



Newsletter of the North Dakota High School Coaches Association

DAKOTA COACH

NDHSCA Hall of Fame - 2006

NDHSCA Executive Committee announces the inductees to the 2006 NDHSCA Hall of Fame as determined at its recent NDHSCA Executive Committee Meeting. The inductees will be recognized and receive awards during the 2006 NDHSCA Coaches Convention, held on July 25-July 28, 2006 in Fargo.

The Hall of Fame Awards will be presented at the Annual Banquet on Thursday, July 27th at 6:30 PM at Fargo Doublewood Inn.

The recipients for the 2006 induction will be **Beckee Keller**, formerly head girls' track and field coach at Harvey High School; **Myron Loberg**, presently head girls' track and field coach at Devils Lake High School; and **Jim McPherson**, formerly head boys' basketball coach at Williston High School and presently head girls' golf coach at Mandan High School.

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NHSACA Hall of Fame Inductees - 2006

NDHSCA Executive Committee selected **Gene Buen**, Velva High School baseball coach and **Russ Schmeichel**, Jamestown High School cross-country and track and field coach for induction into the 2006 NHSACA National Hall of Fame.

The award will be presented at a luncheon on Wednesday, June 28th, 2006, at the NHSACA National Annual Meeting at the Radisson Hotel in Branson, Missouri. This will be the eleventh induction class.

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NDHSCA Award of Merit Recipients - 2006

The North Dakota High School Coaches Association's Executive Board voted to recognize **Mike Berg** and **Marlene Bischoff** with the Association's 2006 Award of Merit. The awards will be presented at the Association's annual summer Hall of Fame and Coach of the Year Awards Banquet that will be held at the Fargo Doublewood Inn on Thursday, July 27th, 2006.

The Award of Merit has a history of being presented to media personnel who has been a positive influence to North Dakota High School Coaches, Athletes, and Athletics. A second group of recipients who have been recognized by NDHSCA with Award of Merit are people who have contributed to the success of athletics in the North Dakota through extraordinary services to athletics, coaches, and athletes.

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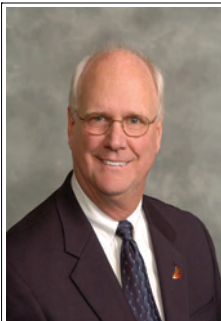


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President's Message

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 fall! It was a very successful fall with a lot of outstanding performances that provided great entertainment for a huge number of people. The hard work and competitiveness put forth by the coaches and athletes in this state are fantastic! It gives me great pride to know that North Dakota possesses not only some of the finest athletes in the nation but also some of the finest people in the nation.

I would also like to take this opportunity to encourage coaches to attend the meetings held for

each sport at the state final site. These meetings allow you as a coach to become involved and also an opportunity to voice concerns in your particular sport. Members of the advisory committee will be there for input from coaches so they can represent the sport effectively at the state level. The NDHSCA also plans on having a time slot for meetings at the State Convention for each sport.

I hope that each coach has worked to recruit a new member of the North Dakota High School Coaches Association. I believe our Coaches' Association has a lot to offer all coaches at any level and truly does have a voice in things that happen in high school athletics here

in the state. Please make plans to attend our summer convention which will be held in Fargo this year. Bring a fellow coach, or two, along with you.

In closing, I would like to wish all winter sports teams the best of luck in the upcoming season. I know you will not only represent your own schools with pride but the state of North Dakota as well.

Good Luck in 2006!

Scott Grochow



Scott Grochow

"It gives me great pride to know that North Dakota possesses not only some of the finest athletes in the nation, but also some of the finest people in the nation."

Letter to the Editor

Dick Vinger sent this note with his Past President's Membership Registration Form. Notes of this nature are very refreshing.

Mr. Orvik:

Sorry that I took so long getting this information compiled. I am not so well organized, so I don't have the requested information in files. I had to use numbers from a newspaper article at the time of my retirement in 1985.

Glad to hear you are doing well and enjoying life with the "love of your life." I thoroughly enjoyed my associations with NDHSCA.

Best Regards,

Dick Vinger (NDHSCA President (1976-1977))

P.S. I reached the ¾ of a century age this year!

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**.

From the Executive Secretary's Desk

So much has happened since I last put together the Fall Issue of the *Dakota Coach*. We are still in the midst of happenings with the National High School Athletic Coaches Association. In October, Dick Galiette, NHSACA Executive Director, suddenly passed away and left the National Association in somewhat of a lurch. No one was prepared to step into the traces and continue the pull since the NHSACA does not have an office staff or any administrative assistance.

The NHSACA Executive Committee held and "Emergency Executive Committee Meeting" in Hartford, CT during the

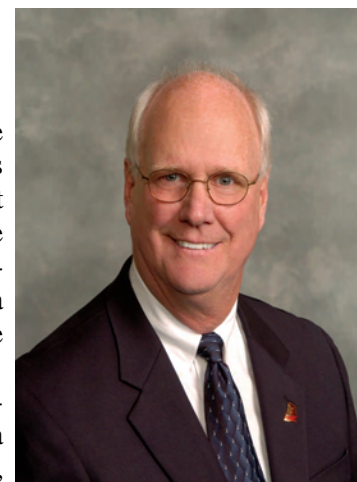
days and hours before Dick's funeral. The first order of business was to appoint an Interim Executive Director. Since Gary Makowicki, NHSACA Immediate Past President was near Dick both physically - - by his residence in Connecticut - - and in conversations with Dick over the past year - - as President, the most conversing - - he was appointed to succeed Dick as NHSACA Interim Executive Director. To accomplish that position, Gary resigned his role as Immediate Past President.

The NHSACA Executive Committee followed the Association By-laws and appointed John

Hutchison to return to the Executive Committee as Immediate Past President for the remainder of the year. John accepted the appointment and we have a solid foundation for the Committee, again.

In December, the Executive Committee held a meeting in Branson, MO, the site of the 2006 NHSACA Annual Meeting, Hall of Fame Luncheon and Coach of the Year Awards Banquet. One action of the Executive Committee was to fill the remaining positions on the NHSACA Board of Directors.

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Gelaine Orvik

"At this time four of the sports chair positions for NHSACA are held by North Dakota Coaches."

2006 NDHSCA Vice-Presidential Candidates

The North Dakota High School Coaches Association's Executive Committee made nominations for balloting for the Association's Vice President. The balloting will be conducted at the Annual Coaches Convention that will be held in Fargo July 25th through July 28th.

The two candidates will be **Carolyn Olson**, Grand Forks Red River High School's volleyball head coach; and **Tonah Safranski**, Fargo South High School's head volleyball coach and assistant girls' basketball coach.

Carolyn Olson is a graduate of Jamestown High School and Valley City State University. She received her Master's Degree from the University of St. Thomas. She two years at Medicine Lake (MT) High School, one year at Echo-Wood Lake (MN) High School, three years at Williston High School and 12 years at Grand Forks Red River High School. During her tenure she has coached girls' basketball, track & field, and volleyball.

Olson has coached Red River's volleyball teams to a 284-102 record and the Roughriders have earned State

Championship Titles in 1998, 1999, 2001 and 2003. She has been named EDC Volleyball Regional Coach of the Year four times, NDHSCA State Volleyball Coach of the Year three times and NHSACA Volleyball National Coach of the Year Finalist in 2005. **Coach Olson** has been served on the NDHSCA Volleyball Advisory Committee to NDHSAA.

Tonah Safranski is a graduate of Fargo South High School and Minnesota State University at Moorhead. She is completing her Master's Degree at NDSU this year. Tonah has completed her first year as Head Volleyball Coach after serving as an assistant girls' basketball coach at Fargo South for eight years and three years at NDSU. Safranski was named EDC Volleyball Regional Coach of the Year in 2005.

Balloting for NDHSCA vice president will be conducted on Thursday, July 27th, at the NDHSCA Coaches Convention. The NDHSCA Coaches' Convention is scheduled for the Fargo Doublewood Inn, July 25th- 28th, 2006.

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From the Executive Secretary's Desk

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Melvin Fischer, Bismarck High School Soccer Coach, had been recommended for the Soccer Chairman's position by his North Dakota peers and was appointed. At this time four of the sports chair positions are held by North Dakota coaches. Be proud of our coaching brothers and the respect the nation has for them.

Obviously, we are very proud of the two 2006 inductees for the NHSACA Hall of Fame. Gene Buen and Russ Schmeichel are two of our most successful coaches with phenomenal records and accomplishments. Both have coached numerous state championships in baseball and cross-country. They have also served their schools and communities with services above and beyond what may be expected. Congratulations, guys!

One of the interesting assignments for the NDHSCA Executive Committee is to nominate deserving and accomplished candidates for the NHSACA National Coach of the Year. The 2006 candidates are again very worthy. They will do well in the competition for COTY Finalists and, ultimately, National COTY. The NDHSCA officers toil in their evaluation of the res-

ervoir of successful coaches in each sport who have served their profession. Each year one would think that our small state, with fewer than 200 schools and many of those schools with only five to eight total sports, would exhaust worthy candidates. But each year new candidates emerge to replace the recent North Dakota National winners from the previous two years (who are no longer eligible for nomination).

The NDHSCA Executive Committee has received applications from five candidates for the NDHSCA Lions' Basketball Co-Chairmanship. Those applicants will be evaluated and appointed at the March NDHSCA Executive Committee meeting.

NDHSCA will assume a step into the Technological World like never before. This is the Association's first website edition *Dakota Coach*. NDHSCA has decided that the publication of the newsletter on the Website will result in a substantial financial savings for the Association as well as making a step to provide the material directly to members regardless of the accuracy of the mailing address. The Association will continue to mail the

Convention Issue in June each year to provide an additional reminder for coaches to register.

In November, I attended a funeral in New Salem for the father of Rick Sturn, Boys' Basketball Coach. Troy Kleinjian and his New Salem football players entered the church as a team to show their support for their assistant coach and his family. That was a touch of class.

With the two recent funerals of former North Dakota coaches (Jim Bauley and Sid Cichy), I again evaluate the important things in life. At the top of the list is appreciating and loving my family. Near the top is to appreciate friendships and to enjoy every day. I continually want to strive to leave the same legacy to love and respect friends and my family that Jim and Sid left us.

I need to share two personal anecdotes of Sid Cichy. In 1971 during "the streak", Fargo South opened a 24-0 first half lead on the Deacons. Obviously, Sid gathered his team together to comeback and defeated the Bruins, 27-24. After the game, Sid and his team made their way off the field, cherishing the victory "snatched from the jaws of defeat."

As his team usually did, they walked to their team bus very quietly as they were always gracious in victory.

As a few of his players made their down the sidewalk, they walked a few steps on someone's lawn. In the midst of this celebratory elation, Sid firmly and quietly told his players, "Gentlemen, we never walk on people's lawns." I will never forget his firmness and adherence to his principles in spite of the circumstances.

My second special memory was the NHSACA National Hall of Fame induction when I was honored to accompany Coach Cichy as the inductee at the ceremony. To have my name on the same line in the program with "the Legend" has always been very humbling to me. My NHSACA Hall of Fame induction is larger-than-life because of my induction partner into the Hall.

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

Letter to the Editor

[The following communications were sent as an explanation to NDHSCA Membership policies and benefits by an anonymous Association Member - - could not have been done better (names and specifics have been changed to protect the innocent). Editor's note]

I'll try to answer some of your concerns, as to coaching in All Star contests and Coach of the Year. NDHSCA policy clearly states that coaches must be **CURRENT** members to be eligible for awards or to coach in all star contests, either as a head or assistant coach.

Since you are concerned with not having knowledge of the organization, you may want to start the finger-pointing with your school administration. I would expect your superintendent, principal, or athletic director mentioned something to you about your professional organization at the time they hired you. I would also expect you, as a professional, to inquire about whether or not a high school coaching organization exists in the state. Additionally, I would expect you to inquire about whether or not there is a coaching convention, which I would

assume you would try to attend. To describe an established and recognized process as "bogus" because you failed to pursue your professional responsibilities would seem to be a bit shortsighted.

As to the All State selection, I agree with you on the point that there should be a specified number of offensive and defensive players, a kicker, punter, and return specialist, selected for each of the first and second teams - and no more than that. The selection committee chair, the NDHSCA Executive Secretary and NDHSCA President have been consulted about that very subject. There will be a meeting on that topic at the convention in July.

The process, the "lobbying" in the selection process, etc. is actually an opportunity to do exactly that - lobby for your players. That's precisely why every head coach in the state is invited to attend. You will find-if you choose to pursue it-that you do actually have a voice in Association procedures. You are encouraged to attend the convention, to express yourself in the open forums and sessions, to apply to be on the advisory committee, and even to run for a position as a board member or officer.

One thing that is in short supply is people with ideas and energy, so I encourage you to become active and help move things in the direction that you think they should go - at the very least you should join the association and vote on the issues that arise.

Coaches should never feel that they are being "punished" for any decision made by NDHSCA. Coaches should never feel that they have been singled out and are a victim of some secret heartless organization that is trying to deny opportunities that have been earned.

The NDHSCA policies pre-date most active coaches. They exist to bring structure, organization, and standards to the profession. Young coaches are joining the profession because of these policies because coaches, like young student-athletes want structure and direction. Most young coaches appreciate the opportunities that the NDHSCA provides and welcome the opportunity for professional growth.

Whether a junior high coach, an assistant coach or a head coach, most coaches cherish membership and leadership. Most revel in shared direction and unified principles. The recognition and awards are just another element that lifts our

coaches to a higher level for honor, but also requires a higher commitment to standards.

The organization is not in a money-making scam. The Association exists to help coaches grow as professionals. However, NDHSCA does not automatically reward coaches, athletes or programs just because of a successful won-loss record or state championships.

The coaching profession needs passionate people. Please direct that passion positively; make our profession better for everyone. Begin with a membership in our professional organization.

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"Most young coaches appreciate the opportunities that the NDHSCA provides and welcome the opportunity for professional growth."

NDHSCA Hall of Fame - 2006

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Beckee Keller is a graduate of Harvey High School and Minot State University. She is a veteran coach of 34 years at Harvey High School. She has coached girls' track and field for thirty years and junior high school track and field since her "gearing down" after the 2000 track and field season.

Keller coached her track and field teams at Harvey High School to two state championship titles (1989 & 1992); a state runnerup title (1993); four regional track and field titles (1989, 1994, 1995 and 1996); and seven regional track and field runnerup titles (1988, 1990, 1992, 1993, 1997, 1998 and 1999). Harvey High School Girls' Track and Field teams also won 11 CNDC outdoor track and field titles and 10 CNDC indoor track and field titles. Beckee guided her track teams to 260 victories in multi-team meets.

Beckee Keller was a model for coaches to emulate in her professional high school athletic and coaching services. She was the Sports Chairperson for the Harvey Booster Club for 32 years. She was the school's track and field meet manager for twelve seasons.

Keller served as organizer and coach for the Central Dakota Track Club (1982-2000). She also served as the organizer-coach-meet director for TAC (The Athletic Congress) and AAU (Amateur Athletic Union). She was also AAU and TAC Multi-Sport Chairperson for 15 years (1986-2000). Coach Keller served as organizer-coach-worker for the Eagles Summer Track Meets – ages 3-12 (1974-2001) and organizer-coach-region & state worker for the Hershey's Summer Track Program (1982-2001). She was a speaker for various track and field clinics throughout the Midwest (at University of Mary and NDSU Track Clinic). She also volunteered her services at NDSU Conference Track and Field Meets, NDSU Multi-Event Conference Track and Field Meet and the Olympic Trials Multi-Event Meet.

Coach Keller was selected as Teacher of the Year by the Harvey Education Association in 1988 and 1992. In 1989 she was named State Physical Education Teacher of the Year by the NDAPHERD. She was selected NDHSCA State Girls' Track and Field Coach of the Year in 1989. In 1995 Keller was

named Track and Field Coach of the Year for the Coaches Care Program by Gatorade. In 1997 Beckee was named NHSACA Region 6 Regional Coach of the Year. She was named NDHSCA Regional Track and Field Coach of the Year on nine occasions.

Beckee and her husband Steven have three children: Susie, Stevie and Kimmer.

Myron Loberg is a graduate of North Central of Barnes High School and Valley City State University. Myron began his 38 year coaching career at Crary High School where he coached cross-country, boys' basketball and boys' and girls' track and field for two years. In 1970 he moved to Devils Lake High School where he has coached boys' and girls' cross-country, boys' and girls' basketball and boys' and girls' track and field.

Loberg has coached his high school teams to a girls' basketball state runnerup title (1980); four girls' track and field regional titles (1984, 1985, 1986 and 1987); three girls' basketball regional titles (1976, 1980 and 1981); four girls' track and field regional runnerup titles (1983, 1988, 1989 and 1990); and one boys' basketball regional run-

nerup title (1969). To date, **Coach Loberg** has coached his teams to 65 basketball victories and 307 multi-team victories in track and field.

Myron has served as president of the USATF Dakotas Association since 1992. He served as a special consultant to North Dakota Special Olympics for two years (1984-1986).

Loberg was selected as NDHSCA Girls' Track and Field Coach of the Year in 1979 and 1984. He was NHSACA Coach of the Year Nominee in 1980. The North Dakota Associated Press Sportscasters and Sportswriters selected him as High School Coach of the Year in 1981. Myron was an All Star Track and Field Coach in 1984. The Fellowship of Christian Athletes selected him as Coach of the Year in 1975. The Devils Lake Jaycees named Loberg the Outstanding Young Educator in 1976. He was 2nd runner-up in the North Dakota Jaycees Outstanding Young Educator competition in 1976.

Henry Brenner, a past NDHSCA Hall of Fame inductee nominated Myron for the award.

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NHSACA Hall of Fame Inductees continued from page 1

Gene Buen is a graduate of Berthold High School and Minot State University. Gene taught mathematics (35 years) and coached basketball (8 years), football (18 years) and baseball (35 years) at Velva High School. He also coached American Legion baseball and Babe Ruth Baseball.

Buen was named NDHSCA Baseball Coach of the Year (1978 and 1984). He was named NHSACA Region 6 Baseball Coach of the Year Nominee (1981, 1983, 1984, 1985, 1988, 1989 and 1992). Gene was also selected as Region 6 Regional Coach of the Year in 1985, 1989 and 1992). In 1992 Buen was named NHSACA National Coach of the Year.

Gene was inducted into the NDHSCA Coaches Hall of Fame in 1991. In 1997 he was inducted into the North Dakota American Legion Baseball Hall of Fame.

Buen coached the Velva Aggies baseball teams to a 371-226 record. The team made 14 state tournament appearances and played in eight championship games. He coached Velva to two State Championships.

Gene served on the US Baseball Federation Olympic Player Selection Committee and the US Baseball Federation Committee for High School Baseball. He was a member of four NDHSCA Baseball Advisory Committees to NDHSAA. He was also NDHSCA baseball host chairman for the NHSACA National Convention in 1991.

Coach Buen and his wife Pat have three children: Dianna, Dan and David. They also have two grandchildren.

Russ Schmeichel is a graduate of Milbank (SD) High School and Jamestown College. He began coaching in 1969 at Valley City High School where he coached football, cross-country and track and field. He then spent three years at Superior (AZ) High School coaching football, cross-country and track and field. He has spent the last 31 years at Jamestown High School as boys' tack and field coach and boys' and girls' cross-country coach.

Schmeichel's coaching love has been cross-country and his girls' cross-country teams have won state championships 10 times and the boys' teams have won 11 times. The teams have a total of

43 conference championships. His cross-country teams have 425 multi-meet victories and 134 dual meet victories.

Russ was named the NDHSCA Boys' Cross-country Coach of the Year five times and Girls' Cross-country Coach of the Year eight times. He was also NHSACA Region 6 Regional Cross-country Coach of the Year and NHSACA National Coach of the Year in 1997.

Schmeichel has received numerous awards from his alma mater, Jamestown College, including the Athletic Hall of Fame induction in 1987 and Special Recognition as a high school coach when he was named the first recipient of the Rollie Greeno Award in 1995. **Coach Schmeichel** was inducted into the NDHSCA Coaches Hall of Fame in 1995.

Schmeichel has been very active in the NDHSCA as he served on the track and field advisory committee and the cross-country advisory committee. He has been a regular presenter as a clinician at the annual convention. One of the highlights of his coaching career has been taking high school runners to summer camps in the Big Horn Mountains

of Wyoming and the Black Hill of South Dakota. He has always said "Good athletes make a coach look good" and Russ feels very fortunate to have had the opportunity to work with many talented and dedicated runners. Many of his runners have become life-long friends.

Although **Russ** retired from teaching in 2002, he is still active as head cross-country coach. He also spends his time volunteering in the Jamestown community. He has built 24 miles of mountain bike and running trails along the James and Pipestem Rivers.

Russ and his wife Carol have three children: Don, Jen and David; they also have three grandchildren.

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**NHSACA
National Annual
Meeting**

**June 2006
Branson, Missouri**

NDHSCA Award of Merit Recipients - 2006

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Mike Berg is a graduate of Pasadena (CA) High School and Black Hills State (SD) College. He received his Masters Degree from UND in 1982. He has coached at Mandan High School and presently is the head football coach at Grand Forks Central High School. He serves as the Shrine Football Chairman and serves on the American Football Coaches Association High School Committee. He has been on the NDHSCA All State selection committee. He also serves as Shrine Football player selection committee. Mike has been named NDHSCA Coach of the Year three times. He

also received the NDHSCA Special Recognition Award.

Berg's professionalism and sincerity with his principles serve as a model for all coaches. He centers his teaching and coaching with the NDHSCA Coaches Ethics firmly planted in his processes. NDHSCA admires his leadership in directing young coaches to heed the leadership of the elder statesmen in his profession.

Mike and his wife Lorna have two children: Chris and Nikki.

Marlene Bischoff is a longtime provider for NDHSCA. She is a graduate of Hazen High School and Valley City State University. Marlene is a member of the American Legion Auxiliary and Awards and Recognition Association. She is a member of the Trinity Lutheran Church in Valley City.

Bischoff and her husband own Allard Trophy Company in Valley City. Allard Trophy Company has provided NDHSCA the Coach of the Year plaques since the Association began the Coach of the Year Awards. The company also provides the Lifetime Membership

Card, Longevity Award Plaques, Special Recognition Award Plaques and Award of Merit Plaques. The Senior Athlete of the Year Plaques are also provided to NDHSCA by Allard.

Marlene Bischoff and Allard Trophy Company have been superb in providing the plaques and awards at the precise site and date needed. They recognize the necessity of producing over 100 plaques promptly and without errors.

Marlene and her husband, Roger, have three children: Michele, Greg and Valerie. They also have four grandchildren.



NDHSCA Hall of Fame 2006

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Jim McPherson is a graduate of Park River High School where he was an all state basketball player. After service in the Army, he attended Valley City State University and earned three letters in basketball while competing on three conference championship teams.

Mac coached at Mott High School for four years where his teams won two State Class B Boys' Basketball Championships and four Badlands Conference Titles. Mott High School

won a state record 55 straight boys' basketball games from December 1960 to December, 1962 – a record that still stands today in Class B Boys' Basketball. The 1961 State Championship team scored 77 points; at the time it was the most points scored in the state championship game.

Coach McPherson moved on to Williston High School, where he coached for 18 years. He had the Coyote Teams to 14 State Class A Tourna-

ments where they won two State Championships, two State Runner-up Titles, two 3rd place trophies and five consolation titles. In 1989 Jim coached boys' basketball for five years at Mandan High School. The Braves earned a runner-up title in 1994. Williston High School defeated Grand Forks Red River High School 92-82 in 1968. This is the highest scoring championship game in State Class A history. The 92 points are the most by any team in the championship game.

Coach McPherson's teams won 455 contests while losing only 218 games for a winning percentage of 67.6%. Jim also coached the Mandan girls' volleyball team in 1988 and has coached girls' golf for the Braves since 1993. He was named NDHSCA Class A Boys' Basketball Coach of the Year in 1975.

Jim McPherson and his wife Gayle have four children: Scott, Mark, Coree and Kris.



From the Executive Secretary's Desk

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On January 6, 2006 one of our sports media legends joined the play-by-play angels in heaven. Russ Smith, the recipient of the NDHSCA Award of Merit, passed away. The "crewcut" sports legend filled the airwaves until his final production at the 1993 State Class B Tournament. He was a charter inductee in the ND Sports-casters and Sportswriters Association Hall of Fame as well as a four-time Sportscaster of the Year recipient from his peers. Our state's athletic image is better because of Russ Smith.

I recently read the article on Tony Dungy during the mourning of his son's death. The Associated Press article statement: "Tony Dungy blinked back tears, straining to compose himself.

'Parents, hug your kids every chance you get. Tell them you love them every chance you get, because you don't know when it's going to be the last time.'"

"The coach addressed his players during the service, calling them some of the greatest role models in the country and urging them to reach out to young people. 'I want to urge you to continue being who you are because our young boys in this country, they need to hear from you. If anything, be bolder in who you are, because our boys are getting a lot of the wrong messages about what it means to be a man in this world, about how you should act, how you should dress, how you should talk, and how you should treat people. They don't always get the right message, but you guys have the right messages.'"

"He also cautioned parents against taking their children for granted. He recalled Thanksgiving, which was the last time he saw his son, as the teen rushed off to the airport. I said that I would see him later. I didn't get to hug him. I knew I'd see him again pretty soon, so it didn't really bother me very much, then."

That about says it all, wouldn't you say? As usual the man with Dungy reminded his players and all athletes the importance of their being role models. For the first time in many years a professional has assumed the responsibility for modeling.

TD

*"Parents,
hug your kids every
chance you get.
Tell them you love
them every chance you
get, because you don't
know when it's going
to be the last time."*

Tony Dungy

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

Membership Registration 2005-2006

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 and B column, write H (head coach) or A (assistant coach) for the appropriate sport(s).
 In the third column, write your 2004-2005 record.

	A	B	04-05 record	lifetime record		A	B	04-05 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.

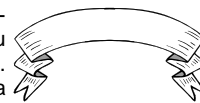


The NDHSCA is here to serve. Always feel free to contact any officer or the Executive Director with a problem, suggestion, or complaint. Knowing the needs of coaches makes it possible for the NDHSCA to serve you better.

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.	_____	_____	_____	_____	_____	_____	_____	_____



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 2006) _____
Number of years NDHSCA Member (as of June 2006) _____

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**

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	Lyon, Jerry; Minot HS
Cornell, Rick; Grand Forks Schroeder JHS	Mailloux, Gary; Fargo North HS
Dew, Jim; Valley City State College	Omdahl, Chad; Hatton-Northwood HS
Disher, Ken; Minot HS	Overby, Dennis; Northwood HS
Dixon, Derrick; Turtle Mountain Community HS	Schmitt, Dan; Dakota Prairie HS
Fjeld, Greg; Minot HS	Schreiner, Vernon; Minto HS
Folstad, Collette; West Fargo HS	Sluke, David; Grafton HS
Gabrielsen, Thomas; Grand Forks Red River HS	Snortland, Keith; Warwick HS
Gabberry, Ron; Hillsboro HS	Solberg, Sheryl; NDHSAA
Hanson, Donald C.; Mandan HS	Strand, Fred P.; Hatton-Northwood HS
Hertel, Dale; Fargo South HS	Trieglaff, Robert; Fargo North HS
Horner, Dennis; Midway HS	Walhaug, Gary; Surrey HS
Hutchison, Donna; Grand Forks Red River HS	Wilson, Jerry; Bismarck Century HS
Hutchison, John; Northwood HS	Zimney, Bob; Grand Forks Red River HS
Hutchison, Lonny; Northwood HS	