



North Dakota High School Coaches Association  
Official Publication

# DAKOTA COACH

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Available  
ONLINE Also**

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**Convention Dates  
Tuesday, July 25  
through  
Friday, July 28  
2006**

## 2006 NDHSCA Convention Advisory Committee

The NDHSCA Coaches Convention has featured Advisory Committee Meetings in recent years. This year the Advisory Committees of basketball, cross country, football, golf, swimming & diving, tennis, track & field, volleyball, and wrestling will hold meetings to assemble plans for the committees to develop recommendations for the 2006-2007 advisory to NDHSAA.

The sessions are not to discuss the successes and failures of recommendations to the NDHSAA Board of Directors from 2005-2006. Rather, each committee should begin the survey and assessment of the process for the upcoming year. The Committee meetings should also make recommendations for replacements for the Advisory Committee.

Finally, the NDHSCA Executive Committee anxiously anticipates suggested speakers for the 2007 NDHSCA Coaches Convention. Each sport is reminded that names alone are insufficient; addresses, phone numbers, email addresses, schools, and background are immensely helpful.

All coaches are reminded that the more specific and complete the details of speakers, the more likely those speakers can be contacted and contracted.

The Convention Advisory Committee Meetings need every coach of said sport to attend. Thank you for your consideration.

≈

## 2006 NDHSCA Convention in Fargo

The 32<sup>nd</sup> annual NDHSCA Coaches Convention will be held at the Fargo Doublewood Inn Convention Center with activities beginning at 8:00 AM on Tuesday, July 25<sup>th</sup>. The final presentation will be held on Friday at 1:00 PM. The seminar sessions on Tuesday will again be divided into three concurrent sessions. The sessions will center on 1) "Speed, Strength and Nutrition;" 2) "Coaching and Conflict" and 3) "Coaching and Athletics." Attendants will need to select one of the three tracks and attend all sessions of that track.

The basketball presenters will feature Saul Phillips, NDSU; David Arseneault, Grinnell College (IA); Don Meyer, Northern State (SD); and Jessica Beechy Rahman, Concordia Col-

lege. High School Coaches from North Dakota and South Dakota will add a regional flavor to the basketball sessions.

Track and Field presentations will be led by Mike Thorson, University of Mary, who was recently inducted into the NAIA Coaches Hall of Fame. Pete Stanton, Dickinson State University, will also be on the staff. He has coached the Blue Hawks to NAIA National Championships in 2004 and 2005. Other area coaches will complement the two college coaches.

Convention - cont'd on page 12

## NDHSCA 2005-2006 Executive Committee



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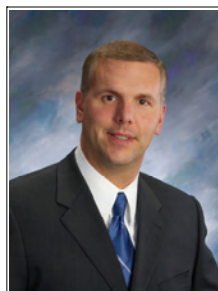
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## President's Message

Congratulations to all the State Champions, Coach of the Year Winners, and Senior Athletes of the year. This recognition is one to be cherished for years to come. Once again this spring, fans of athletics in North Dakota were given the treat of watching some very good athletes and some great performances.

I would like to give a special thank you to all the coaches in the state of North Dakota. My year as President of the North Dakota High School Coaches

Association has been an excellent one! It has been an honor to serve as president of one of the strongest coaches associations in the country. I really appreciate all the work the board has done this past year to make my job a lot easier. They are an outstanding group of people to be around.

I invite you to the State Coaches Convention this summer in Fargo. The dates for the convention are July 25, 26, 27, and 28. It will be held at the Doublewood Inn. We have some good seminar ses-

sions to attend on Tuesday and the clinicians scheduled for the various sport disciplines on Wednesday, Thursday, and Friday are outstanding. Remember, we do offer graduate credit from North Dakota State University at a very reasonable price. This is a great way to continue your education in areas of your enjoyment. Get your room reservations today. See you at the State Convention and have a great summer!

**President Scott Grochow**



Scott Grochow

*"It has been an honor to serve as president of one of the strongest coaches associations in the country."*

## Convention Room Reservations

The 2006 NDHSCA Coaches Convention will be held at the Fargo Doublewood Inn Conference Center. A block of rooms have been reserved for convention registrants. However, the block will be released to the public as of July 10, 2006. Room rates are \$50.00 for a single room (one bed) and \$55.00 for double rooms (two beds); all rooms are flat rates (1-4 people) per room. A combination of room types are blocked (two-bed rooms and King-beds). All rooms include microwave, refrigerator, and other amenities. For reservations, phone 701-235-3333 or 800-433-3235.

NDHSCA urges all coaches to reserve rooms as early as possible. The Doublewood will confer the same rate regardless of the number in the block until they are sold out. Normal room rates are \$79.00 per room.

NDHSCA has made arrangements for additional rooms at the Expressway Inn at the corner of I-94 and South University. The rates are \$55.00 for a room; all rooms are a flat rate (1-4 people) per room. Normal room rates are \$79.00 per room. Reservation phone number is 701-235-3141 or 800-437-0044

***Make Room Reservations Early!***

## Mike Berg is Award Recipient

Grand Forks Central coach Mike Berg has been selected as winner of the Champions Award in North Dakota. The award, given out by USA Football and the National Sportscasters and Sportswriters Association, recognizes coaches, volunteers and/or administrators in each state whose contributions enable youth to participate in football.

Berg has been head football coach at Grand Forks Central High School since 1979; he led the Knights to the 2005 Class

AAA State Football Championship. Coach Berg is a three-time winner of the NDHSCA Class AAA State Football Coach of the Year Award and has been the director for the state Shrine Bowl since 1992.

John Solomon of Brooklyn Center was the Minnesota award winner, as well as one of two Grand Champions of the award. ≈

**Register as soon as possible for the NDHSCA Coaches Convention. All Registrations postmarked AFTER July 20, 2006 will require an additional \$25.00 LATE FEE! Registration on site will require a SECOND \$25.00 FEE!**  
[www.fargo.k12.nd.us/ndhsc](http://www.fargo.k12.nd.us/ndhsc)

## -From the Executive Secretary's Desk

Gelaine Orvik

North Dakota has had another fabulous year in athletics and sports. State Championships, Coaches of the Year, Senior Athletes of the Year, and All State Teams makeup a significant corner on the recognition market.

Yes, and we add to that some very interesting news from some of our friends from yesteryear. We received a note from Allyn Workman, President in 1985-1986. He informed us that he has just gone back into the classroom and is teaching American History and Driver's Education. This is the first year in 32 that he has not coached.

He is teaching in Lafayette High School in Ballwin, Missouri; Larry Schmidt, former NDHSCA *Dakota Coach* Editor is principal at Lafayette. Larry may be retiring either this year or after next year.

We received a message from Jerry Popp, NDHSCA President in 1984-1985. He plans to attend the NHSACA National Annual Meeting as a support gesture as Russ Schmeichel is inducted into the NHSACA National Hall of Fame.

Jerry has been at Willmar (MN) High School for two years. His cross country team won the state championship (no surprise) and his boys' and girls' track and field teams were second place finishers by only a ten point deficit. He is very excited with 140 athletes in competition and a boys' 4 x 800 relay team that ran 7:51--- and he has three performers returning next year.

At the North Dakota State Track & Field Meet, Bob King was referee for his last meet. He has left an awesome legacy for all North Dakota Coaches to emulate. Bob, Congratulations on your long and productive professional career. Thank You!

As the final event of the North Dakota State Track and Field Meet ended, we again witnessed a *dejavu* as a disqualification in the 4 x 400 relay moved a team from an apparent championship to second place. I say *dejavu* because in 1984 I was certain that our team had won the state championship since our closest competitor, Red River, had finished sixth in the 4 x 400 relay. However, three disqualifications moved Red River to third place and a state championship.

As I observed Frank Conlon and Arne Falk, in their very professional manner approach the referee and discuss their view of a foul to cause the dropped baton, I stopped to admire their calmness in dealing with the status of their team. I was awestruck with their handling the details of protest without ranting and raving. Gentle-

men, I respect your proficiency and maturity. I know words do not change your disappointment with the results of the race. However, you are coaches to hold as models.

Another bright light was shining as Ken Rio expertly completed another year as marshal for the State Track and Field Meet. Ken, NDHSCA President in 1969-1970, continues to perform impressive duties although his professional assignments have ended. Thank you, Ken for your continued service after retirement.

We had opportunity to see Ken Towers recently. He had ordered a replacement NDHSCA Hall of Fame ring, a NDHSCA President's ring and his NDHSCA President's gold membership card that had been lost during the 1997 flood. He is such a class individual with only positive comments and praise for all others. Coach Towers and his Roughriders were a part of the Class A Basketball record when his team played Williston High School and the two teams established the record for the most points scored by both teams in a championship game. The coach of the Coyotes was Jim McPherson, 2006 NDHSCA Hall of Fame inductee.

Dwight Leier, NDHSCA President in 1987-1988, continues his "retirement" as crop-hail claims and adjuster supervisor for RCIS. We see him occasionally at industry meetings. He still retains his humor and interesting anecdotes. He informed me that his wife, Penny, qualifies for retirement and he says that means "She will teach another year."

Gary Schauer, Langdon High School girls' basketball coach and girls' track and field coach, has had quite a spring. His teams were very successful. He was named NHSACA National Coach of the Year Finalist in Girls' Basketball. His daughter, Christy, was a successful NDHSCA Scholarship recipient. That is quite a year in my book!

I have to say congratulations to the NDHSCA Executive Committee for their professional leadership throughout the past year. They continue to uphold our Association as a model for other states to emulate. Also a special thank you is in order to the North Dakota coaches who step forward and lead the nation as NHSACA Sports Chairs. Randy Johnson is finishing his second year as Boys' Track & Field Chair. Although Dave Dougherty is finishing his initial year as NHSACA Wrestling Sports Chair, he has been present for the past four National Annual Meetings and is a pro already.

Continued on page 12





# 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	<b>\$25.00</b>
<input type="checkbox"/> Golf Tournament (scramble) (07/26/06) .....	@ \$45.00	<b>\$45.00</b>
<input type="checkbox"/> Extra NDHSCA Hall of Fame/Coach of the Year Banquet (07/27/06) Tickets.....	@ \$25.00	<b>\$25.00</b>
<input type="checkbox"/> Additional NDHSCA Memberships.....	@ \$50.00	<b>\$50.00</b>
<input type="checkbox"/> Lifetime NDHSCA Memberships.....	@ \$250.00	<b>\$250.00</b>

**CHECKS PAYABLE TO NDHSCA; TOTAL**

**MAIL REGISTRATION WITH FEE TO: Gelaine Orvik, NDHSCA Executive Secretary**  
**3457 26<sup>th</sup> 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		life record		SPORT	A		life record	
	05-06 record	life record	05-06 record	life record		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	—	—	—	—

<b>List Year(s) and Sport(s) of state championships coached.</b>	
<b>Years</b>	<b>Sports</b>
_____	_____
_____	_____
_____	_____

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



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
<b>Totals</b>		<b>5 meets</b>	<b>33 teams</b>
		<b>22 wins</b>	<b>11 losses</b>

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

## NDHSCA Victory Milestone Record Sheet

Name \_\_\_\_\_ Date \_\_\_\_\_ 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 NDHSCA Coaches Convention**  
**Fargo Doublewood Convention Center**  
**July 25-28, 2006**

**TUESDAY, July 25<sup>th</sup>**

<b>TIME</b>	<b>SEMINAR</b>	<b>SPEAKER; SCHOOL</b>	<b>TOPIC</b>
8:00	<b>Coaches/Conflict</b>	Dr. Jane Edwards; NDSU	"ND HS Coaches' Sports' Nutrition"
	<b>Coach/Special Topics</b>	Dr. Jane Edwards; NDSU	"ND HS Coaches' Sports' Nutrition"
	<b>Speed/Strength/Nutrition</b>	Dr. Jane Edwards; NDSU	"ND HS Coaches' Sports' Nutrition"
9:00	<b>Coaches/Conflict</b>	Irene Berndt	"Recognizing and Avoiding Conflict"
	<b>Coach/Special Topics</b>	Mike Berg; GF Central HS	"Coaching Professionalism"
	<b>Speed/Strength/Nutrition</b>	Daniel Ostlie; Merit Care Sports Medicine	"Overuse Injuries"
10:00	<b>Coaches/Conflict</b>	Pat Sweeney; WDAZ Sports Director	"Reporting & AP Sports Concerns"
	<b>Coach/Special Topics</b>	Sherman Sylling; NDHSAA	"NDHSAA Eligibility Guidelines"
	<b>Speed/Strength/Nutrition</b>	Peter Melanson; US Olympic Center	"Developing Strength Program"
11:00	<b>Coaches/Conflict</b>	TBA	"Drug Use, Misuse & Abuse"
	<b>Coach/Special Topics</b>	Kara Falk; UND	"Female Athlete Triad"
	<b>Speed/Strength/Nutrition</b>	Peter Melanson; US Olympic Center	"Strength for Specific Sports"
12:15	<b>LUNCHEON (provided as part of seminar)</b>		
12:30	<b>Coaches/Conflict</b>	Dr. Brad Strand; NDSU	"Decision Making, Ethics, and Morality"
	<b>Coach/Special Topics</b>	Dr. Brad Strand; NDSU	"Decision Making, Ethics, and Morality"
	<b>Speed/Strength/Nutrition</b>	Dr. Brad Strand; NDSU	"Decision Making, Ethics, and Morality"
1:30	<b>Coaches/Conflict</b>	Mike Moyer; NWCA	"Weight Management"
	<b>Coach/Special Topics</b>	Mike Moyer; NWCA	"Weight Management"
	<b>Speed/Strength/Nutrition</b>	Mike Moyer; NWCA	"Weight Management"
2:30	<b>Coaches/Conflict</b>	Desiree Larson; NDSU	"Competition Preparation"
	<b>Coach/Special Topics</b>	Lynette Mund; West Fargo HS	"Coaching and Females"
	<b>Speed/Strength/Nutrition</b>	Alan Kraft; Merit Care Sports Medicine	"Preventing Back & ACL Knee Injuries"
3:30	<b>Coaches/Conflict</b>	Peter Melanson; US Olympic Center	"Performance Enhancements"
	<b>Coach/Special Topics</b>	Gelaine Orvik; NDHSCA	"Coaching as a Profession"
	<b>Speed/Strength/Nutrition</b>	Rory Beil; Merit Care Sports Medicine	"Dynamic Mobility/Stability Training"

**WEDNESDAY, July 26<sup>th</sup>**

<b>TIME</b>	<b>SPORT</b>	<b>SPEAKER; SCHOOL</b>	<b>"TOPIC"</b>
8:00	Basketball	Dan Shultis; Fargo North HS	
	Football	Loy Ham; Beulah HS	"The 'Miner' Details of Beulah Football"
	Football (Nine-Man)	Pete Moe; Washburn HS	"Multiple Offense Made Easy"
	Golf	Jim Craven; The Citedel	
	Track & Field	Mike Thorson; University of Mary	"Sprint Hurdles"
	Volleyball	Joan Powell; Colorado Springs (CO) HS	"Getting Parents in Your Corner"
	Wrestling	Mike Moyer; National Wrestling Coaches	"Weight Management; The Basics"
9:15	Basketball	Jessica Beechy Rahman; Concordia (MN) College	"T.E.A.M.-Together Everyone Achieves More"
	Football	Dale Lennon; UND	"Special Teams; The Return Game"
	Golf	John Dahl; Oxbow Country Club	
	Track & Field	Tim Delmore; Grand Forks Red River HS	"The Vertical Jumps"
	Volleyball	Joan Powell; Colorado Springs (CO) HS	"Remove Subjectivity From Try-Outs"
	Wrestling	Mike Moyer; National Wrestling Coaches	"Nutrition for Optimal Performance"

**WEDNESDAY, July 26<sup>th</sup> (Continued)**

<b>10:30</b>	Basketball	Tim Daniel; Dickinson Trinity HS	"Switching Man/Man; High School & College"
	Football	Aaron Schramm; Grand Forks Central HS	"Central's Short Passing Game"
	Football (Nine-Man)	Jeff Sheehan; Richland HS	"Running Game for the Spread Offense"
	Golf	John Dahl; Oxbow Country Club	
	Track & Field	Dave Hoff; Bottineau HS	"Teaching the Spin in Shot Put"
	Volleyball	Sheryl Solberg; NDHSAA	Volleyball Rules Interpretations
	Wrestling	Dave Carlsrud; NDHSAA	Wrestling Rules Interpretations
<b>11:45</b>	Basketball	Mike Forsberg; Bottineau HS	"Offensive Sets vs. Zone & Man"
	Football	Scott Lucier; Concordia (MN) College	"Concordia College 4-3 Defense"
	Golf	Jim Craven; The Citadel	
	Track & Field	Mike Thorson; University of Mary	"Training for the 400 Meters"
	Volleyball	NDHSCA Volleyball Advisory Committee	Volleyball Advisory Input Meeting
	Wrestling	NDHSCA Wrestling Advisory Committee	Wrestling Advisory Input Meeting
<b>1:00</b>	Athletic Administration	Ed Lockwood; Fargo Public Schools	"Leadership Training 501"
	Volleyball	Joan Powell; Colorado Springs (CO) HS	"Effective Communication"
<b>1:00</b>	<b>Golf @ Rose Creek Golf Course; Tee-times: 1:30-3:30 PM</b>		Rose Creek Golf Course
<b>7:00-10:00</b>		Convention Social and Golf Prizes	Birch Room

**THURSDAY, July 27<sup>th</sup>**

TIME	SPORT	SPEAKER; EMPLOYER	"TOPIC"
<b>8:00</b>	Basketball	David Arseneault; Grinnell College (IA)	"The Running Game; Formula for Success"
	Cross-Country	NDHSCA Advisory Committee	Cross-Country Advisory Input Meeting
	Football	TBA	
	Golf	TBA	
	Swimming & Diving	Kelly Kremer; University of Minnesota	"Training and Details"
	Tennis	Pat Colbert; USTA	
	Track & Field	Stevie Keller; NDSU	"Teaching the Javelin"
	Volleyball	Lori Bitter; Lake of the Woods (MN) HS	"Jump Training & Importance"
	Wrestling	Barry McCleary; Napoleon HS	"Small Schools; Big Results"
<b>9:15</b>	Basketball	David Arseneault; Grinnell College (IA)	"Shooting & Utilizing the Three-Point Shot"
	Cross-Country	Rod Hardie; Fargo South HS	"Old Tricks That I Use"
	Football	TBA	
	Football (Nine-Man)	Todd Kosel; Edgeley-Kulm HS	"Punt Blocking & Punt Return Technique"
	Golf	Dave Carlsrud & Jim Craven	Golf Advisory Comm. & Rules Interpretations
	Swimming & Diving	Terry Nieszner; University of Minnesota	"Skills and Drills"
	Tennis	Sheryl Solberg; NDHSAA	Tennis Advisory Comm. & Rules Interpretations
	Track & Field	Stevie Keller; NDSU	"Teaching the Pole Vault"
	Volleyball	Joan Powell; Colorado Springs (CO) HS	"Effective Communication"
	Wrestling	Bruce Moe; Grand Forks Red River HS	"General Overview at Red River HS"
<b>10:30</b>	<b>NDHSCA Annual Meeting</b>		
<b>Noon</b>	<b>Hall of Fame Luncheon (Inductees, Past Presidents &amp; Past Inductees)</b>		
	Athletic Administration	Ed Lockwood; Fargo Public Schools	"Leadership Training 501"
<b>1:00</b>	Athletic Administration	Ed Lockwood; Fargo Public Schools	"Leadership Training 501"
	Basketball	Don Meyer; Northern State University (SD)	"How to Evaluate Practices & Games" Football
	Dave Carlsrud; NDHSAA	Football Rules Interpretations	
	Swimming & Diving	Sheryl Solberg; NDHSAA	Swimming & Diving Rules Interpretations
	Tennis	Pat Colbert; USTA	
	Track & Field	Michelle Boyeff; Minot HS	"Throwing Ideas for Champions"
	Volleyball	Lori Bitter; Lake of the Woods (MN) HS	"Developing a Winning Program"
	Wrestling	Randy Burwick; Hettinger HS	
<b>2:15</b>	Basketball	David Arseneault; Grinnell College (IA)	"The System: Thirteen Years Later"
	Football	Kyle Schweigert; University of Minnesota Duluth	
	Football (Nine-Man)	Mark Kroulik; Stephen-Argyle (MN) HS	"Leadership, Motivation & Little-Big Thngs"
	Swimming & Diving	NDHSCA Advisory Committee	Swimming & Diving Advisory Input Meeting
	Tennis	Tim Wynne; Grand Forks Red River HS	"Stroke Analysis"
	Track & Field	Al Knutson; Williston HS	"North Dakota Track and Field Hall of Fame"
	Volleyball	Jay Schobinger; Dickinson HS	"Eye Sequencing & Communicatin on the Court"



**THURSDAY, July 27<sup>th</sup> (Continued)**

<b>3:30</b>	Basketball	Don Meyer; Northern State University (SD)	"Best Things I've Seen in Coaching"
	Cross-Country	Clint Chamberlin; Williston HS	"Do's and Don't's of Cross Country"
	Football	NDHSCA Advisory Committee	Football Advisory Input Meeting
	Football (Nine-Man)	NDHSCA Advisory Committee	Fottball Advisory Input Meeting
	Swimming & Diving	Jaime Sanger; University of Minnesota	"Diving Instruction"
	Tennis	Pat Colbert; USTA	
	Track & Field	Dave Zittleman; Bismarck HS	"Horizontal Jumps"
	Volleyball	Erich Hinterstocker; NDSU	

**5:30 NDHSCA Coach of the Year and Hall of Fame Reception**

**6:30 NDHSCA Coach of the Year and Hall of Fame Awards Banquet**

**FRIDAY, July 28<sup>th</sup>**

TIME	SPORT	SPEAKER; EMPLOYER	"TOPIC"
<b>7:00</b>	FCA	Fellowship of Christian Athletes Gathering (Coffee & Rolls)	
<b>8:00</b>	Basketball	Boyd Sussex; Milbank (SD) HS	"Fastbreak into Motion Offense"
	Football	TBA	
	Football (Nine-Man)	Mark Kroulik; Stephen-Argyle (MN) HS	"Up is Back and Back is Up—Skills & Drills"
	Tennis	Greg LaDouceur; Grand Forks Red River HS	"Ideas from NHSACA"
	Track & Field	Tim Jacobson; Bismarck Century HS	"Coaching Events as a Head Coach"
	Volleyball	Terry Culhane; Southwest State (MN) University	"Little Things Lead to Success"
	Wrestling	Kayle Dangerud; West Fargo HS	
<b>9:15</b>	Basketball	NDHSCA Advisory Committee	Basketball Advisory Input Meeting
	Cross-Country	Scott Reichenberger; Bismarck HS	"Training the Demon Distance Runner"
	Football	Larry Sandy; Velva HS	"Making the Impossible Happen"
	Football (Nine-Man)	Jerry Miller; Montrose (SD) HS	"Little Things that Count"
	Swimming & Diving	Ralph Manley; Mandan HS	"Swimming & Diving at the NHSACA"
	Tennis	Jason Thiner; Fargo South HS	"Planning for 2007"
	Track & Field	Pete Stanton; Dickinson State University	"Sprints and Speed Development"
	Volleyball	Terry Culhane; Southwest State (MN) University	"Defense & the Role of Libero"
	Wrestling	TBA	
<b>10:30</b>	Basketball	Saul Phillips; NDSU	
	Football	TBA	
	Swimming & Diving	Kelly Kremer; University of Minnesota	"Overall Season Planning"
	Track & Field	NDHSCA Advisory Committee	Track & Field Advisory Input Meeting
	Volleyball	Erich Hinterstocker; NDSU	
<b>11:45</b>	Basketball	Boyd Sussex; Milbank (SD) HS	"Milbank Defense/Favorite Drills"
	Football	Craig Bohl; NDSU	
	Football (Nine-Man)	Jerry Miller; Montrose (SD) HS	"Nine-Man Trap and Motion Offense"
	Swimming & Diving	Josh Zosel; Fargo South HS	"Planning for 2007"
	Track & Field	Pete Stanton; Dickinson State University	"Starts and Relays"
	Volleyball	Terry Culhane; Southwest State (MN) University	"Drills, Drills, & Drills"
<b>1:00</b>	Basketball	Saul Phillips; NDSU	

(End)

Please check the NDHSCA website ([www.fargo.k12.nd.us/ndhsca](http://www.fargo.k12.nd.us/ndhsca))

for any changes or last minute adjustments in scheduling.

Be sure to check your NDHSAA email periodically. We will also send information to you by this process.

## 2006 NDHSCA Junior High School Coach of the Year Awards

The NDHSCA Executive Committee made selection of the recipients for the 2005-2006 Junior High School Coach of the Year Award 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 on 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 recipient of this award is **Gail Schmidkunz**, Minot Eric Ramstad JHS football coach. Gail was nominated by Minot Eric Ramstad JHS Athletic Director, Bill Uscensky.

**Gail Schmidkunz** has been a coach for 31 years and has always coached football at Bismarck Simle Middle School and Minot Erik Ramstad Middle School; he has also coached wrestling. Ramstad's 8<sup>th</sup> graders were Minot City Champs three times and his wrestling teams were city champions 24 times. His overall football coaching record is 168 wins and 42 losses, including a perfect 7-0 record in 2005.

**Gail** has earned the NDHSCA 25 year Award and NDHSCA 30 year Awards for coaching longevity. He

also earned a NDHSCA 100 football Victory Milestone Award. Schmidkunz was awarded the Magi Award of Recognition of Outstanding Achievement in Wrestling. He was also recognized by the Minot Schools with the Golden Apple Award in 1993 and was the Outstanding Teacher Selection in Minot from KX-13 News. In addition to his coaching assignment, Gail coaches girls' track and field, free style wrestling, elementary wrestling, and orienteering. He is also a registered basketball official. Twenty-eight Erik Ramstad wrestlers have won state championships for Minot High School.

**Coach Schmidkunz** is a member of Our Saviors Lutheran Church, Erik Ramstad PTA and Association of American Educators. **Gail** and his wife, Rhonda, have three children: Kari & Zach.

The Spring Season Junior High School Coach of the Year recipient is **Leon House**, Mandan High School track and field coach.

Leon was nominated by Mike Kuhn, Mandan High School girls' track and field coach.

**Leon House** has been a coach for 41 years and has served as a junior high school track and field coach for 31 years. He has also served as a head boys' & girls' cross country coach for 31 years, as head track and field coach for ten years, as head basketball coach for nine years and as head football coach for two years.

**Leon** has been named NDHSCA Cross Country Coach of the Year eight times and was named NHSACA Boys' Cross Country National Coach of the Year Finalist three times. He was also named NHSACA Assistant Coach of the Year for Spring Sports in 1994.

**Coach House** coaches the jumps at Mandan Junior High School. He also coordinates the practices and meets with six other coaches.

**Leon** and his wife Jeanne have six children: Kevin, Keith, Sharyl, Jeff, Kari and Kami.

### Congratulations



Gail  
Leon House



Schmidkunz

They will receive their award at the annual NDHSCA Hall of Fame and Coach of the Year Awards Banquet that will be held in Fargo, ND at the Doublewood Inn Convention Center on Thursday, July 27<sup>th</sup>.

## 2006 NDHSCA Assistant Coach of the Year

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" Assistant 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.

In 2006 the NDHSCA selection committee selected three outstanding individuals from a file of commendable nominees. All nominees who were not selected remain for consideration for the future.

The 2005 Fall Season recipient of the award is **Rod Mack**, Cavalier High School's assistant football coach. Rod was nominated by the Cavalier High School football head coach, Rod Oksendahl.

**Rod Mack** has been an assistant football coach at Cavalier High School for 15 years, assistant boys' track & field coach for two years, assistant boys' basketball coach for two years and assistant wrestling coach for two years. He also served as boys' track and field junior high school coach for two years. Coach Mack's football coaching record as an assistant coach is 138 wins and 22 losses and includes a 23-1 record over the past two years.

**Rod** has coached 25 All State

football players while at Cavalier High School. Players he and Coach Oksendahl have coached have been named Class AA Football Senior Athlete of the Year three times and Class A Football Senior Athlete of the Year once. Coach Mack was an assistant coach for the North Dakota Team in the Montana/North Dakota All Star Football Team in 2005. Rod is a member of St. Bridget's Catholic Church.

**Rod** and his wife Jeana have two children: Jared and Katelyn.

The 2006 Winter Season recipient of the award is **David Sluke**, Grafton High School's assistant Girls' Basketball coach. Harvey was nominated by the Grafton High School Girls' Basketball head coach, Laurie Siebens.

**David Sluke** has been an assistant Girls' Basketball coach at Grafton High School for a total of 14 years. He was also a head coach at Valley High School for two years. Sluke also coached junior high school girls' basketball at Grafton Junior High School for five years. He also served as assistant girls' track and field coach at Grafton High School for eight years. Harvey was also a head girls' track and field coach for one year. Coach Sluke's assistant coaching record is 146 wins and 87 losses.

**David** is a member of Grafton Lutheran Church.

**David** and his wife Mary have three children: Kari, Jennifer and Lori.

The 2006 Spring Season Assistant Coach of the Year recipient is **Bob Wheeling**, Killdeer High School's assistant Track and Field coach. Bob was nominated by the Killdeer High School Boys' Track and Field head coach, Larry Walker.

**Bob Wheeling** has been an assistant track and field coach at Killdeer High School for a total of 21 years. He serves as the coach for the pole vault, high jump and javelin. He has also served as head boys' basketball coach for eight year and assistant boys' basketball coach for four years. Bob has also served as junior high school girls' and boys' basketball coach for 18 years. He has coached 26 individual state title winners.

Bob was selected NDHSCA Spring Sports Junior High School Coach of the Year in 2004. He was also named District Athletic Director of the Year and received a Coaches Appreciation Award. He led a \$90,000 fund drive in Killdeer to install a gymnasium floor. He also personally built a shot put and discus area at Killdeer High School. Wheeling is a member of Killdeer Lions Club, Killdeer Booster Club and Killdeer Town Criers. He is a member of Plaza First Lutheran Church.

Bob and his wife Mary have two children: Mandee and Jacob.

Congratulations  
To  
Rod Mack  
David Sluke  
Bob Wheeling

## Special Recognition Awards

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.

This year the North Dakota High School Coaches Association's Executive Committee voted to recognize Joyce and Jim Holter and the Fargo Public Schools Print Shop with the Association's Special Recognition Awards.

**Joyce Holter** has served NDHSCA as the designer and editor of the *Dakota Coach*. She receives the newsletter documents and prepares the layout for each issue.



Jim Holter joins his wife as she prepares documents for printing. They also prepare and print NDHSCA Convention Tickets for our use. Both Jim and Joyce have also provided their assistance for registration at the NDHSCA Annual Convention. They have been active in these roles for the past seven years.

Regardless of the lead time or deadline, she always has the newsletter prepared for printing and transfer to the website. She also designs and prepares the NDHSCA Hall of Fame and Coach of the Year Banquet program for the printer. She scans photos, adjusts page layouts and, with her husband, proofs the program.

**Joyce and Jim** are retired; they have four children: Debra, Patricia, Nelson and Alan. They also have seven grandchildren.

Joyce and Jim will be presented awards at the 2006 NDHSCA Coaches Hall of Fame and Coach of the Year Banquet at the Fargo Doublewood Inn Convention Center on July 27<sup>th</sup>.

**The Fargo Public Schools Print Shop** have been very helpful with assistance in many manners for the production of the *Dakota Coach*. Penny Wolf has been our contact with production and aid. Shane Lugert has been very willing to answer question regarding our Newsletter production. Arlyn Nelson also has lent expertise to the Association as we use their support to produce the *Dakota Coach*. Special Recognition Awards will be presented at a ceremony at the Fargo Print Shop.

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## Executive Secretary - continued from page 4

Ralph Manley and Melvin Fisher are leading their sports of Swimming & Diving and Boys' Soccer respectively. They have two admirable leaders next to them for advice and counsel. Thanks gentlemen for making the NHSACA a true representation of our nation.

Although some of our presentation slots have not been officially finalized, we see our 2006 NDHSCA Coaches Convention as a highlight in our professional education offerings.

Please check the NDHSCA website ([www.fargo.k12.nd.us/ndhsca](http://www.fargo.k12.nd.us/ndhsca)) for any changes or last minute adjustments in scheduling. Be sure to check your NDHSAA email periodically. We will also send information to you by this process.

Have a great year!

## 2006 NDHSCA Convention - continued from page 1

Wrestling will boast Mike Moyer from the National Wrestling Coaches Association as he presents his weight management sessions that have been productive for the mat coaches in their developing sound philosophy and practices for weight control.

Volleyball coaches will be treated to national coaches from Colorado (Joan Powell), Southwest State in Minnesota (Terry Culhane) and NDSU (Erich Hinterstocker). High School coaches from North Dakota and Minnesota will complete the array of speakers for volleyball.

Football will again have presenta-

tions from Dale Lennon and Craig Bohl. Another major speaker from an area university will add to the speaker selection. Scott Lucier, Concordia College, will speak on the Cobber defense. High School coaches will be top-notch presentations. Nine-Man Football will have State Championship Game coaches from Minnesota (Mark Kroulik), South Dakota (Jerry Miller), and North Dakota (Jeff Sheehan).

Jim Craven returns for presentations to Golf coaches and is joined by John Dahl. Pat Colbert, USTA, will be center stage for tennis coaches.

The Hall of Fame and Coach of the Year Banquet will be the key event on Thursday evening. The golf scramble will be a fun and relaxation (for coaches?) on Wednesday.

All coaches are urged to register early and reserve rooms as soon as possible. Meet you at the Doublewood!

**See pages 7, 8 & 9**

**For complete convention program.**



## 2006 NDHSCA Shrine Football Bowl Roster

### 11 Man West Roster

Jerad Seifert	Beulah HS
Logan Suter	Beulah HS
Ben Jacobson	Bismarck HS
Brandon Solemsaas	Bismarck HS
Dylan Glaser	Bismarck HS
Jamie Sigl	Bismarck HS
Reggie Stecher	Bismarck St. Mary's HS
Kurtis Proulx	Crookston (MN) HS
Cole Gengler	Dickinson HS
Jake Mellmer	Dickinson Trinity HS
Justin Plummer	Dickinson Trinity HS
Luke Steiner	Dickinson Trinity HS
Riley Lealos	East Grand Forks (MN) HS
Brent Lemer	Harvey HS
Brock Lemer	Harvey HS
Tyler Volk	Harvey HS
Cory Mattson	Hawley (MN) HS
Alex Phillion	Hazen HS
Austin Kastet	Jamestown HS
Tyler Wibstad	Jamestown HS
Austin Buehner	Killdeer HS
Kyle Jepson	Killdeer HS
Trevor Dressler	Killdeer HS
Gene Beau Lac Jr	Minot HS
Shane Fournier	Minot HS
Brock Setness	North Border HS
Zak Winkler	North Border HS
Lance Hollinger	Stanley HS
Layne Fluhrer	Stanley HS
Brendan Weidler	Velva-Sawyer HS
Chantz Hall	Velva-Sawyer HS
Mark Fitzpatrick	Velva-Sawyer HS
Tommy Weidler	Velva-Sawyer HS
Jace Lalim	Williams County HS
Justin Vejtasa	Williams County HS
Ryan Grubb	Williams County HS

**Head Coach:** Loy Ham, Beulah HS

#### **Assistants Coaches:**

Barry Holmen, Minot HS  
Rick Phillion, Hazen HS  
Tim Schaffer, Williams County HS

### Nine-Man West Roster

David Feickert	Berthold-Our Redeemers HS
Michael Gowan	Cando-Bisbee-Egeland HS
Devin Jacobson	Divide County HS
Jason Brorby	Divide County HS
Chase Homstad	Kittson County (MN) HS
Charlie Green	Mott-Regent HS
Jordan Rath	New England HS
Billy Kalvoda	New Salem HS
Chris Bauer	New Salem HS
Grand Majors	New Salem HS
Austin Aluise	Richardton HS

Seth Forster	Richardton HS
Andrew Boucher	Rolette-Wolford HS
Shay Hartvickson	Rolette-Wolford HS
Brandon Krumwiede	Rolla-Rock Lake HS
John Koistenen	Rolla-Rock Lake HS
Lee Vandal	Rolla-Rock Lake HS
Leif Nelson	Sargent Central HS
Brent Aakre	Stephen-Argyle (MN) HS
Matt Gratzek	Stephen-Argyle (MN) HS
Brandon Silbernagel	Strasburg-Zeeland HS
Luke Presser	Turtle Lake-Mercer HS
Eric Trautman	Underwood HS
Jake Hultberg	Underwood HS
Cole Koons	Westhope-Newburg HS
Mitch Zahn	Westhope-Newburg HS
Preston Tolstad	Westhope-Newburg HS
Tyler Thompson	Westhope-Newburg HS

**Head Coach:** Tom Nesvold, Westhope HS

#### **Assistants Coaches:**

Steve Kleinjan, New Salem HS  
Pete Moe, Washburn HS  
Nathan Nelson, Divide County HS

### 11 Man East Roster

Matt Anderson	Cavalier HS
Michael Arndt	LaMoire-Litchville-Marion HS
Curtis Askim	Park River HS
Matt Bakke	Grand Forks Central HS
Mark Barclay	Grand Forks Central HS
Brandon Baumbach	Larimore HS
Tom Bishoff	West Fargo HS
David Burns	Fargo Shanley HS
Travis Dockter	Linton-HMB HS
Brady Engen	Hatton-Northwood HS
Paul German	Fargo South HS
Cody Goetz	Rugby HS
Cody Gronvold	Rugby HS
Brandon Heider	Larimore HS
Jeremy Herr	Wishek-Ashley HS
Greg Holubok	Wyndmere-Lidgerwood HS
Drew Hushka	Fargo Shanley HS
Kyle Johnson	Fargo Oak Grove HS
Ryan Kasowski	Grand Forks Central HS
Tyler Keenan	Wyndmere-Lidgerwood HS
Brady Klein	Detroit Lakes (MN) HS
Joe Krivarchka	Lisbon HS
Josh Lagein	Devils Lake HS
Jake Landry	Grand Forks Central HS
Nick Lewis	Fergus Falls, MN HS
Braeden Nelson	Valley City HS
Seth Olson	Lisbon HS
Nick Peterka	Park River HS
Blake Prosser	Hatton-Northwood HS
Chad Rakowski	May-Port CG HS
Gary Richards	Moorhead, MN HS
Aaron Roland	Wahpeton HS
Michael Sandness	LaMoire-Litchville-Marion

Jon Scherbenske	Steele-Dawson HS
Gavin Schmidt	West Fargo HS
Andrew Schultz	Grand Forks Central HS
Robert Vistad	Cavalier HS
Cole Zarak	Wahpeton HS

**Head Coach:** Scott Grochow, Rugby HS

#### **Assistants Coaches:**

Kyle Bakken, Fargo Oak Grove HS  
Kevin Baumgarn, Devils Lake HS  
Mike Bradner, May-Port/C-G HS

### Nine-Man West Roster

Jason Austinson	Ada-Borup (MN) HS
Asher Kingery	Adams-Edmore-Edinburg HS
Brandon Laxdal	Adams-Edmore-Edinburg HS
Jerry Jonasson	Adams-Edmore-Edinburg HS
Mike Visby	Central Valley HS
Brent Luehring	Dakota Prairie HS
Jake Lamb	Dakota Prairie HS
Trevor Knudson	Dakota Prairie HS
Clint Boom	Edgeley-Kulm HS
Tom Moch	Edgeley-Kulm HS
Trent Kosel	Edgeley-Kulm HS
Brennan Hack	Ellendale HS
Kurtis Gayman	Ellendale HS
Kyle Nash	Fergus Falls Hillcrest (MN) HS
Andy Wirt	Napoleon HS
Eric Nygaard	Napoleon HS
Cody Biby	N-C-B HS
Matthew Hagen	Oakes HS
Dustin Erbes	Richland HS
Jon Griffith	Richland HS
Jonah Richardson	Richland HS
Kyle Breuer	Richland HS
Thomas Kraft	Strasburg-Zeeland HS
Chris Martin	Tri-County HS
Corey Bruner	Tri-County HS
Myles Martwick	Tri-County HS
Jacob Rikhus	Ulen-Hitterdal (MN) HS
Ben Olson	Valley-Drayton-St. Thomas HS

**Head Coach:** Jeff Sheehan, Richland HS

#### **Assistant Coaches:**

Rick Hack, Ellendale HS  
Mike Callahan, North Central-Benson HS  
Garrett Magner, Dakota Prairie HS

## Shrine Football Game

July 15

at the Alerus Center

11 Man Game @ 4:00 PM

Nine-Man Game @ 7:00 PM



## 2005-2006 NDHSCA Senior Athlete of the Year Award

Spring Sports	Name	School	Head Coach
A Boys' Baseball	Alex Leer	Williston HS	Brad Westphal
A Boys' Golf	Bryce Bohl	Bismarck St. Mary's HS	Vern Brew
A Boys' Track & Field	Eric Stroh	Bismarck HS	Darrell Anderson & Dave Zittleman
A Girls' Soccer	Ashley Fettig	Bismarck Century HS	Haddis Hailu & Dave Cook
A Girls' Tennis	Brynne Wischer	Grand Forks Red River HS	Tim Wynne
A Girls' Track & Field	Devon Wentz	Bismarck HS	Tim Kolsrud
B Boys' Baseball	Zack Schaefer	Langdon HS	Jason Schwabe
B Boys' Golf	Justin Jenkins	Fargo Oak Grove HS	Jon Erickson
B Boys' Track & Field	Cody Gronvold	Rugby HS	Scott Grochow
B Girls' Golf	Whitney Stanley	Mohall-Lansford-Sherwood HS	Tracy Henry
B Girls' Track & Field	Whitney Carlson	Carrington HS	Greg Hoeckle

## 2005-2006 NDHSCA Coach of the Year Award

Spring Sport	Name	School
A Boys' Track and Field	Darrell Anderson	Bismarck HS
B Girls' Golf	Kathy Berglund	Hazen HS
A Girls' Track and Field	Michelle Boyeff	Minot HS
B Athletic Director	Dennis Dockter	Harvey HS
A Boys' Golf	Terry Ellingson	Devils Lake HS
A Athletic Director	Jim Haussler	Bismarck Public Schools
B Girls' Track and Field	David Hoff	Bottineau HS
B Boys' Track and Field	Craig Kovash	Dickinson Trinity HS
B Boys' Baseball	Chad Omdahl	Hatton-Northwood HS
A Girls' Soccer	Kevin Roos	Fargo Shanley HS
B Boys' Golf	Jeremy St. Aubin	Ashley
A Boys' Baseball	Pete Stenberg	Minot HS
A Girls' Tennis	Tim Wynne	Grand Forks Red River HS
A Boys' Track & Field	David Zittleman	Bismarck HS
Assistant COTY (Fall)	Rod Mack	Cavalier HS
Assistant COTY (Winter)	David Sluke	Grafton HS
Assistant COTY (Spring)	Bob Wheeling	Killdeer HS
Junior High COTY (Fall)	Gail Schmidkunz	Minot Ramstad JHS
Junior High COTY (Spring)	Leon House	Mandan HS

**The entire listing of award winners for the 2005-2006 school year can be found on the website.**

## 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 2006-2007

<b>Membership:</b>
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? \_\_\_\_\_

Year	Sport
_____	_____
_____	_____
_____	_____

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
<b>Totals</b>		<b>5 meets</b>	<b>33 teams</b>
		<b>22 wins</b>	<b>11 losses</b>

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

## NDHSCA Victory Milestone Record Sheet

Name \_\_\_\_\_ Date \_\_\_\_\_ 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.	_____	_____	_____	_____	_____	_____	_____	_____

## 2005-2006 LONGEVITY AWARDS

The following is a listing with the specific number of years of coaching experience for each recipient. Coaches must be helpful in notifying the NDHSCA office to make necessary corrections to this list. If there is a mistake in the numbers on this list or a coach has already received a specified award, please contact the NDHSCA Office immediately.

Awards for the July 27<sup>th</sup> NDHSCA Hall of Fame and Coach of the Year Awards Banquet at the Fargo Doublewood Inn Convention Center will be based on this listing. A letter has been sent to each recipient to verify attendance. Only recipients who reply will have an award prepared for presentation at the awards banquet.

### 20 Year Award Recipients

Shane	Alderman	Fargo North HS	20
Randy	Burwick	Hettinger HS	20
Harry	Clark	Richland HS	20
John	Conant	Fargo Oak Grove HS	20
Richard	Dufault	Killdeer HS	20
Bradley	Foss	Dickinson Trinity HS	20
Gregg	Grinsteiner	Dickinson Trinity HS	20
Scott	Hoffman	Dickinson JHS	20
Brian	Hornecker	Minot HS	20
Brent	Kleinsasser	Strasburg HS	20
Todd	Lee	Tioga HS	20
Cory	Lehman	Fargo South HS	20
Ron	Leraas	Northern Cass HS	20
Todd	Matthews	Williston HS	20
Lenny	Ohlhauser	Fargo Agassiz JHS	20
Perry	Piatz	Kindred HS	20
Paula	Pierson	West Fargo HS	20
Connie	Schmidt	Beulah HS	20

### 25 Year Award Recipients

Jeff	Carpenter	North Border HS	25
Mark	Frost	Hope-Page HS	25
Steve	Glasser	Dickinson Trinity HS	25
Dave	Handt	Litchville-Marion HS	25
Rich	Hovland	Bismarck Century HS	25
Tim	Kolsrud	Bismarck HS	25
Bill	Melaas	Garrison HS	25
Brian	Midthun	Enderlin HS	25
Dave	Nelson	May-Port/C-G HS	25
Ted	Reiter	Hatton-Northwood HS	25
Fred	Strand	Hatton-Northwood HS	25
Larry	Walker	Killdeer HS	25
Daryl	Watson	Cavalier HS	25
Davy	Zinke	Rolla HS	25

### 30 Year Award Recipients

Barry	Anderson	Fargo Shanley HS	30
Dennis	Flynn	Devils Lake HS	30
Jim	Gebur	Drayton HS	30
John	Hager	Bismarck Wachter JHS	30
Dan	Imkieke	Linton HS	30
Gary	Jackson	Valley HS	30
Randy	Klusmann	Edgeley/Kulm HS	30
Glee	Mayer	Minot HS	30
Pete	Moe	Washburn HS	30
Greg	White	Jamestown HS	30

### 35 Year Longevity Awards

David	Hanson	St. Thomas HS	35
Dennis	Healey	Williston HS	35
Gene	Manson	Minot HS	35
Phil	Martin	Lisbon HS	35
Jerry	Perdaems	South Heart HS	35
Marney	Shirley	Jamestown HS	35

### 40 Year Longevity Awards

Dennis	Friestad	Valley City HS	40
Leon	House	Mandan HS	40

## 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**



# 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 26<sup>th</sup> 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                     | Kerlin, Don; Mayville/Portland C/G HS  |
| Anderson, Darryl; Mandan HS                  | Kjelgaard, Harold; Fargo Discovery JHS |
| Burckhard, Richard; Parshall HS              | Kleveland, David; Central Valley HS    |
| 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  |
| Jaeger, Kerry; Grand Forks Red River HS      |  |