



Dakota Coach

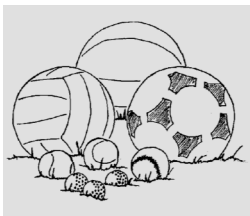
North Dakota High School Coaches Association Official Publication

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Ad Hoc Sportsmanship Committee Update

The North Dakota High School Activities Association presented information on "The Sportsmanship Challenge" to member schools during their meetings in October. They will take input on potential changes up until the meeting in January when it will be voted on. The following is an explanation of what has been developed to date.



The NDHSAA's vision for sportsmanship is built of expectations. It calls on the school community consisting of teachers, coaches, students, parents, and directors of music, speech, debate, and drama to strive for sportsmanship in everything they do by teaching the values of dignity, equity, fairness, and respect. USBank is a sponsor of the "Sportsmanship Challenge Program."

The program, challenges member schools to develop a year-round sportsmanship program and submit verification of doing so to the NDHSAA. The plan must include school policy, codes of conduct, preseason meeting for parents, promotional strategies, and a method to evaluate its effectiveness. Each school that completes this process will receive a NDHSAA Sportsmanship Challenge banner.

Continued on page 8

Assistant and JHS Coach of the Year Fall Season

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 Fall 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 Fall Season recipients of the Assistant Coach of the Year award are **WILLIAM "RICK" STEVENS**, Minot High School's assistant tennis coach and **MARY ANN DONNAY**, junior high school volleyball coach at Discovery JHS, Fargo.

Continued on page 9

2004 NDHSCA Special Recognition Award

The Special Recognition Award became a part of the NDHSCA Awards Program in the early 1980's when the Association made efforts to recognize individuals in a special way for services to coaching, the Association's programs, and individual community athletic programs. Special Recognition Awards differs from the Award of Merit in that these awards are usually more community or Association centered.

The North Dakota High School Coaches Association's Executive Committee voted to recognize the Optimists All Star Volleyball Committee, **Bob Schaible from Bismarck** and **Larry Louser from Minot** with the Association's 2004 Special Recognition Awards.

Continued on page 9

2004 NDHSCA Coaches Convention

July 27-30, 2004

Fargo Ramada Plaza

From the President

Happy Holidays!

Congratulations to the State Champions, Coach of the Year, and Senior Athlete of the Year winners! It was a very successful fall with a lot of outstanding performances that provided great entertainment for a huge number of people. The hard work and competitiveness put forth by the coaches and athletes in this state are fantastic! It gives me great pride to know that North Dakota possesses some of the finest people in the nation.

I encourage coaches to attend the meetings in your sport held at state contests. This allows you to become involved and also an opportunity to voice concerns in your discipline. The advisory committees want input from coaches so they can represent your sport effectively at the state level. The NDHSCA also plans on having a time slot for meetings at the State Convention in various sports.

In closing, I hope that each coach has worked to recruit a new member of the North Dakota High School Coaches Association. I believe our Coaches' Association has a lot to offer all coaches at any level. Make plans to attend our summer convention and bring a fellow coach, or two, along with you.

**Happy New Year and
Good Luck in 2004!**

Randy Johnson

Reminder

All coaches are reminded to keep checking the NHSACA website at www.hscoaches.org for continuous update information on what's happening in the NHSACA. There will be a regular monthly column featured on the site with all the latest information on the Association.

All Coaches are also reminded to check the NDHSCA website at <http://www.fargo.k12.nd.us/ndhsca/index.htm> regularly for additional information.

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NDHSCA Web Site

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LETTERS

To the North Dakota High School Coaches Association:

Thank you for the memorial. Jack was honored to serve in your organization. He felt NDHSCA was so important for coaches. As coaches, you will never realize how many lives you will touch and influence with a word of praise or concern---never doubt that it really does mean so much to that young athlete.

From the family of Jack Carlson

Gelaine Orvik;

Thanks to you and Linda for the pictures in the beautiful frame. Also thanks to you and the rest of the Board for making the weekend in Tulsa special. It was great to see North Dakota so well represented.

Thanks again for everything

Ken Disher

Dear Mr. Orvik and the North Dakota High School Coaches Association:

Thank you for your generosity in selecting me for one of your Coaches Association Scholarships. Your committee's support of high school student/athletes is superb and unmatched in the state.

I am planning on attending Northern State University in Aberdeen, South Dakota. I will be double majoring in Fitness Management and Physical Education and ending my schooling with a Master's degree in Physical Education. I will also be playing basketball for Coach Fredrickson and the NSU Wolves.

Greetings!

This is my membership registration for the 2002-2003 school year. I have asked for a form in my school from other head coaches and the volleyball coach gave me this form. I was a member last year and did not receive any coaching vacancies, newsletters, etc. Please send them this year.

Bruce Junker, Head Track Coach, Oakes Tornadoes

Dear NDHSCA Board of Directors and

North Dakota High School Coaches,

When good things happen to someone there are so many special people behind those special times. Beginning in 1967 and being able to work with the young people and young athletes of ND since then is highest on my list. When one starts a career, one doesn't do so with thoughts of special recognition happening in later years. To *you*, the NDHSCA Board of Directors and to *you* the coaches of North Dakota I owe a huge *thank you* for all the special things that have happened to me.

Thank you for the opportunity to serve as an officer of the NDHSCA in 1980, and thank you for the opportunity to come back on board years later and work with the Coach of the Year portion of this special organization's yearly tasks done with and for coaches. Thank you also for the special honor of being inducted into the NDHSCA Hall of Fame in 1999. It was truly humbling.

Thank you again for your support this past summer as I became president of the NHSACA. That is an honor and a challenge. Thank you for the confidence shown by all of you, special thanks to Gelaine and the present board led by President Jack Carlson for doing all you could to attend the National Convention in Tulsa or to express words of regret for your being unable to attend. The message expressed by your attendance and your words of support if you couldn't are so much appreciated. It means so much to

Gelaine (NDHSCA)

Thanks for the pictures from the NDHSCA banquet in Fargo. I have to say that the picture taken with Jack Carlson brought tears to my eyes. Thanks so much.

P.S. Paying fees just to be able to be considered for Coach of the Year is not right.

Editor's Comment:

Sometimes our members do not receive our newsletters because the local postal department refuses to deliver bulk mailing unless the address is exactly as they demand. Some areas need postal box numbers and other areas need street numbers, and they will accept no other address.

NDHSCA 2003-2004 Coaches of the Year Fall Sports Season

Class A	Name	School
Girls' Volleyball	Carolyn Olson	Grand Forks Red River HS
Girls' Cross Country	Sean Allan	Grand Forks Central HS
Girls' Swimming	Brock Mitzel	Minot HS
Boys' Cross Country	Leon House	Mandan HS
Boys' Football AAA	Ron Wingenbach	Bismarck Century HS
Boys' Football AA	Randy Gordon	Dickinson Trinity HS
Boys' Football A	Greg Hermes	LaMoure HS
Boys' Tennis	Lee Nagel	Wahpeton HS

Class B		
Girls' Volleyball	Rich Olson	Langdon HS
Girls' Cross Country	Jerry Popp	Bowman HS
Boys' Nine-Man Football	David Bymoen	New Rockford HS
Boys' Cross Country	Rick Anderson	Griggs County HS

Junior High COTY	Mary Ann Donnay	Fargo Discovery JHS
Assistant COTY	Rick Stevens	Minot HS



2004 Hall of Fame Inductees Announced

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

A full Hall of Fame news article will be run in the April issue of the *Dakota Coach*.

2004 ALL STAR DATES AND GAME SITES

FOOTBALL:

Practice begins on Monday, July 5th
Football game at the FargoDome;
Saturday, July 10th

VOLLEYBALL:

Practice begins on Saturday, July 10
West Fargo HS
First Match at West Fargo High School
Tuesday, July 13th
Second Match at Bismarck Century HS;
Wednesday, July 14th

BASKETBALL:

Practice begins on Friday, July 16th
at Bismarck (girls)
at Fargo (boys)
First night of games at Bismarck Civic Center
Tuesday, July 20th
Second night of games at Fargo Civic Center
Wednesday, July 21st



-- from the Executive Secretary's Desk

President Carlson passed away on Friday, September 19th with his family at his side and virtually every coach in the state praying for him. A prayer service and video presentation of his life was held at 7:00 p.m. at the funeral home in Dickinson. His funeral service was held on Wednesday, September 24th. He was laid to rest in St. Patrick's Cemetery in Dickinson.

Reflecting on Jack's life and on his passing conjures millions of reactions. First, the North Dakota High School Coaches Association was deeply touched as the family requested the Executive Secretary to serve as a pallbearer. As the pallbearers left the cemetery, conversation turned to Jack's being laid to rest on "his perfect day." For Jack, the wind, blowing across the plains and the temperature hovering in the 30's was perfect. But, then for Jack, every day was perfect.

Roger Stone recalled Jack's attitude toward weather as wind, rain, sleet, and snow simply brings about the best in people. Dave Michaelson referred to Jack as his mentor who taught him so much and was such a great leader for coaches and athletes. Jay Schobinger recounted becoming an assistant coach for Jack. Jack simply told him that he would be the Midget jump coach, and then added that he would coach the vault also. Jay protested that he didn't know anything about the vault, and Jack retorted that he would know everything as the teacher and coach of the event.

As I rode with these giants in the coaching world, I felt so honored to represent coaches when all of Jack's friends each had a special memory.

My memories are centered on Jack's competitiveness and fierce commitment. Everyone would want to be on Jack's side when "going to war, because of his positive attitude and his dedication to the cause." No one had a more sincere focus as a coach. His life was centered on making his athletes the best they could be and to always compete with class.

Jack and the Midgets were always prepared for their competition and would always give 110%. When the competition was over, the most important element of athletics would come to the surface. He was still friends with his opponent; he loved his competitor regardless of the outcome of the contest.

Jack was focused on the right way to compete. He held firm to the rules of the contest and whenever anyone would deviate from those rules,

he was direct in his returning the contest to be by the rules. Jack was just like so many of our friends; like Doyle Radke and Bob Zimney; like Ron Wingenbach and Julie Stavn; like Dale Hertel and John Marsh; like Terry West and Jerry Popp; like Ed Beyer and Bill Cahill; like hundred's of other coaches: Compete at 110% by the rules for the glory of the athletes and our team- - but always by the rules.

Days like September 24th bring to fruition the glory that God has spread throughout our state, our profession, and our fraternity. God has allowed the coaching fraternity to be a part of His master plan to lead young people to their highest level of performance. Coaches have the honor and fulfillment of having relationships with all of these young people and fellow educator/coaches. These relationships can never be confiscated. Coaches are truly blessed.

Kathie's note of thanks brings tears to my eyes every time I read the card. She writes, "A simple thank you card does not express my thanks for everything you **(NDHSCA and Coaches)** have done for Jack. He loved you like a brother and respected you so much. . . I am imagining that Heaven is a little more organized now..." Yes Kathie, from NDHSCA and all of the coaches in the world, I am sure that Heaven is a little more organized, and Jack is at the start of the 100 meters observing every detail, just as he did at every state meet.

Kathie added in a note to NDHSCA, "Jack was honored to serve in your organization. He felt NDHSCA was so important for coaches. Coaches, you'll never realize how many lives you will touch and influence with a word of praise or concern---never doubt that it really does mean so much to that young athlete!"

Kathie, Chris, Kyle, Devin, and Casey: We know that every message that Jack Carlson ever shared with us is among the most important and inspirational words we will ever received.

The last time I saw Jack in September in his chair, I thought maybe he could not hear me or maybe he did not know who I was. He quickly replied, "Of course I can hear you; you are the LOB" and then he smiled. And of course, when I left him we embraced as we always did and he said, "I love you!"



Continued on next page

On September 9th, one of my best friends, Sam Neis, left for Indianapolis for cancer surgery. Sam has been at the University of Indiana since. He had surgery in mid October. He has fought intensely in recovery. Today, nearly 90 days later, Sam is still fighting. Sam is still the pulling guard on the power sweep, making room for the running back; only this time the head coach is making demands on Sam.

Sam is a veteran coach of over 30 years. He began his coaching profession at St. James of Grand Forks before moving to Fargo South HS when the school opened. He became head football coach for the 1968 season. In 1976 he became offensive line coach for his Alma Mater at NDSU for the Late Jim Wacker. He returned to secondary school coaching at Fargo Agassiz JHS and coached football, basketball, and track and field. He moved to Fargo Discover JHS when the building opened and still teaches math and coaches three sports.

The head coaches at Fargo South High School constantly praise Sam for his "Pied Piper" recruiting at Discovery. He always has over 100 eighth-graders assembled for football and track and field. His junior high school perception of coaching is to assemble the athletes, teach them fundamentals and techniques, and have fun.

A personal view of Sam is that he is incomparable in his commitment and dedication to coaching the young people of the community. Coaching the vaulters until 7:30 at night was a common occurrence for Sam. If an athlete wanted to learn, Sam was there.

Saturday, December 06, 2003 @ 10:00 AM; I just received a phone call; Sam passed away this morning. The previous paragraphs were not intended as a eulogy, although we proudly eulogize Sam's membership in our profession. We are proud of his contribution to the coaching profession. Sam often said "We all have the same Head Coach" when referring to our Maker. Today, we know that our Head Coach has a marvelous assistant coach joining His staff in heaven.

A radio report revealed that one of the state's venerable wrestling coaches, now mayor of Wahpeton, is fighting non-Hodgkin's Lymphoma. Non-Hodgkin's Lymphoma is a cancer grouping that includes malignant diseases developing from the lymphatic system. Bud Schmitz has undergone radiation treatment at the Roger Maris Cancer Center in Fargo for the past eight months.

Mayor Schmitz told the Wahpeton City Council that he will be gone for the next eight weeks as he travels to Minneapolis for a bone marrow transplant. He will travel to the University of Minnesota Cancer Center to prepare for surgery that could rid him of cancer in his bone marrow. His brother will provide the needed healthy marrow. Bud says that the transplant will be his early Christmas present. Keep Bud in your prayers also, even though he is receiving one fine present.

As time goes on, I feel compelled to inform the coaching public about the battles our cohorts go through. Everyone needs to understand that this column is only as valuable in that manner as information that is shared. Whenever one of our brothers or sisters goes through surgery, complications, or death, please send a summary to the NDHSCA office. Although our newsletter is only a quarterly publication, we will always try to be as informative as possible. However, the column relies on members for information.

On the bright side, Cindy Peterson from the Minot *Daily News* recently wrote of Barry Haggin receiving another honor as Divide County High School immortalized the school's athletic facility by dedicating the gymnasium court as "Haggin Court." Barry's record speaks for itself. His accomplishments are lengthy. His "Knight-like" coaching demeanor produced amazing results. Barry is another of the successful coaches from our state who has reached the pinnacle of the mountain with admiration from his players, his school, parents, administration, and his fellow professionals.

As Christmas celebration takes place, please take time to pray for all of our soldiers that are fighting for peace, especially those troops from our home. Also, please pray for peace and good health for all of our friends throughout the nation. Today, say a special prayer for the Sjodin family as they search for Dru. Also, a prayer of thanks for all of those coaches who are leading our young people through troubled times in Afghanistan, Iraq, and throughout the world.

Peace! Until our next issue!

---Gelaine Orvik, NDHSCA Executive Secretary



2003-2004 LION'S ALL STAR BASKETBALL
BOY'S Class B All Star Selection Committee

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REGION 5

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REGION 7

Gregg Grinsteinner – Dickinson Trinity HS
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2003 - 2004 LION'S ALL STAR BASKETBALL
GIRL'S Class B All Star Selection Committee

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Dan Unruh's Memory

Dan Unruh was an important man on the Wahpeton High School campus for more than 30 years, beginning his career in 1968 and retiring in 1998.

As a teacher, he fostered healthy living in his students, encouraging physical activity inside and out of the classroom. "Dan was a champion of the underdogs. He always sought those kids out and made them feel good about themselves," said colleague Janet Gagelin, who is also a longtime teacher at Wahpeton High School.

Unruh died in August after a long battle with cancer. The funeral service was held at the Bethel Lutheran Church, Wahpeton.

Unruh began his career in Wahpeton as a life science teacher, later moving to the physical education and health departments. He was known for working hard for his students. Whether in the classroom or in the game, Unruh was respected by his students and co-workers.

"He was 'genuine' in dealing with students; the real deal, and I think they respected him for that," Gagelin added. "They learned more about themselves than they did about the game."

Wahpeton Athletic Director Ben Fink said his most vivid memory of Unruh is how he challenged athletes to perform their best. "He had a special place in his heart for the disadvantaged kids," Fink said. Unruh and his wife, Joyce, were also foster parents to a number of children through the years.

Dan's career in sports began early. Growing up in Wishek, he was the 12th child of 14. He graduated from Bismarck High School and Dickinson State in 1969, where he is in the Sports Hall of Fame. He later earned a master's degree in 1971.

In Wahpeton, he served as assistant football coach, but he is most noted for his years as head wrestling and head golf coach. In 1991, he took the Wahpeton girls' golf team to the state tournament, where they won the state title.

"He was one of those teachers that really touched people's lives. There's no student that had him that would ever forget him," said Jeff Bass, golf pro at the Bois de Sioux Golf Course. Unruh was also experienced on the course, Bass said. "He played often, and he played well."

While Mike Ferrell was a student at Wahpeton High School, Unruh was his coach. Mike said, "He was always giving us a little rope, but you had certain boundaries. We certainly enjoyed his tutelage." After graduating from Wahpeton High School, Ferrell and Unruh played a lot of golf together.

When Unruh retired from teaching, he came to work at the golf course on the maintenance crew. He also served on the Bois de Sioux Golf Board of Directors.

Dan was also noted for his officiating. "He was very well known across the region for wrestling officiating at the high school, college, and even at the Division One University level," Gagelin said. He was inducted into the North Dakota Officials Hall of Fame, which is located at the Civic Center in Jamestown.

As a colleague, Unruh was best described as a colorful personality. Everyone who knew him had a different story to tell and he could make a room light up with his jokes and story-telling. "He will be remembered as a true friend and a sensitive man," Gagelin said.

By Mary Nelson, Wahpeton *Daily News*

Dan Unruh's memory is well-served by Mary Nelson's article for the Wahpeton Daily News. He was a very successful coach and official and will be remembered for his contributions to athletics and sports throughout the state. --G.Orvik



Mark your calendars now!



2004 NDHSCA Convention Planning

NDHSCA Coaches Convention

July 27 - 30, 2004

Fargo Ramada Plaza Suites



Outstanding Senior Athletes Fall 2003-2004

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 Boy's Football	Brady Trenbeath	Cavalier High School	Rod Oskendahl
AAA Boys' Football	Tyler Roehl	West Fargo High School	Jay Gibson
A Boy's Soccer	Caleb White	Fargo North High School	Bob Grabko
A Boys' Tennis	Zac Lunak	Grand Forks Red River HS	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

2004 NDHSCA VICE-PRESIDENT CANDIDATES

The North Dakota High School Coaches Association's Executive Committee 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 July 27th-July 30th.

The two candidates will be **Greg Limke**, West Fargo High School's boys' basketball head coach; and **Dave Michaelson**, Dickinson High School's head wrestling coach, co-head track and field coach, and assistant football coach.

Greg Limke is a graduate of Minot Ryan High School and the Minot State University. He has coached boys' basketball at Minot Ryan HS, Mandan HS, and presently at West Fargo HS for eighteen years. He was the first basketball coach to coach boys' basketball and girls' basketball to a state championship in the same school year (1993-1994).

Dave Michaelson has coached for 22 years. He has been head wrestling coach at Dickinson HS for nine years where the Midgets have earned a won-lost record of 89-47. He has served as an assistant football coach at Dickinson High School and an assistant boys' track and field coach at Dickinson HS for years. The 2004 season will be his first year as a co-head track and field coach. In 2003 Dave was selected State Class A Wrestling Coach of the Year. He was also selected NDHSCA Assistant Coach of the Year for Spring Sports.

A full biographical background will appear in the April issue of the *Dakota Coach*. Balloting for NDHSCA vice president will be conducted on Thursday, July 29 at the Coaches Convention. The NDHSCA Coaches' Convention is scheduled for Fargo Ramada Plaza Suites, July 27- 30, 2004.



2004 NDHSCA/NDHSAA Coaches Convention

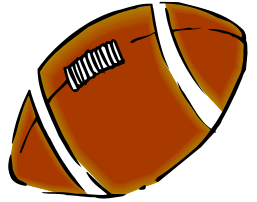
July 27-30, 2004

Fargo Ramada Plaza Suites; Fargo, ND ~ Make your reservations early

Call 701.277.9000 or 800.272.6232

Sleeping Room Rate - \$65.00 Suite Rate - \$75.00

Shrine Football Report



The 2004 Shrine Bowl is scheduled for Saturday, July 10 in the FargoDome. Two games are scheduled, 9 & 11 man; times TBA.

Teams will report for practice on Monday, July 5, East at UND and West at NDSU. Potential coaches will be contacted after the state championship games.

Criteria for coaches include being a current NDHSCA member. The position initially is offered to coaches of highest finishing teams in the State Championship Games. Consideration is given to the coach having the least recent position or to first time coaches.

Shrine and All State nomination forms were mailed to coaches in mid October. Letters and/or email messages were sent to at least two coaches from each football region with instructions to notify the appropriate representative about the All State meeting.

All State nominations were due by Thursday, November 20th. All State selection meetings are scheduled for Saturday, December 6th at 10:00 AM at Jamestown High School.

All State Chairmen

AAA Bill Cahil, Jamestown High School
AA Fred Fridley, Watford City High School
A Pete Moe, Washburn High School
9 Man Dan Imdieke, Linton High School

Mike Berg, Shrine Football Chairman

Grand Forks Central High School
115 4th Street North
Grand Forks, ND 58203
701-787-4053
701-746-2387 fax

2004 Optimists All Star Volleyball

The 2004 All Star Volleyball Matches will be held at the West Fargo High School on Tuesday, July 13 and at the Bismarck Century High school on July 14. Both matches will start at 7:00pm. The players will report to West Fargo on Saturday, July 10.

We will be selecting the players at our state coaches meeting at the state volleyball tournament on Saturday, November 22nd. We will select an East and West team. Each team will be made up of six Class A players and six Class B players. These players will be contacted sometime after that.

We have established a deadline for the paper work to be returned. If paperwork is not returned, the player will be contacted that she is no longer an invited candidate and an alternate will be contacted.

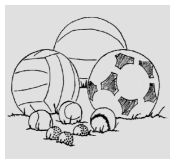
Scott Toenies

Optimists' Volleyball Chairman
Hillsboro High School
Hillsboro, ND 58045
701-636-4360 school
701-636-4362 fax



Ad Hoc Sportsmanship - Continued from front page

The Sportsmanship Program calls on the NDHSAA to provide sportsmanship banners to schools that display good sportsmanship while competing in a NDHSAA – sponsored state tournament. The students, coaches, cheerleaders, bands, and players must honor the school's code of conduct to earn this banner. **This sportsmanship banner program is offered in all bracketed team tournaments that run two or more days long.** Sports included are soccer, volleyball, football [quarterfinals and beyond], tennis, basketball, hockey, wrestling, and baseball. The sportsmanship banners are presented to school officials at the tournament(s).



Beginning with the 2004-2005 school year, every member school of the NDHSAA will be required to participate in the NDHSAA Sportsmanship Program to be eligible to earn a state tournament sportsmanship banner. The NDHSAA will have a manual available on its web site to help member schools develop their own sportsmanship program that includes criteria, crowd control guidelines, sample public address announcements, sample news releases, codes of conduct, tips for pre-season meetings, along with other information. This change will help fulfill the goal that every member school implements a sportsmanship program in their community, enhance the NDHSAA's ability to promote sportsmanship at every level of competition, and give credibility to our overall effort to elevate sportsmanship standards.

Rick Stevens has been an assistant tennis coach at Minot High School for 15 years. He has coached for 18 years. During Rick's 15 year tenure as assistant boys' tennis coach, the Magicians have Asst COTY Fall Season a 137-3 overall record, and that includes three consecutive 10-0 seasons in 2001, 2002 and 2003.

Rick's primary responsibility includes teach basic tennis strokes, assisting the head coach, and running league play. Rick has also served as a junior high school cross country coach for two years and a junior high school track and field coach for one year. Rick Stevens was nominated by the Minot High School Tennis head coach, Jerry G. Lyon.

Rick and his wife Vicki have a daughter, Jessica.

Mary Ann Donnay has been a coach for 25 years and has always coached volleyball in the Fargo Southside system; she has also coached basketball and track and field. She was head coach for volleyball and girls' track and field at Fargo South High School for including in 1983 when the Bruins won a state championship in track and field.



Ms. Donnay has been junior high school volleyball coach at Discovery for ten years.

Mary Ann has the responsibility to coordinate the 8th grade volleyball for 85-105 girls together with three other coaches. Mary Ann organizes the tryouts and coordinates an intramural volleyball program.

Ms. Donnay was selected 1982 NDAPSSA High School Female Coach of the Year, 1982 NDHSCA Girls' Track and Field Coach of the Year and 2003 NDHSCA Junior High School Coach of the Year Award for Spring Sports. She also was awarded the 1999 Pathfinder Award, 1991-1992 Fargo Elementary PE Teacher of the Year, 2001 Fargo Middle School Teacher of the Year, and 2003 Central District Physical Education Teacher of the Year.

Donnay has been inducted into the NSIC Athletic Hall of Fame and the Hall of Fame at Minnesota State University at Moorhead. She is a Special Olympics volunteer and a Fargo Police Department volunteer.

Mary Ann was nominated by Discovery Athletic Coordinator, Peggy Sibbe.

Special Recognition Awards - Continued from front page

The Association made its initial awards to people who assisted in making the Lions' All Star Basketball a success. The awards have continued in placing accolades on professional athletes and community individuals who have made North Dakota Athletics a special experience. Last year's recipients were Joan Miller, Fargo South High School, the Shrine All Star Football Committee, and the Lions' All Star Basketball Committee.



The Fargo Optimists All Star Volleyball Committee has underwritten and supported the All Star Volleyball Matches since the contests' inception in 1987. The Optimists Committee makes all of the housing, food, and activity arrangements for the athletes and coaches. In addition, the Optimists organization has arranged for scholarships for the Outstanding Match performer at each site. The Optimists All Star Committee Members are Lori DeKeyser, Pat Bellmore, Kelly Wentz, Sarah Veit, and Larry Grinaker. These awards will be presented at the Annual All Star Volleyball Match in West Fargo in July.

Bob Schaible is a modest sports historian. He has researched and identified all of the Boys' Basketball State Tournaments participating teams. In another research, he has identified all of the Professional Athletes from the state of North Dakota. In a third research, he identified all of the Olympians from the state of North Dakota, including athletes who have attended North Dakota colleges and universities, but are from another state. Recently he wrote an athletic history of Mott High School. (He graduated from Mott High School in 1961 and was a member of the State Championship Team.) He is presently working on a compilation of "Winning Streaks" and State Championships in all sports.

Larry Louser is the "voice of State Tournaments in Minot." He also serves as a host for Minot State Tournament Committees. He is a fixture for Minot High School Athletics and the activities of the school.

Larry Louser and Bob Schaible will receive their awards at the 2004 NDHSCA Hall of Fame and Coach of the Year Banquet that will be held at the Fargo Ramada Plaza Suites Convention Center on Thursday, July 29th, 2004.

Greg Foster Appointed Lions' All Star Basketball Co-Chair

The North Dakota High School Coaches Association Executive Board has appointed Greg Foster, Rugby HS, to the position of Lions' All Star Basketball Co-Chair. Greg will serve as Co-Chair with Terry West of Grand Forks Red River HS.

Foster will direct and implement the selection of Class B girls and boys basketball players and alternates for the annual Lions' All Star Basketball games, which are played in Bismarck and Fargo each year. The 2004 games have been set for July 20th in Bismarck and July 21st in Fargo.

Greg is a South Dakota native and attended Dakota State University in Madison, SD. He received a B.S. degree in Education in 1992.

Foster coached in South Dakota at Egan, DeSmet, Plankinton, and Gettysburg before moving to Rugby. He has been a head boys' basketball coach for ten years while his teams have amassed a 125-85 record.

While coaching boys' basketball at Rugby, Greg has led the Panthers to District Tournament Runnerup Titles in 1999, 2000, & 2001 and to District Tournament Championship in 2002. The Panthers were also District 11 regular season champions for 5 consecutive seasons, 1998-2002. Greg was named District 11 boys' basketball Coach of the Year in 2001.

Foster also serves as head baseball coach (2001 and 2002 regional Champions) and assistant football coach (1998 and 2000 state runnerup titlists). He teaches business education.

Greg and his wife Liisa, a Rugby High School graduate, have been married for nine years. They have two children: Allison and Landen. Liisa is currently an elementary teacher at Ely Elementary in Rugby.



To: NDHSCA Executive Board

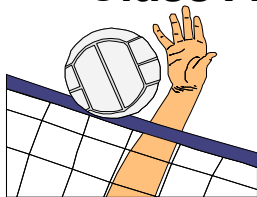
LION'S ALL-STAR CO-CHAIR

I would like to thank the board for choosing me to take over Curt Herman's position as Co-Chairman of the Lion's All-Star Game. I hope that I will be able to meet the board's expectations and I fully intended to do the job to the best of my abilities.

I have been in contact with Curt and we are planning to meet this week in person to exchange any information he is able to pass along to me. Curt has said that he will help me in any way he can over this next year and I greatly appreciate that. Hopefully, with help from both Curt and Terry West and the board's patients, all will go smoothly.

Thanks again!
Greg Foster

Class A Volleyball ALL STATE Players - 2003 Season



Kayla Fee

Williston High School

Cydney Froelich

Bismarck Century High School

Toni Haider

West Fargo High School

Angie Horner

Bismarck Century High School

Kristin Hoy

West Fargo High School

Christin Kingsley

Fargo South High School

Lyndsay Lee

Grand Forks Red River HS

Katie Miller

Bismarck High School

Kelly Polovitz

Grand Forks Red River HS

Jenna Skadeland

Williston High School

NDHSCA EXECUTIVE BOARD MEETING
Fargo Ramada Plaza Suites; Fargo, ND 58103
November 22-23, 2003

Randy Johnson called the North Dakota High School Coaches Association Executive Board Meeting to order with six members present.

President Johnson addressed the Executive Board regarding the loss of our Immediate Past President, Jack Carlson. He asked for the meeting to begin with a minute of silence to honor the memory of Jack Carlson. Then the Board members were asked to share their reactions and memory of Jack. David Dougherty spoke of Jack's toughness and his adherence to the "rules of the game." He spoke of Carlson's being a demanding person and that his standing for principles was the quality that so many people could never understand. He insisted that the right thing be done. Gelaine Orvik added that the memory of Jack will always be a special thing of him personally and also for the Association. Jack was always so very strong and the person that you wanted to accompany you when in battle. Gelaine also added that Jack was always a great competitor. Although we have always been great friends, we always enjoyed competition. Then the sweetest thing about our relationship was that when the final event was over, we would shake hands and enjoy our friendship. Gelaine shared that during the last year of Jack's life, they shared phone calls about every two weeks. The greatest memory will be when Jack closed our conversation with "I Love You!" We will always miss him, but God certainly will use Jack's organizational abilities for Heaven.

President Johnson asked for approval of the July 2003 Executive Board Meeting minutes. Todd Olson moved to accept the minutes as printed for the executive board; Dave Dougherty seconded the motion. Motion passed 5-0.

President Johnson asked for approval of the July 2003 Annual Business Minutes. Dave Dougherty moved to accept the minutes as printed for the executive board; Scott Grochow seconded the motion. Motion passed 5-0.

Gelaine Orvik provided the executive board an oral explanation of the financial report:

\$ 5,437.56 Checking account balance
on November 7, 2003
\$ 25.33 Savings Account balance
on November 7, 2003
\$16,011.87 Money Market Share balance
on November 7, 2003

All outstanding bills have been paid as of 11.15.03.

Outstanding receipts yet to be received:

\$ 863.57 VALIC
(2002-2003 Hall of Fame Plaques)
\$3,600.00 Select Inn (2001-2002 &
2002-2003 Coach of the Year Rings)

The Financial Report includes the payment of the Executive Secretary in full at the end of each quarter for the year of 2003-2004. This is the first time NDHSCA has been current in the payment of the Executive Secretary during the course of the year. Todd Olson moved to accept the financial report as printed; John Hutchison seconded the report. Motion passed 5-0.

Discussion was held regarding the Select Inn account. Gelaine Orvik shared that the Company has been sold and that in visiting with the owner, he indicated that the account would be completed, but no further communication has been held. Gelaine also shared that a Tharldson's Company representative had indicated that the Tharldson's Company would be interested in becoming a corporate sponsor. Dave Dougherty moved to have Gelaine Orvik contact Tharldson's regarding the COTY Award account; Scott Grochow seconded the motion. Motion passed 5-0.

President Johnson directed Gelaine Orvik to contact Select Inn and thank them for their 20 year relationship and to finalize the completion of the Select Inn Corporate Sponsorship.

President Johnson directed Gelaine Orvik to contact VALIC to clarify their responsibilities for Hall of Fame plaques.

President Johnson asked each Executive Board Member to give a review of communications that had been sent and received:

President Johnson No report
President-Elect Olson No report
Vice-President Grochow No report
Assistant Secretary Hutchison No report
Executive Secretary Orvik Reviewed copies of letters attached to the agenda.

Copies of the letters that had been sent to the NHSACA National Coach of the Year nominees were reviewed. Gelaine reported that Linette Olson and Matt Malm have not responded with their materials to the NDHSCA Office.

Gelaine Orvik gave a report on the NFCA National Coach of the Year Nominations. The list of names had previously been submitted by others within the state. This year, Sherman Sylling asked that NDHSCA prepare the nominations, since NDHSCA represents the coaches in the state and failing to present the nominations would be withholding honors from our coaches.

Gelaine Orvik presented copies of the letters of nominations for Dale Hertel and Jack Carlson to NHSACA Hall of Fame committee.

John Hutchison gave a report on the balloting for Fall Season Coach of the Year and distributed a list of the recipients for the Fall Season.

He indicated that two Coach of the Year selections were invalid because the candidate receiving the most votes was not a member. Because the guidelines are very clear, apology for joining dates was not deemed necessary. Gelaine was directed to contact the candidates and explain the guidelines do not allow for candidates to join after the deadline "to be eligible to be Coach of the Year."

John Hutchison reviewed the Senior Athlete of the Year recipients and distributed a list of the recipients for the Fall Season.

Discussion was held regarding the suggestion from a coaches' group that an established list of guidelines for Outstanding Senior Athlete be developed for all sports. Scott Grochow moved that the NDHSCA Executive Committee work to develop a set of guidelines that are similar to the All Star guidelines to be distributed to coaches for the 2004-2005 Senior Athlete of the Year Selection; second by Todd Olson. Motion passed 5-0.

Gelaine gave a report on the progress for the *Dakota Coach*. All of the procedures will be the same. The goal for publication will be to have the issue in the mail by December 15th. He indicated that he hoped all members would be cognizant of the necessity of filing news with the NDHSCA office so details can be shared.

Gelaine Orvik gave a report on the Burger King program. All indications are that John Walsh is very happy with his association with NDHSCA. NDHSCA will continue to enlist every coach to stop at Burger King with every opportunity.

The 2003-2004 NDHSCA Advisory Committees were reviewed and pertinent replacements were made.

Gelaine Orvik explained the background of the Distinguished Service Award. (It has been presented to the Executive Secretary of the Association and to coaches with 40 or more years of service, when they retire.) Gelaine moved to recognize the Late Bill Jansen with a Distinguished Service Award; second by Dave Dougherty. Motion passed 5-0.

Gelaine Orvik moved to recognize Ron Gadberry with a Distinguished Service Award; Todd Olson seconded the motion. Motion passed 5-0.

Gelaine Orvik moved to recognize the Late Owen Jensen with an Award of Merit; John Hutchison seconded the motion. Motion passed 5-0.

Gelaine Orvik moved to recognize Dave Carlsrud of NDHSAA with an Award of Merit; second by Dougherty. Motion passed 5-0.

Gelaine Orvik moved to recognize Bob Schaible with a Special Recognition Award; Scott Grochow seconded the motion. Motion passed 5-0.

Gelaine Orvik moved to recognize the Optimists Volleyball All Star Administration with a Special Recognition Award; motion seconded by Dave Dougherty. Motion passed 5-0.

Dave Dougherty moved to recognize Larry Louser from Minot with a Special Recognition Award; motion seconded by Todd Olson. Motion passed 5-0.

The Junior High School Coach of the Year Committee evaluated the nominees. Todd Olson moved to name Mary Ann Donnay, Fargo Discovery JHS, as Junior High School Coach of the Year for the Fall Season; John Hutchison seconded the motion. Motion passed 5-0.

Meeting date and site for the Spring NDHSCA Executive Committee was discussed. Randy Johnson named the meeting date to be Sunday, March 21st in Fargo, at a site to be identified by Gelaine.

2003-2004 NDHSCA Convention site and dates were discussed. The motion from the July Executive Committee Meeting was reviewed. Gelaine reviewed the options that were available for the site. Todd Olson moved to have Gelaine Orvik make the necessary arrangements for the Convention on July 27th, 28th, 29th, and 30th at the Fargo Ramada Plaza Suites; the Executive Committee will hold its meeting on the 26th; motion seconded by Dave Dougherty. Motion passed 5-0.

Randy Johnson provided two names as possible motivational speakers as well as sport specific speakers.

John Hutchison gave a report on the NHSACA. He expressed a special thank you to the NDHSCA Executive Committee and the North Dakota coaches for their support in Tulsa and continued support as the year progresses. He also extended a special invitation for attendance at the NHSACA Annual Meeting in Las Vegas on June 22nd through June 24th. Registration forms will be available soon.

Gelaine reviewed the NHSACA financial status and informed the Executive Committee that NDHSCA stepped to the front and paid the NHSACA Board of Directors' Liability Insurance.

Gelaine Orvik discussed the Lifetime Membership form and the attempt to carry the membership list at the bottom of the Membership Application Form. The Executive Committee urged him to continue the process. Discussion was held on charging an individual \$200 since he had asked for a lifetime membership last year, but had only received a current membership.

Randy Johnson distributed his Sportsmanship *Ad Hoc* Committee report. Scott Grochow has been named to replace Jack Carlson who had replaced Glenn Hangaard after the July NDHSCA Executive Committee Meeting.

Greg Larson Sports is preparing a one page flyer with Association Apparel items that will be ordered directly through Greg Larson Sports.

Gelaine Orvik was directed to contact Mike Berg regarding Football All State Chairs' names being added to the NDHSCA Website.

Gelaine Orvik was directed to send a letter to any and all NDHSCA Convention registrants and explain the NDHSCA policy regarding refund policy.

The Executive Committee reviewed a letter of nomination for Special Recognition Award. The Committee refused the nomination because the award is designed for non-coaching people who perform in a coaching role or in a athletic support role.

Scott Grochow moved to induct Dick Miller of Oakes HS as the retired individual into the NDHSCA Hall of Fame; Dave Dougherty seconded the motion. Motion passed 6-0.

Todd Olson moved to induct Marney Shirley of Jamestown HS into the NDHSCA Hall of Fame; John Hutchison seconded the motion. Motion passed 6-0.

Todd Olson moved to induct Kathy Aspaas of Minot HS into the NDHSCA Hall of Fame; seconded by John Hutchison. Motion passed 6-0.

Karen Hardie distributed a membership roster and reported that 734 members have joined NDHSCA; that number includes 27 Lifetime Members. Gelaine Orvik moved to accept Karen's report; Dave Dougherty seconded the motion. Motion passed 6-0.

Discussion was held on the Constitution and By-Laws directions to fill a vacant position. Gelaine Orvik moved to appoint Dave Dougherty to the Immediate President's position to replace the Late Jack Carlson; Todd Olson seconded the motion. Motion passed 5-0 (Dave Dougherty abstained). *[Executive Secretary's note: Terry West has been contacted and accepted the position.]*

Gelaine Orvik moved to appoint Terry West to the Past President's position to replace the Dave Dougherty's vacancy (contingent on Terry's acceptance); Todd Olson seconded the motion. Motion passed 6-0.

The Executive Committee submitted names for evaluation and consideration for NDHSCA Vice-President Candidacy. Gelaine Orvik moved that the Nominating Committee accept the suggested list of names for Vice-President candidates (in alphabetical order): Darry Gleave, Minot HS; Rich Hovland, Bismarck Century HS; Greg Limke, West Fargo HS; Dave Michaelson, Dickinson HS; Carolyn Olson, Grand Forks Red River HS; Marney Shirley, Jamestown HS; and Jay Schobinger, Dickinson HS. Todd Olson seconded the motion. Motion passed 6-0. The Executive Secretary was reminded that the candidate's athletic director or building principal's letter of recommendation was required before the names would be placed in nomination. Gelaine Orvik moved to request Greg Limke and Dave Michaelson to be Vice-Presidential candidates; Todd Olson seconded the motion. Motion passed 6-0.

Discussion was held regarding the Association's Code of Ethics and the Association's involvement in censure of a member. The Executive Committee emphasized that the Association will not become involved in ethics issues, unless a member asks for the involvement.

Randy Johnson directed the Executive Committee to review the Constitution and By-Laws. The present copy that was in Dave Dougherty's folder does not have the Lifetime Membership Amendment added. *[Executive Secretary's note: The copy that has been distributed to the Executive Committee by e-mail contains the "Lifetime Membership" amendment that was added at the July 29, 2000 Annual Meeting.]*

Dave Dougherty moved to have the Executive Secretary be directed by the President to make necessary site and date changes for the 2004 NDHSCA Convention to facilitate the most equitable program; second by Todd Olson. Motion passed 6-0.

President Johnson reminded the Executive Committee that the next Executive Committee Meeting will be held in Fargo on Sunday, March 21, 2004. *[Executive Secretary has secured the Signature Room adjacent to Basie's Restaurant at the Ramada Plaza Suites.]*

Todd Olson moved to adjourn the meeting; President Johnson declared the meeting adjourned.

Gelaine Orvik; NDHSCA Executive Secretary

Notes by John Hutchison
NDHSCA Assistant Executive Secretary



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

North Dakota High School Coaches Association Coaches' Code of Ethics

As a professional educator, the coach will:

- ❖ Exemplify the highest moral character, behavior and leadership
- ❖ Respect the integrity and personality of the individual athlete
- ❖ Abide by the rules of the game in letter and spirit
- ❖ Respect the integrity and judgment of sports officials
- ❖ Demonstrate a mastery of and continuing interest in coaching principles and techniques through professional improvement
- ❖ Encourage a respect for all athletics and their values
- ❖ Display modesty in victory and graciousness in defeat
- ❖ Promote ethical relationships among coaches
- ❖ Fulfill responsibilities to provide health services and an environment free of safety hazards
- ❖ Encourage the highest standards of conduct and scholastic achievement among all athletes
- ❖ Seek to inculcate good health habits including the establishment of sound training rules
- ❖ Strive to develop in each athlete the qualities of leadership, initiative and good judgment



North Dakota High School Coaches Association

Membership Registration 2003-2004

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 2002-2003 record.

	A	B	02-03 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	02-03 record	lifetime record
Soccer	---	---	---	---
Softball	---	---	---	---
Boys Swimming	---	---	---	---
Girls Swimming	---	---	---	---
Boys Tennis	---	---	---	---
Girls Tennis	---	---	---	---
Boys Track	---	---	---	---
Girls Track	---	---	---	---
Volleyball	---	---	---	---
Wrestling	---	---	---	---
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 '04) _____

Signature _____

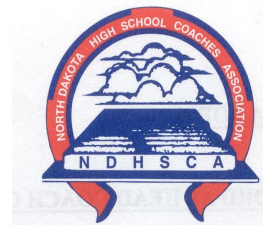
Fee: \$50.00

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:

- 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.
- Figure out the total number of teams you have competed against and what percentage of those teams were wins and losses.
- 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.
- 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.	_____	_____	_____	_____	_____	_____	_____	_____
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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 North Dakota 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

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 Kjellaard; 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)		

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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