



North Dakota High School Coaches Association
Official Publication

DAKOTA COACH

**This Issue
Available
ONLINE Only**

2007 NHSACA/NDHSA Coaches Convention

The 2007 NDHSCA Coaches Convention has been in the planning works for over two months. Because of the NHSACA Annual Meeting demands, this year I began the planning phase two months earlier than prior years. To date nearly all of the football, basketball, volleyball and wrestling speakers are contracted.

The Convention begins with the NDHSCA Executive Committee Meeting on Monday, July 23rd. On Tuesday, July 24th, three seminar tracks will be held concurrently: Coaches and Conflict, Coaching and Special Topics, and Speed, Strength and Nutrition. Wednesday, July 25th through Friday, July 27th, coaches will be treated to special presentation of individual skills and team concepts for each sport. Thursday will be the keynote date with presentation of the Hall of Fame and Coach of the Year Banquet.

The speakers for the year should provide an additional interest as we have been able to secure several top-notch speakers for the convention. Wrestling coaches have given directions to find presenters that are big in skills. Clay Nagel, Concordia College (MN), Thad O'Donnell, Dickinson State, Barry McCleary, Napoleon; Davy Zinke, Rolla HS; Dave Dougherty, Watford City HS; Travis Lemar, Central Cass HS; and Kelly McNary have agreed to present. Wrestling coaches will also hold an Advisory Committee Meeting and a NDHSCA Rules Meeting.

The basketball staff has a strong nucleus with presentations by Saul Phillips, NDSU; Mark Graupe, Lake Region State College; Craig Irwin, NDSCS; Brian

2007 Coaches Convention - cont'd on page 15

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NDHSCA 2007 Vice - Presidential Candidates

The North Dakota High School Coaches Association's Executive Committee made nominations for balloting for the Association's Vice President. They are **David Hoff** and **Peter Moe**. The balloting will be conducted at the Annual Coaches Convention that will be held in Mandan July 24 through July 27.

David Hoff, serves as head hockey coach and head girls' track & field coach at Bottineau High School; he also serves as assistant football coach for the Braves.



Hoff

Peter Moe, is presently head football coach and activities director at Washburn High School.

David Hoff is a graduate of Bottineau High School and Minot State University; he also earned his Master's Degree from Minot State University. He is presently in his 18th year of teaching and coaching at Bottineau High School.



Moe

VP Candidates - cont'd on page 14

**ND Convention
Dates
Tuesday, July 24
through
Friday, July 27
2007**



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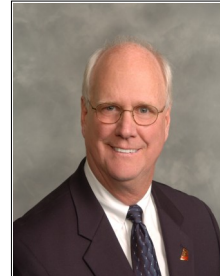


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President's Message

Congratulations to the winter sports teams. It was a fantastic winter season. Special congratulations to the State Champions, Coach of the Year, and Senior Athlete of the Year winners!

Now that the spring sports season is in progress, I think it is important to look back on the school year and all of the accomplishments and efforts put forth by our athletes and coaches. It is something we can all be proud of.

As summer draws near, I hope you are making the State Convention one of your top priorities. As always, Gelaine is working very hard to make the convention agenda as terrific as it has been in the past. The convention will be held in Mandan at the Seven Seas on July 24, 25, 26, and 27. Their staff is excellent and the facilities are superb.

Keep up the great work you provide for our youth and support one another. We have a strong base and need to continue to grow as a profession.

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

Good Luck this spring. I hope to see you at the State Convention!

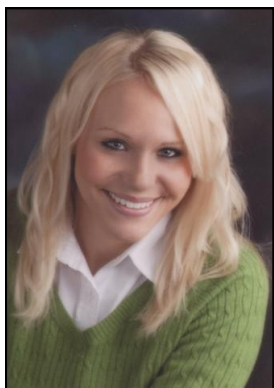
Dave



Dave Michaelson

"I believe our Coaches Association has a lot to offer all coaches at all levels."

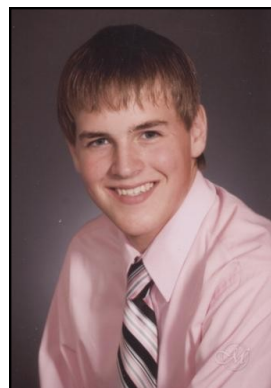
2007 NHSACA Student Scholarship Recipients



Abby Bratlien



Amy Grinsteinner



Tyler Rogers



Jacob Wheeling

The NDHSCA Executive Committee selected the recipients for the NDHSCA Scholarships at its recent meeting. **Abby Bratlien**, Tioga High School, who plans to attend University of Mary; **Amy Grinsteinner**, Dickinson Trinity High School, who plans to attend University of Notre Dame; **Tyler Rogers**, Hatton High School, who plans to attend North Dakota State University; and **Jacob Wheeling**, Killdeer High School, who plans to attend University of Mary will each receive a \$500.00 scholarship from NDHSCA and Burger King.

The scholarships will be presented to each student/athlete at the Annual NDHSCA Hall of Fame and COTY Banquet at the Seven Seas Convention Center in Mandan on Thursday, July 26th. The four student-athletes collectively earned 43 athletic letters, 29 activity letters, and ACT scores averaged 27.5. Two of the four recipients ranked first in their class and the other two students ranked 4th and 5th in their class.

Student Scholarship Recipients - continued on page 8

From Executive Secretary's Desk

02/05/07 I just reviewed the local chatter page and noted that the Fargo American Legion held its annual Hall of Fame Induction. Among the inductees is Rick Helling, Fargo Shanley HS graduate and major league baseball pitcher.

Rick Helling has provided many sports enthusiasts with a hometown boy-made-good feeling. Although he had received another opportunity to pitch in the majors, he opted to coach his son's little league team.

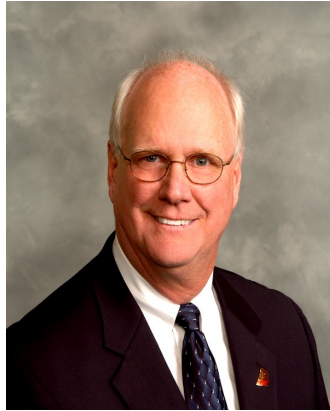
Our own NDHSCA member, Jeff Fiechtner, was also inducted. Jeff has been very successful as the head baseball coach at Fargo North HS as well as coaching at other sports at other levels. He also has been a fine athletic official. Congratulations, Jeff.

Lest I be accused of being a "homer" by talking of local newsmakers, I again solicit **your assistance** to provide me with other awards for our North Dakota coaches and athletes, so I can publicize from this venue, also.

03/05/07 I just received a note from John Hutchison: "Last night at the District 3 boys' basketball tournament, Patti Aanenson, AD, Larimore, was responsible for 'passing the hat' for Brent Lauf. The people of District 3, 95% of whom have never heard of Brent Lauf, responded with \$1050 dollars toward his expenses." Thank You John, for the message; Patti, for "passing the hat," and District 3, for caring!

03/10/07 NDHSCA is in the midst of finalizing a contract to assist with the Senior Athlete of the Year Award. Thanks to the leadership of Randy Johnson with assistance from Dave Michaelson, a company needs to only dot the **I's** and cross the **T's** to bring the partnership to fruition. The people involved are also driven by the memory and influence of one of our Past Presidents.

03/29/07 I am sure that many of our North Dakota Coaches are aware of the tragic events that surround the passing of our fellow coach Brent Lauf. Nothing is as sad as someone's life to be snuffed out when he or she is in the prime of life, respected by his profession and his community, and a leader of men and women (whether in his work or his associates). We are so sad and express our sympathy to his wife, his family, his cohorts and his community.



04/12/07 Our friends at Expressway Inn have provided NDHSCA with great rates for an overflow situation. However, the Seven Seas, as the headquarters hotel, have the best rates in town without any need to travel. We owe the Seven Seas a "full house" when the Convention is in operation. Be sure to register **early** to have a room, since the availability is limited. At this time we have received registration from two coaches to attend the convention and take two college credits. **Register early!**

04/14/07 We have had two additional Life Membership fees paid in the past quarter (Cory Lehman, Fargo South HS, and Wayne Johnson, Rolette HS). Thank you, Gentlemen! I interject a thought that I have had recently, and it has been recurring periodically over the past few years: Should Life Memberships be more expensive? Although we want to encourage the purchase of life memberships, at this time, the membership income becomes a non-income after five years. Today, we have 50 lifetime members; 29 are active coaches.

04/14/07 I have recently received contact from Mike Berg and Peter Moe regarding Football All State selection. As many of you know, much has been exchanged regarding the selection of a Nine-Man All State Team with more individuals than are on any one of the Class A, Class AA or Class AAA. What is the best way to handle the dilemma and still maintain the integrity of the selection process and the honor of membership to the All State Team? A springtime meeting is being arranged to discuss guidelines and direction.

04/14/07 As Executive Director of NHSACA, I have received an eye-opener and confirmation. I can declare that North Dakota Coaches and the North Dakota High School Coaches Association are leaders in the profession and as leaders in professionalism. Whenever one of our coaches receives any accolades for recognition in the Association, be assured that they are at the top of the class.

North Dakota Coaches are respected, respectful, and respectable. Congratulations to NHSACA COTY Finalists and to NHSACA Hall of Fame inductees.

"I can declare that North Dakota Coaches and the North Dakota High School Coaches Association are leaders in the profession and as leaders in professionalism."



NORTH DAKOTA HIGH SCHOOL COACHES ASSOCIATION

**2007 NDHSCA/NDHSAA COACHES CONVENTION
BEST WESTERN SEVEN SEAS AND WATERPARK; MANDAN, NORTH DAKOTA
July 24-27, 2007**

Convention Registration Fee is \$100.00.

Convention Registration Fee postmarked **after July 20, 2007 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.

- | | | |
|---|---|-----------------|
| <input type="checkbox"/> | 1 Convention: Registration for all clinic and seminar sessions , 1NDHSCA Banquet ticket and NDHSCA Membership | \$100.00 |
| <u>ALL COLLEGE CREDIT REGISTRANTS MUST PAY \$100.00 CONVENTION REGISTRATION FEE FIRST.</u> | | |
| <input type="checkbox"/> | 2 COLLEGE CREDIT: Registration for TWO (2) NDSU Semester Credits; Coaches and Conflicts Seminar (July 24 and Sports' Clinic Sessions (July 25-27). | \$130.00 |
| <input type="checkbox"/> | 3 COLLEGE CREDIT: Registration for TWO (2) NDSU Semester Credits; Special Topics Seminar (July 24) and Sports' Clinic Sessions (July 25-27). | \$130.00 |
| <input type="checkbox"/> | 4 COLLEGE CREDIT: Registration for TWO (2) NDSU Semester Credits; Speed, Strength & Conditioning Seminar (July 24) and Sports' Clinic Sessions (July 25-27). | \$130.00 |
| <input type="checkbox"/> | 5 COLLEGE CREDIT: Registration for ONE (1) NDSU Semester Credits; Sports' Clinic Sessions (July 25-27). | \$65.00 |
| <input type="checkbox"/> | 6 ATHLETIC ADMINISTRATION: Class TBA (July 25 & 26) | \$90.00 |

ADDITIONAL FEES:

- | | | | |
|--------------------------|---|------------|-----------------|
| <input type="checkbox"/> | On-site Registration Fee..... | @ \$25.00 | \$25.00 |
| <input type="checkbox"/> | Golf Tournament (scramble) (07/25/07) | @ \$75.00 | \$75.00 |
| <input type="checkbox"/> | Extra NDHSCA Hall of Fame/Coach of the Year Banquet (07/26/07) Tickets..... | @ \$25.00 | \$25.00 |
| <input type="checkbox"/> | Additional NDHSCA Memberships..... | @ \$50.00 | \$50.00 |
| <input type="checkbox"/> | Lifetime NDHSCA Memberships..... | @ \$250.00 | \$250.00 |

CHECKS PAYABLE TO NDHSCA;

TOTAL

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

NO Credit Cards

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

**North Dakota High School Coaches Association
Membership Registration 2007-2008**

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 **2006-2007 record** & your lifetime coaching record per sport in **life record**.

SPORT	A	06-07 record	life record	SPORT	A	06-07 record	life record
Athletic Director	—	—	—	Boys' Soccer	—	—	—
Baseball	—	—	—	Girls' Soccer	—	—	—
Boys' Basketball	—	—	—	Girls' Softball	—	—	—
Girls' Basketball	—	—	—	Boys' Swimming	—	—	—
Boys' Cross Country	—	—	—	Girls' Swimming	—	—	—
Girls' Cross Country	—	—	—	Boys' Tennis	—	—	—
Football	—	—	—	Girls' Tennis	—	—	—
Boys Golf	—	—	—	Boys' Track & Field	—	—	—
Girls Golf	—	—	—	Girls' Track & Field	—	—	—
Gymnastics	—	—	—	Volleyball	—	—	—
Boys' Hockey	—	—	—	Wrestling	—	—	—
Girls' Hockey	—	—	—	Strength	—	—	—

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

Years	Sports
_____	_____
_____	_____
_____	_____

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

Number of years coaching completed (as of **June '08**) _____

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

NDHSCA Victory Milestone Record Sheet

Name _____ Date _____ E-Mail _____
 High School _____ Coaching Position _____
 Address _____ City/State/Zip Code _____
 Membership: High School _____ Associate _____ Junior High _____ Life _____

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

2006 - 2007 NDHSCA Senior Athlete of the Year Award

Fall Sports Season

	Athlete	School	Head Coach
Class A Boys' Cross Country	Sam Larson	Jamestown High School	Russ Schmeichel
Class A Boys' Soccer	Isak Tengesdal	Minot High School	Matt Pfau
Class A Boys' Tennis	Max Piepkorn	Fargo North High School	Greg Unruh
Class A Girls' Cross Country	Danielle Thompson	Grand Forks Central School	Sean Allan
Class A Girls' Golf	Kate Hardina	Fargo Sough High School	Lynn Engberg
Class A Girls' Swimming & Diving	Kelsey Schoonhoven	West Fargo High School	Marsha Dahl
Class A Girls' Volleyball	Katelyn Steffen	Dickinson High School	Jay Schobinger
Class B Boys' Cross Country	Andrew Kuch	Washburn High School	Darren Lester
Class B Girls' Cross Country	Bianca Lamb	Bottineau High School	Connie Blatherwick
Class B Girls' Volleyball	Abby Bratlien	Tioga High School	Brooks Dockter
Class A Football	Brock Sandy	Harvey High School	Brad Sandy
Class AA Football	Nathan Svihovec	Watford City High School	Fred Fridley
Class AAA Football	Catlin Solum	Fargo South High School	Kevin Feeney
Class B Nine-Man Football	Eddie Cullum	Turtle Lake-Mercer High School	Keith Sundquist

Winter Sports Season

	Athlete	School	Head Coach
Class A Girls' Gymnastics	Chelsey Preston	Fargo South High School	Mike Merritt
Class A Girls' Basketball	Jessica Kelpinski	Mandan High School	Greg Amundson
Class A Boys' Basketball	Justin Belohlavek	Mandan High School	Kurt Miller
Class A Boys' Hockey	Eric Herbel	Bottineau High School	David Hoff
Class A Girls' Hockey	Emily Sell	Williston High School	Mikaela Rehak
Class A Boys' Swimming & Diving	Matt Gerszewski	Grand Forks Schools	Brent Newman
Class A Wrestling	Tyler Steinwand	Mandan High School	JJ Nelson
Class B Girls Basketball	Kirstie Gillett	Dakota Prairie High School	Steven Forde
Class B Boys' Basketball	Nathaniel Packineau	Parshall High School	Ken Hall
Class B Boys' Basketball	Luke Lorenz	May-Port CG High School	David Nelson
Class B Wrestling	Torey Ulmer	Ashley-Wishek High School	Josh Hoffman □

From Executive Secretary's Desk - continued from page 4

04/14/07 Thank you Dave Michaelson for your leadership over the past year. Although the year began with a family tragedy, you have been our leader throughout the year. You have always been positive and taken the high road with all situations.

04/14/07 Linda and I have assumed a very exciting and demanding three month period. The preparation for the NHSACA Annual Meeting and the NDHSCA Coaches Convention continues to stir the juices as we do all we can to complete a program that will be incomparable, while still remaining within the parameters of each Association's finances. At this time NHSACA is probably in the best financial status it has been for 15 years. Likewise, NDHSCA is coming off a remarkable year with a record paid membership. In North Dakota, we need to recognize the contributions from Karen and Rod in the membership area; the commitment and dedication

of John and Randy for continuing to exhibit integrity and honor in our Association; our past president and immediate past president for their wisdom in decision-making; and to our vice president and president-elect for their energy and excitement. Thanks to the Executive Committee.

04/15/07 We held audience with Dave Nelson in March and heard a presentation of the *Three Class System*. All coaches are responsible to communicate with their athletic director and school administration regarding the strengths and weaknesses of the NDHSAA restructuring.

04/15/07 Have a great spring and we look forward to your attendance at the NDHSCA Coaches Convention at the Best Western Seven Seas in Mandan on July 24th through July 27th. □

2006 - 2007 NDHSCA Coaches of the Year

Fall Sports

Class A Boys' Cross Country
 Class A Boys' Cross Country
 Class A Boys' Football A
 Class AA Boys' Football
 Class AAA Boys' Football
 Class A Boys' Soccer
 Class A Boys' Tennis
 Class A Girls' Cross Country
 Class A Girls' Golf
 Class A Girls' Swimming
 Class A Girls' Volleyball
 Class B Boys' Cross Country
 Class B Boys' Nine-Man Football
 Class B Girls' Cross Country
 Class B Girls' Volleyball

Junior High COTY
 Assistant COTY

Coach

Darrell Anderson
 Dave Zittleman
 Larry Sandy
 Fred Fridley
 Mike McCall
 Matt Pfau
 Greg Unruh
 Lisa Svaleson
 Don Johnson
 Anne Retzlaff
 Tonah Safranski
 Brian Anderson
 Keith Sundquist
 Duane Bowman
 Brooks Dockter

Scott Hoffman
 Greg Yale

School

Bismarck High School
 Bismarck High School
 Velva-Sawyer High School
 Watford City High School
 Wahpeton High School
 Minot High School
 Fargo North High School
 Fargo South High School
 Fargo Shanley High School
 Wahpeton High School
 Fargo South High School
 New Town High School
 Turtle Lake-Mercer High School
 Bowman High School
 Tioga High School
 Dickinson Hagen Junior High School
 Watford City High School

Winter Sports

Class A Boys' Basketball
 Class A Boys' Hockey
 Class A Boys' Swimming
 Class A Girls' Basketball
 Class A Girls' Gymnastics
 Class A Girls' Hockey
 Class A Wrestling
 Class B Girls Basketball
 Class B Boys' Basketball
 Class B Wrestling
 Class A Athletic Director
 Class B Athletic Director

Coach

Dean Winczewski
 Jay Haugland
 Marsha Dahl
 Steve Meier
 Kent Van Ells
 Kellen Bjone
 Kelly McNary
 Jerome Slag
 Stacy Schaffer
 Travis Lemar
 Pat McNally
 Brent Lauf

School

Dickinson High School
 Grafton-Park River High School
 West Fargo High School
 Bismarck High School
 Dickinson High School
 Jamestown High School
 Wahpeton High School
 New Salem High School
 Barnes County North High School
 Central Cass High School
 Minot High School
 New Salem High School □

NDHSCA Scholarship Recipients - continued from page 3

Abby Bratlien will graduate from Tioga High School with a 3.48 Grade Point Average (GPA). She scored 20 on her ACT test. She earned four letters in each of three sports of basketball, volleyball and track and field. Abby also earned four letters in Band and Chorus.

Abby lettered in Student Government as a senior. She was a member of Letterpersons' Club for five years and served a president as a senior. She also served a Tioga Student Body President as a senior. Abby was a member of National Honor Society and FCCLA and

served as vice president as a senior. She was recipient of NDHSCA Senior Athlete of the Year in Volleyball. She was also named District 16 Outstanding Athlete and was nominee to the McDonald's All American Team.

Abby is the daughter of Steve and Susan Bratlien.

Amy Grinsteinner is the daughter of Gregg and Carol Grinsteinner. She has a 4.0 Grade Point Average (GPA), ranks first in a class of 47 and scored 32 on her ACT test. Amy earned nine

athletic letters in the sports of basketball, track and field, and volleyball.

Amy earned two letters in band, four letters in band, three letters in drama, and four letters in student government. She was a basketball statistician for three years, football statistician for one year and participated in student voice and peer ministry.



North Dakota High School Coaches Association

Membership Registration 2007-2008

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

Name _____
 School _____ Email 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	06-07 record	lifetime record		A	06-07 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.	Year	Sport
Have you filed a Victory Milestones Form? _____	_____	_____
Number of years coaching completed (as of <u>June '08</u>) _____	_____	_____
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:

- an NDHSCA Member for 20 years.
- 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.

A 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 2008**) _____

Number of years NDHSCA Member (as of **June 2008**) _____

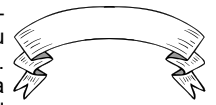
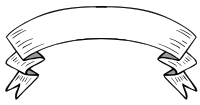
Fee: \$250 Include the fee with this application.

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

Purchased Lifetime Memberships

Aardahl, Vern; Milnor HS	Kjelgaard, Harold; Fargo Discovery JHS
Anderson, Darryl; Mandan HS	Kleveland, David; Central Valley HS
Burckhard, Richard; Parshall HS	Larson, Nancy; DesLacs-Burlington HS
Callahan, Mike; Minnewaukan HS	Lehman, Cory; Fargo South 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	Marsh, John; Fargo South HS
Disher, Ken; Minot HS	Mailloux, Gary; Fargo North HS
Dixon, Derrick; Turtle Mountain Community HS	Omdahl, Chad; Hatton-Northwood HS
Fjeld, Greg; Minot HS	Overby, Dennis; Northwood HS
Folstad, Collette; West Fargo HS	Schauer, Gary; Langdon, HS
Gabrielsen, Thomas; Grand Forks Red River HS	Schmitt, Dan; Dakota Prairie HS
Gadberry, Ron; Hillsboro HS	Schreiner, Vernon; Minto HS
Hanson, David; St. Thomas 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	Stanley, Len; Bismarck State College
Horner, Dennis; Midway HS	Strand, Fred P.; Hatton-Northwood HS
Hutchison, Donna; Grand Forks Red River HS	Trieglaff, Robert; Fargo North HS
Hutchison, John; Northwood HS	Walhaug, Gary; Surrey HS
Hutchison, Lonny; Northwood HS	Walker, Larry; Killdeer HS
Jaeger, Kerry; Grand Forks Red River HS	Wheeling, Bob; Killdeer HS
Johnson, Wayne; Rolette HS	Wilson, Jerry; Bismarck Century HS
Kerlin, Don; Mayville/Portland-C/G HS	Zimney, Bob; Grand Forks Red River HS

NDHSCA Victory Milestones



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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
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2.	_____	_____	_____	_____	_____	_____	_____	_____
3.	_____	_____	_____	_____	_____	_____	_____	_____
4.	_____	_____	_____	_____	_____	_____	_____	_____
5.	_____	_____	_____	_____	_____	_____	_____	_____
6.	_____	_____	_____	_____	_____	_____	_____	_____
7.	_____	_____	_____	_____	_____	_____	_____	_____
8.	_____	_____	_____	_____	_____	_____	_____	_____
9.	_____	_____	_____	_____	_____	_____	_____	_____
10.	_____	_____	_____	_____	_____	_____	_____	_____
11.	_____	_____	_____	_____	_____	_____	_____	_____
12.	_____	_____	_____	_____	_____	_____	_____	_____
13.	_____	_____	_____	_____	_____	_____	_____	_____
14.	_____	_____	_____	_____	_____	_____	_____	_____
15.	_____	_____	_____	_____	_____	_____	_____	_____

2006 - 2007 NDHSCA Girls' Hockey All State Team

1st Name	Last Name	School	Position	Team	Head Coach
Megan	Dorneman	Grand Forks HS	Defense	First Team	Kyle Ellingson
Shelbie	Hartman	Jamestown HS	Defense	First Team	Kellen Bjone
Rachel	Hennessy	Williston HS	Defense	First Team	Mikaela Rehak
Lauren	Kringstad	Bismarck HS	Defense	First Team	Keith Schirado
Paige	Lemieux	Fargo North HS	Defense	First Team	Dave Bjugson
Kaci	Bazey	Grand Forks HS	Forward	First Team	Kyle Ellingson
Erica	Borlaug	Hazen-Beulah HS	Forward	First Team	Jeff Dietz
Jordan	Mari	Fargo North HS	Forward	First Team	Dave Bjugson
Brittany	Mayer	Bismarck HS	Forward	First Team	Keith Schirado
Ali	Parizek	Minot HS	Forward	First Team	Pat Morelli
Jenny	Schnaidt	Dickinson HS	Forward	First Team	Ryan Love
Emily	Sell	Williston HS	Forward	First Team	Mikaela Rehak
Abby	Stauss	Fargo South HS	Goalie	First Team	Travis Ingebretson
Julie	York	Bismarck HS	Goalie	First Team	Keith Schirado
Megan	Campbell	Grand Forks HS	Defense	Second Team	Kyle Ellingson
Jenna	Flatebo	Grand Forks HS	Defense	Second Team	Kyle Ellingson
Sierra	Schlager	Jamestown HS	Defense	Second Team	Kellen Bjone
Jordan	Brenneman	Fargo North HS	Forward	Second Team	Dave Bjugson
Abbie	Callahan	Fargo South HS	Forward	Second Team	Travis Ingebretson
Maddy	Gendreau	Bismarck HS	Forward	Second Team	Keith Schirado
Katelyn	Mari	Fargo South HS	Forward	Second Team	Travis Ingebretson
Katie	Whetter	Grand Forks HS	Forward	Second Team	Kyle Ellingson
Savannah	Heiser	Fargo North HS	Goalie	Second Team	Dave Bjugson
Nicole	Williams	Jamestown HS	Goalie	Second Team	Kellen Bjone
Emily	Sell	Williston HS	NDHSCA Outstanding Senior Athlete		
Kellen	Bjone	Jamestown HS	NDHSCA Coach of the Year ☐		

2006 - 2007 NDHSCA Boys' Hockey All State Team

1st Name	Last Name	School	Position	Team	Head Coach
Jared	LaBere	Bismarck HS	Defense	First Team	Skyler Marquart
Andrew	Seeberg	Bismarck HS	Forward	First Team	Skyler Marquart
Michael	Hillman	Bismarck HS	Goalie	First Team	Skyler Marquart
Eric	Herbel	Bottineau HS	Forward	First Team	David Hoff
Kyle	Everson	Devils Lake HS	Forward	First Team	Al Henry
Grant	Kovacs	Dickinson HS	Goalie	First Team	Dave Hanneman
Tanner	Bombenger	Fargo North HS	Forward	First Team	Jay Erickson
Danny	Wurden	Fargo South HS	Defense	First Team	Dean Wilson
Sean	Deichert	Fargo South HS	Goalie	First Team	Dean Wilson
Zach	Miller	Grafton HS	Forward	First Team	Jay Haugland
Zach	Welding	Jamestown HS	Forward	First Team	Matt Stockert
Dan	Hendrickson	Minot HS	Defense	First Team	Chad Burckhard
Nathan	Stremick	Minot HS	Forward	First Team	Chad Burckhard
Ryan	LaDouceur	Red River HS	Defense	First Team	Matt Malm
Eric	Meland	Red River HS	Forward	First Team	Matt Malm
Tyler	Swanson	West Fargo HS	Defense	First Team	Ross Richards
Colby	Rehak	Williston HS	Defense	First Team	Dustin Bratli
Eric	Herbel	Bottineau HS	NDHSCA Outstanding Senior Athlete		
Jay	Haugland	Grafton/Park River HS	NDHSCA Coach of the Year ☐		

NDHSCA Vice - Presidential Candidates - continued from page 1

Coach Hoff is a member of North Dakota CTM and National CTM. He served as President of North Dakota's Chapter in 2004-2005. He was named Bottineau JC's Outstanding Educator in 1995, and he received the Wal-Mart Teacher of the Year Award in 2000.

Hoff has coached Bottineau High School to 111 meet victories in Girls' Track & Field. His hockey teams have a 175-206-17 won-lost-ties record. His 2006 Girls' Track and Field team won a state title. Hoff is also a USA Hockey Education Instructor. He has coached Team North Dakota (Hockey) in 2004, 2005 & 2006. He has served on the NDHSAA/NDHSCA Hockey Advisory Committee for two terms.

David was named NDHSCA Hockey Coach of the Year in 1993. He was NDHSCA Girls' Track and Field Coach of the Year in 2005 and 2006. He was named West Region Hockey Coach of the Year in 1993, 1995 and 2007. Coach Hoff has coached fourteen individual Girls' State Track and Field Champions.

Peter Moe is a graduate of Cotton High School (MN) and the University of Minnesota at Duluth. He has served three terms on the Washburn Park Board; he was president of the Board during his last term. He served on the Lewis and Clark Interpretive Center's Fort Mandan Restoration Committee.

Moe's head football coaching record stands at 167-119. His head boys' basketball coaching record is 19-23. He has served one term on the NDHSAA/NDHSCA Football Advisory Committee.

Coach Moe has been selected NDHSCA Football Regional Coach of the Year four times. He was NDHSCA Class A Football Coach of the Year in 1999. Pete has coached in four Shrine Bowls. He has been selected District 10 Athletic Director of the Year five times and Region 5 Athletic Director of the Year four times. Moe was selected NDHSCA Athletic Director of the Year in 2005.

Peter has served on the NDHSAA Athletic Review Committee three years. He served one term as NDIAAAA Southwest Region Representative. He has been a member of the NDIAAAA Board of Directors for five years. Moe was President of NDIAAAA in 2005. He received the NDIAAAA State Award of Merit in 2004. He has passed the NHSACA Certified Interscholastic Coach Examination in 1990. He also passed the NIAAAA Certified Athletic Administrators Examination in 2003.

Moe and his wife, Barb, have two children: Erik and Kristin.

Balloting for NDHSCA vice president will be conducted on Thursday, July 26th, at the NDHSCA Coaches Convention. The NDHSCA Coaches' Convention is scheduled for the Mandan Best Western Seven Seas Inn and Waterpark, July 24th- 28th, 2007.

□

2007 NDHSCA Class A Gymnastics

As selected by the Class A Gymnastics Coaches

First Team All State

Brittany Beyer	Wahpeton HS
Chelsea Preston	Fargo South HS
Krystin Emil	Fargo North HS
Mara Van Ells	Dickinson HS
Brittany Johnson	Grand Forks HS
Britney Daniel	Bismarck Century HS
Sarah Beckett	Minot HS
Allison Tracy	Minot HS

Amanda Perkowicz
Mike Merritt
Mike Merritt
Kent Van Ells
Kari Riendeau
Curt Sherbrooke
Pam Tweten
Pam Tweten

Second Team All State

Lindsey Walton	Fargo North HS	Mike Merritt
Marie Franzen	Dickinson HS	Kent Van Ells
Brogan Burwick	Dickinson HS	Kent Van Ells
Kelsey Dukart	Dickinson HS	Kent Van Ells
Laura Fugleberg	Jamestown HS	Dave Tews
Megan Keidel	Bismarck HS	Curt Sherbrooke
Mackenzie Keidel	Bismarck HS	Curt Sherbrooke
Joley Beeler	Minot HS	Pam Tweten

2007 Class A Gymnastics Outstanding Senior

Chelsea Preston	Fargo South HS	Mike Merritt
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2007 NDHSCA Class A Gymnastics Coach of the Year

Kent Van Ells	Dickinson High School
---------------	-----------------------

Congratulations to the Student Athletes and their Coaches

2007 NDHSCA Student Scholarship Winners - cont'd from page 8

Tyler Rogers participated in basketball (4 years), baseball (4 years), and football (4 years) at Hatton High School. He was captain of his football team. Tyler earned three letters in band, two letters in drama, and two letters in publications. He was also a member of Future Business Leaders of America.

Tyler earned a 3.95 Grade Point Average (GPA), ranked first out of a class of 17 and scored a 25 on his ACT test. Tyler is the son of Kevin and Rhonda Rogers.

Jacob Wheeling will graduate from Killdeer High School. He has been a four year letter-winner in basketball and golf. He also earned two letters in track and field.

Jacob ranked 4th in a class of 33 and scored a 24 on his ACT Test. He is the son of Bob and Mary Wheeling.

Each of the three recipients will receive a \$500.00 scholarship from John Walsh and Burger King of North Dakota at the July 26th NDHSCA Coach of the Year and Hall of Fame Banquet in Mandan at the Seven Seas Convention Center.

□

2007 NDHSCA Coaches Convention

July 24, 25, 26, & 27

Seven Seas
Conference Center
Mandan, N.D.

NDHSCA/NDHSA Coaches Convention - continued from page 1

Jones, UND; Ryan Moody, UND; and Juno Pintar, University of Mary serving the coaches of the state with enthusiasm. Other coaches have been contacted to complete the sport's expertise. The Advisory Committee Meeting will hold a meeting to study recommendations for the coming year.

Football coaches will have presentations from Craig Bohl, NDSU; Kevin Feeney, Fargo South HS; Jay Gibson, West Fargo HS; Phil Hanson, Buffalo Bills; Scott King, Malta HS (MT); Dale Lennon, UND; Mike Mannausau, UND; Mike McCall, Wahpeton HS and Pete Stanton, Dickinson State. Football coaches will also hold an Advisory Committee Meeting and David Carlsrud will conduct a Football Rules Meeting for NDHSAA.

Volleyball presentations will be delivered by Tammy Blake-Kath, MSU-Moorhead; Erich Hinterstocker, NDSU; Dave Moody, Dickinson State; Kevin Peterson, Enderlin HS; Jay Schobinger, Dickinson HS; Heidi Sunderland, University of Mary; and Missy Wilson of Fargo North HS. Vol-

leyball coaches will also hold an Advisory Committee Meeting and Sheryl Solberg will present a Volleyball Rules Meeting for NDHSAA.

Cross-Country coaches will have presentations provided by Mark Bilden, Custer County HS (MT); Pete Stanton will present for Track and Field Coaches. Kelly Kremer from University of Minnesota will present for Swimming and Diving. Other coaches have been contacted and will be placed on the Convention Schedule as they accept.

Nine-man football, tennis, golf, and cross country coaches will have a full curriculum for the convention.

The golf scramble will be held on Wednesday, July 25th at the Hawktree Course again. The scramble is organized to accommodate 60 golfers---the first 60 to pay fees will be accepted. Green fees are \$65 and includes cart rental. Teams of four people will be signed up. Signup takes place on Wednesday morning at the registration desk.

The Convention Schedule will be placed on the website on May first. As each speaker is added thereafter, speakers and presentations will be added to the schedule.

The website can be found at www.fargo.k12.nd.us/ndhsca.

The convention registration form can also be found on the website.

If anyone has questions regarding the convention, please contact Gelaine Orvik at 701-367-8282 or 701-237-9711. Contact Gelaine by e-mail at gorvik@cablone.net.

National Annual Meeting NHSACA

June 27, 28 & 29, 2007

Hyatt Hotel
Milwaukee, Wisconsin

Register on
www.hscoaches.org

North Dakota High School Coaches
Association
Official Publication

*www.fargo.k12.nd.us/
ndhsca/*
NDHSCA
3457 - 26th Avenue Southwest

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