



North Dakota High School Coaches Association
Official Publication

DAKOTA COACH

This Issue Available ONLINE & Hard Copy

2007 NHSACA/NDHSAA Coaches Convention

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The 2007 NDHSCA Coaches Convention, to be held July 24th-July 27th, has been in the planning works for over four months. The Annual Classic will begin on Monday evening with a four hour class taught by Sherm Sylling. The class is designed for athletic directors, but is very attractive to all coaches who consider their role to be professional. Because of the NHSACA Annual Meeting demands, this year I began the planning phase two months earlier than prior years. I have still had complications that have caused a change and adjustment in the schedule and presentations.

Today, I received word from Jim Craven that his air travel would cost \$1200. Having a fiscal responsibility for the Association, we have agreed to make a change.

Who will speak has not been determined, but I assure you that the golf coaches will have great presentation.

We have made every effort to involve as many people as possible and to offer a variety of topics in each sport. We honestly feel that the expertise and appeal for the year's speakers are incomparable. NDHSAA has also agreed to provide rules interpretation sessions in football, wrestling, tennis, golf, volleyball and swimming & diving.

Advisory Committee Meetings will be held in tennis, volleyball, wrestling, track & field, basketball, and football. These meetings are designed to activate thought and planning for

2007 Coaches Convention - cont'd on page 3

This Issue of Dakota Coach contains the NDHSCA Convention Program See pages 7 - 10 For updates See NDHSCA Website

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

As much as we labor over our task, we are constantly finding complications with fulfilling our speaker assignments. We have had people cancel speaking assignments at the last minute. We have had speaker emergency cause speakers to withdraw from presenting at the Convention. And of course, I have failed to fill all speaking slots on some occasions.

This year we have left five sessions blank because we have not finalized speakers for the positions at print time for the *Dakota Coach*. However, we will constantly update the website with the speakers and the topics.

Please go to the NDHSCA Website at www.fargo.k12.nd.us/ndhsca. Sometimes I find it easier to *google* NDHSCA directly.

Remember, the registration forms can be downloaded, but you must pay fees by check through U.S. Postal Service. We still have not activated a credit card usage.

Gelaine Orvik, Executive Secretary



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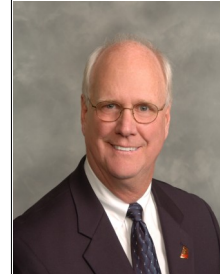


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President's Message

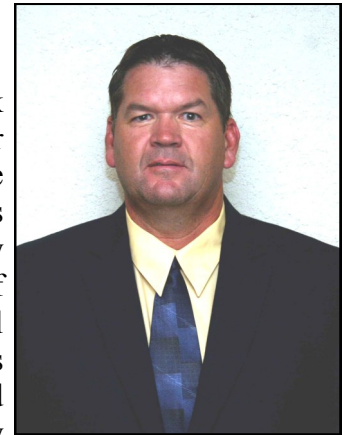
Congratulations to spring sports coaches and teams. Special Congratulations to the state championship teams, individual champions, Senior Athletes of the Year, and Coach of the Year winners. It was another extremely successful athletic season.

I hope the summer is treating you well. Make time for yourself and your families. Your athletes will reap the benefits when you come back rejuvenated and enthusiastic next school year.

The NDHSCA Convention will be held July 24-27 at the Mandan Seven Seas Inn. We have another top notch agenda for North Dakota Coaches. Our convention provides an excellent opportunity to our members, whether it is attending the seminar on Tuesday, the clinics on Wednesday through Friday, or both. Credit is offered through North Dakota State University at a very reasonable price. Please take time out of your summer to attend the convention and encourage other coaches to do the same.

I would like to thank all of the coaches in our state for giving me the opportunity to serve as your president. It is truly an honor to be a part of such a strong and well run association. Thanks to the board for their hard work this past year. They are great people and a lot of fun to work with. Finally, a special thanks to Gelaine Orvik. His leadership and hard work is the driving force behind the NDHSCA!

Dave



Dave Michaelson

“It is truly an honor to be part of such a strong and well run association.”

Coaches Convention - continued from page 1

recommendations to be brought to fruition throughout the year. Then the Advisory Committees can make recommendations for the upcoming year. These open forums have served to be very helpful and enlightening for planning.

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 \$75 and includes cart rental. Teams of four people will be signed up. Signup takes place on Wednesday morning at the registration desk. Only convention registrants are allowed to signup.

The Convention Schedule has been placed on the website and will be updated when and as changes occur. 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@cableone.net.

2007 NDHSCA Coaches Convention

July 24, 25, 26, & 27

**Seven Seas Best Western
Conference Center
Mandan, N.D.**

**For Reservations - Call
701-663-7401 or
800-597-7327**

**Convention Registration
Form on Page 4**

Sorry - No Credit Cards

2006-2007 North Dakota Swimming & Diving Academic Awards

The following student athletes have achieved the award of North Dakota Academic All State in 2006-2007. To receive this award a student athlete must have a cumulative grade point average of 3.20 or better for 7 semesters beginning with the first semester of the freshmen year through the first semester of the senior year. The student athlete must have lettered in swimming and/or diving their senior season.

North Dakota Academic All State Team for Swimming & Diving

STUDENT	SCHOOL
Michelle Anderson	Grand Forks Central HS
Nick Bahl	Minot High School
Jeremy Bickel	Minot High School
Amber Brandenburger	Jamestown High School
Kathryn Fristad	Grand Forks Central HS
Ryan Frueh	Minot High School
Cody Heizelman	Minot High School
Allyssa Hieb	Jamestown High School
Ty Martin	Minot High School
Steven Meinhardt	Fargo North High School
Elias Metzgian	Minot High School
Travis Waswick	Minot High School

National Interscholastic Swimming Coaches Association of America, Inc.

Academic All America

The following student athletes have achieved the award of NISCA Academic All America. To receive this award a student athlete must have a cumulative grade point average of 3.75 for 7 semesters beginning with the first semester of the freshmen year through the first semester of the senior year. The student athlete must have lettered in Swimming/Diving their senior season.

STUDENT	SCHOOL
Michelle Anderson	Grand Forks Central HS
Nick Bahl	Minot High School
Amber Brandenburger	Jamestown High School
Kathryn Fristad	Grand Forks Central HS
Ryan Frueh	Minot High School
Ty Martin	Minot High School
Steven Meinhardt	Fargo North High School
Travis Waswick	Minot High School

National Interscholastic Swimming Coaches Association of America, Inc. Scholar Team Award

The NISCA organization and Adolph Keifer & Associates are the sponsor of the Scholar Team Award for Swimming Diving & Water Polo. This award recognizes Varsity teams on a national level that have achieved a team cumulative GPA at one of three levels:

- GOLD LEVEL - team GPA of 3.750 or better
- SILVER LEVEL - team 3.500 to 3.7499
- BRONZE LEVEL - team GPA of 3.20 to 3.499

The following teams have been recognized for this award for the 2006-2007 school year:

Jamestown High School	Girl's Swimming & Diving Team	Silver Level	3.720
Jamestown High School	Boy's Swimming & Diving Team	Silver Level	3.610

□



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
_____	_____
_____	_____
_____	_____

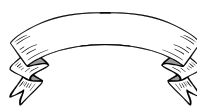
Have you filed a Victory Milestones Form? _____ (see backside)

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:

- 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.
- Figure out the total number of teams you have competed against and what percentage of those teams were wins and losses.
- 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.
- 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.	_____	_____	_____	_____	_____	_____	_____	_____

2007 NDHSCA Coaches Convention

Mandan Seven Seas Convention Center

July 24-27, 2007

MONDAY, July 23rd

TIME MEETING

1:00	NDHSCA Executive Committee Meeting		Lightning Room
5:30	Athletic Administration	Sherman Sylling; NHSAA	"Fundamentals of Coaching"

TUESDAY, July 24th

TIME	SEMINAR	SPEAKER; SCHOOL	TOPIC
7:30	Registration Desk Opens		
8:00	Coaches/Conflict	Pete Moe; Washburn HS	"Lettering, Citizenship & Leadership"
	Coach/Special Topics	Gelaine Orvik; NDHSCA Office	"Duties & Responsibilities of a Coach"
	Speed/Strength/Nutrition	Dr. Jane Edwards; NDSU	"ND HS Coaches' Sports' Nutrition"
9:00	Coaches/Conflict	Peggy Stibbe; Fargo Discovery JHS	"Mentoring your Coaches"
	Coach/Special Topics	Mike Berg; GF Central HS	"Professionalism in Coaching"
	Speed/Strength/Nutrition	Russell Gust; Trinity Sports Medicine	"Willing Extremities; A Weak Core"
10:00	Coaches/Conflict	Heidi Sunderland; Univ. of Mary	"Preparing HS Athletes for the Next Step"
	Coach/Special Topics	Sherman Sylling; NDHSCA	"NDHSAA Eligibility Guidelines"
	Speed/Strength/Nutrition	Russell Gust; Trinity Sports Medicine	"Training for Multi-Directional Speed"
11:00	Coaches/Conflict	Stephanie Nishek; Southwest College	"Naturopathic Medicine"
	Coach/Special Topics	Peggy Stibbe; Fargo Discovery JHS	"Mentoring your Coaches"
	Speed/Strength/Nutrition	Russell Gust; Trinity Sports Medicine	"Sport Specific in the Weightroom"
12:15	LUNCHEON SPEAKER (Lunch provided as part of seminar)		
	Coaches/Conflict	Brad Strand; NDSU	"Ethics & Gamesmanship; Beliefs of Athletes & Coaches"
	Coach/Special Topics	Brad Strand; NDSU	"Ethics & Gamesmanship; Beliefs of Athletes & Coaches"
	Speed/Strength/Nutrition	Brad Strand; NDSU	"Ethics & Gamesmanship; Beliefs of Athletes & Coaches"
1:30	Coaches/Conflict	Pamela Hansen; NDSU	"MRSA"
	Coach/Special Topics	Pamela Hansen; NDSU	"MRSA"
	Speed/Strength/Nutrition	Pamela Hansen; NDSU	"MRSA"
2:30	Coaches/Conflict	Mike Merritt; Fargo North/South HS	"Communications in Coaching"
	Coach/Special Topics	John Erickson; MSCA	"Open Enrollment and Legislative Issues"
	Speed/Strength/Nutrition	Russell Gust; Trinity Sports Medicine	"The Cleans in a High School Setting"
3:30	Coaches/Conflict		
	Coach/Special Topics	Stephanie Nishek; Southwest College	"Naturopathic Medicine"
	Speed/Strength/Nutrition		

2007 NDHSCA Coaches Convention

WEDNESDAY, July 25th

TIME	SPORT	SPEAKER; SCHOOL	TOPIC
7:30	Registration Desk Opens		
8:00	Basketball	Rick Neumann; University of Mary	"Drills for Winning Basketball"
	Football	Dale Lennon; UND	"Expectations of a Sioux Football Coach"
	Football (9-Man)	Ron Benson; Mott-Regent HS	"Mott-Regent Football Program Overview"
Hawktree	Golf	Chuck Ruppert; Hawktree Golf Pro	"Teaching the Full Swing"
	Swimming & Diving	Kelly Kremer; University of Minnesota	"Swimming in College"
	Track & Field	Tim Kolsrud; Bismarck HS;	"Training Sprinters"
	Volleyball	Heidi Sunderland; University of Mary	"Favorite Volleyball Drills"
	Wrestling	Barry McCleary; Napoleon HS	"The Process of Consistency in Coaching"
9:15	Basketball	Juno Pintar; University of Mary	"Team Building and Skill Development"
	Cross Country	Dennis Newell; University of Mary	"Training for Performance"
	Football	Mike Mannausau; UND	"UND's Short Yardage & Blitz Packages"
Hawktree	Golf	Chuck Ruppert; Hawktree Golf Course	
	Swimming & Diving	Kelly Kremer; Univeristy of Minnesota	"Minnesota Middle Distance Training"
	Track & Field	Pete Stanton; Dickinson State University	"Training the Sprinter"
	Volleyball	Angie Bartholomay; Bottineau HS	"Old Drills with a Twist"
	Wrestling	Thad O'Donnell; Dickinson State University	"Tilts & Turns"
10:30	Basketball	Karla Nelson; Moorhead State University Minn.	"Offensive & Defensive Rebounding"
	Football	Jay Gibson; West Fargo HS	"The West Fargo High School Passing Game"
	Football (9-Man)	Mark Rerick; Hillsboro HS	"Team Building from the Basement & Up"
Hawktree	Golf	Darrell Berglund; Hazen HS	"Short and Full Swing Drills"
	Swimming & Diving	Kelly Kremer; University of Minnesota	"Technique Sessions; Drill Progressions"
	Track & Field	Mark Murdock; Bismarck Century HS	"The Discus"
	Volleyball	Tammy Blake-Kath; Moorhead State Univ. Minn.	"Blocking"
	Wrestling	Travis LeMar; Central Cass HS	"Coaching from Outside the System"
11:45	Basketball	Justin Johnson; Mayville State University	"Post Play"
	Cross Country	Mark Bilden; Custer County HS (MT)	"Building a Successful Cross-Country Program"
	Football	Craig Bohl; NDSU	"Successful Bison Football Drills"
Hawktree	Golf	Ray Callaghan; Fargo North HS	"Putting Drills"
	Swimming & Diving	Kelly Kremer; University of Minnesota	"Technique Session; Drill Progressions"
	Track & Field	Don Larson; NDSU	"Intermediate Hurdles"
	Volleyball	Jay Schobinger; Dickinson HS	"Scouting a High School Volleyball Match"
	Wrestling	Thad O'Donnell; Dickinson State University	"Ties & Setups to Takedowns"
1:00	Football	Pete Stanton; Dickinson State University	"Linebacker Fundamentals and Drills"
1:00-3:00	Athletic Directors		
1:00	Golf	@ Hawktree Golf Course; Tee-times: 1:30-3:30 PM	

7:00-10:00 Convention Social and Golf Prizes

2007 NDHSCA Coaches Convention

THURSDAY, July 26th

TIME	SPORT	SPEAKER; SCHOOL	TOPIC
8:00	Basketball	Mark Graupe; Lake Region State College	"Running a High School Program"
	Football	Scott King; Malta HS (MT)	"Mustang Football Communications"
	Golf	Lynn Gress; Bismarck Century HS	"Swing Evaluation Software"
	Swimming & Diving	Jamie Sanger; University of Minnesota	"Diving Drills"
	Tennis	Tony Stingley; USTA	"Team Practice"
	Track & Field	Mike Kuhn; Mandan HS	"Sprint Hurdles"
	Volleyball	Missy Wilson; Fargo North HS	"Strength Training for High School Volleyball"
	Wrestling	Clay Nagel; Concordia College (MN)	"Communicating as a Coach"
9:15	Basketball	Lynn Peterson; Staples HS (MN)	"High School Motion Offense"
	Cross-Country	Glee Mayer; Minot HS	
	Football	Jeremy Martinson; Red Chair Solutions	"Football 'Film Exchange' on Internet"
	Golf	Dave Carlsrud & Chipper Farrell	Advisory Committee & Rules Interpretations
	Swimming & Diving	TBA	
	Tennis	Sheryl Solberg; NDHSAA	Tennis Advisory Committee & Rules Interpretations
	Track & Field	Brandon Ralph; University of Mary;	"The Shot Put"
	Volleyball	Dave Moody; Dickinson State University	"Defensive Drills for the Platform Player"
	Wrestling	Kelly McNary; Wahpeton HS	"Developing a Successful Wrestling Program"
10:30	NDHSCA Annual Meeting		
11:30	General Session	Phil Hanson; Buffalo Bills Gordy Fosness; FCA	"High School Athletics, Principals and Structure"
Noon	Hall of Fame Luncheon (Inductees, Past Presidents & Past Inductees)		
1:00	Athletic Administration		
	Basketball	Dean Winczewski; Dickinson HS	"Controlled Motion Offense; 3, 4 & 5 Out"
	Cross-Country	Mark Bilden; Custer County HS (MT)	"Weekly Workouts for 4 Training Phases"
	Football	Scott King; Malta HS (MT)	"Mustang Defensive Pursuit Patterns"
	Swimming & Diving	NDHSCA Advisory Committee	Swimming & Diving Advisory Input Meeting
	Tennis	Tony Stingley; USTA	"Competitive Drills"
	Track & Field	Disa Salander; Minot HS	"The Differences in Boys' & Girls' Shot Put & Discus"
	Volleyball	Dave Moody; Dickinson State University	"Attacking Drills from Individual to Team"
	Wrestling	Clay Nagel; Concordia College (MN)	"Teaching and Shaping Skills"
2:15	Basketball	Lynn Peterson; Staples HS (MN)	"Defense and Rebounding Drills"
	Football	Phil Hanson; Buffalo Bills	"Defensive Line Play Progression"
	Swimming & Diving	Sheryl Solberg; NDHSAA	Swimming & Diving Rules Interpretations
	Tennis	Tony Stingley; USTA	"Drills for Large Groups"
	Track & Field	Jay Schobinger; Dickinson HS	"The Pole Vault"
	Volleyball	Lisa Krom; Bismarck HS	"Favorite Drills"
3:30	Basketball	NDHSCA Advisory Committee	Basketball Advisory Input Meeting
	Football	Scott King; Malta HS (MT)	"Mustang Linebacker Skills & Drills"

2007 NDHSCA Coaches Convention

THURSDAY, July 26th (Continued)

Swimming & Diving	Anne Retzlaf; Wahpeton HS	"Important Elements to Success for Huskies' Swimming"
Tennis	Sheryl Solberg; NDHSAA	"Tennis Rules Interpretations Session"
Track & Field	Jeremy Schroeder; Bismarck HS	"The Long Jump"
Volleyball	Lisa Strand; Thompson HS	"Pre-requisites for Championships"

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

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

FRIDAY, July 27th

TIME	SPORT	SPEAKER; SCHOOL	TOPIC
7:00	FCA	Fellowship of Christian Athletes Gathering (Coffee & Rolls)	
8:00	Basketball	Saul Phillips; NDSU	
	Football	Mike McCall; Wahpeton HS	"Strengths & Weaknesses of the Double-Wing"
	Track & Field	Allan Knutson; Williston HS	"The Triple Jump"
	Volleyball	Dr. Erich Hinterstocker; NDSU	
	Wrestling	J. J. Nelson; Mandan HS	"Leg Defense and Front Head Lock"
9:15	Basketball	Saul Phillips; NDSU	
	Football	NDHSCA All State Selection Chairmen	"All State Selection Process Forum"
	Football (9-Man)	NDHSCA All State Selection Chairmen	"All State Selection Process Forum"
	Track & Field	Scott Reichenberg; Bismarck Century HS	"Distance Training in Track & Field"
	Volleyball	Kevin Peterson; Enderlin HS	"Closing Doors on Mediocrity/Opening Doors to Success"
	Wrestling	Dave Dougherty; Watford City HS	"Round Table with Mike Moyer"
10:30	Basketball	Brian Jones; UND	"Individual Development"
	Football	Kevin Feeney; Fargo South HS	"Rushing Offense from Passing Formations"
	Football (9-Man)	Steve Kleinjan; New Salem HS	"Transitioning from Nine-Man to Eleven Man FB"
	Track & Field	NDHSCA Advisory Committee	"Track & Field Advisory Input Meeting"
	Volleyball	Dr. Erich Hinterstocker; NDSU	"
	Wrestling	Dave Carlsrud; NDHSAA	"Wrestling Rules Interpretations"
11:45	Basketball	Brian Moody; UND	"Practice Planning and Practice Drills"
	Football	NDHSCA Advisory Committee	"Football Advisory Input Meeting"
	Football (9-Man)	NDHSCA Advisory Committee	"Football Advisory Input Meeting"
	Track & Field	Dave Zittleman; Bismarck HS	"Training for the 400 & 800"
	Volleyball	NDHSCA Advisory Committee	Volleyball Advisory Input Meeting
	Wrestling	Jeff Schumacher; Bismarck HS	
1:00	Basketball	Scott Medalen; Minot Bishop Ryan HS	"Teaching Skills I Learned along the Way"
	Football	Dave Carlsrud; NDHSAA	"Football Rules Interpretations:
	Track & Field	Tim Tandeksi; Red River HS	"The Javelin"
	Volleyball	Sheryl Solberg; NDHSAA	"Volleyball Rules Interpretations"

END



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.	_____	_____	_____	_____	_____	_____	_____	_____



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

North Dakota High School Coaches
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NDHSCA
3457 - 26th Avenue Southwest

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



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