



Newsletter of the North Dakota High School Coaches Association

DAKOTA COACH

**This Issue
Available
ONLINE Only**

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Sid Cichy: NDHSCA Coach of Three-Quarter Century

At the recent NDHSCA Executive Committee Meeting, Sid Cichy was submitted to *Scholastic Coach* as North Dakota's *High School Coach of the Three-Quarter Century*.

Bruce Weber from *Scholastic Coach* notified every state to explain that the magazine is planning events and features to commemorate its Diamond Anniversary. The fall publications will honor the *High School Coach of the Three-Quarter Century* from every state.

Each state is requested to identify its own candidate. The criteria include a person who coached in the state for a minimum of 15 years. The coach of any sport is eligible.

Each Executive Committee was requested to identify candidates from every sport. Every candidate was shared with the Executive Committee, and the Committee ranked a "top three" list in each sport.

Cichy - continued on page 9

2006 NDHSCA Coaches Convention in Fargo

The 2006 NDHSCA Coaches Convention is nearing the completion of the planning and organizing stages. As usual, the details for speakers and the banquet still demand the majority of the efforts of the NDHSCA Office.

The Convention will be headquartered at the Fargo Doublewood Convention Center. Rooms are available for \$50.00 for singles and \$55.00 for doubles. NDHSCA has blocked rooms until July 15th. After that date,

rooms will be available at the convention rate, but **ONLY** if rooms are still available.

The Expressway Inn, a secondary site, has provided special rates for coaches for the week. Dave Isaak, Expressway Inn manager, has been very active in the administration of the Lions' All Star Basket-

Convention - continued on page 7

Golf Scramble at Season's @ Rose Creek

Arrangements have been made with Season's at Rose Creek to be the site of the NDHSCA golf scramble on Wednesday, July 26th. Tee Times will be from 1:00 PM until 3:00 PM.

Golf fee this year will be \$45.00 and will include green fee, cart fee and scramble contest. The first 60 registrations for the golf scramble will be accepted. Any addi-

tional registrations will be accepted only as course availability allows.

The golf coaches will again hold their Association sport specific meetings at Rose Creek. Jim Craven, from The Citadel, will return as the headliner as both a speaker and as a rules' clinician. Other local teaching professionals will be on the clinician staff.

Golf - continued on page 6



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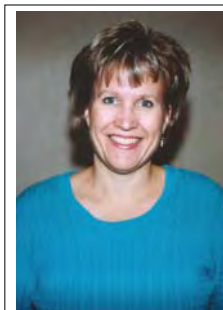


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President's Message

On behalf of the NDHSCA, I would like to congratulate the State Champions, Coach of the Year, and Senior Athlete of the Year winners that were crowned this winter! It was a very successful winter with a lot of outstanding performances and fantastic finishes 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!

As we enter the spring sports seasons, I look forward to watching our states athletes and coaches work hard to achieve the goals they have set for themselves.

For some that might be to just be able to participate in an activity or improve from last years performance. For a very select few the goal is to win a state championship will be realized. No matter what your goal, I would like to wish all of the coaches and teams the best of luck in your chosen activities.

I would once again, encourage our coaches to continue to be active in the Association. Attending the state meetings and volunteering to serve on the advisory committees gives you a voice in your sport. Also, please take the time to talk to the members of your coaching staffs about the benefits

of being members of the NDHSCA. Our strength is in our membership.

Planning is well under way for the State Convention this summer. Mr. Orvik is working hard to put together another outstanding program of speakers. The convention this summer is being held at the Double Wood Inn in Fargo. The seminars will be held on Tuesday, July 25th with the sport clinics starting on Wednesday, July 26th and concluding on Friday, July 28th. We're looking forward to another outstanding convention.

Good luck this spring and we'll see you in Fargo this summer!



Scott Grochow

“Attending the state meetings and volunteering to serve on the advisory committees give you a voice in your sport.”

Membership

Greetings, fellow members!

I hope you are enjoying a healthy and productive spring. With April here, we are fast approaching our last membership cut-off date---May 1st, for spring sports. While coaches are encouraged to join the Association at any time and enjoy the many privileges and rights within our organization, only those spring coaches who join by May 1st will be eligible for Spring COTY honors.

When I receive a membership registration in the mail, the coach is considered a member as of the postmark on the envelope, NOT the date on the check. Often, as part of the record keeping, the post-marked envelope is attached to the membership form and kept on file. In fairness to all, the fall, winter, and spring dates will be enforced.

The membership cut-off dates for fall (October 1st), winter (February 1st), and spring (May 1st) are listed on the membership registration form. If you are a multi-season coach and join at the convention or in the fall by October 1st, you are eligible throughout the school year for COTY honors. Also, Membership is a “school year” and not a 365 day membership. That is your membership ends on June 30th of the current year; you will need another membership as of July first.

If you have any questions regarding membership eligibility, please e-mail me or give me a call. Have a great spring!

Karen Hardie, NDHSCA Membership Chairperson
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2005-2006 Winter Season NDHSCA Awards

2005-2006 NDHSCA SENIOR ATHLETE OF THE YEAR AWARD

<u>SPORT</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>HEAD COACH</u>
Class A Boys' Basketball	Travis Mertens	Devils Lake HS	Jason Gregory
Class A Boys' Hockey	Paul Weisgarber	Fargo South HS	Dean Wilson
Class A Boys' Swimming	Andy Wolf	Fargo South HS	Joshua Zosel
Class A Girls' Basketball	Lisa Seay	Grand Forks Central HS	Jean Roise
Class A Girls' Gymnastics	Caitlin Workin	Fargo South HS	Mike Merritt
Class A Girls' Hockey	Kailee Jaeger	Devils Lake HS	Al Henry
Class A Wrestling	Scott Glasser	Bismarck HS	Scott Knowlen & Jeff Schumacher
Class B Boys' Basketball	Payton Tivis	Bowman HS	Nic Zenker
Class B Girls Basketball	Rebecca Feickert	Sheridan County HS	Brent Hintz
Class B Wrestling	John Koistinen	Rolla-Rock Lake-St.John HS	Davy Zinke

2005-2006 NDHSCA COACHES OF THE YEAR

<u>WINTER SEASON</u>	<u>NAME</u>	<u>SCHOOL</u>
Class A Wrestling	Bruce Moe	Grand Forks Red River HS
Class A Girls' Hockey	Keith Schirado	Bismarck HS
Class A Girls' Gymnastics	Curt Sherbrooke	Bismarck Schools
Class A Boys' Hockey	Al Henry	Devils Lake HS
Class A Boys' Swimming	Joshua Zosel	Fargo South HS
Class A Boys' Basketball	Dan Shultis	Fargo North HS
Class A Girls' Basketball	Craig Flaagan	Fargo South HS
Class B Wrestling	Cory Schall	Oakes HS
Class B Girls Basketball	Mike Forsberg	Bottineau HS
Class B Boys' Basketball	Rick Smith	Four Winds HS

NDHSCA Website

The website will continue to be much more expedient to make immediate changes in news items.

The website also allows the Association to publish more information than the mailing mode, since the website does not restrict the number of pages of the publication.

Please place the Association's Website Address (www.fargo.k12.nd.us/NDHSCA) on your **Favorite's Listing**.

NDHSCA Scholarship Recipients

The NDHSCA Executive Board selected the recipients for the NDHSCA Scholarships at its recent meeting. Trent Kosel, Edgeley High School, who plans to attend Valley City State University; Sarah Jo Opdahl, Larimore High School, who plans to attend Bemidji State University; Larissa Kay Popp, Milnor High School, who plans to attend Jamestown College; and Christy Schauer, Langdon High School, who plans to attend Concordia College will each receive a \$500.00 scholarship from NDHSCA and Burger King.

The scholarships will be presented to each student/athlete at the Annual NDHSCA Hall of Fame and COTY Banquet at the Doublewood Convention

Center in Fargo on Thursday, July 27th. The four student-athletes collectively earned 43 athletic letters, 21 activity letters, and ACT scores averaged 25. The four recipients conveniently ranked 2nd, 3rd, 4th, and 5th in their class rank.

Trent Kosel will graduate from Edgeley High School with a 3.67 Grade Point Average (GPA). He scored 24 on his ACT test. Trent earned four letters in each of three sports of basketball, football and track and field. He also played four years of Legion baseball, was a member of FBLA (4 years) Future Career & Community Leaders of America (2 years) and Edgeley Volunteer Fire Department for two years. He was captain of his basketball and football teams

as a senior. He is the son of Todd and Loni Kosel.

Sarah Jo Opdahl is the daughter of Mike and Diane Opdahl. Sarah Jo has a 3.88 Grade Point Average (GPA), ranks third in a class of 45 and scored 26 on her ACT test. She earned twelve athletic letters in the sports of basketball, track and field, and cross-country. She was a member of Future Business Leaders of America (2 years), Riverwatch (3 years), National Honor Society (3 years), Catholic Youth Organization (4 years), Search/Youth Retreats (3 years) and Fellowship of Christian Athletes (2 years).

Larissa Kay Popp participated in basketball (4 years), track and field (5 years), and volleyball (4 years) at Milnor High School. She was captain of

her basketball and volleyball teams for her junior and senior seasons for both sports. She also was a three-year member of band and chorus. She participated in speech as a freshman. She has earned a 3.984 Grade Point Average (GPA), ranks 2nd out of a class of 18, and scored a 22 on her ACT test. Larissa is the daughter of Sandy and Bill Popp. Larissa has been a member of summer softball, pep club, Future Career & Community Leaders of America and yearbook. She was president of pep club (senior year), president of FCCLA (4 years), and editor of the yearbook (junior year).

Continued on next page



Trent Kosel
Edgeley HS



Sarah Jo Opdahl
Larimore HS



Larissa Kay Popp
Milnor HS



Christy Schauer
Langdon HS

Shrine Football

The Shrine Football Players report on July 9, 2006.

The East Team will report to NDSU.

The West team will report to UND.

Press Day - July 11

10 a.m. in Fargo

2 p.m. at the Alerus Center

Game Day - July 15 at the Fargo Dome

11 man Game at 4:00 p.m.

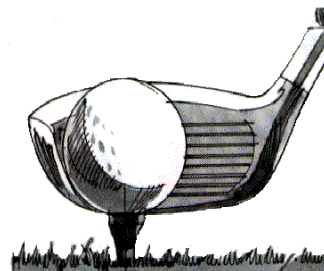
9 man Game at 7:00 p.m.

Golf Scramble

cont'd from page 1

Only NDHSCA Convention registrants are allowed to participate in the scramble.

As usual, scramble groups need to be arranged and sign-up for tee-times will begin at 7:30 AM on Wednesday. Exceptions will be extended to the athletic directors who are enrolled in the Athletic Administration Leadership Training class. Because the class will be held on Wednesday from Noon to 2:00 PM, enrollees who register for the class and for golf will be given the last tee-times on the schedule.



Scholarship Recipients (continued)

Christy Schauer will graduate from Langdon High School. She has been member of Student Council, Class President (4 years), a member of French Club (4 years), a member of National Honor Society (3 years), and a member of Junior Bank Board (senior year). Christy was a member of band for four years. She earned four letters in bas-

ketball (4 years) and volleyball (4 years); she also lettered in track and field as a freshman and sophomore. She served as captain of her basketball and volleyball teams her senior year. Christy has a 3.70 Grade Point Average, ranks 5th in a class of 46 and scored 24 on her ACT test. She is the daughter of Linda and Gary Schauer.

Each of the three recipients will receive a \$500.00 scholarship from John Walsh and Burger King of North Dakota at the July 27th NDHSCA Coach of the Year and Hall of Fame Banquet in Fargo at the Doublewood Convention Center.

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NHSACA National Annual Meeting

June 27-29, 2006

Branson, Missouri

Dakota Coach - Notice

This issue of the *Dakota Coach* will only be published online.

The Summer edition will be mailed and also appear online.

All FORMS are available online.

NDHSCA Coaches Convention

All Coaches are reminded to open the website daily from now until the convention opens. As speakers are confirmed, the program will be displayed on the NDHSCA website. Registration forms can be downloaded from the website.

**NDHSCA Coaches Convention
Fargo Doublewood Convention Center
July 25-28, 2006**

Reserve Rooms by July 15

NDHSCA 2006 Convention Preview

Isaak has also provided handouts for NDHSCA throughout the past years at the registration table.

The NDHSCA Executive Committee will initiate meetings on Monday, July 24th, at noon. The Convention seminars begin at 8:00 AM on Tuesday, July 25th. Three sessions will be held concurrently on Tuesday. The three tracks are "Coaches and Conflicts in Athletics," "Coaches and Special Topics," and "Speed, Strength, Nutrition and Conditioning."

A new offering will be provided by the North Dakota Interscholastic Athletic Administration Association. The two two-hour session will be offered at noon on Wednesday and at noon on Thursday. The course, Leadership Training 501, will be taught by Ed Lockwood and will be especially prepared for the teaching/coaching athletic director. Enrollees are reminded that an additional fee is charged for the course.

The *Coaches and Conflicts in Athletics* seminar track will center presentations on "The Use of Illegal Drugs," "The Use of Performance Enhancements," and "Nutrition." *Coaches and Special Topics* seminar track will center presenta-

tions on "Coaching Professionalism," "Coaching and Females," "NDHSAA guidelines," "NDHSCA: our Association," and "Nutrition." *The Speed, Strength, Nutrition and Conditioning* will center presentations on "Nutrition," "Preventing Knee Injuries," "Observing Back Pain," "Overuse Injuries," "Dynamic Mobility and Stability Training" and "Common Injuries to Avoid."

Although all sport specific sessions are not completed, most sport group presentations have been arranged. Football is among the sports with most speakers completed. Nine-Man Football Coaches will be treated to speakers from the State Championship Games from North Dakota, South Dakota and Minnesota. Keven Baumgarn, Devils Lake HS; Craig Bohl, NDSU; Scott Lucier, Concordia College; Loy Ham, Beulah HS; Aaron Schramm, Grand Forks Central HS; and Dale Lennon, UND will be core speakers for the football coaches.

Mike Moyer, National Wrestling Coaches Association will present two sessions for the wrestling coaches to discuss weight management. In

addition to Mike, Cory Schall and Bruce Moe will anchor the wrestling staff.

Basketball Coaches will have presentations made by the Minnesota State Tournament Coaches and North Dakota State Championship Game Coaches. Four Division I coaches have been contacted, but have not committed.

Pete Stanton, Dickinson State University and Stevie Keller, NDSU will highlight the Track and Field presenters. Clint Chamberlin, Scott Reichenberger and Jerry Schwartz will be key presenters for cross-country.

Swimming Coaches have selected Kelly Kramer, Head Women's Coach at Minnesota and Dieter Lawrence, a High School Girls coach in Colorado and a USA club coach as headliners. Other high school coaches from North Dakota will complete the swimming staff.

Volleyball coaches have also provided a prime selection list, but the confirmation of each request is still out. We can be certain that the Volleyball Staff will be strong as usual. Final details will be in the summer *Dakota Coach*.

Golf sessions will be held at Rose Creek on

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Wednesday morning. But, the golf rules session will be held on Thursday at the Doublewood.

Tennis and soccer speakers and rules clinics will be confirmed shortly. As speakers are confirmed, the program will be displayed on the NDHSCA Website. All Coaches are reminded to open the website daily from now until the convention opens.

Registration forms can be downloaded from the *Dakota Coach* or from the Website. Please try to register early. NDHSCA does not return registration material. You will pickup materials at the registration desk. If you have specific questions, please contact the NDHSCA Executive Secretary: 701-237-9711 or 701-367-8282. Also, use the email address from page two. We look forward to your being in Fargo in July.

REGISTER EARLY!

**NHSACA
National Annual
Meeting**

**June 27-29, 2006
Branson, Missouri**

**See Registration Form
on page 17**

NDHSCA Convention Notice of Meetings

Sports Advisory Meetings July 26 - 28

Wrestling:	Wednesday	11:45
Volleyball:	Wednesday	11:45
Soccer:	Thursday	8:00
Golf:	Thursday	9:15
Tennis:	Thursday	9:15
Swimming & Diving:	Thursday	2:15
Football:	Thursday	3:30
Basketball:	Friday	9:15
Track & Field:	Friday	10:30

Rules Interpretations Meetings July 26, 27

Wrestling:	Wednesday	10:30
Volleyball:	Wednesday	10:30
Soccer:	Thursday	8:00
Golf:	Thursday	9:15
Tennis:	Thursday	9:15
Swimming & Diving:	Thursday	1:00
Football:	Thursday	1:00



North Dakota High School Coaches Association

2006 NDHSCA/NDHSAA COACHES CONVENTION Doublewood Inn Convention Center

3333 13th Avenue South Phone: 701-235-3333

Fargo, North Dakota

July 25-28, 2006

Reserve Your Rooms Early



Convention Registration Form - page 18

Please register early!

Convention Registration Fee is \$100

Convention Registration Fee postmarked after July 20, 2006 is \$125.00

Credit Cards are NOT Accepted

Sid Cichy

continued from page 1

From this process the Executive Committee reduced the list to five names. The Committee then ranked the five names and selected one candidate. Sid Cichy, Fargo Shanley High School Football Coach, was submitted to the publication as the *High School Coach of the Three-Quarter Century* from the state of North Dakota.

Sid Cichy coached Fargo Shanley High School's football teams to record-breaking football championships. Cichy was a graduate of Breckenridge (MN) HS and North Dakota Agricultural College (now NDSU). He played on a state championship basketball team in high school and was an all-conference tackle on the NDSU football team. While finishing his degrees, he took a job at Shanley (then Sacred Heart Academy) HS as

history teacher and coach of track and field, basketball and football. He would eventually serve as the school's athletic director and assistant principal.

Coaching Cichy's football coaching became legendary: 231 wins, 38 losses and 3 ties over thirty years. For a time, his teams held the nation's longest winning streak---59 games. As football coach, he led generations of Shanley students to a total of 11 undefeated seasons and 16 state titles.

In 1950, Cichy was named Associated Press Coach of the Year. In 1961 he was given the Freedom Foundation Award for excellence in teaching. In 1969, he was named Fargo's Man of the Year. In 1973, he was inducted into the North Dakota State University's Athletic Hall of Fame; in 1977 into the National Athletic Hall of Fame.

In 1975 Cichy was named National High School Coach of the Year, and in 1984 he was inducted into the National High School Football Coaches Hall of Fame. In 1985 he was inducted into the North Dakota High School Coaches Association Hall of Fame. In 1997, Sid Cichy was inducted into the National High School Athletic Coaches Association Coaches Hall of Fame. In 2002 he was inducted into the North Dakota Athletic Hall of Fame.

Cichy was known for his respect for his teams' opponents as well as for his own team, parents and school. He was famous for his colorful pep talks during halftime. He regularly reminded his players that they did not want to go out onto the field "looking like Little Red Riding Hood with jam all over her face," and they certainly



did not want "to wait around until the last dog was hung." The meaning wasn't always literally clear, but it was clear. And his teams won with respect for others.

Sid Cichy passed away on January 7, 2006. His memory in North Dakota, in North Dakota athletics, and by the North Dakota High School Coaches Association will live on forever. All coaches who knew Sid Cichy will carry a part of his memory with them, and that will be Coach Cichy's greatest legacy.

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FCA Wrestling Camp

North Dakota Fellowship of Christian Athletes is having its first annual summer camp, and it will be wrestling. We have talked to many North Dakota coaches, and there appears to be strong interest in making this work.

Currently we have Jeff Schumacher, Travis Rau, Barry McCleary, Kelly McNary, Matt Berglund and others willing to help and to bring wrestlers.

We would like as many wrestling coaches as possible to join us and as soon as possible. We ask all wrestling coaches to serve as distribution of "the Word." Thank you for your help and ideas to make this succeed. Please contact

Mark Ouradnik, FCA
P.O. Box 961
Bismarck, ND 58502

Phone: 701-258-8322

mbouradnik@msn.com



National High School Athletic Coaches Association

HOSTS THE

2006 NHSACA ANNUAL MEETING

June 27-28-29, 2006

Radisson Hotel • Branson, Missouri

REGISTRATION FORM

NAME _____ HOME PHONE (____) _____

HOME ADDRESS _____

CITY _____ STATE _____ ZIP _____

SCHOOL NAME _____ SCHOOL CITY _____

SPORTS COACHED _____ ATHLETIC DIRECTOR? Yes No

GUESTS

Are you bringing your spouse or guest(s)? Yes No (IF YES, INCLUDE \$10.00 PER PERSON)

Number of guest(s) _____ x \$10.00 = _____

Names(s): _____

REGISTRATION FEE

EVERYONE MUST REGISTER FOR THE CONVENTION

Convention Registration Fee _____ x \$100.00 = _____

Hall of Fame Luncheon, June 28, 2006 _____ x \$40.00 = _____

Awards Night Banquet, June 29, 2006 _____ x \$40.00 = _____

Make checks payable to:
NHSACA and send to:
Gary Makowicki, Norwich Free Academy
305 Broadway, Norwich, CT 06360
For more information please call: 860-425-5512

TOTAL AMOUNT OF
FEES ENCLOSED:

**For hotel, airline and automobile reservations call
Worldtex Travel at 1-800-233-5989 and mention NHSACA.**

**For online registration and additional information please see our website -
*hiscoaches.org***



North Dakota High School Coaches Association

Membership Registration 2006-2007

Membership:
High School _____
Junior High _____
College _____
Life _____
Associate _____
Cheerleading _____

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

In the A column, write H (head coach) or A (assistant coach) for the appropriate sport(s).
 In the second column, write your 2005-2006 record; in the last column, your lifetime record.

	A	05-06 record	lifetime record		A	05-06 record	lifetime record
Athletic Director	_____	_____	_____	Soccer	_____	_____	_____
Baseball	_____	_____	_____	Softball	_____	_____	_____
Boys Basketball	_____	_____	_____	Boys Swimming	_____	_____	_____
Girls Basketball	_____	_____	_____	Girls Swimming	_____	_____	_____
Boys Cross Country	_____	_____	_____	Boys Tennis	_____	_____	_____
Girls Cross Country	_____	_____	_____	Girls Tennis	_____	_____	_____
Football	_____	_____	_____	Boys Track	_____	_____	_____
Boys Golf	_____	_____	_____	Girls Track	_____	_____	_____
Girls Golf	_____	_____	_____	Volleyball	_____	_____	_____
Gymnastics	_____	_____	_____	Wrestling	_____	_____	_____
Hockey	_____	_____	_____	Strength	_____	_____	_____

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 '06) _____
 Signature _____ **Fee: \$50.00**

Have you filled out a Victory Milestones form?

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.

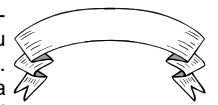
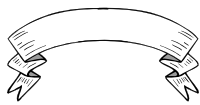


The NDHSCA is here to serve. Always feel free to contact any officer or the Executive Director with a problem, suggestion, or complaint. Knowing the needs of coaches makes it possible for the NDHSCA to serve you better.

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 South; 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	150	200	250
Football	50	100	150	200	250
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	150	200	250
Tennis	50	100	150	200	250
Track/Field	50	100	150	200	250
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 _____
 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.	_____	_____	_____	_____	_____	_____	_____	_____

2006 Lions' All Star Basketball

Class A Boys' Team

<u>PLAYER</u>	<u>SCHOOL</u>	<u>COACH</u>
Billy Michelsen	Bismarck Century	Rich Hovland
Blake Wurgler	Minot	Gene Manson
Danny Sandvig	Fargo South	Mike Hendrickson
Eric Erdmann	Fargo North	Dan Shultis
Eric Schmautz	Mandan	Kurt Miller
Evan Savageau	Fargo South	Mike Hendrickson
John Fraase	Bismarck Century	Rich Hovland
John Peabody	Beulah	Doug Olson
Kendell Hunt	Devils Lake	Jason Gregory
Ryan Dressler	Bismarck	Steve Miller
Taylor Moch	West Fargo	Greg Limke
Travis Mertens	DevilsLake	Jason Gregory

<u>ALTERNATE</u>	<u>SCHOOL</u>	<u>COACH</u>
Alex Lundon	Devils Lake	Jason Gregory
Kody Larter	Red River	Bart Manson
Nathan Dehne	Fargo North	Dan Shultis

COACHES:

Dan Shultis	Fargo North HS
Gene Manson	Minot HS

Class A Girls' Team

<u>PLAYER</u>	<u>SCHOOL</u>	<u>COACH</u>
Addie Diede	Bismarck HS	Steve Meier
Ann Baltzer	Bismarck HS	Steve Meier
Hatti Ternes	Bismarck Century HS	Jim Jeske
Elizabeth Sipma	Dickinson HS	Greg Jung
Cammi Greenheck	Fargo South HS	Craig Flaagan
Ann Arnason	Grad Forks Red River HS	Justin Schommer
Alys Seay	Grand Forks Central HS	Jean Roise
Kayla Rogers	Mandan HS	Greg Amundson
Jossy Bergan	Valley City HS	Dalles Dockter
Lindsay Sannes	Wahpeton HS	Rod Breuer
Ali Edwards	West Fargo HS	Lynette Mund

Leah Sundby	Williston HS	Codi Schmitz
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<u>ALTERNATE</u>	<u>SCHOOL</u>	<u>COACH</u>
Ivy Gilbertson	Bismarck HS	Steve Meier
Mandy Brumfield	Dickinson HS	Greg Jung
Jenna Lee	Fargo South HS	Craig Flaagan
Heather Nuss	Mandan HS	Greg Amundson
Andrea Hummel	West Fargo HS	Lynette Mund

COACHES:

Greg Amundson	Mandan HS
Craig Flaagan	Fargo South HS

2006 Lions' All Star Basketball

Class B Boys' Team

<u>PLAYER</u>	<u>SCHOOL</u>	<u>COACH</u>
Tom Bachmeier	Shiloh Christian HS	Mike Dwyer
Derek Benter	Divide County HS	Matt Trapp/Jake Dhuyvetter
Ethan Evenson	Hillsboro HS	Elliot Rotvold
Tyler Fettig	Hazelton-Moffit-Braddock HS	Scott Baumiller
Calvin Kraft	Central Cass HS	Tim Kraft
Kellen Littlewind	Four Winds HS	Rick Smith
Brandon Miller	Flasher HS	Clyde Heinle
Derek Pauley	Bowman HS	Nic Zenker
Jeff Smith	Hettinger HS	Adam Hill
Landon Smith	Dickinson Trinity HS	Gregg Grinsteinner
Payton Tivis	Bowman HS	Nic Zenker
Jaden Voth	Glen Ullin-Hebron HS	Jeff Meissner

Alternates:

James Baldwin	May/Port-C/G HS	Dave Nelson
Justin Flink	Langdon HS	Travis Jordan
Matt Heier	Ray HS	Arley Larson
Tyler Mau	Berthold HS	Jason Schwarz
Lance Hollinger	Stanley HS	Gary Schell

Coaches:

Gregg Grinsteinner	Dickinson Trinity HS
Dave Nelson	May/Port-C/G HS

Class B Girls' Team

<u>PLAYER</u>	<u>SCHOOL</u>	<u>COACH</u>
Alex Aarestad	Fargo Oak Grove HS	John Conant
Rebecca Feickert	Sheridan County HS	Brent Hintz
Danielle Guilbert	Rolla HS	Randy Loing
Janell Huber	Linton HS	Brian Flyberg
Whitney Loftesnes	Velva HS	David Peterson
Kayla Miller	Kenmare HS	Darris Olson
Kim Oyloe	Trenton HS	Bob Turcotte
Ashley Schaper	Killdeer HS	Randy Binstock
Sara Sorbo	Adams/Edmore HS	Jerry Strahm
Jenny Strand	Our Redeemer's Christian HS	Scott Peterson
Kendra Zak	Thompson HS	Jason Brend

Alternates:

Natasha Flaten	Maple Valley HS	Jim McDaniel
Molly Nelson	May/Port-C/G HS	Shane Azure
Jacie Neys	Pingree/Buchanan/Kensal HS	Jason Otto
Amber Titus	Hankinson HS	
Maria Weigelt	Wells County HS	Jonathan Bertsch

Coaches:

Mike Forsberg	Bottineau HS
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Mighty Fine Advice

There's some mighty fine advice in these words, even if you're not superstitious.

ONE: Give people more than they expect and do it cheerfully.

TWO: Marry a man/woman you love to talk to. As you get older, their conversational skills will be as important as any other.

THREE: Don't believe all you hear, spend all you have or sleep all you want.

FOUR: When you say, "I love you," mean it.

FIVE: When you say, "I'm sorry," look the person in the eye.

SIX: Be engaged at least six months before you get married.

SEVEN: Believe in love at first sight.

EIGHT: Never laugh at anyone's dream. People who don't have dreams don't have much.

NINE: Love deeply and passionately. You might get hurt but it's the only way to live life completely.

TEN: In disagreements, fight fairly. No name calling.

ELEVEN: Don't judge people by their relatives.

TWELVE: Talk slowly but think quickly.

THIRTEEN: When someone asks you a question you don't want to answer, smile and ask, "Why do you want to know?"

FOURTEEN: Remember that great love and great achievements involve great risk.

FIFTEEN: Say "bless you" when you hear someone sneeze.

SIXTEEN: When you lose, don't lose the lesson.

SEVENTEEN: Remember the three R's: Respect for self; Respect for others; and responsibility for all your actions.

EIGHTEEN: Don't let a little dispute injure a great friendship.

NINETEEN: When you realize you've made a mistake, take immediate steps to correct it.

TWENTY: Smile when picking up the phone. The caller will hear it in your voice.

TWENTY-ONE: Spend some time alone.



What Teachers Make

Editor's Note: This has been published previously in the NDHSAA *Bulletin*. From: *News and Notes*, School Administrators Association of New York State, October, 2003.

The dinner guests were sitting around the table discussing life. One man, a CEO, decided to explain the problem with education. He argued, "What's a kid going to learn from someone who decided his best option in life was to become a teacher?"

He reminded the other dinner guests what they say about teachers: "Those who can, do; those who can't teach."

To stress his point he said to another guest: "You're a teacher, Susan. Be honest. What do you make?"

Susan, who had a reputation for honesty and frankness replied, "You want to know what I make? I make kids work harder than they ever thought they could. I make a C+ feel like the winner of the Congressional Medal of Honor. I make kids sit through 40 minutes of study hall in absolute silence.

"Do you want to know what I make? I make kids wonder. I make them question. I make them criticize. I make them apologize and mean it. I make them write. I make them read, read, read. I make them show all their work in math and perfect their final drafts in English. I make them understand that if you have the brains, and follow your heart, and if someone ever tries to judge you by what you make, you must pay no attention because they just didn't learn.

Susan paused and then continued. "Do you want to know what I make? 'I MAKE A DIFFERENCE.' What do you make?"

NDHSCA Website

Please check the NDHSCA website from time to time.

We will try to keep you posted with up-to-date information that you may need.

Please refer to the Player's Awards, All State Teams and Coaches Awards sections now updated on the website.

For your convenience, place the NDHSCA website on your ♥ **Favorites Listing**.

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

Need Forms?

Please check out the NDHSCA forms that are available online. You may print or copy any of the forms on the Internet website.

Need to reach a member of the Executive Comm.?

Please refer to page 2 of this issue or you may go to the NDHSCA heading - Executive Committee.



NORTH DAKOTA HIGH SCHOOL COACHES ASSOCIATION

2006 NDHSCA/NDHSAA COACHES CONVENTION
Doublewood Inn Convention Center; Fargo, North Dakota
July 25-28, 2006

Convention Registration Fee is \$100.00.
 Convention Registration Fee postmarked **after July 20, 2006 is \$125.00.**

NO REFUNDS AFTER JULY 20th.

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

1 Convention: Registration for all clinic and seminar sessions, 1NDHSCA 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; **Coaches and Conflicts Seminar (July 25) and Sports' Clinic Sessions (July 25-28).** **\$130.00**

3 COLLEGE CREDIT: Registration for **TWO (2)** NDSU Semester Credits; **Special Topics Seminar (July 25) and Sports' Clinic Sessions (July 26-28).** **\$130.00**

4 COLLEGE CREDIT: Registration for **TWO (2)** NDSU Semester Credits; **Speed, Strength & Conditioning Seminar (July 25) and Sports' Clinic Sessions (July 26-28).** **\$130.00**

5 COLLEGE CREDIT: Registration for **ONE (1)** NDSU Semester Credits; **Sports' Clinic Sessions (July 26-28).** **\$65.00**

6 ATHLETIC ADMINISTRATION: Leadership Training 501 (July 26 & 27) **\$90.00**

ADDITIONAL FEES:

<input type="checkbox"/> On-site Registration Fee.....	@ \$25.00	\$25.00
<input type="checkbox"/> Golf Tournament (scramble) (07/26/06)	@ \$45.00	\$45.00
<input type="checkbox"/> Extra NDHSCA Hall of Fame/Coach of the Year Banquet (07/27/06) 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

CHECKS PAYABLE TO NDHSCA; TOTAL

MAIL REGISTRATION WITH FEE TO: **Gelaine Orvik, NDHSCA Executive Secretary**
3457 26th Avenue South
Fargo, ND 58103

NO Credit Cards Accepted

NDHSCA MEMBER REGISTRATION --- REMAINDER OF FORM MUST BE COMPLETED

North Dakota High School Coaches Association
Membership Registration 2006-2007

Membership:

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

High School _____
 Junior High School _____
 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 **2005-2006 record** & your lifetime coaching record per sport in **life record**.

SPORT	A	05-06 record	life record	SPORT	A	05-06 record	life record
Athletic Director	—	—	—	Boys' Soccer	—	—	—
Baseball	—	—	—	Girls' Soccer	—	—	—
Boys' Basketball	—	—	—	Girls' 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	—	—	—

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

Years	Sports
_____	_____
_____	_____
_____	_____

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

Number of years coaching completed (as of June '06) _____

If this is for Membership ONLY (\$50) Return Application To:

Karen Hardie
741 Royal Oaks Drive
Fargo, ND 58102

NDHSCA Victory Milestones



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Mail completed form/s to: Gelaine Orvik; 3457 - 26th Avenue South; 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	150	200	250
Football	50	100	150	200	250
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
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Tennis	50	100	150	200	250
Track/Field	50	100	150	200	250
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 _____
 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. Lifetime Member relinquishes voting and office holding privileges if a member is no longer an active coach.

Name _____

School _____ E-Mail Address _____

Home Phone _____ Work Phone _____

Home Address _____

City/State/Zip code _____

Number of years coaching completed (as of June 2007) _____

Number of years NDHSCA Member (as of June 2007) _____

Fee: \$250 Include the fee with this application.

**Mail fee and application to: Gelaine Orvik, Executive Secretary NDHSCA
3457 26th Avenue South
Fargo, ND 58103**

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

Purchased Lifetime Memberships

- | | |
|--|---|
| Aardahl, Vern; Milnor HS | Jaeger, Kerry; Grand Forks Red River HS |
| Anderson, Darryl; Mandan HS | Kerlin, Don; Mayville/Portland C/G HS |
| Burckhard, Richard; Parshall HS | Kjelgaard, Harold; Fargo Discovery JHS |
| Callahan, Mike; Minnewaukan HS | Larson, Nancy; DesLacs Burlington HS |
| Carlson, Ron; Minnewaukan HS | Loberg, Myron; Devils Lake HS |
| Carlsrud, Dave; NDHSAA | Lockwood, Ed; Fargo Public Schools |
| Cornell, Rick; Grand Forks Schroeder JHS | Lyon, Jerry; Minot HS |
| Dew, Jim; Valley City State College | Mailloux, Gary; Fargo North HS |
| Disher, Ken; Minot HS | Omdahl, Chad; Hatton-Northwood HS |
| Dixon, Derrick; Turtle Mountain Community HS | Overby, Dennis; Northwood HS |
| Fjeld, Greg; Minot HS | Schauer, Gary; Langdon, HS |
| Folstad, Collette; West Fargo HS | Schmitt, Dan; Dakota Prairie HS |
| Gabrielsen, Thomas; Grand Forks Red River HS | Schreiner, Vernon; Minto HS |
| Gadberry, Ron; Hillsboro HS | Sluke, David; Grafton HS |
| Hanson, Donald C.; Mandan HS | Snortland, Keith; Warwick HS |
| Hardie, Rodney; Fargo South HS | Solberg, Sheryl; NDHSAA |
| Hertel, Dale; Fargo South HS | Strand, Fred P.; Hatton-Northwood HS |
| Horner, Dennis; Midway HS | Trieglaff, Robert; Fargo North HS |
| Hutchison, Donna; Grand Forks Red River HS | Walhaug, Gary; Surrey HS |
| Hutchison, John; Northwood HS | Wilson, Jerry; Bismarck Century HS |
| Hutchison, Lonny; Northwood HS | Zimney, Bob; Grand Forks Red River HS |

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 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.	_____	_____	_____	_____	_____	_____	_____	_____