



North Dakota High School Coaches Association Official Publication

DAKOTA COACH

Inside this issue:

Executive Committee	2
President's Message	3
Executive Secretary	4, 5
Convention (continued)	5
Award of Merit (cont'd)	5
Special Recognition (cont'd)	5
COTY Awards	6
Coaches Conv. Reg. Form	7
Victory Milestones Form	8
Convention Program	9-12
Member Reg. Form	13
Victory Milestones	14
Powerade Senior Athlete	15
Senior Athletes of the Year	15
Longevity	16
Lifetime Membership Form	17
Back Page	18

2009 NDHSCA Convention

As the final game plan notes are prepared for the 2009 NDHSCA Convention, the details have come together very nicely. As the NDHSCA indicated in the April *Dakota Coach*, the preparations have been much better "oiled" this year than the past several years. Every coach attendant is urged to register early; not only to save the \$25.00 late registration fee, but also to expedite the registration process in the NDHSCA Office.

Fastpitch Softball coaches stepped to the plate this spring and requested inclusion in the summer convention. As a result of their appeal, the sport will have four sessions presented on Friday. We are in our second of soccer presentations, but have move that sport to Wednesday to facilitate other activities that involves soccer coaches.

For another year NDHSCA has become even more involved and will present rules interpretations meetings in basketball, football, cross-country, golf, soccer, tennis, and wrestling. These rules meetings are required of the head coaches in these respective sports and will provide those head coaches with more latitude for activities and coaching during those seasons.

We are very excited with the speakers for every session in each individual sport. We have responded with our speakers as recommended by individual coaches and advisory committees. We think that these speakers should attract more coaches from throughout the state, and of course attendance is really the impetus to the success of our convention.

Continued on page 5

**This Issue
Contains the
NDHSCA
Convention Program
See pages 9-12
For Updates
See NDHSCA Website**

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

Plan to Attend!**

2009 NDHSCA Award of Merit

The 2009 NDHSCA Award of Merit was identified by the NDHSCA Executive Committee at the March Committee meeting. Jim Dahl, KDIX Radio Sports' broadcaster was nominated by Dave Michaelson of Dickinson HS.

Jim Dahl has served as a broadcaster in the Dickinson area for 23 years. He is a graduate of Dickinson HS and Dickinson State University. Jim has been doing sports for KDIX radio for over 20 years. He is part of the "Dynamic Duo" that Southwest North Dakotans are so fortunate to have bring the sports action to life. Dahl joins Rod

Continued on page 5

2009 NDHSCA Special Recognition Awards

The NDHSCA Executive Committee accepted the nominations of Bill Cahill, Jamestown HS; Lyne Enget, Stanley HS; Fred Fridley, Watford City HS; and Pete Moe, Washburn HS by Mike Berg, Grand Forks Central HS, for the NDHSCA Special Recognition Awards.

The four football coaches were nominated for their extraordinary service as chairmen of their respective football classifications for the selection of All State Tams for many years. The task has become monumental.

Between the four of them, they receive, sort, compile statistics and provide pertinent

Continued on page 5

NDHSCA 2008-2009 Executive Committee



**President
Carolyn
Olson**

797 49th Ave. South
Grand Forks, ND 58201

Phone Numbers:

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

carolyn.olson@gfschools.org



**President-Elect
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



**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@cablone.net



**Vice President
Dave
Zittleman**

1500 Anns Place; Apt. #3
Mandan, ND 58554

Phone Numbers:

(h) 701-471-1557
(w) 701-323-4800
(f) 701-323-4078

dave_zittleman@bismarckschools.org



**Immediate Past
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



**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
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



**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
1408 57th Avenue South
Fargo, ND 58104

hendrim@fargo.k12.nd.us

Jason Schwarz
1108 11th Street SW
Minot, ND 58701

jason.schwarz@sendit.nodak.edu

(h) 701-293-3108
(w) 701-446-2043
(f) 701-446-2399

(h) 701-852-6484
(w) 701-857-4496
(f) 701-857-4508

Optimists' Volleyball Chair

Scott Toenies
608 Loyal Avenue
Hillsboro, ND 58045

scott.toenies@sendit.nodak.edu

Shrine Football

Mike Berg
2211 5th Avenue North
Grand Forks, ND 58203

mike.berg@gfschools.org

(h) 701-436-4900
(w) 701-636-4360
(f) 701-636-4362

(h) 701-746-5170
(w) 701-787-4053
(f) 701-746-2387

President's Message - Summer 2009

The 2008-09 school year and spring sports seasons have drawn to a close. Congratulations to the spring State Champions, Coaches of the Year, and Senior Athlete winners. Your ability to work with less than ideal weather conditions certainly paid off. Spring coaches, please remember to file a Victory Milestone Form and submit to the Association.

I hope this newsletter finds you relaxing and making plans to attend the NDHSCA Coaches Convention. This year's convention will be held in Mandan at the Best Western Seven Seas Hotel & Water Park Conference Center from July 28-31. Our convention registration buys you membership in the association for 2009-10, registration to all sessions, and one NDHSCA Banquet ticket, in addition to the new \$1,000,000 Liability Insurance Coverage. What a bargain! You can find the convention schedule with speakers and topics on the NDHSCA website and in this issue. This year's speakers are some of the best around.

Once you are at the convention, take advantage of all the different festivities.

- **Wednesday thru Friday** ~ Visit the vendors and get information on all the latest products. Feel free to thank the vendors for their support of the convention.
- **Wednesday, July 29th** ~ Golf Tournament - Scramble format.
- **Wednesday, July 29th** ~ Evening social sponsored by Universal Athletics: Come out and enjoy free food and visit with friends old and new.
- **Thursday, July 30th** ~ The Annual Meeting at 10:30. Come and be an active member in the Association.
- **Thursday, July 30th** ~ Vote for Vice President: our candidates are Dave Hoff of Bottineau High School and

Gregg Grinstein of Dickinson Trinity High School.

- **Thursday, July 30th** ~ NDHSCA Coach of the Year and Hall of Fame Awards Reception and Banquet at 5:30. If you have never been to the banquet, it is a wonderful opportunity to "rub elbows" with our Hall of Fame inductees, the Coach of the Year winners, and the NDHSCA Scholarship winners.

Marian Wright Edelman, the President of the Children's Defense Fund once said, "Service is the rent we pay to be living. It is the very purpose of life and not something you do in your spare time." Gelaine Orvik, Executive Secretary is completing his 30th year of service to the North Dakota High School Coaches Association and its coaches. As I have gotten to know Gelaine over the past few years, as an Executive Member of the NDHSCA, this quote speaks the very essence of Gelaine. Gelaine is a man of high integrity. He has high standards for himself and the Association. This Association and its coaches are truly the purpose of his life. From his humble beginning as an editor for the one and only newsletter each year back in 1978-79 to his current roll as Executive Secretary, Gelaine has and continues to devote countless hours to the Association each year. Thank you, Gelaine for 30 years of service. You have paid the rent of your rich and successful life many times over. The Association would not be what it is today without your constant purpose.

Young and veteran coaches do not be afraid to serve our association, its coaches or the student athletes with whom we work. Whether it be representing your sport as an advisory board member, coaching at or being a Chairperson for an All-Star event, accepting to



Carolyn Olson

run for Vice President of the Association, speaking at the convention (yes, you do have something to say and yes, your colleagues would be interested in hearing you speak with passion), or simply taking the time to vote with integrity and professionalism for Coach of the Year and athlete end of season awards your service to the Association is essential for our success.

It has been a true privilege and an honor to serve as the President of this Association. I have been blessed with a tremendous Executive Board and have been afforded the opportunity to meet and work with numerous coaches and the North Dakota High School Activities Association. I am proud to have represented this Association and its members. Thank you.

Carolyn Olson

Grand Forks Red River HS



**Your locally owned
Burger King Restaurants
are proud to sponsor the NDHSCA**



From your Executive Secretary

With the completion of the 2008-2009 fiscal year, NDHSCA is well and getting better! The NDHSCA Executive Committee is moving forward with some extraordinary decisions to make our Association more vital with a focused leadership. North Dakota is very fortunate to have the professional elected leaders who have an intense focus to provide every opportunity possible for our North Dakota Coaches. Thank you, NDHSCA Executive Committee.

At the June 10th NDHSAA Athletic Review meeting, Review Committee members discussed officiating dilemma that the state faces. More than one sports Advisory Committee cited officials' development as a major concern for respective sports.

At the June 16th NDHSAA Board of Directors' Meeting in Minot, discussion centered on the shortage of High School officials in most sports. The NDHSAA Board of Directors directed Sherm Sylling and his staff to organize a summit meeting on the issue this summer. The meeting will be held in Valley City at the NDHSAA Office at 11:00 AM on July 7th. Jack Maus and Pete Moe will represent the NDHSAA.

Two representatives from the North Dakota Interscholastic Athletic Administrators Association and two from the North Dakota Officials' Association will also participate. NDHSCA will have two representatives. Carolyn Olson will appoint the participants. Suggestions for "Development of Officials" will be welcome and may be sent to Carolyn or myself at our email addresses.

Dave Dougherty has completed his first year as a member of the NHSACA Executive Committee, being the Association's Third Vice President. He is a tireless contributor and very imaginative. As when he was NDHSCA President, he expects the NHSACA Executive Committee to be a working committee and a productive unit. He will exercise his executive responsibility and lead the National Association with the same level-headed and perceptive leadership with an intensity for success. Keep on Keeping on, Dave!

The All State selection process for each NDHSCA All State Roster has developed a much more equitable and meaningful award through intense efforts of Advisory Committees and sports chairs. The Rosters have eliminated huge numbers but represent a size that relates to the size of the team that competes for the state championship trophy in most cases.

We have urged All State selection committees to have a First Team and a Second Team or a First Team and an Honorable Mention Team. Although the latter process does not have the same mystique and often

lacks "honor", having Honorable Mention allows for capacity to select All State Rosters without restrictions for positions.

Every All State Roster that we receive is posted on the NDHSCA Website immediately upon our preparation of the material for the website. We have made every effort to have a identical appearance of the rosters when posted for viewing. Every coach is urged to promote the website by directing team members, parents and friends to view the All State Teams on the Website.

The *Dakota Coach* continues to be designed and edited for electronic distribution. By posting the periodical, the Association saves about \$500 for each issue in just mailing costs. In addition, we save the time and efforts to print, fold, staple, sort, and deliver the periodical to the "snail-mail" site. Another problem that exists with the mailing process is that NDHSCA has no guarantee that the mailing is received since we have no assurance that addresses are complete or acceptable for postal delivery. On the other hand, we have nearly 1,000 paid members for 2008-2009 and we still lack more than 200 email addresses. Please be sure to complete email addresses whenever you complete your annual membership registration form.

We again call your attention to the nomination forms that are posted on the Website and are included in the Fall issue of each *Dakota Coach*. We do not have a recipient for the 2009 Spring Sports Junior High School Coach of the Year, again for this banquet. We are positive that we have many qualified and deserving candidates on our staffs. Please **nominate!** We cannot select a recipient without a head coach's adherence to his duty.

Advisory Committees will meet again at the Annual Coaches Convention. Sometimes sports groups spend time discussing the failure to accept a particular recommendation from the previous year. We urge all Committees to simply review the past recommendations and then solicit ideas for new recommendations or a new approach and composition of a failed recommendation to make it more palatable to NDHSAA Board of Directors. In my 30 years of working directly with the group through the Review Committee, I always find them very open to the "grass roots" presentation process. We commend the Advisory Committees and urge interested coaches to submit their name as candidates for appointment to the Advisories.



Gelaine Orvik

NDHSCA Convention 2009 (continued from page 1)

The Association's Annual Business Meeting will be held at 10:30 on Thursday; all coaches are urged to attend to provide input on key issues. Changes that will affect our coaching in many ways will be determined by those present. An agenda will be in registrant's packets.

We again urge coaches to register for the golf scramble as early as possible. Keep in mind that the first 60 registrants are guaranteed golf slots. All golfers must be registered for the convention and must register for tee times at the convention registration desk on Wednesday morning.

The mailed edition of the **Dakota Coach** will contain primarily convention information. A complete issue of the periodical is found on the Website. We remind all coaches to "check" the website of additional information and forms.

Rooms are available at the Seven Seas; call 701-663-7411. Additional housing is available at the Expressway Inn. If you have questions, contact Gelaine Orvik at 701-367-8282 or email at gorvik@cableone.net. The convention schedule is included in this issue of the **Dakota Coach**. □

Award of Merit (continued from page 1)

Kleinjan, who has already received the NDHSCA Award of Merit.

Jim does play-by-play, interviews and talk shows. He has been an outstanding supporter of Dickinson HS, Trinity HS and Dickinson State University athletics, athletes, and coaches. Dahl also conducts most of the area school interviews for feature and spotlight broadcasts.

Jim Dahl will receive this award at the 2009 NDHSCA Coaches Convention that will be held in Mandan at the Seven Seas Best Western Convention Center. The Awards Banquet will be held on Thursday, July 30th; the convention runs from July 28th-31st. □

Executive Secretary

(continued from page 4)

We are preparing for the 2009 NHSACA Annual Meeting that culminates with the Annual Awards Banquet and the announcement of the National Coach of the Year. We have 15 candidates; all are very deserving and some likely will be named National Recipients. However, all are winners. Congratulations again to NHSACA COTY Finalists from North Dakota.

Have a great summer! We look forward to your presence at the July NDHSCA Convention. We alert you to begin planning for your Association's 50th Anniversary. Our first President, Harold Pedersen, began his executive term in 1962. We have one year to plan for our 50th year. We need assistance and imagination.

Gelaine

Question:

Have you, as a member of the NDHSCA been receiving email notices of postings to the Internet from the NDHSCA?

IF NOT,

please be sure to fill in your email address when completing your annual membership registration form.

Thanks!

Special Recognition Award

(continued from page 1)

information on well over 200 athletes annually. They chair the individual selection meetings and preside over contentious gatherings of coaches who attend with one focus: To see their own and their region's players selected to the All State status.

These four coaches are responsible for not only a fair selection process of the All State Teams, but for "keeping the peace" in an often hostile room. Over the years they have conducted these meetings on weekends when their own teams are playing in state championship games. Mike Berg concludes his nomination of the Football All State Chairs with his commendation "They are to be commended for their diligence and commitment."

Cahill, Enget, Fridley and Moe will receive their Special Recognition Awards at the NDHSCA Awards Banquet on July 30th as a part of the NDHSCA Coaches Convention that will be held in Mandan at the Seven Seas Best Western Convention Center; the convention runs from July 28th-31st.



**Sponsor of the
Outstanding
Senior Athlete Awards**



2008-2009 NDHSCA Coach Of The Year Recipients

SPORT	NAME	SCHOOL
Class B Boys' Cross-Country	Brian Anderson	New Town HS
Class B Boys' Basketball	Joi Anderson	Turtle Lake-Mercer HS
Class B Boys' Golf	Darrell Berglund	Hazen HS
Class B Girls' Golf	Kathy Berglund	Hazen HS
Class A Boys' Hockey	Tony Bina	GF Central HS
Class A Girls' Swimming	Jody Bolinske	Williston HS
Class B Athletic Director	Mike Callahan	Minnewaukan HS
Class A Boys' Swimming & Diving	Marsha Dahl	West Fargo HS
Class A Athletic Director	Calvin Dean	Dickinson HS
Class A Girls' Basketball	Craig Flaagan	Fargo South HS
Class A Wrestling	Lynn Forde	Fargo South HS
Class A Boys' Golf	Lynn Gress	Bismarck Century HS
Class B Boys' Track & Field	James Haak	Linton HS
Class A Boys' Soccer	Dean Hashbarger	Fargo South HS
Class A Girls' Golf	Eric Hendrickson	Minot HS
Class A Boys' Basketball	Jason Horner	Mandan HS
Class B Girls' Cross-Country	Jim Jeske	Killdeer HS
Girls' Fastpitch Softball	Patrick Johnson	West Fargo HS
Class A Boys' Tennis	Greg LaDouceur	GF Red River HS
Class A Athletic Director	Cory Lehman	Fargo South HS
Class A Boys' Cross-Country	Brad Lies	Bismarck Century HS
Class B Baseball	Garrett Magner	Dakota Prairie HS
Class A Girls' Hockey	Kevin Mahon	Bismarck HS
Class AAA Boys' Football	Todd Matthews	Williston HS
Class A Girls' Track & Field	Darin McKinnon	West Fargo HS
Class A Girls' Tennis	Lee Nagel	Wahpeton HS
Class A Girls' Volleyball	Carolyn Olson	Grand Forks Red River HS
Class A Boys' Football	Eric Olson	Milnor-North Sargent HS
Class B Girls' Track & Field	David Peterson	Velva HS
Class B Boys' Nine-Man Football	Mark Rerick	Hillsboro HS
Class AA Boys' Football	Scott Roehrich	Valley City HS
Class B Wrestling	Cory Schall	Oakes HS
Class B Girls' Basketball	Jason Schwarz	Kenmare HS
Class A Girls' Soccer	Cordell Sinding	Fargo North HS
Class A Girls' Cross-Country	Julie Stavn	Bismarck Century HS
Class B Girls' Volleyball	Lisa Strand	Thompson HS
Class A Baseball	Joel Swanson	Fargo Shanley-Oak Grove HS
Class A Girls' Gymnastics	Dave Tews	Jamestown HS
Class A Boys' Track & Field	Bob Zimney	GF Red River HS

NDHSCA SPONSOR MEMBERS

The following Associate Members have joined NDHSCA to support the Association and NDHSCA requests all members to support these people and organizations.

Craig Johnson	Wilton High School	504 Dakota Avenue	Wilton, ND 58579	701-734-6331
Marlene Bischoff	Allard Trophy Company	108 East Main Street	Valley City, ND 58072	701-845-3303
David Darling	GTM Sportswear	520 McCall Road	Manhattan, KS 66502	800-336-4486
Don Hansen	Daktronics	331 32 nd Avenue	Brookings, SD 57006	605-697-4418
Tom Piche	Greg Larson Sports	1300 Highway 210 West	Brainerd, MN 56401	218-829-5358
Pat Venteicher	Graphic Edge	743 Highway 30 East	Carroll, IA 51401	712-792-7777
Pat Weber	Universal Athletic Service	1609 First Avenue North	Grand Forks, ND 58203	701-301-0070
Brad Westrum	Gerrells' Sports Center	1004 South Washington	Grand Forks, ND 58201	701-775-0553



North Dakota High School Coaches Association



2009 NDHSCA/NDHSAA COACHES CONVENTION

Best Western Seven Seas Hotel & Water Park Conference Center; Mandan, ND

July 28-31, 2009

1. Check each applicable line below on the left; circle all the amounts for line item fees on the right.

- ___ **Convention Registration Fee - Includes Registration for all sessions, 1 NDHSCA Banquet Ticket, NDHSCA Membership*** **\$105.00**
 ___ **Late Registration Fee (postmarked after 7/20) - Registration for all sessions, 1 Banquet Ticket, NDHSCA Membership*** **\$130.00**
 * **Membership Fee** includes \$1,000,000 Liability Insurance Coverage; Association holds the certificate.

NO REFUNDS AFTER JULY 20th.

ALL COLLEGE CREDIT REGISTRANTS MUST PAY \$105.00 CONVENTION REGISTRATION FEE FIRST.

- ___ **2. COLLEGE CREDIT:** Registration for **TWO (2)** NDSU Semester Credits;
Coaches and Conflicts Seminar (July 28) and Sports' Clinic Sessions (July 29-31) **\$130.00**
 ___ **3. COLLEGE CREDIT:** Registration for **TWO (2)** NDSU Semester Credits;
Special Topics Seminar (July 28) and Sports' Clinic Sessions (July 29-31) **\$130.00**
 ___ **4. COLLEGE CREDIT:** Registration for **TWO (2)** NDSU Semester Credits;
Speed, Strength & Conditioning Seminar (July 28) and Sports' Clinic Sessions (July 29-31) **\$130.00**
 ___ **5. COLLEGE CREDIT:** Registration for **ONE (1)** NDSU Semester Credits;
Sports' Clinic Sessions (July 29-31) **\$65.00**

ADDITIONAL FEES:

- ___ Golf Tournament (scramble) (07/29/09)@ \$75.00 **\$75.00**
 ___ Extra **NDHSCA** Hall of Fame/Coach of the Year Banquet (7/30/09) Tickets.....@ \$25.00 **\$25.00**
 ___ **Additional NDHSCA Memberships**.....@ \$55.00 **\$55.00**
 ___ **Lifetime NDHSCA Memberships**.....@ \$300.00 **\$300.00**

CHECKS PAYABLE TO NDHSCA;

MAIL REGISTRATION WITH FEE TO:

NO CREDIT CARDS ACCEPTED

do not separate top from bottom

Gelaine Orvik
 NDHSCA Executive Secretary
 3457 26th Avenue SW
 Fargo, ND 58103

TOTAL _____

NDHSCA MEMBER REGISTRATION -- REMAINDER OF FORM MUST BE COMPLETED

North Dakota High School Coaches Association Membership Registration 2009-2010

Please Print!

Name _____ Cell # _____
 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 **2008-2009 record** & your lifetime coaching record per sport in **life record**.

SPORT	A	08-09 record	life record	SPORT	A	08-09 record	life record
Athletic Director	—	—	—	Girls' Basketball	—	—	—
Baseball	—	—	—	Girls' Cross Country	—	—	—
Boys Golf	—	—	—	Girls' Hockey	—	—	—
Boys' Basketball	—	—	—	Girls' Soccer	—	—	—
Boys' Cross Country	—	—	—	Girls' Softball	—	—	—
Boys' Hockey	—	—	—	Girls' Swimming & Diving	—	—	—
Boys' Soccer	—	—	—	Girls' Tennis	—	—	—
Boys' Swimming & Diving	—	—	—	Girls' Track & Field	—	—	—
Boys' Tennis	—	—	—	Girls' Volleyball	—	—	—
Boys' Track & Field	—	—	—	Gymnastics	—	—	—
Football	—	—	—	Strength	—	—	—

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

Years	Sports
_____	_____
_____	_____
_____	_____

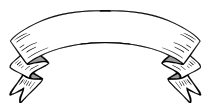
Have you filed a Victory Milestones Form? _____ (see backside)

Number of years coaching completed (**as of June 2010**) _____

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:

- 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.								



2009 NDHSCA Coaches Convention

Mandan Seven Seas Best Western Inn Conference Center

July 27-July 31, 2009



MONDAY, July 27th:

TIME	MEETING
------	---------

1:00

Executive I NDHSCA Executive Committee Meeting

TUESDAY, July 28th:

TIME	SPORT	SPEAKER; EMPLOYER	"TOPIC"
7:30	Registration Desk Opens		
8:00	<i>All Sessions run concurrently and are tracked (no switching between sessions)!</i>		
Santa Maria	Coaching Conflict	Pete Moe; Washburn HS	"Psychology in Coaching"
Nautilus	Coaching Special Topics	Todd Olson; Grand Forks Schools	"Coaching Fundamentals"
Cutty Sark	Speed/Strength/Nutrition	Boyd Epley; NSCA	"Improved Game Speed"
9:00			
Santa Maria	Coaching Conflict	Gelaine Orvik; NDHSCA	"Coaching and the Profession"
Nautilus	Coaching Special Topics	Peggy Person; Lewis & Clark(Berthold)HS	"Beginning Coaches' Preparation"
Nautilus	Coaching Special Topics	Mitch Lunde; Beulah HS	"Beginning Coaches' Preparation"
Cutty Sark	Speed/Strength/Nutrition	Jay Dawes; NSCA	"Androgens and Alternatives"
10:00			
Santa Maria	Coaching Conflict	Mike Berg; Grand Forks Central HS	"Telling It Like It Is; Pre-Season Parent Meeting"
Nautilus	Coaching Special Topics	Todd Olson; Grand Forks Schools	"Coaching Fundamentals"
Cutty Sark	Speed/Strength/Nutrition	Jay Dawes; NSCA	"Performance Flexibility"
11:00			
Santa Maria	Coaching Conflict	Dr. Brad Strand; NDSU	"Cunundrum of Gamesmanship"
Nautilus	Coaching Special Topics	Sherman Sylling; NDHSAA	"NDHSAA Knowledge for Coaches"
Cutty Sark	Speed/Strength/Nutrition	Jim Kramer; NDSU	"Developing a New Strength Training Room"
12:15	LUNCHEON SPEAKER (Lunch provided as part of seminar)		
Pier 7	Coaching Conflict	Dr. Pamela Hansen; NDSU	"Recognition, Definition, & Prevention of MRSA"
Pier 7	Coaching Special Topics	Dr. Pamela Hansen; NDSU	"Recognition, Definition, & Prevention of MRSA"
Pier 7	Speed/Strength/Nutrition	Dr. Pamela Hansen; NDSU	"Recognition, Definition, & Prevention of MRSA"
1:30			
Santa Maria	Coaching Conflict	Rod Mergardt; Manhattanville College	"Psychology of Coaching"
Nautilus	Coaching Special Topics	Todd Olson; Grand Forks Schools	"Coaching Fundamentals"
Cutty Sark	Speed/Strength/Nutrition	Jim Kramer; NDSU	"Developing a New Strength Training Room"
2:30			
Santa Maria	Coaching Conflict	Jonathan Geiger; UND Medical Schools	"Illegal Drugs and Steroids"
Nautilus	Coaching Special Topics	Peggy Stibbe; Fargo Discovery JHS	"Mentoring the Beginners---and Others"
Cutty Sark	Speed/Strength/Nutrition	Jay Dawes; NSCA	Small Games as Conditioning Games"
3:30			
Santa Maria	Coaching Conflict	Rod Mergardt; Manhattanville College	"Risk Management in Coaching"
Nautilus	Coaching Special Topics	Todd Olson; Grand Forks Schools	"Coaching Fundamentals"
Cutty Sark	Speed/Strength/Nutrition	Jay Dawes; NSCA	"Body Weight for Weight Training"

Continued on next page

WEDNESDAY, July 29th:

TIME	SPORT	SPEAKER; EMPLOYER	"TOPIC"
7:30 Registration Desk Opens			
8:00 Exhibit Hall opens at 8:30 in Pier 7			
Nautilus	Basketball	Jeff Trumbauer; Jamestown College	"Developing a Competitive Practice Plan"
Santa Maria	Football	Paul Rudolph; Minot State University	"Offensive Buffet"
Executive I	Soccer	Levi Evans; University of Mary	"Systems of Play"
Ambassador	Swimming/Diving	Sara Walls; Grand Forks Red River HS	"Dryland Training for Divers"
Executive II	Track & Field	Ryun Godfrey; NDSU	"Training Middle Distance Runners"
Cutty Sark	Volleyball	Eric Snyder; University of Mary	"College Recruiting; Challenges and Rewards"
Embassy Room	Wrestling	Scott Knowlen; Bismarck HS	"Building a Wrestling Program's Foundation"
9:15			
Nautilus	Basketball	Paul Sather; Black Hills State University	"Defensive Concepts"
Embassy Room	Cross-Country	Brian Anderson; New Town HS	"Some Sundry Ideas about Cross Country"
Santa Maria	Football	Brent Vigen; NDSU	"NDSU Quicks and Screens"
Hawktree Course	Golf	Chuck Ruppert; Hawktree Course Pro	"The Swing"
Executive I	Soccer	Sarah McNulty; Bismarck Century HS	"Skills and Fundamentals of Soccer"
Ambassador	Swimming/Diving	Sheryl Solberg; NDHSA	"Swimming & Diving Rules Interpretations"
Executive II	Track & Field	Don Larson; NDSU	"Horizontal Jumps"
Cutty Sark	Volleyball	Kevin Peterson; Beulah HS	"Volleyball Skills and Drills"
Mandan HS	Wrestling	Thadd O'Donnell; Dickinson State University	"Takedowns from Setup to Finish"
10:30			
Nautilus	Basketball	Jason Schwarz; Kenmare HS	"Basketball Nuggets"
Embassy Room	Cross-Country	Dennis Newell; University of Mary	"Distance Running with a Speed Emphasis"
Santa Maria	Football	Nathan Chin; Mayville State University	"Quarterback Drills and Fundamentals"
Ambassador Room	Football (9-Man)	Travis Olson; Richardton-Taylor-Hebron HS	"Defensive Skills"
Hawktree Course	Golf	Jordan Berglund; Hawktree Course Assistant Pro	"Short Game/Full Swing/Bunker Play"
Executive I	Soccer	Dave Cook; University of Mary	TBA
Mandan Pool	Swimming/Diving	Kathy Aspaas; Minot HS	"Coaching an Olympic Candidate"
Bismarck Bowl	Track & Field	Mike Thorson; University of Mary	"Marauder Warmup Supplementary Training"
Mandan HS	Volleyball	Jhett Albers; Black Hills State University	"Offensive Skill Progression"
Mandan HS	Wrestling	Thad O'Donnell; Dickinson State University	"Pins & Turns for High School"
11:45			
Nautilus	Basketball	Paul Sather; Black Hills State University	"Motion Offense; Movement & Spacing"
Santa Maria	Football	Greg Breitbach; UND	"UND Quarterback Skills and Drills"
Hawktree Course	Golf	Eric Hendrickson; Minot HS	Short Game; Games to Make Practice Fun"
Executive I	Soccer	Dave Cook; University of Mary	TBA
Mandan Pool	Swimming/Diving	Kathy Aspaas; Minot HS	"Coaching an Olympic Candidate"
Bismarck Bowl	Track & Field	Mike Thorson; University of Mary	"Marauder Hurdles (Long & Short)"
Mandan HS	Volleyball	Jon Hegerle; Jamestown College	"Creating a Competitive Practice Culture"
Noon	Exhibit Hall Closed; Exhibitors lunch with NDHSCA Executive Committee in Executive II		
1:00			
Mandan HS	Basketball	Carolyn DeHoff; NDSU	"Defensive Concepts"
Santa Maria	Football	Myron Schulz; University of Mary	"Skills for a Team Package"
Executive I	Soccer	Dave Maier; NDHSA	Soccer Rules Interpretation Meeting
Mandan HS	Volleyball	Jhett Albers; Black Hills State University	"Defensive Skill Progression"
Bismarck Bowl	Track & Field	Mark Aide; Bottineau HS	"The Basics of the Vault with Demonstrations"
1:30-3:30	Golf Scramble	Tee-times:1:30-3:30 pm (<u>must</u> signup at Registration Desk; <u>only</u> clinic registrants)	
7:30-11:00	Nautilus & Cutty Sark Rooms Convention Social (hors d'oeuvres & refreshments); sponsored by Universal Athletics		

Continued on next page

THURSDAY, July 30th:

TIME	Sport	SPEAKER; EMPLOYER	"TOPIC"
7:30	Registration Desk Opens		
8:00	Exhibit Hall opens at 8:30 in Pier 7		
Nautilus	Basketball	Jason Horner; Mandan HS	"Competitive Drills"
Embassy Room	Cross Country	Sheryl Solberg; NDHSAA	"Cross Country Rules Interpretations Meeting"
Santa Maria	Football	Eric Olson; Milnor-North Sargent HS	"Ideas I Have Stolen for our Success"
Executive I	Golf	Jaycin Sundheim; Glenburn HS	"The Beginner Golfer"
Ambassador	Swimming/Diving	Marsha Dahl; West Fargo HS	"Making It Work in West Fargo"
Capital Courts	Tennis	Scott McPherson; Bismarck Century HS	"Singles & Doubles Drills & Strategies"
Executive II	Track & Field	Cameron Dockter; Fargo South HS	"Shot Putting; The Glide"
Cutty Sark	Volleyball	Ashley Hardee; UND	"Transition Attacking"
Mandan HS	Wrestling	Ben Berogan; University of Mary	"Takedowns: Offensive & Defensive"
9:15			
Nautilus	Basketball	David Thorson; DeLasalle (MN) HS	"Individual Skill Development"
Embassy Room	Cross-Country	Jim Jeske; Killdeer HS	"The XC Formula: Numbers + Improvement = Success"
Santa Maria	Football	Arlan Hofland; Dickinson State University	"Zone Defense Concepts & Drills"
Executive I	Golf	Dave Carlsrud; NDHSAA	"Golf Advisory Committee & Rules Interpretations"
Ambassador	Swimming/Diving	Ralph Manley; Mandan HS	"New Ideas from NHSACA COTY Finalists"
Capital Courts	Tennis	Brenda Schell; NDHSAA	Tennis Advisory Committee & Rules Interpretations
Executive II	Track & Field	Joe Howell; Lisbon HS	"Javelin; Developing Drills and Skills"
Cutty Sark	Volleyball	Ashley Hardee; UND	"Setting and Q & A"
Mandan HS	Wrestling	Ben Berogan; University of Mary	"On the Mat: Breakdowns, Rides & Turns"
10:30	NDHSCA Annual Meeting		
11:15	General Session	Brenda Schell; NDHSAA	"MVP Session; Password Protected Segment of Website"
11:30	Tennis	"Ad Hoc Committee Regarding the Evaluation and Role of Tennis Officials"	
Noon	Hall of Fame Luncheon (Inductees, Past Presidents & Past Inductees)		
1:00			
Mandan HS	Basketball	Ben Jacobson; University of Northern Iowa	"Panther Defense"
Santa Maria	Football	Scott Roehrich; Valley City HS	"Rocket Sweep"
Nautilus	Football (9-Man)	Mark Rerick; Hillsboro HS	"All Things Option"
Executive I	Golf	Lynn Gress; Bismarck Century HS	"Statistics and Computer Assistance"
Ambassador	Swimming&Diving	NDHSCA Advisory Committee	Swimming & Diving Advisory Input Meeting
Capital Courts	Tennis	Hayley Shibley; USTA Northern	"Recreation Coaches Workshop"
Executive II	Track & Field	Jerry Boschee; Glacier (Kalispell, MT) HS	"Team Warm-up Progressions"
Cutty Sark	Volleyball	Dave Manka; NDSU	"Serving with Design"
Embassy Room	Wrestling	Cory Schall; Oakes HS	"K-12 Wrestling in a Small Town"
2:15			
Mandan HS	Basketball	David Thorson; DeLasalle (MN) HS	"The Best of DeLasalle HS Basketball"
Executive I	Cross Country	Julie Stavn; Bismarck Century HS	"Something New, Something Old, and Powder Blue"
Nautilus	Football	NDHSCA Advisory Committee	"Football Advisory Input Meeting"
Nautilus	Football (9-Man)	NDHSCA Advisory Committee	"Football Advisory Input Meeting"
Ambassador	Swimming&Diving	TBA	
Capital Courts	Tennis	Tim Wynne & Greg LaDouceuer; Red River HS	"Doubles Drills & Patterns"
Executive II	Track & Field	Steve Kleinjan; New Salem HS	"Training the Sprinter"
Cutty Sark	Volleyball	Craig Case; Valley City State University	"Building your Program from Ground Up"
Embassy Room	Wrestling	Lynn Forde; Fargo South HS	"Takedown Drills & The Cradle"

Continued on next page

Thursday, July 30th (continued):

3:30			
Mandan HS	Basketball	Ben Jacobson; University of Northern Iowa	"Offensive Sets vs. Man and Zone"
Executive I	Cross Country	Brad Lies; Bismarck Century HS	"Patriot XC (Our Program); 4 Phases of our Program"
Nautilus	Football	Dave Carlsrud; NDHSAA	"Football Rules Interpretations"*
Nautilus	Football (9-Man)	Dave Carlsrud; NDHSAA	"Football Rules Interpretations"*
Ambassador	Swimming&Diving	TBA	
Capital Courts	Tennis	Hayley Shibley; USTA Northern	"Recreation Coaches Workshop"
Executive II	Track & Field	Mike Kuhn; Mandan HS	"My Favorite Workouts (100-800 & Hurdles"
Cutty Sark	Volleyball	NDHSCA Advisory Committee	Volleyball Advisory Input Meeting

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 31st:

TIME	Sport	SPEAKER; EMPLOYER	"TOPIC"
7:00	FCA	Fellowship of Christian Athletes Gathering (Coffee & Rolls)	
7:30	Registration Desk Opens		
7:30 Nautilus	Basketball	NDHSCA Advisory Committee	"Basketball Advisory Input & Planning Meeting"
8:00	Exhibit Hall opens at 8:30 in Pier 7		
Nautilus	Basketball	David Carlsrud; NDHSAA	"Basketball Rules Interpretations"*
Santa Maria	Football	Jay Long; Black Hills State University	"Drills for Undersized OL"
Ambassador	Softball	Patrick Johnson; West Fargo HS	"Building a Program; Top to Bottom & Bottom to Top"
Executive II	Track & Field	Nick Walker; Bismarck Century HS	"Training the Sprinter"
Mandan HS	Volleyball	Ryan Platt; Dickinson State University	"Attacking=Armswing Mechanics–Basic to Advanced"
Embassy Room	Wrestling	Travis LeMar; Central Cass HS	"Three X Warmups"
9:15			
Nautilus	Basketball	Jason Harris; Bismarck State College	"Offensive Drills and Plays"
Santa Maria	Football	Kevin Feeney; Fargo South HS	"Wing T Football"
Executive I	Football (9-Man)	Bryan Haugen; North Star HS	"The Passing Game"
Ambassador	Softball	Mike Bisenius; Grand Forks Red River HS	"Eliminating the 'Slowpitch' Batting Mechanics"
Executive II	Track & Field	Jerry Boschee; Glacier (Kalispell, MT) HS	"Sprints-Starts-Block Work"
Mandan HS	Volleyball	Paula Pierson; West Fargo HS	"Packer Volleyball – Serve, Receive to Hitting"
Embassy Room	Wrestling	Dave Dougherty & NDHSCA Advisory	Wrestling Advisory Input Meeting
10:30			
Mandan HS	Basketball	Ty Orton; Dickinson State University	"Defense Against the Dribble Drive"
Santa Maria	Football	Brad Sandy; Harvey HS	"Defensive Philosophy at Harvey HS"
Executive I	Football (9-Man)	Cory Davis; St. John HS	"The Option Game"
Ambassador	Softball	Chad Slyter; Valley City State University	"Preparing Athlete Skills for College Play"
Executive II	Track & Field	NDHSCA Advisory Committee	"Track & Field Advisory Input Meeting"
Mandan HS	Volleyball	Matt Houk; USD	"Practice Planning and Execution"
Embassy Room	Wrestling	Dave Carlsrud; NDHSAA	"Wrestling Rules Interpretations"
11:45			
Nautilus	Basketball	Saul Phillips; NDSU	"Bison Basketball"
Santa Maria	Football	Jay Long; Black Hills State University	"Teaching Zone Concepts to OL"
Ambassador	Softball	NDHSCA Advisory Committee	"FastPitch Softball Advisory Input Meeting"
Executive II	Track & Field	Tim Delmore; Grand Forks Red River HS	"Training the Vertical Jumpers"
Cutty Sark	Volleyball	Matt Houk; USD	"Training for 'Out of System' Offense"
Embassy Room	Wrestling	Mandy Antony; Microsoft	"Krieder Tourney and Stats Program"
1:00			
Nautilus	Basketball	Kurt Fredrickson; Northern State (SD) University	"Quick Hitters & Shot Clock Management"
Santa Maria	Football	Mark Gibson; Bismarck HS	"Demon Practices & Numbering a Defense"
Ambassador	Softball	Patrick Johnson; West Fargo HS	"Teaching Fundamental Skills in Softball"
Executive II	Track & Field	Tim Jacobsen; Bismarck Century HS	"Coaching the Hurdles"
Cutty Sark	Volleyball	Sheryl Solberg; NDHSAA	"Volleyball Rules Interpretations"

2:00 Executive I NDHSCA Executive Committee Meeting

UPDATED Thursday, June 26, 2009; 7:00 AM

**Keep Checking the NDSHCA
Website for Updates.**



North Dakota High School Coaches Association

Membership Registration 2009-2010

Please print!

Name _____ Cell # _____

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 column, write H (head coach) or A (assistant coach) for the appropriate sport(s). In the second column, write your **2008-2009** record. In the third column, write your **lifetime** record for that sport.

	A	08-09 record	lifetime record
Athletic Director	—	—	—
Baseball	—	—	—
Boys Basketball	—	—	—
Boys Cross Country	—	—	—
Boys Golf	—	—	—
Boys Hockey	—	—	—
Boys Soccer	—	—	—
Boys Swimming & Diving	—	—	—
Boys Tennis	—	—	—
Boys Track & Field	—	—	—
Football	—	—	—
Girls Basketball	—	—	—

	A	08-09 record	lifetime record
Girls Cross Country	—	—	—
Girls Golf	—	—	—
Girls Hockey	—	—	—
Girls Soccer	—	—	—
Girls Swimming & Diving	—	—	—
Girls Tennis	—	—	—
Girls Track & Field	—	—	—
Gymnastics	—	—	—
Softball	—	—	—
Strength	—	—	—
Volleyball	—	—	—
Wrestling	—	—	—

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 '10**) _____

Signature _____

Fee: **\$55.00 (No Credit Cards Accepted)**

Membership Fee includes \$1,000,000 Liability Insurance Coverage; Association holds the certificate of insurance.

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.

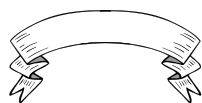
The NDHSCA is here to serve. Always feel free to contact any officer or the Executive Director with a problem, suggestion, or complaint. Knowing the needs of coaches makes it possible for the NDHSCA to serve you better.

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

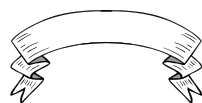


Please help the NDHSCA keep your records current. Each coach must send their record at the completion of each season. If coaching more than one sport, complete each sport on a separate form. If you are completing the victory milestone for the first time, make sure to give your record for each year.

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.								

2008-2009 NDHSCA Powerade Senior Athlete of the Year

SPORT	ATHLETE		SCHOOL	HEAD COACH
Class B Girls' Track & Field	Abbey	Aide	Bottineau HS	David Hoff
Girls' Gymnastics	Joley	Beeler	Minot HS	Pam Tweeten
Class A Baseball	Ryan	Bollinger	Minot HS	Pete Stenberg
Boys' Hockey	Russel	Crary	Grand Forks Red River HS	Matt Malm
Class A Girls' Basketball	Morgan	Dale	Jamestown HS	Scott Botner
Class B Girls' Golf	Kara	Dietz	Hazen HS	Kathy Berglund
Class AA Football	Derek	Elliott	Valley City HS	Scott Roehrich
Class A Girls' Cross Country	Sarah	Feeney	Bismarck HS	Scott Reichenberger
Class A Boys' Golf	Casey	Gleich	Bismarck HS	Mike Bichler
Class B Boys' Cross Country	Jeremy	Grinnell	New Town HS	Brian Anderson
Class B Wrestling	Evan	Gross	Napoleon HS	Barry McCleary
Class B Wrestling	Andrew	Grothmann	Hillsboro HS	Eric Ptacek
Class A Girls' Volleyball	Jessie	Gust	West Fargo HS	Paula Pierson
Girls' Hockey	Rachel	Hennessy	Williston HS	Mikaela Rehak
Class A Girls' Tennis	Rachel	Hennessy	Williston HS	Wade Stueve
Girls' Fastpitch Softball	Aryelle	Jones	West Fargo HS	Patrick Johnson
Class B Girls Basketball	Shauna	Knife	Bottineau HS	Mike Forsberg
Class B Baseball	Ben	Kramer	Minot Bishop Ryan HS	Bryan Kramer
Class B Nine-Man Football	Tyler	Lalim	Williams County HS	Tim Schaffer
Class A Wrestling	Derek	Lee	Bismarck Century HS	Randy Hilzendeger
Girls' Soccer	Laura	Maddock	Bismarck St. Mary's HS	Tim Mueller
Class B Boys' Basketball	Cameron	Malzer	Turtle Lake/Mercer HS	Joi Anderson
Class B Boys' Golf	Chad	Marshall	Hazen HS	Darrell Berglund
Girls' Soccer	Marie	Meagher	Grand Forks Red River HS	Paulo Perez
Class B Girls' Volleyball	Keri	Nelson	Kenmare HS	Tim Wallstrum
Class A Boys' Tennis	Josh	Oothoudt	Minot HS	Scott Delorme
Class A Boys' Cross Country	Joash	Osoro	Bismarck HS	Zittleman/Anderson
Class A Football	Justin	Purinton	Linton-Hazleton-Moffit-Braddock HS	Dan Imdieke
Class AAA Football	Brent	Qvale	Williston HS	Todd Matthews
Class A Boys' Basketball	Brent	Qvale	Williston HS	Mark Slotsve
Girls' Swimming & Diving	Ashley	Reiter	West Fargo HS	Marsha Dahl
Boys' Soccer	Andy	Schell	Fargo South HS	Dean Hashbarger
Class A Girls' Track & Field	Jill	Steinwand	Bismarck Century HS	Nick Walker
Class A Boys' Track & Field	Ryan	Todhunter	Grand Forks Red River HS	Bob Zimney
Class A Girls' Golf	Krista	Weiszhaar	West Fargo HS	Dan Wolf
Class B Boys' Track & Field	Deland	Weyrauch	Williams County HS	Patty Skarphol/Marlo Jungemann
Boys' Swimming & Diving	Spencer	Wheeling	Minot HS	Jake Solper
Class B Girls' Cross Country	Nicole	Woinarowicz	Grafton HS	Jeff McKay



**Sponsor of the
Outstanding
Senior Athlete Awards**



Coaching Longevity by Randy Johnson

Here is the list of **Coaching Longevity** for the 2009 North Dakota High School Coaches Association Annual Convention to be held in Mandan at the Seven Seas Convention Center from July 28 through July 31, 2009. Please check the list to see if the years are correct. Please inform me as soon as possible if there is a problem with the list. My home phone is 748-5634, please leave a message. My e-mail address is randy.wa.johnson@sendit.nodak.edu or duck@westriv.com. You may contact me either way.

20 Years

Scott Botner; Jamestown HS
Wayne Brackenbury; Mohall HS
LuAnn Burris; GF Central HS
David Bymoer; New Rockford HS
Marsha Dahl; West Fargo HS
Jeff Hagler; Cando HS
David Hoff; Bottineau HS
Dan Johnson; Maple Valley HS
Donald Johnson; Fargo Shanley HS
Craig Kovash; Dickinson Trinity HS
Scott Miller; Dickinson HS
Barb Quintus; Killdeer HS
Wayne Shipman; Carrington HS
Jason Smedshammer; Fargo South HS
Vance Stemen; LaMoure HS

25 Years

John Abrahamson; Dickinson HS
Kathy Berglund; Hazen HS
Wayne Berglund; Maple Valley HS
Steve Dunrud; Rolla HS
Brian Flyberg; Linton HS
Gregg Grinsteinner; Dickinson Trinity HS
Dean Hasbarger; Fargo South HS
Robert Holmen; Minot HS
Melvin Klingenberg; Valley City HS
Barb Kraft; Central Cass HS
Dean Kraft; Jamestown HS
Kim Mark; Lisbon HS
Dale Peaslee; Wells County HS
Chris Sorensen; Hazen HS
Ron Wingenbach; Bismarck Century HS

30 Years

Darrell Berglund; Hazen HS
Leroy Bettenhausen; Watford City HS
Jerome Boschee; Glen Ullin HS
Dan Carr; Linton HS
Mike Forsberg; Bottineau HS
Jon Gossett; Fargo Oak Grove HS
James Haussler; Bismarck HS
Gerald Holinka; Dickinson Trinity HS
James Jeske; Killdeer HS
John Kihne; Mandan HS
Barry McCleary; Napoleon HS
Steve Miller; Bismarck HS
Mike Nider; Mandan HS
Carl Noss; Enderlin HS
Chad Omdahl; Hatton HS
Mike Opdahl; Larimore HS
Nancy Painter; Griggs County Central HS
Charles Pavlicek; Linton HS
Greg Pollestad; Drayton HS
Jocelyn Sevre; Hazen HS
Brad Ulland; Edinburg HS
David Wisthoff; Glenburn HS

35 Years

Brian Anderson; New Town HS
Rick Anderson; Griggs County Central HS
Bill Cahill; Jamestown HS
Fred Fritel; Valley City HS
Arley Larson; Ray HS
Reva Palmer; Kidder County-Steele HS
Mike Merritt; Fargo North HS
Gary Schauer; Langdon HS
Bob Zimney; Grand Forks Red River HS

40 Years

Philip MacIver; Wahpeton HS

45 Years

Dennis Horner; Midway HS

□

Please inform me as soon as possible if there is a problem with the list. My home phone is 748-5634, please leave a message.

My e-mail address is randy.wa.johnson@sendit.nodak.edu or duck@westriv.com.



Your locally owned
Burger King Restaurants
are proud to sponsor the NDHSCA





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 \$300.

Such Lifetime Membership will carry all Active Membership benefits (including \$1,000,000 Liability Insurance coverage, effective with 2009-2010 Membership Year).

A Lifetime Member relinquishes voting and office holding privileges if a member is no longer an active coach.

Name _____ Cell # _____
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: \$300 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	Jaeger, Kerry; Grand Forks Red River HS
Amundson, Greg; Mandan HS	Jensen, Julie; Kindred HS
Anderson, Brian; Watford City HS	Jeske, James; Killdeer HS
Anderson, Darryl; Mandan HS	Johnson, Wayne; Rolette HS
Benson, Ron; Mott-Regent HS	Kerlin, Don; Mayville/Portland-C/G HS
Berg, Mike; Grand Forks Central HS	Kjelgaard, Harold; Fargo Discovery JHS
Bettenhausen, LeRoy; Watford City HS	Kleveland, David; Central Valley HS
Brenner, Henry; ND School for the Deaf	Larson, Nancy; DesLacs-Burlington HS
Buen, Gene; Velva HS	Lehman, Cory; Fargo South HS
Burckhard, Richard; Parshall HS	Loberg, Myron; Devils Lake HS
Callahan, Mike; Minnewaukan HS	Lockwood, Ed; Fargo Public Schools
Carlson, Ron; Minnewaukan HS	Lyon, Jerry; Minot HS
Carlsrud, Dave; NDHSAA	Mailloux, Gary; Fargo North HS
Cornell, Rick; Grand Forks Schroeder JHS	Marsh, John; Fargo South HS
Dew, Jim; Valley City State College	Marshall, Joel; Hazen HS
Disher, Ken; Minot HS	Olson, Douglas; Beulah HS
Dixon, Derrick; Turtle Mountain Community HS	Olson, Linette; Bismarck Century HS
Dockter, Dwight; Hope-Page HS	Omdahl, Chad; Hatton-Northwood HS
Fjeld, Greg; Minot HS	Opdahl, Mike; Larimore HS
Folstad, Collette; West Fargo HS	Overby, Dennis; Northwood HS
Gabrielsen, Thomas; Grand Forks Red River HS	Schauer, Gary; Langdon HS
Gadberry, Ron; Hillsboro HS	Schmitt, Dan; Dakota Prairie HS
Haggin, Barry; Divide County HS	Schreiner, Vernon; Minto HS
Halland, Joan; Kindred HS	Shirley, Marney; Jamestown HS
Hammer, Dennis; Grafton HS	Sluke, David; Grafton HS
Handt, Dave; Litchville-Marion HS	Snortland, Keith; Warwick HS
Hanson, David; St. Thomas HS	Solberg, Sheryl; NDHSAA
Hanson, Donald C.; Mandan HS	Stanley, Len; Bismarck State College
Hardie, Rodney; Fargo South HS	Strand, Fred P.; Hatton-Northwood HS
Hauge, John; Bottineau HS	Towers, Ken; Grand Forks Red River HS
Haussler, Jim; Bismarck Schools	Trieglaff, Robert; Fargo North HS
Hertel, Dale; Fargo South HS	Vigen, Randy; Central Valley HS
Horner, Dennis; Midway HS	Walhaug, Gary; Surrey HS
House, Leon; Mandan HS	Walker, Larry; Killdeer HS
Hutchison, Donna; Grand Forks Red River HS	Wheeling, Bob; Killdeer HS
Hutchison, John; Northwood HS	Wilson, Jerry; Bismarck Century HS
Hutchison, Lonny; Northwood HS	Zimney, Bob; Grand Forks Red River HS

North Dakota High School Coaches Association
Official Publication

www.fargo.k12.nd.us/ndhsca/
NDHSCA
3457 - 26th Avenue Southwest
Fargo, ND 58103

**PRESORTED
STANDARD
U.S. POSTAGE
PAID
PERMIT NO. 1478
FARGO, ND 58102**

The *Dakota Coach* is printed through the assistance of Fargo Public Schools

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@cableone.net or to any of the members of the Executive Board.



**Your locally owned
Burger King
Restaurants
are proud to
sponsor the
North Dakota
High School
Coaches Association**