

North Dakota High School Coaches Association  
Official Publication

# DAKOTA COACH

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## 2009 NHSACA Hall of Fame

NDHSCA Executive Committee announces the inductees to the 2009 NDHSCA Hall of Fame as determined at its recent NDHSCA Executive Committee Meeting. The inductees will be recognized and receive awards during the 2009 NDHSCA Coaches Convention, held on July 28-31, 2009 in Mandan. The Hall of Fame Awards will be presented at the Annual Banquet on Thursday, July 30<sup>th</sup> at 6:30 PM at the Mandan Seven Seas Best Western Conference Center.

The recipients for the 2009 induction will be **Bruce Anderson**, retired head Girls' Basketball Coach at Minot High School; **Joe Howell**, head Boys' Track & Field Coach at Lisbon High School; **Julie Stavn**, head Girls' Cross Country coach at Bismarck Century High School; and **Gary Walhaug**, head Boys' and Girls' Track coach and head Girls' Cross-Country Coach at Surrey High School.

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## NDHSCA Vice Presidential Candidates

The North Dakota High School Coaches Association's Executive Committee made nominations for balloting for the Association's Vice President. The balloting will be conducted at the Annual Coaches Convention that will be held in Mandan, July 29<sup>th</sup> through July 31<sup>st</sup>.

The two candidates will be **Dave Hoff**, who is presently head boys hockey coach and head girls' track & field coach at Bottineau High School. The second candidate is **Gregg Grinsteiner** who serves as head boys' basketball coach and assistant track & field and assistant football coach at Dickinson Trinity High School.

Continued on page 6

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

**Mark Your Calendar!**

## NDHSCA Assistant COTY and JHS COTY

By Randy Johnson

The North Dakota High School Coaches Association announces the Fall Season Assistant and Junior High Coach of the Year recipients for 2008-2009. These two awards were initiated in 1984. The awards are based on coaching longevity; assisting state championship or all-state recognition; duties for schools, church, and community; contributions to athletics and sports; recognition for contributions to education, athletics, and extraordinary performances; and special commendations from the head coach.

The 2008 Fall Season recipient of the Assistant Coach of the Year is **Mike Kamrath** from Washburn High School. Mike was nominated by Pete Moe, head football coach at Washburn High School.

Mike Kamrath has been a coach for 18 years with his past 11 years as an assistant football coach at Washburn High School. He has also been an assistant coach in track and field, head coach in track and field, and a junior high coach in football. Coach Kamrath's career coaching record is 73 wins and 35 losses.

Continued on page 14

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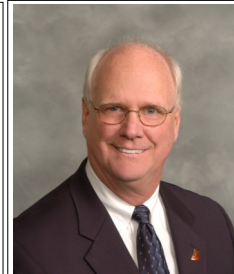


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## Shrine Football

## President's Message - Winter 2009

In high schools across North Dakota, the fall athletic seasons found thousands of students and coaches participating in seven different sports. Teams and individuals were recognized when the State Championships were awarded by the North Dakota High School Activities Association and the North Dakota High School Coaches Association sponsored awards for Outstanding Senior Athletes and Coach of the Year.

Congratulations to all the winners and participants!

Often times in the excitement of the season we forget to recognize and appreciate the efforts of another key group in the high school athletic experience... the officials. We often overlook the important role that officials play in the high school athletic experience. Too often we only see and focus on the "bad" call or a judgment call that did not go our way.

Officials see the action through unbiased eyes. Coaches, athletes, parents and fans are emotionally invested in each and every play, shot or move. Registered officials know the rules and are required to attend a rules clinic, officiating workshops, and take a written test over the

rules. They provide a fair playing field for all participants. They play a vital role in the promotion and enforcement of

**"We often overlook the important role that officials play in the high school athletic experience. "**

good sportsmanship and safety of our athletes. Officials must make instantaneous decisions constantly; and yes, some rules require an official to make a judgment call. The job is difficult and thankless on most nights. The officials are in the best position to view the action and make the call. Coaches and fans see a much different angle and view than the officials do. Officials do not find it helpful when coaches "assist" the officiating team from the sidelines anymore than we find the overzealous parent or fan helpful when we are coaching our team. Officials do not care who wins... I do not know of an official who has the time to contemplate, in his/her mind, a call and how it will affect the competition. The official simply makes the call as he/she sees it.

How a coach chooses to handle a disagreeable call will send a valuable message to the athletes, their parents and the fans. Avoid ranting and raving about how you, your team and athletes were slighted by the call. Coaches must model appropriate behavior and sportsmanship. If you must, take a quiet moment after the competition to discuss the call with the officials. Just as you would prefer a parent who does not agree with your decision visit with you privately rather than yell at you in front of the entire crowd and your team.

As coaches, we can help make the officiating experience a positive one for these men and women. With twenty-two years of coaching experience I have found that most of the time officials get it right. However, they are human and cannot always see everything that takes place during play. On occasion they just



Carolyn Olson

plain get a call wrong. Accept the call and move on. Take the time to let them know when the job has been done well. They appreciate positive feedback.

High school athletics is a union of student athletes, coaches and officials. Each plays a different role allowing the student athletes to experience the gift of participation and competition. So as the seven winter and seven spring sports continue to seek their State Champions, Outstanding Senior Athletes, and Coaches' of the Year, let us recognize, appreciate and say "thank you" to the officials throughout our state. Their ethics, integrity, and professionalism help make high school competition a joy to watch.

△

*Carolyn Olson*



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## From your Executive Secretary

Every day provides us with new opportunities and challenges. We can approach these opportunities and challenges as a day that we can succeed or fail. Usually mentioning failure is taboo in the coaching profession as well as everyday life. However, the concept is “what can I do to avoid failing?”

We have all heard cliché “Failing to plan is planning to fail.” Likewise, success is not a happening; it is a result of planning and adjusting to circumstances.

Linda and I have just been discussing some political concepts. First, by the time you read this President Obama will have been inaugurated. The economy, bailouts, war, health care, energy and social security are topics that could drive most people into a cave since there does not seem to be an answer or action that will be a success for, acceptable to or agreeable with all people.

Just as President Bush faced the development of a myriad of horrendous impediments in the first year of his term in office, President Obama already knew of the hurdles when he was running in the primary.

Linda and I both agreed that many people in President Bush’s office may have walked off into the sunset after 9-11. We would not have questioned McLain, Hillary or President Obama’s choice if they would have declined the nomination at their respective national conventions. Nonetheless, they all showed incredible fortitude and kept planning to succeed.

Likewise coaches all enter each season with the same determination to succeed. They begin each season with the resolve to succeed and make every plan and preparation not to fail.

As Linda and I discussed the coaches’ determination, we also alluded to the desire to make the next step. Every coach relishes the opportunity to move to a higher level. Coaches always await that promotion that moves them from small school to large school; from assistant coach to head coach; from high school coach to college coach; and yes, even from college coach to the NFL. Every coach has that desire to take the next step and meet the next challenge.

I appreciate all coaches who step to the front and declare themselves ready for the next level. What a marvelous profession we have to meet and accept all challenges and do everything in our power to prevent failure!

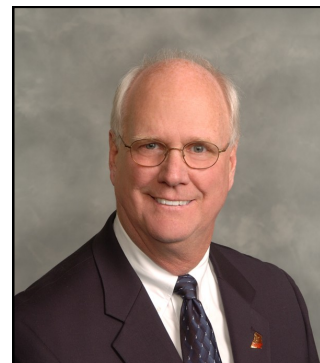
**At Christmas** time I met Jerry Sheldon, NDHSCA Past President, retired Fargo Public Schools Athletic Director, retired head football coach at Fargo North HS, Ellendale HS and Karstad (MN) HS. As usual he is every bit as full of vim, vigor and vitality as ever. He has had some medical strife, but is the eternal optimist on the outcome. I am sure that he appreciates your contact.

**I received** the following message from Jerry and Kimberly Schwartz via Russ and Carol Schmeichel. I thought cross-country and track and field coaches would want to know and send their prayers and wishes. *Jerry and I have a bit of bad news. We had a fire in our house, the fireplace and chimney caught on fire. On Friday, Jerry left for work at 7:40 and I left for work at 7:50 and at 10:50 my friend called me and told me my house was on fire. I had smelled something in the house and Jerry checked it out. He didn't see anything and he thought it was a down draft. Well, it was something we couldn't see. It must have been smoldering all night. The living room is a disaster and the city condemned the house....As usual, our friends have been great in offering their washing machines, dishwashers, homes, muscles, food, and whatever else we need.*

*We are thankful it wasn't 40 below, nobody lost their lives, and none of the firefighters were injured. We have a volunteer fire department and 28 people responded, in addition to the police department. I'm in awe of what they did for us, in some cases complete strangers. In addition, I can't thank the employers enough for allowing their employees to do this. It is truly a calling.*

**Our** thoughts and prayers go out to Jerry and Kimberly. Contact Jerry and Kimberly’s by their E-mail: [kschwartz0@hotmail.co](mailto:kschwartz0@hotmail.co). Their “snail-mail” address is

Jerry and Kimberly Schwartz  
P.O. Box 985  
Dickinson, ND 58601  
Cell Phone: 701-260-3132



**Gelaine Orvik**

## Executive Secretary (continued from page 4)

I just received note from Dave Zittleman with an attachment regarding the death of their daughter-in-law of Rockie and Julie Stavn. Thad Stavn and his wife Brooke Elyse Colvin, had been climbing Mount Hood near the 10,000 foot level on Wednesday, January 21. Both were experienced climbers. A chunk of ice broke free and hit Colvin directly in the face. She tumbled 400 feet to her death. Rockie and Julie need our prayers and concerns today and through all the tomorrows with our sympathy and comfort.

Rockie and Julie Stavn  
119 Estevan Drive  
Bismarck, ND 58501  
701-258-3388

**Our** friend, John Hutchison, recently lost his father. Richard Hutchison, 94, is a lifetime resident of Traill County; only recently, he moved to a nursing home in Grand Forks before Hatton. John is one of the most caring and helpful people; his nature is in his genes and from his environment. God Bless John and Lonny; and God Bless the memory of Richard Hutchison.

**As most** NDHSCA members have learned, the NDHSCA Executive Committee voted to proceed with the establishment of the Gelaine Orvik Scholarship Fund. The Fund has grown to over \$1500.00 without details being completed. A huge thank you is given to Joe

Howell and the NDHSCA Executive Committee for leadership in this trail-blazing event.

Details of changes that are necessary in changing the NDHSCA Constitution and By-Laws to retain the Purposes and Objectives of the Association and to retain the IRS 501-3-c designation which makes NDHSCA a tax-exempt corporation were discussed. Those details will be presented to the NDHSCA Executive Committee on March 15<sup>th</sup> to prepare for the NDHSCA Annual Business Meeting, which is the only meeting where the By-Laws and Constitution can be amended.

**Last** week Craig Bohl and NDSU football named Brent Vigen as offensive coordinator. Brent, son of Randy Vigen, successful Central Valley HS football coach, has been a successful high school athlete at Central Valley HS and tight end at NDSU. He remained at NDSU as a graduate assistant and became a member of Coach Bohl's staff as quarterback coach. Congratulations, Brent and Randy.

**Some** very grandiose plans are developing for the 2009 NDHSCA Coaches Convention. Already in place are three football presentations. Contacts are being made for high level speakers from throughout the nation.

**Likewise**, basketball coaches are assisting the NDHSCA Executive Secretary to procure a Division I speaker. Most basketball coaches know that we have some outstanding coaches from our neighboring states.

We can only hope to finalize those arrangements before NCAA Madness begins. At the November NDHSCA Executive Committee Meeting, suggestions were shared for possible speakers for July.

**We** remind all coaches to begin preparation for the 2009 NDHSCA Coaches Convention by setting aside the last week of July. We urge all coaches to have their camps and activities completed by July 28<sup>th</sup> to be involved in all phases of the convention activities. Pat Weber of Universal Athletics has just contacted me and confirmed their sponsorship of the Wednesday night social that was such an exciting and satisfying occasion last year. Last year we were somewhat liberal in allowance of attendance at the social. This year we will insist on registration prior to admittance to the social. Have a fulfilling winter season.

△

***"We remind all coaches to have their camps and activities completed by July 28 to be involved in all phases of the convention activities."***



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## Vice-Presidential Candidates Grinsteinner and Hoff (continued from page 1)



**David Hoff**

**David Hoff** is a graduate of Bottineau High School and Minot State University; he also earned his Master's Degree from Minot State University. He is presently in his 20<sup>th</sup> year of teaching and coaching at Bottineau High School.

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

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

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



**Gregg Grinsteinner**

**Gregg Grinsteinner** is a graduate of Dickinson Trinity High School and the Dickinson State University. Gregg is presently head coach of Dickinson Trinity High School boys' basketball, assistant coach for the Titans' Football and Titans' Junior High School Track & Field. He has been a member of the Titan staff for 25 years.

**Coach Grinsteinner** was named 1999 Teach of the Year by the Dickinson Chamber. He has been Knights of Columbus Youth Director knight of the month twice. He received the Dickinson State Blue Hawk Achievement Award in 2007. He is a member of Knights of Columbus, NCTM, NDCTM and NDHSCA.

**Gregg** has been head coach of the Trinity State Basketball Championship Team in 2004 and 2006. He was a member of the Trinity State Football Championship Staff in 200, 2001 and 2005. He just finished a term as member of the NDHSCA Boys' Basketball Advisory Committee to NDHSAA.

He was a Lions' All-Star Basketball Coach in 1999, 2003, 2004, 2006 and 2007. He was a Mon-Dak All-Star Football Coach in 2000. **Grinsteinner** was named District 14 Coach of the Year and Region 7 Coach of the Year in 1999, 2006 and 2008. He was named North Dakota Associated Press Sportswriters and Sportscasters Coach of the Year in 2004.

Gregg and his wife, Carol, have four children: Amy, Aaron, Nicole and Katelyn. □

**Balloting for NDHSCA vice president will be conducted on Thursday, July 30, at the NDHSCA Coaches Convention.**

**The NDHSCA Coaches Convention is scheduled for the Mandan Seven Seas Best Western Convention Center, July 28 - July 31, 2009.**



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Hall of Fame Inductee Bruce Anderson (continued from page 1 )

**Bruce Anderson** is a graduate of New Rockford High School and Minot State University. He is a 37 year veteran coach at Grenora High School and Minot High School. He coached Boys' Basketball, Girls' Basketball and Baseball at Grenora for six year before becoming Head Girls' Basketball coach at Minot High School.

**Anderson** coached Grenora High School Girls' Basketball to a conference title in 1974, 1975 and 1976 as well as to district titles in 1974 and 1975. They also won their Regional Title in 1975. He mentored the Grenora Boys' Basketball teams to conference titles in 1975 and 1976. They were district champions in 1974 and 1975. **Bruce's** teams won district titles in Baseball in 1974, 1975 and 1976. Grenora was Regional baseball Runnerup Titlists in 1976.

**Coach Anderson** led the Minot Girls' Basketball teams to seven Western Dakota Association Titles (1980, 1981, 1982, 1984, 1987, 1992 and 2001). The Magicians were West Region Runnerup Titlists four times (1979, 1990, 1996 and 2000). The Minot Girls' Basketball teams were Regional Titlists eight times (1978, 1980, 1981, 1982, 1984, 1987, 1992 and 2001). **Bruce's** teams were State Runnerup Titlists three



**Bruce Anderson**

times (1981, 2000 and 2001). They were state champions in 1978.

**Anderson** has guided his teams to 26 victories in baseball, 86 victories in boys' basketball and 526 victories in girls' basketball. The 526 girls' basketball victories is second in the all-time victories ladder in North Dakota Girls' Basketball. He has served on the NDHSCA/Lions' All-Star Basketball Selection Committee on seven occasions (1978, 1982, 1987, 1992, 1996, 2000 and 2001). The Magicians' Girls' Basketball teams have competed in the State Tournament 21 times.

**Bruce** has been recipient of the NDHSCA Class A Girls' Basketball West Region Coach of the Year Award on eight times and State Award winner on three occasions (1978, 1995 and 2001). He was selected North Dakota Female High School Team Coach of the Year in 1979 by the North Dakota Associated Press Sportswriters and Sportscasters Association. **Anderson** was nominated for NHSACA Girls' Basketball Coach of the Year five times (1980, 1989, 1991, 2003 and 2008). He was selected as a finalist for NHSACA Girls' Basketball Coach of the Year twice (2003 and 2008). In 2008 he was also nominated for the National Federation Girls' Basketball Coach of the Year and was also named Sectional Coach of the Year. He was NDHSCA-Lions Basketball All-Star coach in 1981 and 2001.

**Coach Anderson** was nominated for the NDHSCA Hall of Fame by Terry West. **Bruce** and his wife Nancy have two children: Jason and Michelle.

△

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**Mark Your Calendar!**

**NDHSCA 2009 Convention Dates**  
**Tuesday, July 28 through Friday, July 31, 2009**  
**Mandan Seven Seas Convention Center**



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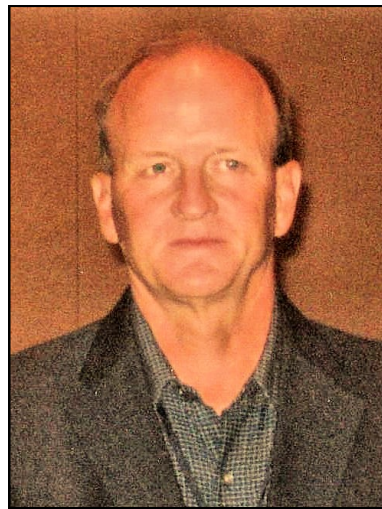


## Hall of Fame Inductee Joe Howell (continued from page 7)

**Joe Howell** is a graduate of Lisbon High School and Jamestown College. He began coaching at Lisbon High School in 1977 and has remained at his high school alma mater as a coach of the following sports: Boys' Track and Field for 32 years; Football for 15 years; Boys' Basketball for eleven year; Cross-Country for fourteen years; and athletic director for 32 years.

**Howell** coached the Broncos' Boys' Basketball to a District championship twice. His boys' Cross-Country teams won eight Conference Titles and nine Regional Championships. **Joe** was coach of the Bronco Football when the team won a state championship in 1992. His Boys' Track and Field teams have dominated the sport while winning 24 Southeast Conference indoor titles. **Coach Howell's** Bronco track and field athletes have also won 28 of 31 Regional Championships. They finished as Class B State Runnerup Titlists three times and Class B State Champions four times (1999, 2000, 2001 and 2005).

**Coach Howell's** basketball teams have secured 152 victories; his football teams have 21 victories and his baseball teams have 81 victories. The Lisbon High School Boys' Track and Field Teams have won 95% of the multi-team meets entered. His Cross-Country Teams have won 80% of the multi-team meets entered.



**Joe Howell**

**Joe** has served his profession as the Class B Boys Representative on the NDHSCA Track and Field Advisory Committee to the North Dakota High School Activities Association and has been a member of NDHSCA every year of his coaching career. He has been a member of NDIAAA since becoming athletic administrator in 1999. He has frequently been a presenter at the NDHSCA Coaches Convention. He has also been a recurrent presenter at the NDSU Track and Field Coaches Clinic.

**Coach Howell** was a leader for the Lisbon Bronco "Track Backers". They built their own track and field complex; prior to the complex they hosted indoor and outdoor meets out of town. He started the Lisbon High School cross-country program in the fall of 1977.

**Howell** was named NDHSCA Class B Boys' Cross-Country Coach of the Year in 1990. He has been named NDHSCA Class B Boys' Track and Field Coach of the Year six times (1983, 1997, 1999, 2000, 2001 and 2005). He was named Male Team High School Coach of the Year by the North Dakota Sportswriters & Sportscasters Association in 1993. **Joe** was recipient of the Rollie Greeno Award as the Jamestown College Alumni for Excellence in Teaching and Coaching in 2001. **Joe** was nominated for the NHSACA Boys' Track and Field National Coach of the Year by his state Association in 2005. The same year he was selected as National Coach of the Year Finalist and recipient of the NHSACA National Coach of the Year Award.

**Coach Howell** was nominated for the NDHSCA Hall of Fame by Brad Bittner.

**Joe** and his wife, Carmen, live in Kindred, North Dakota. **Joe** has two sons: Matthew (wife Casey and granddaughter, Tierney) and Christopher. △

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## Hall of Fame Inductee Julie Stavn (continued from page 8)

**Julie Stavn** is a graduate of Harvey High School and Minot State University. She earned her Master's Degree at UND. She has spent her 31 years of educating in the Bismarck School System: Simle Middle School, Bismarck High School and Century High School. She has coached gymnastics, basketball, volleyball, swimming & diving, cross-country and track & field. She has been head coach of girls' cross-country and girls' track and field at Bismarck Century High School since 1982.

**Stavn** has coached her cross-country teams to Western Dakota Association Runnerup Titles in 1997, 2002 and 2008. Her swimming & diving teams were regional Runnerup Titlists in 1979, 1980 and 1982. The 1982 team also was North Dakota State Runnerup Titlists. **Julie's** Girls' Track and Field teams have won five West Region Runnerup Titles (1996, 1998, 1999, 2004 and 2008). Her 2005 team won the West Region Championship. In 2004 and 2008 the Patriots were second in the State Class A Girls' Track and Field Meet. **Coach Stavn** guided her teams to North Dakota Class A Girls' Track and Field Championships in 1999 and 2005.



**Julie Stavn**

**Julie's** cross-country teams have defeated 1137 teams in multi-team competition. Her swimming and diving teams defeated 107 teams in multi-team meets. **Stavn's** girls' track and field teams were victorious over 1476 teams in multi-team competition.

**Coach Stavn** has served her profession as a member of the NDHSCA Track & Field-Cross-Country Advisory Committee to the NDHSAA for two terms (1985-1988 and 2000-2004). She was active in hosting the NHSACA National Coaches Convention in 1991 in Bismarck. She was also a helper in 2001 when the NHSACA National Coaches Convention was held in Fargo.

**Julie** was NDHSCA President during the 1998-1999 school year and served her Association as a member of the NDHSCA Executive Committee for five years (1996-2001). She and her husband were annually hosts for State Tournament socials in Bismarck.

**Julie** has been recipient of NDHSCA Regional Coach of the Year in Girls' Cross-Country in 1989, 1999 and 2008. She was NDHSCA State Coach of the Year in Girls' Cross-Country in 1989 and 2008. Julie was selected NDHSCA Regional Coach of the Year in Girls' Track and Field in 2000. She was NDHSCA State Coach of the Year in Girls' Track and Field in 1996, 2005 and 2008. She was named Secondary Physical Education Teacher of Year in 1995 by North Dakota Alliance for Health, Physical Education, Recreation and Dance. She also received the Pathfinder Award from the North Dakota Alliance in 2006. Julie was NHSACA National Girls' Track and Field Coach of the Year Finalist in 2006.

**Coach Stavn** was nominated for NDHSCA Hall of Fame by Gelaine Orvik.

**Julie** and her husband, Rockie, have three children: Thad, Rockie, and Tanner. △

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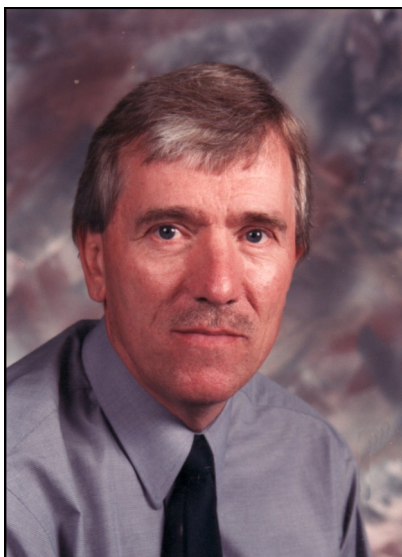
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## Hall of Fame Inductee Gary Walhaug (continued from page 9)

**Gary Walhaug** is a graduate of Palermo High School and Minot State University. He began his coaching tenure at Tolley High School in the sports of Boys' Basketball, Girls' Basketball and Girls' Track and Field. Four years later Gary moved on to Surrey High School where he has continued his coaching the sports of Boys' Basketball, Girls' Basketball, Boys' Track and Field, Girls' Track and Field, Boys' Cross-Country and Girls' Cross-Country. In 1993 he began coaching at the University level as an assistant Women's Basketball and Men's Basketball Coach at Minot State University, where he continues his assistant coach duties.

**Walhaug** coached his Girls' Track and Field teams to Conference Titles in 1989, 1997 and 2003; and to a Regional Title in 1987. His Cross-Country team won Conference Titles in 1977 and 1978, Regional Runnerup Title and State Runnerup Title in 1977. **Gary** mentored his Girls' Basketball Teams to six Conference Titles (1981, 1983, 1984, 1985, 1986 and 1988). Surrey won five Girls' Basketball District Titles (1981, 1983, 1984, 1985 and 1986). Surrey earned Girls' Basketball Regional Runnerup Title in 1988 and Girls' Basketball Regional Championships in 1981 and 1986. The team was a State Runnerup finisher in 1986. **Coach Walhaug** led his Boys' Basketball teams to eight Conference Titles (1980, 1981, 1983, 1985, 1986, 1987, 1989 and 1991). They also won three Boys' Basketball District Titles



**Gary Walhaug**

(1980, 1981 and 1983). In 1983 **Gary** led Surrey to a Boys' Basketball Regional Title.

**Gary** has led his Boys' Basketball teams to 228 victories and his Girls' Basketball teams to 309 victories. His Cross-Country Teams have won 29 multi-team meets. His Boys' Track and Field Teams ave won 87 multi-team meets and his Girls' Track and Field Teams have won 125 multi-team meets.

**Walhaug** managed basketball tournaments from 1980 until the present. He managed Peace Garden Conference Track and Field Meets for four years. He was a member of the Girls' Basketball Advisory Committee for one term (1988-1990. He served on the

Lions' All-Star Selection Committee for five years (1982, 1983, 1984, 1986 and 1994). He served as the Surrey Faculty Scholarship Selection Committee for eighteen years until 2008. He was also Surrey Basketball Camp Director for seven years.

**Coach Walhaug** was recipient of NDHSCA Girls' Basketball District Coach of the Year Award for six years (1981, 1983, 1984, 1985, 1994 and 1995). He received NDHSCA Girls' Basketball Regional Coach of the Year Award in 1985. **Walhaug** was NDHSCA Boys' Basketball District Coach of the Year Award winner in 1983 and 1986. He was Lions' Basketball All-Star Assistant Coach in 1982 and 1987. He received Girls' Basketball 300 Victory Awards from Women's Basketball Coaches Association and Surrey High School in 1995. He received Girls' and Boys' Basketball 500 Victory Award from Surrey High School in 1996. **Coach Walhaug** received Victory Milestone Certificates in Girls' Basketball and Boys' Basketball from NDHSCA.

**Coach Walhaug** was nominated for NDHSCA Hall of Fame by Marj Bubach.

**Gary** and his wife, Arlene, have two children: Laura and Scott.

△



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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.

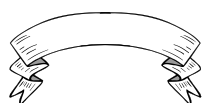


The NDHSCA is here to serve. Always feel free to contact any officer or the Executive Director with a problem, suggestion, or complaint. Knowing the needs of coaches makes it possible for the NDHSCA to serve you better.

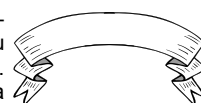
**Membership deadlines:    Fall-October 1            Winter-February 1            Spring-May 1**

**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.	_____	_____	_____	_____	_____	_____	_____	_____

## 2009 Shrine Football Coaching Staffs

Mike Berg has informed the NDHSCA Office of appointment of the NDHSCA Shrine Football Coaching Staffs. The Staffs are determined by membership of coaches who are involved in the NDHSAA Football Playoffs.

The Shrine Bowl Football activities begin with players reporting on Sunday, July 12. The East Teams will practice at NDSU, and the West Teams will practice at UND. The games will be played on July 18<sup>th</sup> in Grand Forks at the Alerus. The Eleven-Man game Kickoff is set for 4:00 PM and the Nine-Man game Kickoff is set for 7:00 PM.

### 9-Man East Staff:

#### **Head Coach:**

Scott Strenge, Wyndmere-Lidgerwood HS

#### **Assistant Coaches:**

Mark Rerick, Hillsboro HS

Shawn Sagert, Oakes HS

Jason Klusmann, South Border HS

### 9-Man West Staff:

#### **Head Coach:**

Tim Schaffer, Williams County HS

#### **Assistant Coaches:**

Cory Davis, St. John HS

Travis Olson, Richardton-Taylor HS

Bryan Haugen, North Star HS

### 11-Man East Staff:

#### **Head Coach:**

Kevin Feeney, Fargo South HS

#### **Assistant Coaches:**

Jay Schneider, Devils Lake HS

Paul Peterson, Larimore HS

Eric Olson, North Sargent-Milnor HS

### 11-Man West Staff:

#### **Head Coach:**

Mark Gibson, Bismarck HS

#### **Assistant Coaches:**

Steve Kleinjan, New Salem HS

Jamie Krenz, Grant County-Flasher HS

Rick Phillion, Hazen HS

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## NDHSCA Assistant COTY and JHS COTY (Continued from Page 1)

Mike has coached 32 All-State football players and one State Champion in track and field at Washburn High School. He helps run the 7 on 7 summer football. Mike teaches agricultural education at Washburn High School.

Mike and his wife Audra have two children: Drew and Hunter.

The 2008-2009 Fall Season recipient of the Junior High Coach of the Year is **Dan Carlson** from Valley Middle School in Grand Forks. Dan was nominated by Mike Berg, former head football coach at Grand Forks Central High School.

Dan Carlson has been a coach for 23 years with his past 19 years as a junior high football coach at Valley Middle School in Grand Forks. Dan is the head boys' basketball coach for Grand Forks Central. He has also coached track and field. Coach Carlson's career coaching record in junior high football is 87 wins and 40 losses.

Dan has coached 26 All-State football players, 50 All-EDC, and 51 Honorable Mention EDC. He runs basketball camps in the summer in Grand Forks and is a member of Sharon Lutheran Church.

Dan and his wife Lori have three children: Kristin, Chelsea, and Callie.

△



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## Some Plays Just Don't Fit in the Box Score

**Pasco, WA:** The Pasco High girls' basketball team's leading scorer tore an ACL and MCL jumping up and down celebrating her winning shot in the district playoffs.

**Southport, NC:** A judge ruled that the parents of a teenager who married her 40-year-old high school track coach could not sue the school district. The coach resigned from South Brunswick High in June 2007, on the same day he married the 16-year-old.

**Canton, GA:** The stadium announcer for Sequoyah High football came under fire for comments he made during a game, including, "You can boo all you want, but you're still losing 49-0."

**Katy, TX:** Seven Morton Ranch High varsity cheerleaders grabbed junior varsity cheerleaders from their homes, blindfolded them, bound their hands and threw them in a swimming pool. The school suspended cheerleading for the school year.

**Lewisberry, PA:** Upon reporting to school for preseason conditioning, a Red Land High football coach and players discovered a deer carcass propped up and chained to a turnstile. The deer was wearing a white muscle shirt, shorts and a graduation cap atop its headless body and had a football stuffed between its legs.

**Bethel, VT:** Whitcomb High boys' basketball players told their coach by phone on a Saturday that they did not want to play in their first-round playoff game Monday. "We just decided enough was enough," one player said. Sixteenth-seeded Whitcomb (3-16) was set to face top-seeded Proctor (18-0), a team that had beaten Whitcomb 87-22 earlier in the season.

**Groveland, FL:** A melee broke out after a fuse blew and a football game between South Lake and Nature Coast was plunged into darkness. Five players and a coach were suspended for their roles in the on-field brawl. According to a report filed about the incident, "for a few seconds after the blackout there was no activity on the field. We could then hear players beginning to hit each other."

**Springboro, OH:** Private donors funded a Springboro High boys' basketball locker room that includes custom-made royal blue and white carpet with the school logo, wooden lockers with lockable personal drawers, a 10-foot TV, a Wii video game system and a hardwood entryway that when completed will be a replica of the floor the team plays on.

**Provo, UT:** A newspaper photographer whose leg was pierced by a javelin that came through the other side photographed his injury before going to the hospital. "If I didn't, it would probably be my editor's first question when I got back," he said.

**Flower Mound, TX:** Two students who dressed in gorilla and banana costumes and sprinted down the field at a football game spent 16 hours in jail for trespassing. "We were in there with people on drug charges," the gorilla said. "When they asked what we did, they said: 'Seriously?'"

**Wausau, WI:** An Antigo High student was arrested after he ran nearly naked through the Wausau West High field house during a boys' basketball game. A police officer found the student standing on the street a few blocks from the school wearing light tan bikini underwear and with his hands covering his groin. It was about 15 degrees outside.

**Oklahoma City, OK:** On the night that Bishop McGuinness High School debuted its newly renovated gym, a \$4 million project, one of the home players shattered a backboard on a dunk attempt.

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## 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 <sup>nd</sup> 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

## 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. Send e-mail to [randy.wa.johnson@sendit.nodak.ed](mailto:randy.wa.johnson@sendit.nodak.ed) or [duck@westriv.co](mailto:duck@westriv.co). You may contact me either way.

### 20 years

Scott Botner; Jamestown HS  
Wayne Brackenbury; Mohall HS  
LuAnn Burris; GF Central HS  
David Bymoan; New Rockford HS  
Marsha Dahl; West Fargo HS  
Jeff Hagler; Cando HS  
Derold Haugen; LaMoure HS  
David Hoff; Bottineau HS  
Dan Johnson; Maple Valley HS  
Donald Johnson; Fargo Shanley HS  
Craig Kovash; Dickinson Trinity HS  
Jeff Manley; Leeds 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  
Wayne Berglund; Maple Valley HS  
Steve Dunrud; Rolla HS  
Brian Flyberg; Linton HS  
Gregg Grinsteiner; 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

### 30 Years

Jerome Boschee; Glen Ullin HS  
Leroy Bettenhausen; Watford City 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

Rick Anderson; Griggs County Central HS  
Bill Cahill; Jamestown HS  
Fred Fritel; Valley City HS  
Arley Larson; Ray HS  
Mike Merritt; Fargo North HS  
Gary Schauer; Langdon HS

### 40 Years

Philip MacIver; Wahpeton HS

### 45 Years

Dennis Horner; Midway HS

△



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# FORMS

Available on the NDHSCA Website

**Search "NDHSCA"**

**or enter**

**[www.fargo.k12.nd.us/ndhsca/](http://www.fargo.k12.nd.us/ndhsca/)**

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                     | 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   |
| Hertel, Dale; Fargo South HS                 | Trieglaff, Robert; Fargo North HS       |
| Horner, Dennis; Midway HS                    | Vigen, Randy; Central Valley HS         |
| House, Leon; Mandan HS                       | Walhaug, Gary; Surrey HS                |
| Hutchison, Donna; Grand Forks Red River HS   | Walker, Larry; Killdeer HS              |
| Hutchison, John; Northwood HS                | Wheeling, Bob; Killdeer HS              |
| Hutchison, Lonny; Northwood HS               | Wilson, Jerry; Bismarck Century HS      |
|  | Zimney, Bob; Grand Forks Red River HS   |



**North Dakota  
High School Coaches  
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*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](mailto: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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