



North Dakota High School Coaches Association
Official Publication

DAKOTA COACH

**This Issue
Available
ONLINE &
Hard Copy**

2008 NHSACA Convention

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

**NDHSCA
Convention Dates
Tuesday, July 29
through
Friday, August 1
2008**

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.

Since the most recent *Dakota Coach* was placed on the Website, we have had three major developments. First, Boyd Epley, second in command with the National Strength Coaches Association, has agreed to speak at our "Speed, Strength and Nutrition" track of the Tuesday sessions. Although his topics are in a state of change, for the most part his presentations will adhere closely to the topic titles.

Coach Epley is the "Father of Strength Training" and is credited with developing the strength program at the University of Nebraska at the time he raised the Cornhusker Football to National prominence. He remains with the NSCA and has initiated a program entitled "Fly Solo" that is a full day strength

program that will implement strength training, agility and mobility drills.

Secondly, Jack Medina, a nationally recognized speaker will present a two hour program on Wednesday evening at the Doublewood Inn. All NDHSCA Convention registrants will be admitted with their Convention badge. Mr. Medina normally receives 5-10 thousand dollars for such a presentation. David Wisthoff is credited with finding Medina; David used Medina's material to develop the strength program for his athletes. Of course, his son was a very excellent thrower last spring.

Thirdly, Pat Weber and Universal Athletics have volunteered to underwrite the social on Wednesday; the social has been to handout the golf prizes from the afternoon scramble. This year we will also use the time for visiting and renewing acquaintances. Universal Athletics has happily stepped forward to sponsor the evening. They have been very direct that they want to make the evening more than just a gathering. All registrants will be admitted with their name tag.

Although we have some TBA listed as speakers for some sports, we really have all sessions covered. We just do not have all the details completed for the TBA sessions. We still anticipate some extraordinary speakers for every sport. Please urge all coaches in your schools to attend.

*Gelaine Orvik,
Executive Secretary*



**President
Jon
Bertsch**

928 5th Street North
Fessenden, ND 58438

Phone Numbers:

(h) 701-547-3380
(w) 701-547-3296
(f) 701-547-3125

jonathan.w.bertsch@sendit.nodak.edu



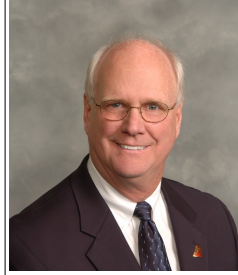
**President-Elect
Carolyn
Olson**

3720 Cherry St. B-8
Grand Forks, ND 58201

Phone Numbers:

(h) 701-746-1369
(w) 701-746-2407 Ex.602
(f) 701-746-2406

carolyn.olson@gfschools.org



**Executive
Secretary
Gelaine Orvik**

3457 - 26th Ave. South
Fargo, ND 58103

Phone Numbers:

(h) 701-237-9711
(w) 701-298-4275
cell 701-367-8282

gorvik@cableone.net



**Vice President
Pete
Moe**

1238 Custer Drive
Washburn, ND 58577

Phone Numbers:

(h) 701-462-8145
(w) 701-462-3321
(f) 701-462-3561

pmoe@beu.midco.net



**Immediate Past
President
Dave
Michaelson**

667 9th Avenue W.
Dickinson, ND 58601

Phone Numbers:

(h) 701-225-6982
(w) 701-456-0030
(f) 701-456-0019

david.michaelson@sendit.nodak.edu



**Assistant
Executive
Secretary
John Hutchison**

Box 110
Northwood, ND 58267

Phone Numbers:

(h) 701-587-6319
(w) 701-587-5221
(f) 701-587-5423

john.hutchison@sendit.nodak.edu



**Past President
Scott
Grochow**

409 7th Avenue SE
Rugby, ND 58368

Phone Numbers:

(h) 701-776-6854
(w) 701-776-5201
(f) 701-776-5091

scott.grochow@sendit.nodak.edu



**Membership
Chair
Karen Hardie**

741 Royal Oaks Drive
Fargo, ND 58102

Phone Numbers:

(h) 701-237-5624
(w) 701-446-5224
(f) 701-446-5299

hardiek@fargo.k12.nd.us



**Assistant
Executive
Secretary
Randy
Johnson**

701 Hwy. Drive #9 B
Hazen, ND 58545

Phone Numbers:

(h) 701-748-5634
(w) 701-748-2345
(f) 701-748-2342

randy.wa.johnson@sendit.nodak.edu

Lions' Basketball Co-Chair

Mike Hendrickson (h) 701-293-3108
1408 57th Avenue South (w) 701-446-2043
Fargo, ND 58104 (f) 701-446-2399
hendrim@fargo.k12.nd.us

Jason Schwarz (h) 701-852-6484
1108 11th Street SW (w) 701-453-3484
Minot, ND 58701 (f) 701-453-3488
jason.schwarz@sendit.nodak.edu

Optimists' Volleyball Chair

Scott Toenies (h) 701-436-4900
608 Loyal Avenue (w) 701-636-4360
Hillsboro, ND 58045 (f) 701-636-4362
scott.toenies@sendit.nodak.edu

Shrine Football

Mike Berg (h) 701-746-5170
2211 5th Avenue North (w) 701-787-4053
Grand Forks, ND 58203 (f) 701-746-2387
mike.berg@gfschools.org

President's Message - Summer 2008

Let me begin by congratulating spring sport coaches and teams. Special congratulations goes out to all state championship teams, individual champions, Senior Athlete of the year, and Coach of the Year winners. 2007-2008 was another great year for North Dakota high school athletics. I congratulate all of the coaches in our state and thank them for a job well done. The time and effort you dedicate to the athletes of our state is invaluable.

I hope this correspondence finds you enjoying a relaxing summer break. I encourage you to find time for your loved ones as well as yourself during this time of the year. I have always found the summer months an opportune time to de-

vote attention to my family, because as we all know during our sports seasons these people also sacrifice their time for our teams. I challenge you to make time for your family as well as yourself. Your athletes will be the benefactors from this time of rest, as you return to your duties with renewed energy and enthusiasm.

The North Dakota High School Coaches' Convention will be held in Fargo, at the Doublewood Inn on July 29 – August 1. Once again Gelaine has done an outstanding job of organizing our convention and providing quality clinicians for our members. Credit is also available through NDSU. Please take time out and attend this convention. I am sure that you will find it worth your while.

In closing I would like to take this opportunity to thank our membership for allowing me to serve as your president. It is truly an honor and a privilege to be part of such a great organization. Thank you to the executive board members for your hard work this past year. A special thank you goes to Gelaine, Randy, and John. Your work behind the scenes is the reason we have such an outstanding organization.

Have a great summer, and I hope to see you in Fargo!

Jon



Jon Bertsch

"I congratulate all of the coaches in our state and thank them for a job well done."



**North Dakota
High School Coaches
Association & POWERade**

***Sponsor of the
Outstanding
Senior Athlete Award***

From the Executive Secretary's Desk

So much has happened in the last two months, I have difficulty keeping my life straight. First of all, we have just completed the NHSACA National Annual Meeting. We had a fabulous time. The North Dakota delegation had a gathering on Monday evening and exchanged "lies". We are very proud of our Coach of the Year candidates and our Hall of Fame inductees.

Then on Wednesday evening, the recognition that was afforded the North Dakota people who were present was second to none. Steve Kennedy was named NHSACA National Coach of the Year in Golf. Congratulations, Steve.

When Ken Disher and Glee Mayer were inducted into the NHSACA National Hall of Fame, we had a first; the first time both of the North Dakota inductees were from the same high school. A Special Congratulations to Ken and Glee!

When Linda and I returned home on Saturday evening, we were exhausted but happily entered our home with a huge sense of satisfaction and accomplishment. We put two years into the NHSACA and really feel good about the development of the Association. However, we had to make a decision on our lives and how NHSACA was taking way too much of our time. Therefore, as you may know, we went

through our last Annual Meeting as the leaders. We will simply return each year to be North Dakota hosts and to attend the NHSACA Annual Meeting.

A story written by Mike McFeeley from the *Forum Sports* can be read on our NDHSCA website issue. I feel this is one you will want to read. McFeeley was masterful in his presentation of the Terry Porter story. I am sure that most girls' basketball coaches will follow the leukemia story of their fellow coach with great interest and great involvement.

I remind each of you to follow the update of the Association's Convention plans carefully as we move through the next month. Some topics and speakers are subject to change for various reasons. I will make all updates as quickly as possible. However, we will not cancel any sessions. Therefore, count on the meeting sessions to be held as we have listed.

We look forward to seeing each of you at the Doublewood July 29-August 1st. Have a great summer!

Gelaine Orvik, Executive Secretary



Gelaine Orvik

□

2008
NDHSCA Coaches Convention
July 29, 30, 31 & August 1
Fargo Doublewood Inn Conference Convention
For Reservations
Call 701-235-3333 or 800-433-3235

Convention Registration form on Page 5
Sorry - No Credit Cards



2008 NDHSCA/NDHSAA COACHES CONVENTION

**Doublewood Inn Best Western Convention Center; Fargo, North Dakota
July 29-31 & August 1, 2008**

Convention Registration Fee is \$100.00.

Convention Registration Fee postmarked **after July 20, 2008 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, 1 NDHSCA 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 29) and Sports' Clinic Sessions (July 30-31; August 1)** **\$130.00**

 3. **COLLEGE CREDIT:** Registration for **TWO (2)** NDSU Semester Credits; **Special Topics Seminar (July 29) and Sports' Clinic Sessions (July 30-31; August 1)** **\$130.00**

 4. **COLLEGE CREDIT:** Registration for **TWO (2)** NDSU Semester Credits; **Speed, Strength & Conditioning Seminar (July 29) and Sports' Clinic Sessions (July 30-31; August 1)** **\$130.00**

 5. **COLLEGE CREDIT:** Registration for **ONE (1)** NDSU Semester Credits; **Sports' Clinic Sessions (July 30-31; August 1)** **\$65.00**

ADDITIONAL FEES:

<u> </u> On-site Registration Fee.....@ \$25.00	\$25.00
<u> </u> Golf Tournament (scramble) (07/30/08)@ \$55.00	\$55.00
<u> </u> Extra NDHSCA Hall of Fame/Coach of the Year Banquet (7/31/08) Tickets.....@ \$25.00	\$25.00
<u> </u> Additional NDHSCA Memberships.....@ \$50.00	\$50.00
<u> </u> Lifetime NDHSCA Memberships.....@ \$250.00	\$250.00
TOTAL	_____

CHECKS PAYABLE TO NDHSCA;

MAIL REGISTRATION WITH FEE TO: Gelaine Orvik
NO CREDIT CARDS ACCEPTED **NDHSCA Executive Secretary**
3457 26th Avenue SW
Fargo, ND 58103

do not separate top from bottom

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

**North Dakota High School Coaches Association
Membership Registration 2008-2009**

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 **2007-2008 record** & your lifetime coaching record per sport in **life record**.

SPORT	A	07-08 record	life record	SPORT	A	07-08 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 '09**) _____

Return Membership ONLY 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.	_____	_____	_____	_____	_____	_____	_____	_____



2008 NDHSCA Coaches Convention

Fargo Doublewood Inn Conference Center

July 28-August 1, 2008

MONDAY, July 28th

TIME	MEETING
1:00	NDHSCA Executive Committee Meeting

TUESDAY, July 29th

TIME	SEMINAR	SPEAKER; SCHOOL	"Topic"
7:30	Registration Desk Opens		
8:00			
Elm Room	Coaches/Conflict	David Black; Office of Civil Rights	"Gender Equality"
Birch Room	Coach/Special Topics	Todd Olson; Grand Forks Schools	"Coaching Fundamentals"
Cedar Room	Speed/Strength/Nutrition	Boyd Epley; NSCA	"Strength Program with Free Weights"
9:00			
Elm Room	Coaches/Conflict	Jonathan Geiger; UND Medical School	"Drugs for Strength; a Fable"
Birch Room	Coach/Special Topics	Todd Olson; Grand Forks Schools	"Coaching Fundamentals"
Cedar Room	Speed/Strength/Nutrition	Boyd Epley; NSCA	"Strength for Specific Sports"
10:00			
Elm Room	Coaches/Conflict	Christina Steffner; Hunterdon (NJ) HS	"Drug Testing"
Birch Room	Coach/Special Topics	Todd Olson; Grand Forks Schools	"Coaching Fundamentals"
Cedar Room	Speed/Strength/Nutrition	Boyd Epley; NSCA	"Introduction to 'Fly Solo' Program"
11:00			
Elm Room	Coaches/Conflict	Christina Steffner; Hunterdon (NJ) HS	"Drug Testing"
Birch Room	Coach/Special Topics	Todd Olson; Grand Forks Schools	"Coaching Fundamentals"
Cedar Room	Speed/Strength/Nutrition	Jim Kramer; NDSU	"Developing a New Strength Training Room"
12:15	LUNCHEON SPEAKER (Lunch provided as part of seminar)		
Walnut Room	Coaches/Conflict	Steve Gravalin	"What Coaches Need to Know in Coaching"
Walnut Room	Coach/Special Topics	Steve Gravalin	"What Coaches Need to Know in Coaching"
Walnut Room	Speed/Strength/Nutrition	Steve Gravalin	"What Coaches Need to Know in Coaching"
1:30			
Elm Room	Coaches/Conflict	Dr. Bertha Madras; US Office of National Drug Control	"The Need for a Plan"
Birch Room	Coach/Special Topics	Mike Berg; Grand Forks Central HS	"Coaching as a Profession"
Cedar Room	Speed/Strength/Nutrition	Jim Kramer; NDSU	"Developing a New Strength Training Room"
2:30			
Elm Room	Coaches/Conflict	Rod Mergardt; Manhattanville College	"Psychology of Coaching"
Birch Room	Coach/Special Topics	Sherman Sylling; NDHSAA	"NDHSAA Knowledge for Coaches"
Cedar Room	Speed/Strength/Nutrition	Pamela Hansen; NDSU	"Concussions"
3:30			
Elm Room	Coaches/Conflict	Rod Mergardt; Manhattanville College	"Risk Management in Coaching"
Birch Room	Coach/Special Topics	Gelaine Orvik; NDHSCA	"The Need for Professional Code of Ethics"
Cedar Room	Speed/Strength/Nutrition	Peter Melanson; US Olympic Training Center	"Training for the Olympics"

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2008 NDHSCA Coaches Convention

WEDNESDAY, July 30th

TIME	Sport	SPEAKER; SCHOOL	"Topic"
7:30	Registration Desk Opens		
8:00	Exhibit Hall opens at 8:30 in Woodland South		
Woodland North	Basketball	Randy Cranston; Watford City HS	"Developing a Competitive Practice Plan"
Woodland East	Football	Kyle Bakken; Fargo Oak Grove HS	"Jet Sweep Package"
Chestnut Room	Football (9-Man)	Ron Benson; Mott-Regent HS	"Developing Depth with No One on the Depth Chart"
Rose Creek	Golf	Matt Cook; Rose Creek Pro	"Working on the Drive"
Elm Room	Swimming&Diving	Jamie Sanger; University of Minnesota	"Strokes and Turns"
Walnut Room	Track & Field	Ken Gardner; Jamestown HS	"Hurdling"
Birch Room	Volleyball	Terry Culhane; Southwest State	"Serving without Substitution"
Cedar Room	Wrestling	Ben Berogan; University of Mary	"Takedowns and Other Up Techniques"
9:15			
Woodland North	Basketball	Rich Glas; Concordia (MN) College	"Returning to the Midwest"
Executive II	Cross-Country	Robb Moser; Perham (MN) HS	"Developing A Distance Program in a Small School"
Woodland East	Football	Craig Bohli; NDSU	"Special Teams"
Chestnut Room	Football (9-Man)	Tony Thiel; Wheaton (MN) HS	"Our Defensive Package"
Rose Creek	Golf	Jim Craven; The Citadel	"Chipping and Pitching Technique"
Elm Room	Swimming&Diving	Jamie Sanger; University of Minnesota	"Training for the Olympics"
Walnut Room	Track & Field	Dallas Hinderer; Bismarck Century HS	"High Jump"
Birch Room	Volleyball	Sue Milener; Valley City	"Sports Nutrition & Sport Drink"
Cedar Room	Wrestling	Thad O'Donnell; Dickinson State University	"Combinations"
10:30	General Session	Dr. Bertha Madras; US Office of National Drug Control	"The Need for a Plan"
11:00			
Woodland North	Basketball	Mike Hanson; Grafton HS	"Building a State Championship Team"
Executive II	Cross-Country	Dennis Newell; University of Mary	"Distance Running with a Speed Emphasis"
Woodland East	Football	Robert Bubach; Lisbon HS	"Bronco Football-Philosophy; Trap-Counter; D Backs"
Chestnut Room	Football (9-Man)	Garrett Magner; Dakota Prairie HS	"Offensive Package"
Rose Creek	Golf	Tom Day; Fargo	"Putting"
Elm Room	Swimming&Diving	Jamie Sanger; University of Minnesota	"The Entire Package"
Walnut Room	Track & Field	Fred Fritel; Valley City HS	"Triple Jump"
Walnut Room	Track & Field	Rory Beil; Fargo South HS	"Long Jump"
Birch Room	Volleyball	Craig Case; Valley City State University	"Training Players & Developing Leadership"
Cedar Room	Wrestling	Joe Kern; Lisbon HS	"Ideas on Building a HS Wrestling Program"
12:15			
Woodland North	Basketball	Kent Harding; Bowman Country HS	"Defense and Press Offense"
Woodland East	Football	Mark Gibson; Bismarck HS	"5-3 Flex Defense"
Rose Creek	Golf	Chipper Farrell; Minot State University	"LTD"
Elm Room	Swimming&Diving	Ken Disher; Minot HS	"Things in Coaching That I Have Never Told Anyone"
Walnut Room	Track & Field	Rob Jacobson; Fargo South HS	"Discus Throw"
Birch Room	Volleyball	Johanna Lewis; Minot State University	"Defensive Digging Platform"
Cedar Room	Wrestling	Davy Zinke; Rolla-Rock Lake HS	"Workouts for Wrestling"
1:00			
Elm Room	Swimming&Diving	Kelly Kremer; University of Minnesota	"Technique Session; Drill Progressions"
Noon	Exhibit Hall Closed; Exhibitors lunch with NDHSCA Executive Committee in Chestnut Room		
Rose Creek	Golf Scramble	Tee-times: 1:30-3:30 pm (must signup at Registration Desk; only clinic registrants)	
7:00			
Woodland North	Strength Training	Jack Medina; Designs for Fitness	"Strength; the Winning Edge"
8:00-10:00			
Chestnut Room	Convention Golf Prizes & Social (hors d'oeuvres & refreshments); sponsored by Universal Athletics"		

□



Your locally owned
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THURSDAY, July 31st

TIME	Sport	SPEAKER; EMPLOYER	"TOPIC"
8:00			
Woodland North	Basketball	Mike Hultz; Minot State University	"Individual Offensive Skill Development"
Woodland East	Football	Chris Mussman; UND	"Preparing for the First"
COURTS PLUS	Tennis	Jerry Lyon; Minot HS	"Things I in Coaching that I Have Never Told Anyone"
Executive III	Golf	Jim Craven; The Citadel	"How to Set-up and Run a Golf Tournament"
Elm Room	Swimming&Diving	Marsha Dahl; West Fargo HS	"Team Building with Relays"
Walnut Room	Track & Field	Aaron Klingbeil; Minot HA	"800 Meter Training"
Birch Room	Volleyball	Patricia Luetzen; Minot HS	"Teaching Elementary Volleyball"
Cedar Room	Wrestling	Fran Esser; Redfield (SD) HS	"Mat Work"
9:15			
Woodland North	Basketball	Brian Jones; UND	"UND Transition Offense"
Chestnut Room	Cross-Country	Sean Allan; Grand Forks Central HS	"A New Approach to Distance Running"
Woodland East	Football	Pedar Naatz; Hawley (MN) HS	"Strengths & Weaknesses of the Double-Wing"
Executive II	Golf	Dave Carlsrud & Jim Craven	Golf Advisory Committee & Rules Interpretations
Elm Room	Swimming&Diving	Marsha Dahl; West Fargo HS	
COURTS PLUS	Tennis	Sheryl Solberg; NDHSAA	Tennis Advisory Committee & Rules Interpretations
Walnut Room	Track & Field	Lisa Svalesen; Fargo South HS	"Sprint Training"
Birch Room	Volleyball	Kevin Peterson; Enderlin HS	
Cedar Room	Wrestling	Bucky Maughan; NDSU	"Developing a Successful Wrestling Program"
10:30	NDHSCA Annual Meeting		
Noon	Hall of Fame Luncheon (Inductees, Past Presidents & Past Inductees)		
1:00			
Woodland North	Basketball	Jeff Kaminsky; Valley City State University	"Controlled Motion Offense; 3, 4 & 5 Out"
Chestnut Room	Cross-Country	Arnie Falk; Jamestown HS	"Distance Workouts in Phases"
Woodland East	Football	Ron Wingenbach; Bismarck Century HS	"fensive Pursuit Patterns"
Executive II	Golf	Dave Carlsrud & Jim Craven	Golf Advisory Committee & Rules Interpretations
Elm Room	Swimming&Diving	NDHSCA Advisory Committee	Swimming & Diving Advisory Input Meeting
COURTS PLUS	Tennis	Hayley Shibley; USTA Northern	"Recreation Coaches Workshop"
Walnut Room	Track & Field	Joe Howell; Lisbon HS	"Coaching the Vault"
Birch Room	Volleyball	Andrew Palelio; USD	
Cedar Room	Wrestling	Fran Esser; Redfield (SD) HS	"Teaching and Shaping Skills"
2:15			
Woodland North	Basketball	NDHSCA Advisory Committee	Basketball Advisory Input Meeting
Woodland East	Football	Paul Rudolph; Minot State University	"The TE & DE in Drop-back Passing"
Executive II	Golf	Steve Kennedy; Fargo South HS	"Evaluating Your Swing in a Short Season"
Elm Room	Swimming&Diving	Sheryl Solberg; NDHSAA	Swimming & Diving Rules Interpretations
COURTS PLUS	Tennis	Hayley Shibley; USTA Northern	"Recreation Coaches Workshop"
Walnut Room	Track & Field	Kendo Carlson; Minot HS	"Javelin"
Birch Room	Volleyball	Andrew Palelio; USD	
3:30			
Woodland North	Basketball	Dave Carlsrud; NDHSAA	Basketball Rules Interpretation Meeting
Woodland East	Football	TBA	
Elm Room	Swimming&Diving	Ralph Manley; Mandan HS	
COURTS PLUS	Tennis	Hayley Shibley; USTA Northern	"Recreation Coaches Workshop"
Walnut Room	Track & Field	Aaron Schramm; Grand Forks Central HS	"Jumps"
Birch Room	Volleyball	Andrew Palelio; USD	
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		

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2008 NDHSCA Coaches Convention

FRIDAY, August 1st

TIME	Sport	SPEAKER; EMPLOYER	"TOPIC"
7:00	FCA	Fellowship of Christian Athletes Gathering (Coffee & Rolls)	
8:00			
Woodland North	Basketball	Saul Phillips; NDSU	"Bison Basketball"
Woodland East	Football	TBA	
Site TBA	Soccer	Pete Cuadrado; NDSU	"Keeper Training (field session)"
Walnut Room	Track & Field	Talia Merritt; Fargo North HS	"Shot/Discus"
Birch Room	Volleyball	Dr. Erich Hinterstocker; NDSU	
Cedar Room	Wrestling	TBA	
9:15			
Woodland North	Basketball	Lynn Peterson; Staples HS (MN)	"Defense and Rebounding Drills"
Woodland East	Football	Rob Jacobson; Fargo South HS	
Site TBA	Soccer	Dan Weiler; Concordia College	"Technical Aspects of Finishing (include keepers)"
Walnut Room	Track & Field	Scott Grochow; Rugby HS	"Pot Pouri in Track and Field"
Walnut Room	Track & Field	Bill Jansen; Rugby HS	"Pot Pouri in Track and Field"
Birch Room	Volleyball	Tim Wallstrum; Kenmare HS	"Closing Doors on Mediocrity/Opening Doors to Success"
Cedar Room	Wrestling	Dave Dougherty; Watford City HS	"Round Table Discussion on Advisory Topics"
10:30			
Woodland North	Basketball	Steve Miller and Mike Henderickson	"Panel Discussion on 'Important Issues' "
Woodland East	Football	Kevin Feeny; Fargo South HS	"Rushing Offense from Passing Formations"
Chestnut Room	Football (9-Man)	TBA	
Site TBA	Soccer	"Levi Evans; University of Mary	"Mid-field Play/attacking 3 rd (includes keepers)"
Walnut Room	Track & Field	NDHSCA Advisory Committee	"Track & Field Advisory Input Meeting"
Birch Room	Volleyball	Dr. Erich Hinterstocker; NDSU	"
Cedar Room	Wrestling	Dave Carlsrud; NDHSAA	"Wrestling Rules Interpretations"
11:45			
Woodland North	Basketball	David Smart; Ada (MN) HS	"Couger Basketball; Odds and Ends"
Woodland East	Football	NDHSCA Advisory Committee	"Football Advisory Input Meeting"
Chestnut Room	Football (9-Man)	NDHSCA Advisory Committee	"Football Advisory Input Meeting"
Site TBA	Soccer	Pete Cuadrado; NDSU	"Set Plays (include keepers)"
Walnut Room	Track & Field	Dave Zittleman; Bismarck HS	
Birch Room	Volleyball	NDHSCA Advisory Committee	Volleyball Advisory Input Meeting
Cedar Room	Wrestling	Jeff Schumacher; Bismarck HS	"What I Learned at NHSACA National Convention"
1:00			
Woodland North	Basketball	Saul Phillips; NDSU	"Bison Basketball"
Woodland East	Football	Dave Carlsrud; NDHSAA	"Football Rules Interpretations"
Elm Room	Soccer	Bob Scheels; NDHSAA	"Soccer Rules Interpretations"
Walnut Room	Track & Field	Darren Boehm; West Fargo HS	"Distance Running"
Walnut Room	Track & Field	Joe Bailey; West Fargo HS	"Distance Running"
Birch Room	Volleyball	Sheryl Solberg; NDHSAA	"Volleyball Rules Interpretations"
1:30			
Executive I	NDHSCA Executive Committee Meeting		

END

Keep Checking the NDHSCA Website for Updates.



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North Dakota High School Coaches Association

Membership Registration 2008-2009

Name _____

School _____ E-mail Address _____

Home Phone _____ Work Phone _____

Home Address _____

City/State/Zip Code _____

Membership:

High School _____

Junior High _____

College _____

Life _____

Associate _____

Cheerleading _____

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 2007-2008 record.

	A	B	07-08 record	lifetime record		A	B	07-08 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	---	---	-	-

	Year	Sport
List Year(s) and Sport(s) of state championships coached.	_____	_____
Have you filed a Victory Milestones Form? _____	_____	_____
Number of years coaching completed (as of June '09) _____	_____	_____

Signature _____ Fee: **\$50.00 (No Credit Cards Accepted)**

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 & Powerade**

Outstanding Senior Athlete

2007-2008



2007-2008 NDHSCA POWERADE SENIOR ATHLETE OF THE YEAR

FALL SPORTS SEASON

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

ATHLETE

Colin Parrish
 Phil Boerger
 Chad Smith
 Michael McAtee
 Melanie Funke
 Chivas Beaudoin
 Hannah Whitehead
 Danielle Luetzen
 Michael Zwingel
 Josh Horner
 Patrick Wolf
 Lindsay Anderson
 Katie Zent
 Kriss McCleary

SCHOOL

Grand Forks Central HS
 Jamestown HS
 Grand Forks Red River HS
 North Prairie HS
 Minot HS
 Dickinson HS
 Grand Forks Central HS
 Minot HS
 Rugby HS
 Fargo South HS
 New Town HS
 Leeds-Maddock HS
 Richardton-Taylor HS
 Napoleon-Gackle-Streeter HS

HEAD COACH

Sean Allan
 Shea Durham
 Greg LaDouceur
 Davy Zinke/Tim Pfeifer
 Glee Mayer
 Olivia Wellenstein
 Bryan Walls
 Patty Luetzen
 Scott Grochow
 Kevin Feeney
 Brian Anderson
 Karen Anderson
 Brian Filibeck
 Jon Schiele

WINTER SPORTS SEASON

Class A Boys' Basketball
 Class A Boys' Hockey
 Class A Boys' Swimming & Diving
 Class A Girls' Basketball
 Class A Girls' Basketball
 Class A Girls' Gymnastics
 Class A Girls' Gymnastics
 Class A Girls' Gymnastics
 Class A Girls' Hockey
 Class A Wrestling
 Class B Boys' Basketball
 Class B Girls Basketball
 Class B Wrestling

ATHLETE

Jordan May
 Ryan LaDouceur
 Ty Nimens
 Alex Feeney
 Mara Paulson
 Alex Clark
 Allison Tracy
 Jennifer Bachamp
 Miranda Glatt
 Justin Solberg
 Austin Dufault
 Christine Miller
 Kriss McCleary

SCHOOL

Fargo North HS
 Grand Forks Red River HS
 Grand Forks Red River/Central HS
 Bismarck HS
 Fargo Shanley HS
 Minot HS
 Minot HS
 Dickinson HS
 Bismarck Schools
 Wahpeton HS
 Killdeer HS
 New Town HS
 Napoleon HS

HEAD COACH

Dan Schultis
 Matt Malm
 Brent Newman
 Steve Meier
 Tim Jacobson
 Pam Tweten
 Pam Tweten
 Kent Van Ells
 Kevin Mahon
 Kelly McNary
 Rich Dufault
 Orville Drosdal
 Barry McCleary

SPRING SPORTS SEASON

Class A Girls' Tennis
 Class A Boys' Track & Field
 Class A Girls' Track & Field
 Class B Boys' Track & Field
 Class B Girls' Track & Field
 Class B Boys' Golf
 Class B Girls' Golf
 Class A Girls' Soccer
 Class A Baseball
 Class B Baseball
 Class A Boys' Golf
 Class A Boys' Golf

ATHLETE

Alicia Horner
 Jason Duchscherer
 Melanie Funke
 Seth Wisthoff
 Lindsay Anderson
 Cory Samson
 Krista Lambrecht
 Bekah Marcis
 Zach Wentz
 Blake Kaul
 Casey Callaghan
 Thomas Welk

SCHOOL

Bismarck Century HS
 Bismarck HS
 Minot HS
 Glenburn HS
 Benson County Wildcats
 Fargo Oak Grove HS
 Tioga HS
 Bismarck Century HS
 Bismarck Century HS
 Washburn-Wilton-Center-Stanton HS
 Fargo North HS
 Bismarck St. Mary's HS

HEAD COACH

Scott McPherson
 Dave Zittleman/Darrell Anderson
 Michelle Boyeff
 Jeri Long
 Jeff Manley
 Jon Erickson
 Todd Lee
 Dave Cook/Sarah McNulty
 Troy Olson
 Kip Erickson
 Ray Callaghan
 Vern Brew □



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Senior Athlete Awards**



2007-2008 NDHSCA Coaches of the Year

FALL SPORTS

Class A Boys' Tennis
 Class A Girls' Golf
 Class A Boys' Soccer
 Class A Boys' Cross Country
 Class A Girls' Cross Country
 Class B Boys' Cross Country
 Class B Girls' Cross Country
 Class A Boys' Football
 Class AA Boys' Football
 Class AAA Boys' Football
 Class B Boys' Nine-Man Football
 Class A Girls' Swimming
 Class A Girls' Volleyball
 Class B Girls' Volleyball
 FALL SPORT Assistant COTY
 FALL SPORT Junior High COTY

NAME

Duddy Weisser
 Donald Johnson
 Casey Tidd
 Gary Mailloux
 Joe Bailey
 Brian Anderson
 Jeff McKay
 Brad Sandy
 Kyle Bakken
 Ron Wingenbach
 Ron Benson
 Loic Joseph
 Patty Luetzen
 Michelle Dolan
 Rod Breitenbach
 Phil MacIver

SCHOOL

Grand Forks Central HS
 Fargo Shanley HS
 Fargo North HS
 Fargo North HS
 West Fargo HS
 New Town HS
 Grafton HS
 Harvey HS
 Fargo Oak Grove HS
 Bismarck Century HS
 Mott-Regent HS
 Bismarck Century HS
 Minot HS
 Ray HS
 Bismarck Century HS
 Wahpeton HS

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 A Wrestling
 Class B Girls Basketball
 Class B Boys' Basketball
 Class B Wrestling
 Class B Athletic Director
 WINTER SPORT Assistant COTY
 WINTER SPORT Junior High COTY

NAME

Greg Limke
 Matt Malm
 Marsha Dahl
 Greg Amundson
 Pam Tweten
 Jeff Dietz
 Scott Knowlen
 Jeff Schumacher
 Richard Bjerklie
 Randy Cranston
 Joe Kern
 Matt Fetsch
 Jerome DeCoteau
 Ken Busch

SCHOOL

West Fargo HS
 Grand Forks Red River HS
 West Fargo HS
 Mandan HS
 Minot HS
 Hazen-Beulah HS
 Bismarck HS
 Bismarck HS
 Hazelton-Moffit-Braddock HS
 Watford City HS
 Lisbon HS
 Grafton HS
 Turtle Mountain Community HS
 Kenmare HS

SPRING SPORTS

Class A Baseball
 Class A Boys' Golf
 Class A Boys' Track and Field
 Class A Girls' Soccer
 Class A Girls' Tennis
 Class A Girls' Track and Field
 Class B Baseball
 Class B Boys' Golf
 Class B Boys' Track and Field
 Class B Girls' Golf
 Class B Girls' Track and Field
 SPRING SPORT Assistant COTY
 SPRING SPORT Junior High COTY

NAME

Donn Bryant
 Don Johnson
 Jim Samson
 Kevin Roos
 Jerry Lyon
 Julie Stavn
 Nathan Walsh
 Darrell Berglund
 Scott Grochow
 Todd Lee
 Bill Jansen
 Tim White
 John Wilson

SCHOOL

Fargo South HS
 Fargo Shanley HS
 Devils Lake HS
 Fargo Shanley HS
 Minot HS
 Bismarck Century HS
 Central Valley-Hillsboro HS
 Hazen HS
 Rugby HS
 Tioga HS
 Rugby HS
 Griggs Country HS
 Dickinson Hagen JHS

COTY



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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. 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 2009**) _____
Number of years NDHSCA Member (as of **June 2009**) _____

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
Anderson, Darryl; Mandan HS
Berg, Mike; Grand Forks Central HS
Bettenhausen, LeRoy; Watford City HS
Brenner, Henry; ND School for the Deaf
Buen, Gene; Velve 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
Dockter, Dwight; Hope-Page HS
Fjeld, Greg; Minot HS
Folstad, Collette; West Fargo HS
Gabrielsen, Thomas; Grand Forks Red River HS
Gadberry, Ron; Hillsboro HS
Haggin, Barry; Divide County HS
Hammer, Dennis; Grafton HS
Handt, Dave; Litchville-Marion HS
Hanson, David; St. Thomas HS
Hanson, Donald C.; Mandan HS
Hardie, Rodney; Fargo South HS
Hauge, John; Bottineau HS
Hertel, Dale; Fargo South HS
Horner, Dennis; Midway HS
House, Leon; Mandan HS
Hutchison, Donna; Grand Forks Red River HS
Hutchison, John; Northwood HS
Hutchison, Lonny; Northwood HS
Jaeger, Kerry; Grand Forks Red River HS

Jensen, Julie; Kindred HS
Jeske, James; Killdeer HS
Johnson, Wayne; Rolette HS
Kerlin, Don; Mayville/Portland-C/G HS
Kjelgaard, Harold; Fargo Discovery JHS
Kleveland, David; Central Valley HS
Larson, Nancy; DesLacs-Burlington HS
Lehman, Cory; Fargo South HS
Loberg, Myron; Devils Lake HS
Lockwood, Ed; Fargo Public Schools
Lyon, Jerry; Minot HS
Mailloux, Gary; Fargo North HS
Marsh, John; Fargo South HS
Olson; Douglas; Beulah HS
Olson, Linette; Bismarck Century HS
Omdahl, Chad; Hatton-Northwood HS
Opdahl, Mike; Larimore HS
Overby, Dennis; Northwood HS
Schmitt, Dan; Dakota Prairie HS
Schreiner, Vernon; Minto HS
Shirley, Marney; Jamestown HS
Sluke, David; Grafton HS
Snortland, Keith; Warwick HS
Solberg, Sheryl; NDHSAA
Stanley, Len; Bismarck State College
Strand, Fred P.; Hatton-Northwood HS
Suelzle, Tom; Watford City HS
Trieglaff, Robert; Fargo North HS
Vigen, Randy; Central Valley HS
Walhaug, Gary; Surrey HS
Walker, Larry; Killdeer HS
Wheeling, Bob; Killdeer HS
Wilson, Jerry; Bismarck Century HS
Zimney, Bob; Grand Forks Red River HS

Ex-coach Upbeat in Fighting Leukemia

Terry Porter was sitting in a south Fargo coffee shop Thursday when an acquaintance spotted him, strode to Porter's table and extended a hand.

"How are you doing?" asked the man. "Are you winning?"

"I am for now," Porter responded. "Right now, I'm winning."

This is good news for all those who've come to know Porter, a longtime North Dakota basketball coach who most recently led Fargo North's girls team for five years before resigning in March.

Porter, 51, is fighting leukemia. He was diagnosed with acute lymphoblastic leukemia (ALL) in April and has been undergoing chemotherapy since.

"There are some very good signs already," Porter said. "We caught it early, and it hadn't gotten into my blood or organs. It was limited to my bone marrow. I've completed the first phase of three phases of chemo and I'm already considered to be in remission. We've felt all along that we've gotten good news."

Porter shows some of the usual signs he's fighting cancer. He shaved his head when his hair began falling out in clumps shortly after starting chemotherapy, and he's lost 20 pounds. But he looks strong, something Porter and his doctors attribute to staying in shape.

"I can blame about 10 pounds on the chemo. I lost the other 10 between the time I started seeing the doctors to when we got the final diagnosis," Porter said. "There is some stress there. You're running to see the doctors, you're not eating right, you're not getting enough sleep. That was worth about 10 pounds."

Porter's difficult journey began in February, when he woke up late one night with a horrendous leg cramp. He tried massage and stretching, but it didn't help. When he tried to walk out the cramp, Porter blacked out.

That scared Porter's wife, Shar, who called 911 and insisted that Porter make a trip to the emergency room.

Doctors at MeritCare diagnosed him with low hemoglobin but were wary of other things they saw in Porter's blood work. They sent him to the Roger Maris Cancer Center, where doctors found Porter suffered from a Vitamin B-12 deficiency. A regimen of shots took care of that, but doctors found other problems in Porter's blood and marrow and suspected leukemia.

A second opinion at the University of Minnesota confirmed that Porter had ALL, a strain of the disease normally found in children. Chemotherapy started April 14.

"We've been told that me getting this disease is a freak of nature. It was nothing I did that caused it," Porter said.

Did this cause Porter to ask the obvious question: Why me?

"No. Never. We're going to beat this thing. The remission rate with this kind of leukemia is around 80 percent, so we like our chances," Porter said. "The way I look at it, the chemo treatments are three phases of 30 days each. That's three months. If I can take care of this in three months, and then have the maintenance after that, that's a pretty small part of my life. You're talking about three months of giving up golf, giving up softball, giving up that beer you have with dinner. That's not bad if that's what we have to do to beat it."

It's not all been rosy. Porter contracted pneumonia last month and spent a week in the hospital. And like all cancer patients undergoing chemo, he's had to limit his contact with other people - with his white blood cell count diminished, the chances of infection are much higher.

Even that, however, did not stop Porter from seeing his oldest daughter, Casey, get married in Bismarck.

"I was lucky. My brother owns the ambulance service in Bismarck and he arranged for me to fly in the air ambulance from Fargo to Bismarck and back," Porter said. "I got out of the hospital at 10 in the morning and was back by 5. If I hadn't flown, I wouldn't have been able to do it. That was important not only for me, but for my family."

After being diagnosed, Porter took a six-week leave of absence from his job teaching physical education at Fargo North. He expects to return in the fall.

As for coaching, Porter said he'll look around and hopes to coach again. He said health did not play a role in resigning the North job.

"It was totally unrelated. I resigned after the initial incident, but before we received the diagnosis," Porter said. "I was just disappointed in the success we were having, or the lack of success. I always felt we should've turned that program around in four years. We weren't able to do that, and that was something I felt uneasy about."

"I've always liked coaching basketball, in part because it makes the winter go faster. I'll see what's available out there, or I might just volunteer to keep a foot in it."

Written by Mike McFeeley; *Forum Sports*

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