



DAKOTA COACH

VOLUME 38 NO. 4

SUMMER 2005

2005 NDHSCA COACHES CONVENTION

The 2005 NDHSCA Coaches Convention program has been finalized. However, with 115 speaking sessions to maintain, I have learned that "...sessions are never over until they are over."

Golf Coaches must arrive early on Wednesday Morning to register and to sign up for golf tee-off times before going to the Hawktree for presentation sessions.

Golf Scramble Tournament Participants are reminded that the fee for the Golf Scramble is **\$65.00** and must be paid in advance at the registration desk. The change in fee is to provide golf carts for everyone and prizes for special competitions. Tee-off Sign-up will be held at the registration desk on Wednesday Morning from 7:15 to Noon. **Only** convention registrants are allowed to enter the golf tournament. NDHSCA will provide a refund to anyone who has registered but does not want to pay the additional \$20.00.

Wrestling Coaches must arrive early on Wednesday Morning to register and to sign up for golf tee-off times before going to the Mandan High School Wrestling Room for the Wednesday sessions.

Volleyball Coaches will hold Thursday sessions at the

Mandan High School Gymnasium. All volleyball coaches should move from the gymnasium to the Convention Center for the NDHSCA Annual Meeting after the Chris Mahoney sessions.

Swimming and Diving Coaches should attend their first two Thursday Morning sessions at the Mandan Swimming Center before returning to the Convention Center for the Annual Meeting and the afternoon sessions. Note that the third Friday Morning session is open-ended as it is a preliminary discussion of topics for the Advisory Committee for the upcoming year.

Extra Banquet Tickets may be ordered by simply calling the NDHSCA Office (701-237-9711) or by completing the Convention Registration form. The cost of banquet tickets is \$25.00 if ordered before July 15th; after July 15th, the cost is \$35.00. Award Winners should inform friends and relatives of the cost difference.

College Credit Fees should be paid with registration fees. Noon luncheon is provided for college credit registrants and numbers of luncheons need to be guaranteed 24 hours in advance.

Longevity Awards will be prepared only for those coaches who return the award questionnaire. If any recipient

does not return the form, the plaque **will not** be prepared. Mailing costs and preparation costs will be the responsibility of the recipient.

Seven Seas Room Block Cutoff Date is July 11. Rooms are made available for the public on that date and Special Room Rates are not necessarily available after that date. Call for your rooms **NOW!** (See page 12)

NDHSCA Advisory Committee Open Meetings will be held in football, basketball, track & field, swimming & diving, and volleyball. This is an opportunity for all coaches in each sport to introduce new ideas to the advisory committees or to review the advisory committee recommendations to the NDHSCA Board of Directors.

Soccer Coaches withdrew from holding sessions for the 2005 Convention. However, the Girls' Soccer Coaches went on record to hold soccer sessions in the 2006 Convention.

The Convention Schedule will be updated on the NDHSCA Website, whenever a change in the schedule occurs.

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WEBSITE

Begin accessing the NDHSCA website to read the *Dakota Coach!*

WWW.FARGO.K12.ND.US/NDHSCA

(see page 14)

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Todd Olson

PRESIDENT'S MESSAGE

Congratulations to our spring sports teams and coaches on another great season. Special congratulations to the spring Coach of the Year winners.

A big thank you to all of our coaches for the great work you do with the young people of North Dakota.

I encourage our coaches to continue to be active in the NDHSCA. During the past year, I have had the opportunity to see the entire process of how the NDHSCA works with the NDIAAA & NDHSAA to promote change and improvement in the various sports. It's a good process and even though every recommendation is not approved, we do have strong voice through our Association.

On a personal note, I would like to thank our members for the honor of being the President of the NDHSCA. I'd also like to give a special thank you to Gelaine for all that he does for our association. I have thoroughly enjoyed working with the executive board and the coaches of our state during the past year. I will be handing the gavel over to Scott Grochow from Rugby at the banquet during the convention. I know Scott will do a great job for our Association.

Please plan on attending the NDHSCA convention that will be held at the Seven Seas in Mandan. The seminars will be on Tuesday, July 26th with the sport clinics

starting on Wednesday, July 27th and concluding on Friday, July 29th. It's going to be another outstanding convention.

Have a great summer and we'll see you all in Mandan!

Todd Olson

NDHSCA President

NDHSCA 2004-2005 Executive Board

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FROM EXECUTIVE SECRETARY'S DESK

GELAINE ORVIK

The NDHSCA Executive Committee will entertain becoming a paperless Association beginning with the 2006-2007 Association year. NDHSCA initiated movement from the monthly Bulletin being placed on the website within the last five years and Sherman Sylling feels that the decision was a positive one. Although there is still a need for a hardcopy of documents, I concur with cost-cutting measures for the Association.

All members are urged to complete registration forms completely! The email address for each member will be another step for communication between the Association Office and each member. If a member has a home and work computer email addresses, please provide both addresses or facilitate forwarding emails from each address.

Our Congratulations to T. Craig Perry, on his appointment to the Administrative Staff at the Minnesota State High School

League. He is a close friend and a marvelous professional who has contributed increased level of awareness to athletic administration and coaching. We wish him well in the Gopher State.

Also, Congratulations to Ed Lockwood, newly-elected president of the North Dakota High School Activities Association. To my knowledge, Ed and Terry Hjelmstad are the only athletic directors who have been elected to the position.

Thank you to the many wonderful people who have responded with accolades to the naming of the "Orvik Track." I have been blessed immensely since entering my profession. This honor is a result of outstanding assistant coaches, superb athletes and supportive family and friends. This culmination of honors is further evidence of God's Grace that has been bestowed upon a farm boy from Kloten High School and Mayville State University. Thank you for your responses!

SEE YOU IN MANDAN IN JULY FOR THE CONVENTION!

2004-2005 NDHSCA COACHES OF THE YEAR

Boys' Football AAA
Boys' Golf
Girls' Golf
Boys' Cross Country
Boys' Basketball
Boys' Cross Country
Girls' Hockey
Boys' Golf
Boys' Hockey
Girls' Track and Field
Girls' Soccer
Boys' Track and Field
Boys' Track and Field
Girls' Basketball
Athletic Director
Girls' Golf
Boys' Nine-Man Football
Boys' Nine-Man Football
Girls' Cross Country
Boys' Baseball
Boys' Tennis
Wrestling
Athletic Director
Girls' Tennis
Wrestling
Boys' Swimming
Boys' Football AA
Girls' Volleyball
Girls' Gymnastics
Girls' Volleyball
Boys' Basketball
Boys' Football A
Girls' Track and Field
Boys' Baseball
Girls' Swimming
Boys' Soccer
Girls' Cross Country
Girls' Basketball

Mike Berg
Darrell Berglund
Kathy Berglund
Connie Blatherwick
Dan Carr
Clint Chamberlin
Kyle Ellingson
Chipper Farrell
Jeff Gustafson
Dave Hoff
Craig Holbrook
Joe Howell
Tim Jacobson
Jim Jeske
Lorell Junglings
Sue Kasowski
Randy Klusmann
Todd Kosel
Brent Lauf
Ron Leraas
Jerry Lyon
Barry McCleary
Peter Moe
Lee Nagel
J. J. Nelson
Brent Newman
Rod Oksendahl
Rich Olson
Kristy Sandbeck
Janet Skadeland
Mark Slotsve
Alex Starcevic
Julie Stavn
Pete Stenberg
Jeff Steele
Tom Steen
Dave Tack
Jodi Zieske

Grand Forks Central High School
Hazen High School
Hazen High School
Bottineau High School
Linton High School
Williston High School
GF Central/Red River High School
Minot High School
Hazen High School
Bottineau High School
Grand Forks Red River High School
Lisbon High School
Bismarck Century High School
Bismarck Century High School
Mandan High School
 Fargo South High School
Edgeley/Kulm High School
Edgeley/Kulm High School
New Salem High School
Northern Cass High School
Minot High School
Napoleon High School
Washburn High School
Wahpeton High School
Mandan High School
GF Central/Red River High School
Cavalier High School
Langdon High School
GF Central/Red River High School
Williston High School
Williston High School
Larimore High School
Bismarck Century High School
Minot High School
 Fargo North High School
Grand Forks Red River High School
 Fargo South High School
Northern Cass High School

PLEASE NOTE

DUE TO
SPACE
RESTRAINTS
THE LISTING
OF STUDENTS
FOR THE
2004-2005
SENIOR
ATHLETE OF
THE YEAR
AWARD WILL
BE POSTED
ON THE
WEBSITE.

2005 NDHSCA Coaches Convention

Mandan Seven Seas Convention Center

July 26-29, 2005

Seven Seas Convention Rooms



<u>ROOM NAME</u>	<u>USAGE</u>
Pier 7	Exhibits and Banquet
Executive I (50)	Football
Executive II (25)	Cross-Country/Wrestling
Board Room (12)	Swimming & Diving and Tennis
Cutty Sark (60)	Volleyball
Nautilus (60)	Basketball
Santa Maria (40)	Track & Field
Lightning (25)	Cross Country & Luncheons
Mandan HS Wrestling Room	Wrestling (Wednesday)
Mandan HS Gymnasium	Volleyball (Thursday)

TUESDAY, July 26th

Coaches/Conflict

Cutty Sark Room

- 8:00** Bill Cahill; Jamestown HS
"Jamestown HS Drug Program"
- 9:00** Lynn Lee; Family Violence Prevention
"NDHSAA Eligibility Rules"
- 10:00** Bill Cahill; Jamestown HS
"Jamestown HS SADD Program"
- 11:00** Craig Perry; Grand Forks HS
"Motivation to Coach"
- 12:30** Craig Perry; Grand Forks HS
Luncheon Presentation
- 1:30** Irene Berndt; NE Human Services
"Recognition of Abuse"
- 2:30** Peter Melanson; NSCA
"Steroids"
- 3:30** Ed Lockwood; Fargo Schools
"Hazing"

Special Topics

Nautilus Room

- Mike Labine; Detroit Lakes HS
"Coaching the Female Athlete"
- Sherm Sylling; NDHSAA
"NSCA Strength Program"
- Lee Timmerman; KFJR Sports
"Media and Coaches"
- Craig Perry; Grand Forks HS
"Motivation to Coach"
- Craig Perry; Grand Forks HS
Luncheon Presentation
- Gelaine Orvik; NDHSCA
"Coaching & Professionalism"
- Peter Melanson; NSCA
"Steroids"
- Don Pollar; Office of Civil Rights
"Gender Equity"

Speed, Strength & Nutrition

Santa Maria Room

- "Developing Speed"
- Peter Melanson; NSCA
- Peter Melanson; NSCA
"NSCA Sport Specific Strength"
- Craig Perry; Grand Forks HS
"Motivation to Coach"
- Craig Perry; Grand Forks HS
Luncheon Presentation
- "Coaches and Nutrition"
- Peter Melanson; NSCA
"Steroids"
- "Potpourri of Speed,
Strength & Nutrition"

WEDNESDAY, July 27th**Room**

8:00	Basketball	Jack Bennett; Wisconsin Stevens Point – “Gap Defense”	Nautilus
	Football	Hank Biesiot; Dickinson State – “Football in the 21 st Century”	Executive I
	Golf	Chuck Ruppert; Hawktree Golf Course – “The Long Strokes”	Hawktree
	Track & Field	Keith Barnier; Moorhead State University – “Sprints & Relays”	Santa Maria
	Volleyball	Heidi Sunderland; University of Mary – “	Cutty Sark
	Wrestling	Josh Kerbaugh; University of Mary – “Chain Drilling”	Mandan HS Wrestling
9:15	Basketball	Jack Bennett; Wisconsin Stevens Point – “Soundness with the Ball”	Nautilus
	Football	Rod Oksendahl; Cavalier HS – “Cavalier’s 44 Defense”	Executive I
	Golf	Jim Craven; The Citadel – “The Mental Game”	Hawktree
	Track & Field	Keith Barnier; Moorhead State University – “Pole Vault Preparation”	Santa Maria
	Volleyball	Andrea Charlebois; Grand Forks Central HS – “	Cutty Sark
	Wrestling	Josh Kerbaugh; University of Mary – “Counter Offense”	Mandan HS Wrestling
10:30	Basketball	Becky Beechy Rahman; Concordia – “Building Championship Program”	Nautilus
	Football	Dale Lennon; UND – “The UND Play-Action Pass Series”	Executive I
	Golf	Chuck Ruppert; Hawktree Golf Course – “The Short Game”	Hawktree
	Track & Field	Mark Murdock; Bismarck Century HS – “The Discus”	Santa Maria
	Volleyball	Sheryl Solberg; NDHSAA Volleyball Rules Interpretation Meeting	Cutty Sark
	Wrestling	Dave Carlsrud; NDHSAA Wrestling Rules Meeting	Mandan H S Wrestling
11:45	Basketball	Jack Bennett; Wisconsin Stevens Point “Championship Intangibles”	Nautilus
	Football	Mike Sivertson; Minot State	Executive I
	Golf	Jim Craven; The Citadel – “USGA/NCAA: Rules of Golf”	Hawktree
	Track & Field	Dave Zittleman; Bismarck HS – “Training for 400/800”	Santa Maria
	Volleyball	NDHSCA Volleyball Advisory Meeting (open to ALL VB coaches)	Cutty Sark
1:00	Basketball	Jodie Zieske; Northern Cass HS – “	Nautilus
	Cross-Country	Mike LaBine; Detroit Lakes HS – “Boys’ & Girls’ XC Differences”	Santa Maria
	Football 9-man	Monty Mayer; Steele-Dawson HS – “Pirates’ Veer Option”	Executive I
	Volleyball	Heidi Brunko; Bismarck State College –	Cutty Sark
	Volleyball	Maria Bruggeman; UND – “	Cutty Sark
	Exhibitors’ Luncheon with NDHSCA Executive Committee		Lightning
	Golf @ Hawktree Golf Course; Tee-times: 1:30-3:30 PM		Hawktree Golf Course

THURSDAY, July 28th

8:00	Basketball	Gary Schuler; Fergus Falls HS – “	Nautilus
	Football	Tom Dosch; Jamestown College – “Jimmie Defensive Drills”	Executive I
	Football 9-man	Nathan Nelson; Divide County HS – “Five Man Front on Defense”	Executive II
	Swimming	Ralph Manley; Mandan HS - “Shoulder Injuries & NHSACA Review”	Mandan Pool
	Volleyball	Chris Mahoney; Jamestown College – “Passing & Serving Competition”	Mandan HS
	Tennis	Victor Youngs; Fargo South HS – “2005 NHSACA Meeting Notes”	Board Room
	Wrestling	Randy Burwick; Hettinger HS – “Takedown Attacks”	Lightning
9:15	Basketball	Gary Schuler; Fergus Falls HS – “	Nautilus
	Football	Dave Carlsrud; NDHSAA Rules Interpretation Meeting	Executive I
	Swimming	Claudia Schoellkopf; Mandan HS – “Teaching Diving”	Mandan Pool
	Tennis	Sheryl Solberg; NDHSAA Rules Interpretation Meeting	Board Room
	Track & Field	Mark Aide; Bottineau HS – “The Right Vaulting Pole/The Plant”	Santa Maria
	Volleyball	Chris Mahoney; Jamestown College – “One-Footed Training”	Mandan HS Gym
	Wrestling	Barry McCleary; Napoleon HS – “Cross-Face Series & Combinations”	Lightning
10:30	NDHSCA Annual Meeting		Pier 7

11:30 Hall of Fame Luncheon (Inductees, Past Presidents & Past Inductees)

(continued on next page)

THURSDAY, July 28th

1:00	Basketball	Fred Fridley; University of Mary – “Motion and Sets”	Nautilus
	Football	NDHSCA Football Advisory Meeting (open to ALL FB Coaches)	Executive I
	Swimming	Todd Peters; MSUM – “	Board Room
	Tennis	Tony Stingley; USTA – “	Bismarck Tennis Center
	Track & Field	Tim Jacobson; Bismarck Century HS – “Intermediate Hurdles”	Santa Maria
	Volleyball	Dave Boos; University of Minnesota – “Tanden Passing”	Mandan HS Gym
	Wrestling	J.J. Nelson; Mandan HS – “	Lightning
2:15	Basketball	NDHSCA Basketball Advisory Meeting (open to ALL BB Coaches)	Nautilus
	Cross Country	Rod Hardie; Fargo South HS – “	
	Football	Mike Sivertson; Minot State University – “	Executive I
	Football 9-man	Todd Kosel; Edgeley-Kulm HS – “Using a 5-man Front in 9-Man FB”	Executive II
	Swimming	Todd Peters; MSUM – “	Board Room
	Tennis	Tony Stingley; USTA – “	Bi'marck Tennis Center
	Track & Field	Steve Keller; NDSU – “Javelin Training”	Santa Maria
	Volleyball	Dave Boos; University of Minnesota – “Eye Sequencing”	Mandan HS Gym
3:30	Basketball	Bob Torgimson; Dilworth - Glyndon - Felton HS -	Nautilus
	Football	Mike Berg; Grand Forks Central HS – “Linebackers in 40 Defenses”	Executive I
	Football 9-man	Randy Klusmann; Edgeley-Kulm HS – “Rebel's Running Game”	Executive II
	Swimming	Todd Peters; MSUM – “	Board Room
	Tennis	Tony Stingley; USTA – “	Bismarck Tennis Center
	Track & Field	NDHSCA Track & Field Advisory Meeting (ALL T&F Coaches invited)	Santa Maria
	Volleyball	Dave Boos; University of Minnesota – “Topic Combination”	Mandan HS Gym
5:30	NDHSCA Coach of the Year and Hall of Fame Hospitality		Seven Seas Convention Center Foyer
6:30	NDHSCA Coach of the Year and Hall of Fame Awards Banquet		Pier 7

FRIDAY, July 29th

8:00	Basketball		Greg Amundson; Mandan
	HS – “Full Court D/Program Development”		Nautilus
	Football	Kevin Feeney; Fargo South HS – “Drills & Practice Time”	Executive I
	Swimming	Sheryl Solberg; NDHSAA Swimming & Diving Rules Meeting	Board Room
	Track & Field	Cal Cory; Sturgis (SD) HS – “Sprints, Starts & Relays”	Santa Maria
	Volleyball	Jet Albers; Black Hills State – “	Cutty Sark
9:15	Basketball	Mike Hultz; Minot State University – “Match-up Zone & Triangle”	Nautilus
	Football	John Scott; Black Hills – “Multiple 4-3 Defense”	Executive I
	Swimming	Jeff Steele; Fargo North HS – “	Board Room
	Track & Field	Cal Cory; Sturgis (SD) HS – “Distance Running”	Santa Maria
	Volleyball	Jenny Walsh; Bismarck Century HS – “	Cutty Sark
10:30	Basketball		Jim Jeske; Bismarck Cen-
	HS – “Offensive & Defensive Drills”		Nautilus
	Football	Craig Bohli; NDSU – “Bison Defense/Special Teams”	Executive I
	Track & Field	Cal Cory; Sturgis (SD) HS – “Shot Put”	Santa Maria
	Volleyball	Jet Albers; Black Hills State – “	Cutty Sark
11:45	Basketball		Gary Schauer; Langdon
	HS – “Match-up & 2-3 Zone D”		Nautilus
	Football	John Scott; Black Hills State – “Coaching the Wide Receiver”	Executive I
	Track & Field	Joe Howell; Lisbon HS – “	Santa Maria
	Volleyball	Rich Olson; Langdon HS – “	Cutty Sark
1:00	Basketball	Craig Demester; New Rockford-Sheyenne HS – “Philosophy & Drills”	Nautilus
	Football	John Scott; Black Hills State – “Special Plays”	Executive I

2005 NDHSCA/NDHSAA COACHES CONVENTION

Mandan Seven Seas Convention Center; Mandan, North Dakota

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July 26-29, 2005

Convention Registration Fee is \$100.00.

Convention Registration Fee postmarked **after July 20, 2005 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, 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 26) and Sports' Clinic Sessions (July 27-29). **\$130.00**

___ 3. **COLLEGE CREDIT:** Registration for **TWO (2)** NDSU Semester Credits;
Special Topics Seminar (July 26) and Sports' Clinic Sessions (July 27-29). **\$130.00**

___ 4. **COLLEGE CREDIT:** Registration for **TWO (2)** NDSU Semester Credits;
Speed, Strength & Conditioning Seminar (July 26) and Sports' Clinic Sessions (July 27-29). **\$130.00**

___ 5. **COLLEGE CREDIT:** Registration for **ONE (1)** NDSU Semester Credits;
Sports' Clinic Sessions (July 27-29). **\$65.00**

ADDITIONAL FEES:

___ On-site Registration Fee.....@ \$25.00 **\$25.00**
___ Golf Tournament (scramble) (07/27/05)@ \$45.00 **\$65.00**
___ Extra **NDHSCA** Hall of Fame/Coach of the Year Banquet (7/28/05) Tickets.....@ \$25.00 **\$25.00**
___ **Additional NDHSCA** Memberships.....@ \$50.00 **\$50.00**
___ **Lifetime NDHSCA** Memberships.....@ \$250.00 **\$250.00**

CHECKS PAYABLE TO NDHSCA; TOTAL

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

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

North Dakota High School Coaches Association Membership Registration 2005-2006

Membership:

Name _____

School _____ E-Mail _____

Home Phone _____ Work Phone _____

Home Address _____

City/State/Zip Code _____

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

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

In the second column, write your **2004-2005 record** & your lifetime coaching record per sport in **life record**.

SPORT	A	04-05 record	life record	SPORT	A	04-05 record	life record
Athletic Director	—	—	—	Boys' Soccer	—	—	—
Baseball	—	—	—	Girls' Soccer	—	—	—
Boys' Basketball	—	—	—	Girls' Softball	—	—	—
Girls' Basketball	—	—	—	Boys' Swimming	—	—	—
Boys' Cross Country	—	—	—	Girls' Swimming	—	—	—
Girls' Cross Country	—	—	—	Boys' Tennis	—	—	—
Football	—	—	—	Girls' Tennis	—	—	—
Boys Golf	—	—	—	Boys' Track & Field	—	—	—
Girls Golf	—	—	—	Girls' Track & Field	—	—	—
Gymnastics	—	—	—	Volleyball	—	—	—
Boys' Hockey	—	—	—	Wrestling	—	—	—
Girls' Hockey	—	—	—	Strength	—	—	—

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

Years	Sports

Have you filed a Victory Milestones Form? (see website for form)

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

If you are requesting membership ONLY - return this form to:

Karen Hardie ~ 741 Royal Oaks Drive ~ Fargo, ND 58102

Membership Fee: \$50.00

NDHSCA Victory Milestones



Please help the NDHSCA keep your records current. Each coach must send their record at the completion of each season. If coaching more than one sport, complete each sport on a separate form. If you are completing the victory milestone for the first time, make sure to give your record for each year.



Report only the highest level of coaching each season. Don't add coaching seasons together (ex. if a coach is coaching both jr. high boys basketball and varsity basketball, count only the varsity basketball record for that season). If coaching both varsity girls' and varsity boys' basketball, count each season on separate forms and don't add together as one record. Under the new format for counting victories in certain sports such as track and field, cross country, tennis, golf, swimming, and gymnastics; the old records will need to be updated. Remember to keep each sport season separate and always report the highest level of coaching in each sport.

Mail completed form/s to: **Gelaine Orvik; 3457 - 26th Avenue SW; Fargo, ND 58103.** Awards will be sent upon request after records are updated.

Procedure For Determining Won/Loss Records In An Invitational Meet:

- A. In an invitational meet, the teams that finish below you will count as victories, those that finish above you are losses. Any teams that you tie will count as a win.
- B. Figure out the total number of teams you have competed against and what percentage of those teams were wins and losses.
- C. Take the percentage of wins/losses from above and multiply it against the number of meets you participated in to arrive at your won/loss record for the season.
- D. If this is not a whole number, victories will always be rounded down and losses will be rounded up. (Obviously, if your team has participated in ten meets during the year, your wins plus losses should equal ten.)

Sport	Cat. 1	Cat. 2	Cat. 3	Cat. 4	Cat. 5
Baseball	75	150	225	300	375
Basketball	100	200	300	400	500
Cross Country	50	100	200	300	400
Football	50	100	200	300	400
Golf	45	90	135	180	225
Gymnastics	45	90	135	180	225
Hockey	100	200	300	400	500

Sport	Cat. 1	Cat. 2	Cat. 3	Cat. 4	Cat. 5
Soccer	100	200	300	400	500
Softball	75	150	225	300	375
Swimming	50	100	200	300	400
Tennis	50	100	200	300	400
Track	50	100	200	300	400
Volleyball	150	300	450	600	750
Wrestling	75	150	225	300	375

- Only meets in which three or more schools participate will count as an invitational.
- Schools can still have a dual meet record that would remain the same along with a record for the invitationals they attend.
- It will be up to the individual coaches to determine their records from past years and update wins or revise their victory milestone forms.

Example: Meet 1 11 teams 7 wins 4 losses
 Meet 2 4 teams 0 wins 4 losses
 Meet 3 6 teams 6 wins 0 losses
 Meet 4 5 teams 4 wins 1 loss
 Meet 5 7 teams 5 wins 2 losses

Totals 5 meets 33 teams 22 wins 11 losses

Winning % equals $22/33 = 67\%$ 5 meets x .67 = 3.35

Losing % equals $11/33 = 33\%$ 5 meets x .33 = 1.65

Your record for the season would be 3 wins and 2 losses for invitationals.

NDHSCA Victory Milestone Record Sheet

Name _____ Date _____ E-Mail Address _____

High School _____ Coaching Position _____

Address _____ City/State/Zip Code _____

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

	Year	School	Sport	Varsity	JV	JH	Won/Loss	Overall Record
1.								
2.								
3.								
4.								
5.								
6.								
7.								
8.								
9.								
10.								
11.								
12.								
13.								
14.								
15.								



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? _____

(Print Victory Milestones form from website)

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

Signature _____

Fee: \$50.00

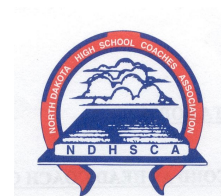
Have you filled out a Victory Milestones form? (see website for form)

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**

2005-2006 NDHSAA SPORTS ADVISORY COMMITTEES

SPORT	REPRESENTATION	TERM
BASEBALL:		
Joel Swanson; Fargo Shanley HS	At Large Representative	2003-2006
Greg Foster; Rugby HS	Class B Representative	2004-2007
Pete Dobitz; Dickinson HS	Class A Representative	2005-2008
BASKETBALL – Boys’:		
Curt Miller; Mandan HS	Class A Representative	2003-2006
Dave Wheeler; Larimore HS	Class B Representative	2004-2007
	At Large Representative	2005-2008
BASKETBALL – Girls’:		
Laurie Sieben; Grafton HS	At Large Representative	2003-2006
Lynette Mund; West Fargo HS	Class A Representative	2001-2007
	Class B Representative	2005-2008
CHEERLEADING:		
Jackie Boettcher; Westhope HS	Class B Representative	2003-2006
Billie Ann Caya; Bismarck HS	At Large Representative	2004-2007
	Class A Representative	2005-2008
CROSS COUNTRY:		
Jerry Schwartz; Dickinson HS	Class A Girls’ Representative	2002-2006
Bill Jansen; Rugby HS	Class B Boys’ Representative	2003-2007
Rod Hardie; Fargo South HS	Class A Boys’ Representative	2004-2008
Brian Anderson; New Town HS	Class B Girls’ Representative	2005-2009
FOOTBALL:		
Randy Vigen; Central Valley HS	Nine Man Representative	2002-2006
Lyne Enget; Stanley HS	Class A Representative	2003-2007
Rick Philion; Hazen HS	Class AA Representative	2004-2008
	Class AAA Representative	2005-2008
GOLF:		
Ray Callaghan; Fargo North HS	Class A Boys’ Representative	2002-2006
Dean Kraft; Jamestown HS	Class A Boys’ Representative	2002-2007
Vicki Soholt; May/Port-C/G HS	Class B Girls’ Representative	2004-2008
	Class B Boys’ Representative	2005-2009
GYMNASTICS:		
Dave Tews; Jamestown HS	President’s Term	2000-2006
Katie Hemmer; Valley City HS	President’s Term	2004-2007
Juston Ziegler; Mandan HS	President’s Term	2005-2008
	President’s Term	1998-2005
HOCKEY – Boys’:		
Mike Wald; Bismarck Century HS	At Large Representative	2003-2006
Tony Bina; Grand Forks Central HS	East Representative	2004-2007
	West Representative	2005-2008
HOCKEY – Girls’:		
Dave Bjugson; Fargo North HS	East Representative	2004-2007
Ryan Love; Dickinson HS	At Large Representative	2002-2008
	West Representative	2005-2009
SOCCER:		
Melvin Fisher; Bismarck HS	Boys’ West Representative	2003-2006
Scott Nordin; Grand Forks Central HS	Girls’ East Representative	2004-2007
Cordell Sinding; Fargo North HS	Girls’ West Representative	2005-2008
	Boys’ East Representative	2006-2009

SPORTS ADVISORY COMMITTEES (CONTINUED FROM PAGE 10)**SWIMMING:**

Marney Shirley; Jamestown HS	At Large Representative	2003-2006
Jeff Steele; Fargo North HS	Girls' Representative	2004-2007
	Boys' Representative	2005-2008

TENNIS:

Scott McPherson; Bismarck Century HS	Girls' Representative	2003-2006
Jason Thiner; Fargo South HS	At Large Representative	2004-2007
	Boys' Representative	2005-2008

TRACK AND FIELD – Boys':

Jeryl Thompson; Drayton HS	Class B East Representative	2002-2006
Paul Lean; Fargo South HS	Class A East Representative	2003-2007
Craig Kovash; Dickinson Trinity HS	Class B West Representative	2004-2008
Dave Zittleman; Bismarck HS	Class A West Representative	2005-2009

TRACK AND FIELD – Girls':

Sandy Popp; Milnor HS	Class B East Representative	2002-2006
Cory Lehman; Fargo South HS	Class A East Representative	2003-2007
Steve Kleinjan; New Salem HS	Class B West Representative	2004-2008
	Class A West Representative	2005-2009

VOLLEYBALL:

Steve Dunrud; Rolla HS	Class B Representative	2003-2006
Melissa Wilson; Fargo North HS	At Large Representative	2004-2007
	Class A Representative	2005-2008

WRESTLING:

Scott Knowlen; Bismarck HS	Class A President	2004-2006
Davy Zinke; Rolla HS	Class B Representative	2004-2007
Randy Burwick; Hettinger HS	Class B President	2005-2008

NORTH DAKOTA HIGH SCHOOL COACHES ASSOCIATION**Sports' Advisory Committee Application****OPEN FOR APPLICATION/APPOINTMENT****NAME:** _____**SCHOOL:** _____**E-Mail Address:** _____**Home Phone:** _____ **School Phone:** _____**Home Address:** _____**City, State & Zip:** _____**Sport:** _____ **Years of Coaching:** _____**Number of Years of Membership to the NDHSCA:** _____

My duties as a Sports Advisory Committee member include:

1. Represent all coaches throughout the state in the assigned sport.
2. Coordinate regional or area meetings for statewide input.
3. Schedule and organize coaches' meetings at state contests.
4. If needed, survey or seek information for recommendations.
5. Attend the annual NDHSAA Sports' Advisory Committee Meeting and submit the recommendations as determined by the coaches in said sport.

I understand this is a THREE-FOUR YEAR commitment.Appointments will be made at the July Executive Committee Meeting.Return form to: **Gelaine Orvik, Executive Secretary**
3457 26th Avenue SW

2005 GIRLS CLASS A**LIONS' BASKETBALL ALL STARS**

<u>Players</u>	<u>Height</u>	<u>Team</u>
Brittni Bruenjes	6'0"	Valley City Hi-Liners
Ivy Brunner	5'9"	Bismarck Demons
Brittany Geffre	5'9"	Fargo Shanley Deacons
Jessica Janusz	5'4"	Bismarck St. Mary's Saints
Rebecca Kelpinski	6'2"	Mandan Brave
Alyssa Larson	6'1"	Fargo North Spartans
Whitney Ledger	6'0"	Bismarck Century Patriots
Kate Mugerud	5'11"	Bismarck Demons
Nora Narloch	5'8"	GF Red River Roughriders
Cierra Roebuck	5'8"	Grand Forks Central Knights
Joslynn Tharaldson	6'0"	Fargo South Bruins
Mindy VanderPan	5'7"	Bismarck Century Patriots

ALTERNATES

Molly Peterson	5'10"	Valley City Hi-Liners
Guiliana Varriano	5'9"	Fargo Shanley Deacons
Kayla Fee	5'9"	Williston Coyotes

COACHES

Greg Amundson	Mandan Braves
Jim Jeske	Bismarck Century Patriots

2005 GIRLS CLASS B**LIONS' BASKETBALL ALL STARS**

<u>Players</u>	<u>Height</u>	<u>Team</u>
Kayla Barenthsen	5' 8"	Powers Lake Ranchers
Megan Dockter	5' 9"	Underwood Comets
Tessa Fenske	5' 9"	Northern Cass Jaguars
Whitney Flyberg	5' 7"	Linton Lions
Chris Gullikson	5' 8"	Larimore Polar Bears
Ashely King	5' 7"	Northern Cass Jaguars
Kadee Kurtz	5' 5"	Carrington Cardinals
Desiree Michels	5' 10"	Beach Buccaneers
Jaren Mondry	5' 11"	Grafton Spoilers
Mallory Sand	5' 5"	Steele-Dawson Pirates
Hayley Schanilec	5' 9"	Minto Rockets
Anna Weber	5' 8"	Sargent Central Cadets

ALTERNATES

Sarah Mack	5' 8"	Langdon Cardinals
Megan Trout	5' 5"	Mohall-Landsford-Sherwood
Kristen Anderson	5' 10"	Bowman Bulldogs

COACHES

Gary Schauer	Langdon Cardinals
Wayne Brackenbury	Mohall-Landsford-Sherwood

2005 BOYS CLASS A**LIONS' BASKETBALL ALL STARS**

<u>Players</u>	<u>Height</u>	<u>Team</u>
Ryan Bogner	6'3"	Dickinson Midgets
Brendan Bubach	6'2"	West Fargo Packers
Brady Edwards	6'5"	West Fargo Packers
Jordan Engelhardt	6'2"	Bismarck Demons
Matt Geiselhart	6'4"	Wahpeton Huskies
James Hennessy	6'2"	Williston Coyotes
Brandon Krietinger	5'11"	GF Central Knights
David Krueger	6'3"	Minot Magicians
Chris Leier	6'3"	Mandan Braves
Ryan Swallow	6'4"	GF Central Knights
Tory Williams	5'11"	Fargo South Bruins
Mike York	6'4"	Bismarck Demons

ALTERNATES

Jared Eamon	6'4"	Jamestown Blue Jays
Drew Flaagan	6'4"	Beulah Miners
Mohamed Omar	6'4"	Fargo South Bruins
Jeff Tescher	6'2"	Bismarck St. Mary's Saints

COACHES

Steve Miller	Bismarck Demons
Dan Shultis	Fargo North Spartans

2005 BOYS CLASS B**LIONS' BASKETBALL ALL STARS**

<u>Players</u>	<u>Height</u>	<u>Team</u>
Evan Bennefeld	6' 3"	New Rockford-Sheyenne
Nick Brunelle	6' 0"	Trenton Tigers
Kyle Carr	6' 5"	Linton Lions
Tyler Cook	5' 11"	New Rockford-Sheyenne
Seth Gravesen	6' 5"	Kenmare Honkers
Justin Keller	6' 5"	Rugby Panthers
Andy Leraas	6' 5"	Hillsboro Burros
Jon Meier	6' 3"	Mott/Regent Wildfire
Ryan Opdahl	6' 2"	Larimore Polar Bears
Brian Pfau	6' 5"	Maple Valley Raiders
Wes Schafer	6' 3"	Flasher Bulldogs
Ransom Schutt	6' 3"	Milnor Bison

ALTERNATES

Chad Berg	6' 3"	Grafton Spoilers
Drew Bryantt	6' 1"	DesLacs-Burlington Lakers
David Clausen	6' 1"	Wilton Miners

COACHES

Craig Demester	New Rockford-Sheyenne Rockets
Jeremy Brandt	Bottineau Braves

NDHSCA Convention - July 26 - 29, 2005**Seven Seas Convention Center ~ Mandan, North Dakota****Reservation Numbers****800-597-7327 or 701-663-7401**

2005 SHRINE BOWL - 9 MAN WEST

Nate Beckman	Mohall
Jamison Bosch	Linton HMB
Dustin Brandt	Westhope-Newburg
Kyle Craine	Grant County -Flasher
Brandon DeBolt	Edgeley-Kulm
Todd Erickson	New England
Jake Fyelling	Turtle Lake-Mercer
Clint Grosz	Mott-Regent
Brent Gunderson	Divide County
Kaid Hertz	Grant County-Flasher
Derrick Hollingsworth	Edgeley-Kulm
Ed Johnson	TGU Towner
Brian Kuipers	Steele-Dawson
Ross Lindgren	Edgeley-Kulm
Kevin McCleary	Napoleon
Tim Moch	Edgeley-Kulm
Brent Rohrich	Steele-Dawson
Josh Schatz	New England
Anthony Schumacher	Edgeley-Kulm
Brandon Sturn	New Salem
Jordan Ternes	Center-Stanton
Craig Weber	Linton HMB
Kyler Weigel	Strasburg-Zeeland
Willie Wenschlag	Underwood
Grant Windfaldet	Divide County
Head Coaches:	Randy Klusmann & Todd Kosel, Edgeley-Kulm
Assistant Coaches:	Bob Brown & Nathan Nelson, Divide County

2005 SHRINE BOWL - 11 MAN EAST

Dexter Albrecht	Langdon
Josh Berge	Larimore
Adam Berger	Valley City
Nathan Boll	West Fargo
Ryan Chappell	Grand Forks Central
Mike Dawson	Fargo South
Jason Diedrich	Grand Forks Central
Jake Fisher	Fargo South
Kyle Gehring	Wahpeton
Kyle Hanson	Harvey
Brandon Hellevang	Fargo North
Jerod Heitkamp	West Fargo
Dustin Hinrichs	Carrington
Charlie Hoge	Fargo South
Nick Houkom	Fargo North
Shawn Jelinek	Park River
Jeremy Johnson	May-Port CG
Lance Johnson	West Fargo
Scott Johnson	West Fargo
Justin Keller	Rugby
Joel Kelly	Larimore
Matt Kuebler	Fargo North
Ryan Landsdown	Grand Forks Central
Keith Leier	Rugby
Robert Mahar	Cavalier
Brian McNeill	West Fargo
Kyle Nordstrom	Cavalier
Tim Oksendahl	Cavalier
Aarick Omlid	Grand Forks Central
Trevor Prischmann	Kindred
Randy Schaley	Larimore
Logan Schmitz	Shanley
Scott Schumacher	Thompson
Nick Shannon	Shanley
Bobby Stroup	Fargo South
Tyler Wolfe	Harvey
Head Coach:	Rod Oksendahl, Cavalier
Assistants Coaches:	Pat Adair, Lisbon
	Kevin Feeney, Fargo South
	Alex Starcevic, Larimore

2005 SHRINE BOWL - 9 MAN EAST

Brady Anderson	Milnor-North Sargent
Jay Anderson	North Central Benson
Jason Arth	Milnor-North Sargent
Caleb Backstrom	Maddock
Cody Beilke	Maple Valley
Dustin Beilke	Maple Valley
John Bellon	Hope-Page
Justin Breidenbach	Central Valley
Michael Cudworth	New Rockford-Sheyenne
Tory Danielson	Rolette-Wolford
Andrew Friskop	H-F-C-T
Nathan Gibbens	C-B-E-S
Andrew Hanson	Sargent Central
Reed Hanson	Sargent Central
Mike Kaiser	Ellendale
Justin Kuster	Central Valley
Kris Kuster	Central Valley
Seth Mathison	North Border
Luke Miller	Rolla-Rock Lake
Steve Saunders	Wyndmere-Lidgerwood
Colin Schafer	North Border
Brett Stanhope	North Border
Ben Tuft	North Central Benson
Casey Weber	New Rockford-Sheyenne
Bryce Wuori	Rolla-Rock Lake
Matt Ystaas	New Rockford-Sheyenne
Head Coach:	Dave Bymoen, New Rockford-Sheyenne
Assistant Coaches:	Jeff Carpenter, North Border
	Jerry Leingang, Adams-Edmore-Edinburg
	Randy Vigen, Central Valley

2005 SHRINE BOWL - 11 MAN WEST

Brock Awalt	Bishop Ryan
Keith Buckman	Belfield-South Heart
Justin Bernstein	Bottineau
Ryan Binek	Killdeer
Josh Bond	Jamestown
Kyle Bondy	Williston
Wyatt Bruce	Beulah
Kevin Davis	Williams County
Austin Elm	Bishop Ryan
Tyler Erickson	Century
Nick Farstveit	Bismarck
Drew Flaagan	Beulah
Justin Gallagher	Jamestown
Scott Gleave	Minot
Kurt Holinka	Dickinson Trinity
Rylan Kabanuck	Garrison-Max
Zach Keller	Minot
Matt Kittelson	Velva-Sawyer
Mark Klug	Dickinson Trinity
Camden Kretchman	Jamestown
Kellen Leupp	Stanley
Clint Mosby	Watford City
Andy Murphy	Dickinson Trinity
Drew Nichols	Stanley
Kyle Nichols	Stanley
Scott Olson	Williams County
Justin Samson	Jamestown
Jon Samuelson	Bismarck
Kevin Schmitcke	Bismarck
Wade Signalness	Watford City
Ryan Stroh	Bowman
Shane Tuhy	Killdeer
Dusty Vliem	Hettinger
Spencer Wagner	Century
Brady Wolden	Hazen
Head Coach:	Mark Gibson, Bismarck
Assistants Coaches:	Lyne Enget, Stanley
	Bryan Kramer, Bishop Ryan
	Mark Kunze, Bowman

2004-2005 NDHSCA SPONSOR MEMBERS

**These NDHSCA Sponsor Members provide a vital service for the Association.
Please recognize their contributions.**

Aim Electronics	8140 Flying Cloud Drive	Eden Prairie, MN 55344	952-941-9830
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NDSU	16 Bentson Bunker Fieldhouse	Fargo, ND 58105-5576	701-280-2508
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Ray Jay Booster Club	Box 516	Ray, ND 58845	701-568-3301
Wendy's Restaurant	1503 South Washington Street	Grand Forks, ND 58201	701-772-6536
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FORMS AVAILABLE ON THE INTERNET WWW.FARGO.K12.ND.US/NDHSCA

Membership Form	Assistant Coach of the Year
Victory Milestones	Hall of Fame
Lifetime Membership	Sponsor Membership
Award of Merit Recommendation	Burger Kind \$500 Scholarship
Special Recognition Recommendation	Tom Lium Memorial \$500 Scholarship
Junior High Coach of the Year	Sports Advisory Application

2005 NDHSCA/NDHSAA COACHES CONVENTION

MANDAN SEVEN SEAS CONVENTION CENTER
MANDAN, NORTH DAKOTA

JULY 26 - 29, 2005



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 SW
Fargo, ND 58103**

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

Purchased Lifetime Memberships

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

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

NORTH DAKOTA HIGH SCHOOL
COACHES ASSOCIATION
OFFICIAL PUBLICATION

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Send to Gelaine Orvik - gorvik@cablone.net or to any of the members of the Executive Board.

See page 2 for e-mail and mailing addresses or phone numbers



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Coaches Association**