

North Dakota High School Coaches Association
Official Publication

DAKOTA COACH

2009 NHSACA COTY Nominees

**This Issue
Available
ONLINE**

Inside this issue:

Executive Board	2
President's Message	3
Executive Secretary	4
Membership Registration	5
Victory Milestones Form	6
Guidelines Senior Athlete	7
Ticket Policies (cont'd)	7
Lifetime Membership	9
Back Page	10

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**NDHSCA
2009
Convention Dates
Tuesday, July 28
through
Friday, July 31
2009**

Mark Your Calendar!

The NDHSCA Executive Committee named the NHSACA National Coach of the Year Nominees at the July NDHSCA Executive Committee Meeting. The following will have NHSACA National Coach of the Year Nomination Data Forms to complete before November first:

Athletic Director: John Hutchison; Northwood HS
Baseball: Chad Omdahl; Hatton-Northwood HS
Basketball-Boys': Dave Nelson; May/Port-C/G HS
Basketball-Girls': Gary Schauer; Langdon HS
Cross-Country-Boys': Clint Chamberlin; Williston HS
Cross-Country-Girls': Glee Mayer; Minot HS
Football: Dan Imdieke; Linton HS
Golf: Kathy Berglund; Hazen HS
Soccer-Boys': Mel Fischer; Bismarck HS
Soccer-Girls': Tim Mueller; St. Mary's Central HS
Special Sports: Pam Tweten; Minot HS
Swimming & Diving: Marsha Dahl; West Fargo HS
Tennis: Greg LaDouceur; Red River HS
Track & Field-Boys': Darrell Anderson; Bismarck HS
Track & Field Girls': Julie Stavn; Century HS
Volleyball: Carolyn Olson; Red River HS
Wrestling: Barry McCleary; Napoleon HS

Nominations for the awards are made with consideration for the areas of evaluation for selection of the NHSACA National Coach of the Year: 1) Coaching Longevity; 2) Won-Lost Victory percentage; 3) Championships (state titles, state runner up titles, regional titles, district/conference titles); 4) Professional Service; and 5) Coaching Awards and Recognition.

The North Dakota nominees will be evaluated against the nominees from the other 50 states. The eight finalists from that evaluation will be evaluated again by the NHSACA Evaluation Committee. The eight finalists will attend the NHSACA Awards Banquet.

The NHSACA National Awards Banquet will be held at the Double Tree Hotel Park Place in Minneapolis, Minnesota on Wednesday, June 24, 2009; in conjunction with the NHSACA National Coaches Annual Meeting. △

NDHSCA Members' Ticket Policies at UND and NDSU

Ticket Policy at UND

UND has provided NDHSCA with a significant change regarding NDHSCA members' request for UND Athletic Contest tickets. The process will eliminate confusion for coaches and for UND Athletic Ticket Department. A member of the Association will be allowed to request 2 complimentary tickets for any of the Football, Volleyball, Men's & Women's Basketball, and Women's Hockey competitions. They can request these by emailing their request to:

tickets@theralph.co.

Ticket Policy at NDSU

The NDSU Athletic Ticket policy remains unchanged. For football game tickets, members need to call Gelaine Orvik, NDHSCA Executive Secretary, and request tickets for football games. Each member is entitled to one ticket but may purchase additional tickets through this process. The requests must be made before noon the day before the game (Friday for Saturday games). Gelaine will, in turn, contact NDSU Ticket Office with the list of NDHSCA **members** who have made the request.

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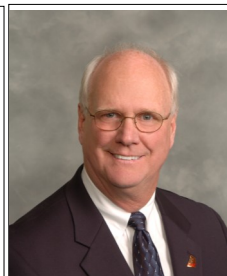
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Shrine Football

President's Message - Fall 2008

Theodore Roosevelt once said, "Far and away the best prize that life has to offer is the chance to work hard at work worth doing." Coaching is certainly "work worth doing."

Student athletes who are put in our care benefit daily from our hard work. The work we do to model and teach lessons about what it is to be committed to a common goal, to make others around us better by our efforts, to do what is right even though the road is difficult, to treat all with respect, and to accept the decisions of officials without question or second guessing are invaluable. These are some of the most important lessons our athletes can take from our work.

As the 2008-09 athletic seasons are upon us and going strong, I want to welcome back our "Veteran" members! We're glad you are finding the benefits of membership to be worthwhile and rewarding. If you are a member of the NDHSCA for the first time welcome, we're glad you have joined our professional organization. See the bottom of the Membership Registration Form in the *Dakota Coach* or on our website for a list of benefits your membership provides. I am honored to serve as President this year and am truly grateful to Jon Bertsch, Past President and the rest of the Executive Committee for their efforts to prepare me for this year of service. I could not ask for better mentors.

Our Summer Convention was held

in Fargo at the Doublewood Inn. What a wonderful opportunity we are afforded as members of the North Dakota Coaches Association each year. **We dedicate one week each summer to developing and renewing coaching friendships and attending educational sessions to improve our coaching knowledge in general and sport specific sessions.** This week is certainly one that we look forward to each year. Thank you to Gelaine, John, and Randy for the countless hours they put into the convention and our association each year. Hopefully, everyone has marked their calendar and set aside the week of July 27-31 for our 2009 Convention in Mandan.

As we all get busy with our respective seasons this year, please remember to participate in the association:

Nominate and vote for the POWERade Senior Athlete of the Year (guidelines can be found on our website).

Vote for Coach of the Year award for your sport.

If your sport has a state meeting, please attend and participate. Your input is needed for the development of the sport.

If there is an assistant coach or a junior high coach that deserves to be recognized, please nominate him/her (the nomination forms can be found on our website).

Please be ethical and professional with your nominations and voting. Wins and championships should not be the only thing that we consider when nominating or voting.



Carolyn Olson

Compliance with all NDHSAA rules, character, sportsmanship, and maximizing athletic ability should also play into consideration when making your selections.

So I challenge you this year to participate in our association, look beyond the prize of winning the game, match, or championship, and seek the prize of working hard at the work worth doing every day. We, as coaches, and our athletes will be better because of it.

Have a wonderful year and please, contact me or any Executive Committee member if you need help or assistance. We are here to serve you.

Sincerely,

Carolyn Olson

"As we all get busy with our respective seasons this year, please remember to participate in the NDHSCA."



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From the Executive Secretary's Desk

The July NDHSCA Coaches Convention was superb for many reasons. The seminar presentations covered many very timely topics. Dr. Isrow, the instructor of record for the college credit attendants distributes an evaluation form for all students. Although the evaluation is not representative of all attending the clinic, the evaluators provide a huge number of positive responses. His response is that the clinic is very worthwhile.

This year soccer coaches were offered their first clinic sessions. Their four on-field sessions were followed with their soccer rules interpretation meeting. Judging from the number of coaches in attendance, the NDHSCA Executive Committee has decided to continue with the soccer sessions. Their sessions will continue to be geared to one day, and the soccer coaches have requested the one day to be Friday.

The NDHSCA Executive Committee constantly works to make the Awards Banquet the most meaningful ceremony of the convention. With all the awards and recognition, the Committee strives to make the best possible use of time. This year the Banquet Program was completed in one hour and fifteen minutes. This will make the banquet more inviting for all coaches to attend. At the same time that the time reference is dealt with, the Committee continues to make the awards a truly memorable ceremony.

At the NDHSCA Annual Meeting, a motion was made to adopt a new form for the All Star selection. The form will be signed by the athlete, the parent(s), the coach, and the school's administration. All people who sign the document are responsible to monitor the All Star Athlete's adherence to the guidelines that have been established. NDHSCA and every coach should be proud to the establishment of the guidelines. Last year a journalist made comment that the best athletes would not be competing. My response was "The best athletes who have accepted the guidelines and want to participate within the parameters of those guidelines will compete and our Association is very proud of that modeling, which is so important in our profession."

N H S A C A and iCoachUSA.com have a contract of mutual support. NHSACA provides exposure for iCoachUSA, and iCoachUSA provides opportunities for coaches. iCoachUSA provide employment opportunities for coaches as well as provides opportunities for coaches to make their credentials available to employers. The latest message from iCoachUSA notes that they have 2,225 jobs in its database and that includes 169 new jobs posted in the past week. iCoachUSA also provides excellent literature regarding employment and the coaching profession on a weekly basis. If anyone wants more information, contact www.iCoachUSA.com.

Dave Dougherty is head coach of the Watford City HS wrestling and track and field teams. He is also assistant football coach. In June, 2008, he was elected to NHSACA third vice president position. He will be NHSACA President during the 2011-2012 school year.

Dave has proven to be an outstanding leader and very reliable professional. He is a NDHSCA Past President and a NDHSCA Hall of Fame Inductee. He has been NHSACA wrestling chair for the past three years. He has been a member of the NDHSAA wrestling Sports Advisory Committee.

We congratulate Dave and wish him the best as he leads the nation's only High School Coaches Association that is run by High School Coaches.

NDHSCA has undertaken a task to place as much information as possible on the website. We will place each sport's all state roster on the web as quickly as we are informed of the all state teams. We will also keep the web up-to-date with coach of the year recipients and POWERade Senior Athlete of the Year recipients. Of course all of this requires communications from every sport with the NDHSCA Executive Secretary. We also remind all coaches to inform the NDHSCA office with Victory Milestone Awards to be prepared.

We apologize for the truancy of the *Dakota Coach*. We will make every effort to have the next issue online before Christmas. Congratulations to all of our fall sports coaches.

△



Gelaine Orvik



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.

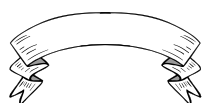


The NDHSCA is here to serve. Always feel free to contact any officer or the Executive Director with a problem, suggestion, or complaint. Knowing the needs of coaches makes it possible for the NDHSCA to serve you better.

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:

- 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.	_____	_____	_____	_____	_____	_____	_____	_____

POWERade Senior Athlete of the Year Guidelines

At the recent NDHSCA Coaches Convention Annual Meeting, the attending members passed accepted a recommended change to the POWERade Senior Athlete of the Year Selection Guidelines. The accepted changes to the guidelines for the nomination of the Senior Athlete are as follows:

- Have never been suspended from respective athletic team or the school of representation during academic senior year.
- Have never been suspended, disqualified, or ejected from a game, match, or contest for *conduct, behavior or violation of conduct* rules which would lead to suspension from the next contest in accordance with NDHSAA rules.



It is the duty of the individual coach to notify the nominating committee in each region or conference of the suspensions or disqualifications. The game disqualifications are limited to the conduct, behavior and sportsmanship aspects for each sport. These suspensions, disqualifications or ejections cover the entire season of the particular sport. △

NDHSCA Members' Ticket Policies at UND and NDSU (Continued from Page 1)



In the email, they need to include the 2 names of the people that will be picking up the tickets. Each person will need a picture ID and one of the two must provide a NDHSCA Membership card when they pick up and sign for the tickets.

The tickets are based on availability all requests are to be completed at least 48 hours prior to the event (UND has confirmed that they will not refuse tickets to NDHSCA Members after that time frame, but the requests will not be accepted at game time!).

This process is likely to simplify the ticket request process at UND. UND Athletic Director wants to make the process as painless as possible and wants to refrain from contacting individual coaches each week since they have a significant number of tasks and considerations on their minds during game week! △

Gelaine will not forward any ticket requests from anyone who is not a member in good standing. Members may request additional tickets for the football games and pay for the additional tickets at the Will Call Window when the tickets are picked up.

When the NDHSCA members arrive at the Will Call Ticket Window, they must present their NDHSCA membership card and photo identification. NDHSCA and NDSU request no deviations from this policy.

Ticket requests will not be honored before Sunday before each week's game. There will be a limited number of tickets available for Homecoming and the South Dakota State games. The first 30 ticket requests made for those two games will be honored.

NDHSCA member admission to all other contests will continue with the same process as in the past with simply showing membership card at the admission gate. △



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FORMS

Available on the NDHSCA Website

Search "NDHSCA"

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All State Football Nominee

Assistant Coach of the Year

Award of Merit Recommendation

Hall of Fame

Junior High Coach of the Year

Lifetime Membership Form

Membership Form

Victory Milestones

Senior Scholarship - Burger King \$500

Shrine Football Nominee

Special Recognition

Sponsor Membership

Sports Advisory Committee Membership



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

Purchased Lifetime Memberships

Aardahl, Vern; Milnor HS
Amundson, Greg; Mandan HS
Anderson, Brian; Watford City HS
Anderson, Darryl; Mandan HS
Benson, Ron; Mott-Regent HS
Berg, Mike; Grand Forks Central HS
Bettenhausen, LeRoy; Watford City HS
Brenner, Henry; ND School for the Deaf
Buen, Gene; Velva 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
Halland, Joan; Kindred 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
Marshall, Joel; Hazen HS
Olson, Douglas; Beulah HS
Olson, Linette; Bismarck Century HS
Omdahl, Chad; Hatton-Northwood HS
Opdahl, Mike; Larimore HS
Overby, Dennis; Northwood HS
Schauer, Gary; Langdon 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
Towers, Ken; Grand Forks Red River 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



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

Outstanding Senior Athlete Award



North Dakota High School Coaches Association Official Publication

The *Dakota Coach* is the official publication of the NDHSCA and is distributed without charge to all NDHSCA members in good standing. Notes, articles, opinions, or letters to the editor are welcome if they deal with high school coaching concerns. They will be printed as space permits. Opinions and views of the authors are their own and do not always reflect the official position of the NDHSCA.

Send to Gelaine Orvik - gorvik@cablone.net

or to any of the members of the Executive Board.

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

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High School
Coaches Association**

