

Convention Program Wednesday, July 28, 2004

CLINIC TIME SCHEDULE

8:00-9:00 AM		<u>Speaker and Topic</u>
	BASKETBALL	Gary Schuler; Fergus Falls (MN) HS "Survival in the Jungle"
	FOOTBALL	Craig Bohl; NDSU "Bison Offense"
	GOLF	Steve Kennedy; Fargo South HS (held at Oxbow) "Beginners, Trouble-Shooting & the Short Game"
	TRACK & FIELD	Dave Zittelman; Bismarck HS "Horizontal Jumps"
9:15-10:15 AM		<u>Speaker and Topic</u>
	BASEBALL	Mitch McLeod; NDSU
	BASKETBALL	Bob Torgrimson; Dilworth-Glyndon-Felton HS "Defense! Defense! Defense"
	FOOTBALL	Ron Stolsky; Brainerd (MN) HS "Running from the Shot Gun"
	GOLF	Russ Nelson; Moorhead Village Greens Golf Pro "The Full Swing and the Short Game" (at Oxbow)
	TRACK & FIELD	Keith Barnier; Minnesota State University Moorhead "Sprints"
	VOLLEYBALL	Zaundra Bina; NDSU "Contingency "D" Developing Team Defense"
10:30-11:30 AM		<u>Speaker and Topic</u>
	BASEBALL	Don Bryant; Fargo South HS "Developing Bruin Skills & Drills"
	BASKETBALL	Gary Schuler; Fergus Falls (MN) HS "Drills from over 30 Years of Coaching"
	FOOTBALL	Craig Bohl; NDSU "NDSU Defensive Look"
	GOLF	To Be Announced (at Oxbow)
	TRACK & FIELD	Don Larson; NDSU "300 Meter Hurdles"
	VOLLEYBALL	Anita Fossum; Watford City HS "Building a Bond"
11:45 AM-12:45 PM		<u>Speaker and Topic</u>
	BASEBALL	Mitch McLeod; NDSU "Coaching Baseball Indoors"
	BASKETBALL	Brian Flyberg; Linton HS "Tips on Building and Maintaining a Consistent Program"
	FOOTBALL	Ron Stolsky; Brainerd (MN) HS "Creating Numbers"
	GOLF	GOLF Advisory Committee OPEN MEETING "Developing Ideas & Implementing Action for ND Golf"
	TRACK & FIELD	Tim McLagen; Minnesota State University Moorhead "Middle Distance Program"
	VOLLEYBALL	Zaundra Bina; NDSU "Training a LIBERO"
	WRESTLING	Scott Knowlen; Bismarck HS "Leg Riding: Keeping it Simple"
1:00-2:00 PM		<u>Speaker and Topic</u>
	GOLF SCRAMBLE	AT OXBOW - - signup at Registration Desk Wednesday AT OXBOW - - Only Convention Registrants
	VOLLEYBALL	Crystal Holen; Berthold HS "Hitting, Blocking, & Rotation"
	WRESTLING	Jeff Schumacher; Bismarck HS "Why Not? 'Shorten Your Practice Time!'"
2:00-3:00 PM		<u>Speaker and Topic</u>
	WRESTLING	Dave Carlsrud; NDHSAA "Wrestling Rules Clinic"

Convention Program Thursday, July 29, 2004

CLINIC TIME SCHEDULE

8:00-9:00 AM		<u>Speaker and Topic</u> Kelvin Ziegler; UND "Developing a Consistent Program"
	BASEBALL	
	BASKETBALL	Fred Fridley; University of Mary "Quick Hitters and Secondary Break"
	FOOTBALL	Brad Sandy; Harvey HS "Don't Overlook the Little Things"
	NINE-MAN FOOTBALL	Dan Imdieke; Linton HS "Base Defense and Defensive Philosophy"
	SWIMMING & DIVING	Pat Anderson; Moorhead HS
	TRACK & FIELD	Steve Keller; NDSU (at South HS) "Pole Vault"
	VOLLEYBALL	Dave Moody; Dickinson State University "Utilizing the Libero Position"
9:15-10:00 AM		<u>Speaker and Topic</u>
	BASEBALL	Corey Anderson; Valley City State University "Coaching at Another Level"
	BASKETBALL	NDHSCA Basketball Advisory Committee "Developing Ideas & Implementing Action for ND Basketball"
	CROSS COUNTRY	Jerry Schwartz; Dickinson HS "Mental & Physical Training"
	FOOTBALL	Ron Wingenbach; Bismarck Century HS "Adjusting your Offense to your Personnel"
	NINE-MAN FOOTBALL	Mark Kroulik; Stephen-Argyle (MN) HS "Wing-T Offense: Thirty Years of Experience"
	TRACK & FIELD	Brock Mitzel; Minot HS (at South HS) "Power Pole Vaulting Development"
	VOLLEYBALL	Jay Schobinger; Dickinson HS "Teaching the Attack by Backwards Progression"
10:15-11:15 AM		NDHSCA ANNUAL MEETING
NOON-1:00 PM		HALL OF FAME INDUCTEES LUCHEON
	BASKETBALL	Steve Miller; Bismarck HS (at South HS) "Individual Drills to Improve Your Players"
	WRESTLING	Sherri Driscoll; NDSU "Nutrition and Weight Control"
1:00-2:00 PM		<u>Speaker and Topic</u>
	BASEBALL	Keith Snortland; Lakota HS "Baseball after Thirty Years"
	BASKETBALL	Gerald Vetter; Bismarck St. Mary's H (at South HS)
	CROSS COUNTRY	Forry Flaagan; Rapid City Stevens HS "Stevens HS Cross Country"
	FOOTBALL	Dave Carlsrud; NDHSAA "Football Rules Interpretations"
	SWIMMING & DIVING	Pat Anderson; Moorhead HS
	TRACK & FIELD	Dave Michaelson; Dickinson HS "Discus"
	VOLLEYBALL	Dave Moody; Dickinson State University "Organizing & Running Practices Successfully"
	WRESTLING	Davy Zinke; Rolla HS "Lifting and Takedowns"
2:15-3:15 PM		<u>Speaker and Topic</u>
	BASEBALL	Corey Anderson; Valley City State University "A New Approach to an Old Game"
	BASKETBALL	Chuck Gulsvig; Moorhead HS "The Modern Day Coach"

Convention Program Thursday, July 29 - continued

CROSS COUNTRY	Mike LaBine; Detroit Lakes (MN) HS "Coaching Cross Country"
FOOTBALL	Sherm Sylling; NDHSAA "Developing Ideas & Implementing Action for ND Football"
SWIMMING & DIVING	Bryan Walls; Grand Forks Schools "Distance Bird Training"
TRACK & FIELD	Tim Tandeski; Grand Forks Red River HS "Javelin"
VOLLEYBALL	Rich Olson; Langdon HS "Serve and Serve Receive"
3:30-4:30 PM	<u>Speaker and Topic</u>
BASEBALL	Kelvin Ziegler; UND "Developing a Consistent Program"
BASKETBALL	Jim Trett; Sioux Falls HS (SD) "Warrior Basketball"
CROSS COUNTRY	Forry Flaagan; Rapid City Stevens (SD) HS "Physiological Differences between Track & Field and XC"
FOOTBALL	Larry Sandy; Velva/Sawyer HS "Aggie Defense"
NINE-MAN FOOTBALL	Mark Kroulik; Stephen-Argyle (MN) HS "Nine-Man Defense: Multiple Fronts"
TRACK & FIELD	Dixon Wightman; Bismarck HS "Shot Put-The Glide"
VOLLEYBALL	Jeni Walsh; Bismarck Century HS "Ball Control Drills"
5:30 PM	Banquet Hospitality at Fargo Ramada Plaza Suites
6:30 PM	NDHSAA Hall of Fame and Coach of the Year Banquet at Fargo Ramada Plaza Suites

Convention Program Friday, July 30, 2004

7:30 AM	Fellowship of Christian Athletes' Bible Study
8:00-9:00 AM	<u>Speaker and Topic</u>
BASEBALL	Scott Berry; Mayville State University "Defensive Systems: Strategy & Drills"
BASKETBALL	Todd Olson; Grand Forks Central HS "Central Basketball"
FOOTBALL	Randy Hedberg; St. Cloud State University "QB Technique in the Husky 3-Step Passing Game"
SWIMMING & DIVING	Brian Strom; UND "Diving Skills"
VOLLEYBALL	Maria Bruggeman; UND "Teaching Skills at UND"
9:15-10:15 AM	<u>Speaker and Topic</u>
BASEBALL	Rod Oksendahl; Cavalier HS "Components Necessary for a Three-Peat"
BASKETBALL	Greg Jung; Dickinson HS "2-3 Zone Defense: Slides, Responsibilities, and Drills"
FOOTBALL	Dale Lennon; UND "UND Passing Game"
SWIMMING & DIVING	Sheryl Solberg; NDHSAA "Swimming & Diving Rules Interpretations"
TRACK & FIELD	Mike Thorson; University of Mary "Sprint Hurdles"
VOLLEYBALL	Chris Mahoney; Jamestown College "Designing a Team Defense"
10:30-11:30 AM	<u>Speaker and Topic</u>
BASEBALL	NDHSAA Baseball Advisory Committee Baseball Advisory Committee OPEN MEETING

Convention Program Thursday July 29 - continued

	BASKETBALL	Leon Carey; Larimore HS "Polar Bear Drills and Skill Development"
	CROSS COUNTRY	Richard Anderson; Griggs County HS "High Mileage vs. Low Mileage in Training"
	FOOTBALL	Rod Oksendahl; Cavalier HS "Installing the Passing Game"
	NINE-MAN FOOTBALL	Dave Bymoan; New Rockford HS "Selling your Strength Program"
	SWIMMING & DIVING	Brock Mitzel & Ken Disher; Minot HS "What Lies Beneath"
	TRACK & FIELD	Bruce Whiting; "High Jump"
	VOLLEYBALL	Lisa Strand; Thompson HS "Promoting Your Program"
11:45 AM-12:45 PM		<u>Speaker and Topic</u>
	BASEBALL	Craig Champagne; Grand Forks Central HS "Base Running and Conditioning"
	BASKETBALL	Gregg Grinsteiner; Dickinson Trinity HS "Attacking Various Zones Offensively"
	FOOTBALL	Randy Hedberg; St. Cloud State University "Husky One Back Draw And Screen Game"
	NINE-MAN FOOTBALL	Travis Olson; Richardton-Taylor HS
	SWIMMING & DIVING	Marney Shirley; Jamestown HS "Top Ten 'Thinks'"
	TRACK & FIELD	Forry Flaagan; Rapid City Stevens (SD) HS "The I in Team"
	VOLLEYBALL	Sheryl Solberg; NDHSAA "Volleyball Rules Interpretations"
1:00-2:00 PM	WRESTLING	Jeff Swenson; Augsburg College <u>Speaker and Topic</u>
	BASEBALL	Scott Berry; Mayville State University "Offense Potpourri"
	BASKETBALL	Mike Hendrickson; Fargo South HS "Transition Basketball"
	FOOTBALL	Randy Gordon; Dickinson Trinity HS "Titan Football"
	NINE-MAN FOOTBALL	Scott Strenge; Wyndmere/Lidgerwood HS "Developing a Cohesive Offensive Line"
2:00-3:00 PM	WRESTLING	Jeff Swenson; Augsburg College <u>Speaker and Topic</u>
	FOOTBALL	Dale Hertel; Concordia College "Building an Offense"
	VOLLEYBALL	Chris Mahoney; Jamestown College "Practice: The First Hour"
	WRESTLING	Jeff Swenson; Augsburg College

Editors Note:

Please note that this schedule was accurate at the time we went to print.

It may be necessary to make changes or additions to the program.

Reserve your rooms at the Ramada Plaza Suites
BEFORE JULY 10 to receive the \$65 convention rates
Ramada Phone # 1-800-272-6232

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	03-04 record	lifetime record
Athletic Director	---	---	-	-
Baseball	---	---	-	-
Boys Basketball	---	---	-	-
Girls Basketball	---	---	-	-
Boys Cross Country	---	---	-	-
Girls Cross Country	---	---	-	-
Football	---	---	-	-
Boys Golf	---	---	-	-
Girls Golf	---	---	-	-
Gymnastics	---	---	-	-
Hockey	---	---	-	-

	A	B	03-04 record	lifetime record
Soccer	---	---	-	-
Softball	---	---	-	-
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 '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 _____
 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

Aardahl, Vern; Milnor HS
Anderson, Darryl; Mandan HS
Burckhard, Richard; Parshall HS
Carlson, Ron; Minnewaukan HS
Carlsrud, Dave; NDHSAA
Cornell, Rick; GF Schroeder JHS
Dew, Jim; Valley City State College
Disher, Ken; Minot HS
Dixon, Derrick; Turtle Mt. Comm. HS
Fjeld, Greg; Minot HS
Folstad, Collette; West Fargo HS
Gabrielsen, Thomas; Red River HS
Gadberry, Ron; Hillsboro HS
Hanson, Donald C.; Mandan HS
Hertel, Dale; Fargo South HS
Horner, Dennis; Midway HS

Hutchison, John; Northwood HS
Hutchison, Lonny; Northwood HS
Kerlin, Don; May/Port-C/G HS
Kjelgaard, Harold; Fargo Discovery JHS
Larson, Nancy; DesLacs-Burlington HS
Loberg, Myron; Devils Lake HS
Lyon, Jerry; Minot HS
Mailloux, Gary; Fargo North HS
Neis, Harold "Sam"; Discovery JHS
Schreiner, Vernon; Minto HS
Sluke, David; Grafton HS
Snortland, Keith; Warwick HS
Trieglaff, Robert; Fargo North HS
Walhaug, Gary; Surrey HS
Wilson, Jerry; Bismarck Century HS
Zimney, Bob; Grand Forks Red River HS

N.D.H.S.C.A.
3457 - 26th Avenue SW
Fargo, ND 58103

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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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