



North Dakota High School Coaches Association Official Publication

DAKOTA COACH

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2009 NDHSCA Coaches Convention

The 2009 NDHSCA Coaches Convention was a smashing success. The attendance for the event, 383, was a significant increase from the numbers from the past five years that have hovered between 320 and 330, annually. There were 56 coaches registered for two credits and 51 coaches registered for one credit. We had 46 golfers and have had four additional Lifetime Memberships since July first.

Continued on page 7

NDHSCA Liability Insurance

As our membership is aware, NDHSCA added \$5.00 to the registration fee to pay for a liability policy for all *active* coaches. Active is a significant term as the policy **does not cover** Associate Members or *Inactive* Life Members.

I have spoken to personnel at Loomis-LaPann several times regarding coverage and restrictions. Be assured that the policy is real. The coverage is for liability and not medical coverage. To see a copy of the certificate of insurance and participant accident request form, contact Loomis-LaPann at their website:

www.loomislapann.com.

Continued on page 6

NDHSCA 2010

Convention Dates

Tuesday, July 27
through
Friday, July 30

Plan to
Attend!

NDHSCA - National Coach Of The Year Nominees

The NDHSCA Executive Committee evaluates every member for nominations for 20 NHSACA National Coach of the Year Nominations during its July NDHSCA Executive Committee Meeting.

The Committee uses the criteria that are evaluated by the NHSACA Evaluation Committee to determine nominations. Those evaluation criteria include longevity, win-loss percentage, championship years, professional service and awards. NDHSCA tries to select nominees

who will have the best opportunity to be a NHSACA National COTY Finalist, and ultimately, a National winner.

This year two additional nominees were provided by NHSACA: An Assistant Coach of the Year for a boys' sport and An Assistant Coach of the Year for a girls' sport. These first time nominees for these awards were John Marsh, Fargo South HS football and boys' track and field assistant coach and Tim Delmore, Grand Forks HS girls' track and field assistant coach.

Continued on page 8

NDHSCA 2009-2010 Executive Committee



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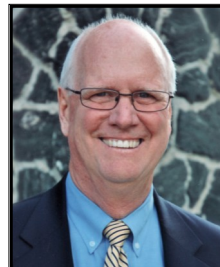
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Optimists' Volleyball Chair (open)

President's Message - Fall 2009

By the time this issue of the *Dakota Coach* reaches you, the 2009–2010 school year will be well under way. I hope the school year is off to a great start for each of you. Our fall coaches are approaching mid season very soon and those of you coaching Division A girls golf and boys tennis the post season is fast approaching.

There are two main points I wish to address with the membership in this issue of the *Dakota Coach*.

First, at our awards banquet during our convention it is customary for the incoming president to issue a challenge to the membership for the coming year. I asked North Dakota coaches to remember our responsibilities as coaches goes far beyond what the public sees on the surface. In addition to teaching fundamentals, developing schemes, making decisions on strategy and tactics we have the responsibility to the youth we serve to assist them into becoming good young men and women. This is the essence of high school athletics; it is what makes our programs and integral part of our schools overall educational plan. As coaches we are inherently driven and highly

motivated individuals that love to compete and win. That's what we do and in no way do I want to diminish that passion for your sport. But, I do challenge each of you to take a good look at your program and what each of you can do to maximize the other half of coaching, the educational half. As I stated at our July awards banquet each of our goals should be to become a coach of success and a coach of significance.

Secondly, also at our convention you were made aware of the looming officials' shortage for our state. This is a very real problem that could soon become a crisis for many of us. Our organization, the NDHSAA, the NDIAAA, and the NDOA are working in partnership to address this problem. So what can each of you do to help?

1. Help to recruit the next generation of high school officials. They may be some of your old college or high school buddies. They may be on your team or in your classroom. Encourage individuals you think may have an interest and ability to succeed to give it a try. Put them in contact with the NDHSAA office and support their efforts.

2. If you are a physical education teacher consider ask-



Pete Moe

ing your administration to offer an elective PE credit in sports officiating. At the officiating summit in July it was determined that colleges would be contacted to possible offer a dual credit PE credit for high school sports officiating.

3. We can layoff the officials during games. I am as guilty as anyone in this respect, but I believe I have become more tolerant in recent years. With the passion and intensity involved in athletic competition the reflex response to an official's call will never disappear from our sidelines. But, we can eliminate the constant questioning and riding of officials

"Each of our goals should be to become a coach of success and a coach of significance."

Continued on page 7



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From your Executive Secretary

As I sit down to write this column, I do so with great trepidation. I know that I want to address our coaching profession, but I also want to deal with pertinent topics. Also, I want to share newsy items that I know most of our coaches want to know, but sometimes deals with our history and background.

Recently Fargo Shanley High School celebrated a marvelous event when they dedicated the Sid Cichy Memorial Football Field. Coach Steve Laqua responded by leading the Deacons to a 21-13 victory over Central Cass Squirrels. The facility is marvelous and certainly deserves its moniker to honor the great coach who led the Deacons to so many victories and state championships.

Coach Cichy is certainly smiling in paradise as he watches beloved Shanley gridders as they enjoy competing on a site that every school should possess. The Elder Cichy, NHSACA National Football Coach of the Year, was a firm disciplinarian who demanded performance as well as adherence to the rules. Thank you for Cichy Field!

Another NDHSCA Hall of Fame Inductee will be recognized with another induction into the Moorhead High School Hall of Honor. Ron Gadberry longtime wrestling coach at Hillsboro High School, Moorhead High School and other Minnesota schools is richly deserving of this honor.

Another successful wrestling coach of the seventies will be inducted into the Fargo South High School Hall of Fame. Jerry Larson, Elbow Lake (MN) is being recognized by the school where he led a superb team year-after-year and was NDHSCA Coach of the Year in 1976. In 11 years at South HS, the Bruins won 5 EDC Championships.

The NDHSCA Executive Committee needs a special commendation for its assistance in the production of the NDHSCA Coaches' Convention. Our Association has been richly blessed with superb leadership over the past four decades. This year Carolyn Olson provided extraordinary leadership and excellent foresight to bring our Association to the front. One must be around her to realize the insight she has to the "Big Picture."

The people who attended the Awards Banquet were treated to an acceptance of the gavel by Pete Moe that was phenomenal! His delivery and the content of his presentation are comparable to a Grant Teaff, Abe Lemmons, or Lou Holtz.

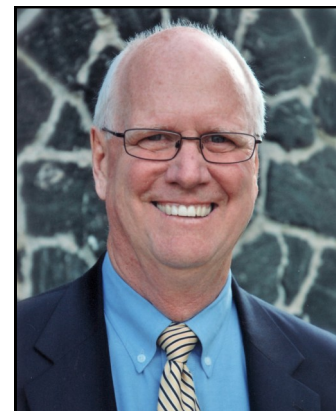
Our Executive Committee will sorely miss David Michaelson and his leadership. He is a quality individual with amazing perception of necessities for our Association.

Randy Johnson continues to be the consummate professional. He understands more and more the duties of the Executive Secretary.

The rest of the Executive Committee continues to sacrifice and dedicate itself to making each convention outstanding. Thank you to all members of the Committee.

I attended a high school football recently and noted that during an intense moment a member of the coaching staff was "ragging" on officials. I thought, "This is exactly what we want to avoid." Pete Moe makes a very important point regarding officials and a coach's treatment of the official. We need to become more cognizant of this problem or it will become a crisis.

Another group of people who are very instrumental year after year in the administration of the NDHSCA Coaches Convention are Kathy and Doug Berglund and Scott McPherson. They are there year after year to handle all the details for their respective sport. Obviously, tennis and golf are generally off-site. Because of that we count on them to handle details for A/V equipment, introductions, and payment of speakers. Scott always is the "go-to-guy" in the west while the Berglund's have taken over the role that Chipper Farrell handled for so many years.



Gelaine Orvik

The NDHSCA Executive Committee needs a special commendation for its assistance in the production of the NDHSCA Coaches Convention.

Our Association has been richly blessed with superb leadership over the past four decades.

Executive Secretary (continued from page 4)

Lorell Jungling is the guy that we contact to use school facilities in the West. Lorell is always so cooperative and makes those arrangements for cleaning, opening doors, and janitorial arrangements.

Jim Haussler and Dave Zittleman are the West people who make the "A/V Use" happen. They are always so cooperative and never ask who, what or why. Thanks folks!

Over the past month much has been made locally about a particular coach in Minnesota and his treatment of athletes. Debate rages on topics that include the following:

- When are demands too demanding?
- Who should be supervising the coach?
- Can supervision take place only during team competition?
- Are parents in a position where they can evaluate effectively?
- If a school's administration does not evaluate and control coaches, what alternative do parents and athletes have?

Someone who is much wiser than I once said that in athletics, we have five groups of people involved in competitive situations:

1. Parents
2. Athletes
3. Officials
4. Coaches
5. Administrators

Parents need to parent; athletes need to compete; officials need to officiate; coaches need to coach; and administrators need to administer. Whenever any of the five try to do more than one duty, the result is usually irreversible problems.

In the situation that I refer, I am certain that too many individuals or groups are trying to step outside and perform other's tasks. That is not to say that some people are not doing their individual tasks. However trying to rewrite the tasks and objectives for someone else is hardly the direction for a successful end.

A second issue that has caused a stir is the resignation of a football coach when allegations were made that the coach used inappropriate language before a game, during a game, and/or during halftime of a game. Now, I was not present and do not have specific information on the incident; however, we as professionals must always carry ourselves through the fray and animation with a calmness and professional demeanor that will never detract from our character. We need to gather our most professional behavior to maintain our duties and responsibilities to teach our student/athletes throughout every minute.

The NHSACA National Coach of the Year forms have been sent to the North Dakota Nominees. The NDHSCA Executive Committee evaluates and ponders suggestions each year to determine the most viable candidate for the national award. Thank you to the NDHSCA

Executive Committee for its hard deliberation and conscientious considerations on this task.

The NDHSCA Advisory Committees have been sent letters to confirm appointments. Note the Advisory Committee list in the *Dakota Coach* on pages 9 & 10. Each committee must prepare for important recommendations to NDHSAA. If any coach has a suggestion for the Advisory Committee, please contact them directly.

The NDHSCA Executive Committee will hold its fall meeting in November on Sunday, November 8th. If anyone has a topic or item for the agenda, contact the NDHSCA Office as soon as possible. We promise deal with any and all topics that are submitted by our membership.

Every NDHSCA member needs to make a concerted effort to say thank you to Pat Weber and his staff from Universal Athletics for their generosity in providing the taco bar and refreshments on Wednesday night of our convention. The "horse races" were great entertainment and very competitive. Thank you, Pat! From NDHSCA, the Executive Committee and myself, personally! ☐

The NDHSCA Executive Committee will hold its fall meeting on Sunday, November 8. You may submit a topic or item for the agenda.



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NDHSCA Liability Insurance (continued from page 1)

You will note the participant accident request form is also available on the website.

The website also notes a valuable offer to coaches who run camps in the summer. The additional coverage for camp is there for the requesting. An additional premium is required to cover additional coaches.

In the event of a liability claim, or if you should have additional questions, please contact the NDHSCA office for further discussion.

□

Limits of the policy include:

\$1,000,000 for each occurrence

\$1,000,000 general aggregate limit per member

\$1,000,000 product/completed operations

\$1,000,000 personal & advertising injury

\$50,000 fire damage

Excluded medical payments

Today, most coaches are involved in some type of sports camp.

The general liability program follows all members while he or she work at camps and/or conduct his or her own personal camp.

In addition, participant/accident coverage is available that will cover coaches and/or participants.

Should an accident occur during a camp, clinic or event, this secondary coverage could help offset the loss suffered by families affected by such accidents.

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.

Greg Bischoff	Allard Trophy Company	108 East Main Street	Valley City, ND
Dave Gress	Daktronics	331 32nd Avenue	Brookings, SD
Andy Jordan	Gerrells' Sports Center	415 4th Street	Devils Lake, ND
Brian Kramer	Midwest Fieldturf	22 South Main Street	Dennison, IA
Jerry Martinson	Marcil Technologies	3003 32nd Ave. S. Suite 210	Fargo, ND
Tom Piche	Greg Larson Sports	1300 Highway 210 West	Brainerd, MN
Brad Westrum	Gerrells' Sports Center	1004 South Washington	Grand Forks, ND



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President's Message

(continued from page 3)

that sucks all the enjoyment of officiating from young officials very early in their careers. We also know that our athletes and our fans will often respond to an official's call by our response on the sideline.

We need to keep young officials in the game if we want to keep North Dakota high school sports as we know them. As coaches, let's take the lead to head off this looming crisis.

Pete Moe

Washburn HS

Coaches Convention (continued from page 1)

The superb presentations and speakers were obviously the highlight of the week. Dave Thorson, DeLasalle (MN) HS, and Ben Jacobson, UNI, basketball speakers were stunning. Over 95 coaches attended the second presentation by Thorson. The four presentations by the two North Dakota products average 83 per session.

Three coaches from Black Hills State; Spearfish, SD made awesome presentations. All three (FB, BB, and VB) were marvelous and received extraordinary accolades. The two young offensive coordinators from NDSU and UND football (Brent Vigen and Greg Breitbach, respectively) exhibited a knowledge and ability far beyond their age.

Jay Dawes from the National Strength Coaches superbly presented strength and speed development concepts in the seminar segment. He was very agreeable to add to his presentations after he arrived when we did not have a nutrition presentation. We have already contracted him for next year.

Although I know that people are often kind and reserve complaints and negative reaction to convention hosts, absolutely no negative comments were heard or received. We have many to thank for that. We promise to be persistent to repeat the quality for next year.

□



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Mark Your Calendar!

NDHSCA 2010 Convention Dates

Tuesday, July 27 through Friday, July 30, 2010
Fargo Doublewood Inn



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NDHSCA Coach Of The Year Nominees *(continued from page 1)*

The NHSACA National COTY Nominee Roster from North Dakota is as follows:

Athletic Director:	Jim Haussler; Bismarck HS
Baseball:	Brian Midthun; Enderlin HS
Boys' Basketball:	Steve Miller; Bismarck HS
Girls' Basketball:	Greg Amundson; Mandan HS
Boys' Cross-Country:	Darrell Anderson; Bismarck HS
Girls' Cross-Country:	Scott Reichenberger; Bismarck HS
Football:	Pete Moe; Washburn HS
Golf:	Darrell Berglund; Hazen HS
Boys' Soccer:	Dean Hashbarger; Fargo South HS
Girls' Soccer:	Michael Breker; Fargo South HS
Softball:	Patrick Johnson; West Fargo HS
Special Sports:	Kent Van Ells; Dickinson HS
Swimming & Diving:	Marney Shirley; Jamestown HS
Tennis:	Tim Wynne; Red River HS
Boys' Track & Field:	Bob Zimney; Red River HS
Girls' Track & Field:	Mike Kuhn; Mandan HS
Volleyball:	Tim Wallstrum; Kenmare HS
Wrestling:	Lynn Forde; Fargo South HS
Girls' Assistant COTY:	Tim Delmore; Red River HS
Boys' Assistant COTY:	John Marsh; Fargo South HS

The NHSACA National Awards Banquet will be held at the Best Western Ramkota Hotel in Sioux Falls, SD on Wednesday, June 23, 2010 in conjunction with the NHSACA National Coaches Annual Meeting.

□



National Coaches Convention

June 19 - 20, 2010

Sioux Falls, South Dakota

Mark Your Calendar



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NDHSCA Sports Advisory Committees

SPORT	REPRESENTATION	TERM
<u>BASEBALL:</u>		
Justin Fletschock; Central Cass HS	B Division East Representative	2007-2010
Pete Dobitz; Dickinson HS	A Division West Representative	2008-2011
Dave Silbernagel; Kidder County (Steele) HS	B Division West Representative	2009-2012
Joel Swanson; Fargo Shanley HS	A Division East Representative	2009-2013
<u>BASKETBALL – Boys':</u>		
Elliot Rotvold; Hillsboro HS	B Division Representative	2007-2010
Jason Gregory; Grand Forks Red River HS	At Large Representative	2008-2011
Dean Winczewski; Minot HS	A Division Representative	2009-2012
<u>BASKETBALL – Girls':</u>		
Greg Jung; Dickinson HS	A Division Representative	2007-2010
_____open	B Division Representative	2008-2011
_____open	At Large Representative	2009-2012
<u>CHEERLEADING:</u>		
Kristen Allard; St. John HS	B Division Representative	2006-2010
Billie Ann Caya; Bismarck HS	At Large Representative	2008-2011
Luann Burris; Grand Forks Central HS	A Division Representative	2009-2012
<u>CROSS COUNTRY:</u>		
Brian Anderson; New Town HS	B Division Girls' Representative	2005-2009
Scott Reichenberger; Bismarck HS	A Division Girls' Representative	2006-2010
Rick Henry; Larimore HS	B Division Boys' Representative	2007-2011
Brad Lies; Bismarck Century HS	A Division Boys' Representative	2008-2012
<u>FOOTBALL:</u>		
Randy Vigen; Central Valley HS	Nine Man Representative	2006-2010
Brad Sandy; Harvey HS	A Division Representative	2007-2011
Randy Gordon; Dickinson Trinity HS	AA Division Representative	2008-2012
Kelly Kalina; Fargo North HS	AAA Division Representative	2009-2013
<u>GOLF:</u>		
Steve Kennedy; Fargo South HS	A Division Boys' Representative	2006-2010
SueAnn Tanahill; Grand Forks Red River HS	A Division Girls' Representative	2007-2011
Vicki Soholt; May/Port-C/G HS	B Division Boys' Representative	2008-2012
LeRoy Bettenhausen; Watford City HS	B Division Girls' Representative	2009-2013
<u>GYMNASTICS:</u>		
Curt Sherbrooke; Bismarck Schools	West Representative	2004-2007
Pam Tweten; Minot HS	At Large Representative	2005-2008
Kari Riendeau; Grand Forks Schools	East Representative	2009-2012
Mike Merritt; Fargo North HS	Secretary	1998-2005
<u>HOCKEY:</u>		
Patrick Johnson; West Fargo HS	Girls' East Representative	2006-2010
_____open	Girls' East Representative	2007-2011
Dave Hoff; Bottineau HS	Boys' West Representative	2008-2012
Tony Bina; Grand Forks Central HS	Boys' East Representative	2009-2013
<u>SOCCER:</u>		
Cordell Sinding; Fargo North HS	Girls' East Representative	2007-2010
Matt Pfau; Minot HS	Boys' West Representative	2008-2011
Sarah McNulty; Bismarck Century HS	At Large Representative	2009-2012
<u>SOFTBALL:</u>		
Mike Bisenius; Grand Forks Red River HS	East Representative	2008-2010
Bill Butterfield; Dickinson HS	West Representative	2009-2011
Neva Hamre; Enderlin HS	B Division Representative	2008-2012

(continued on next page)

NDHSCA Sports Advisory Committees (continued from page 9)

SWIMMING & DIVING:

Anne Retzlaff; Wahpeton HS	Girls' Representative	2007-2010
Brent Newman; Grand Forks Schools	Boys' Representative	2008-2011
Marcia Dahl; West Fargo HS	At Large Representative	2009-2012

TENNIS:

Scott McPherson; Bismarck Century HS	Girls' Representative	2007-2010
Chad Anderson; West Fargo HS	At Large Representative	2008-2011
Greg LaDouceur; Grand Forks Red River HS	Boys' Representative	2009-2012

TRACK & FIELD – Boys':

Michelle Orth; Wyndmere HS	B Division East Representative	2006-2010
Paul Lean; Fargo South HS	A Division East Representative	2007-2011
Scott Grochow; Rugby HS	B Division West Representative	2008-2012
Tim Jacobsen; Bismarck Century HS	A Division West Representative	2009-2013

TRACK & FIELD – Girls':

Bobby Hoffner; Benson County HS	B Division East Representative	2006-2010
Lisa Svaleson; Fargo South HS	A Division East Representative	2007-2011
Greg Brown; Watford City HS	B Division West Representative	2008-2012
Nick Walker; Bismarck Century HS	A Division West Representative	2009-2013

VOLLEYBALL:

Lisa Strand; Thompson HS	At Large Representative	2007-2010
Patty Luetzen-Schwarz; Minot HS	A Division Representative	2008-2011
Brian Filibeck; Richardton-Taylor HS	B Division Representative	2009-2012

WRESTLING:

_____ open	B Division Representative	2007-2010
Travis Lemar; Central Cass HS	B Division President	2007-2010
Scott Knowlen; Bismarck HS	A Division President	2006-2009

□

NOTICE that we have vacancies in the *Girls' Basketball (2)*, *Hockey* and the *Wrestling (2)* Committees.

We welcome applications at any time. Find Application form on the website.

Appointments will be confirmed at the November NDHSCA Executive Committee Meeting.



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

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) _____

Year	Sport
_____	_____
_____	_____
_____	_____

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:

- A. In an invitational meet, the teams that finish below you will count as victories, those that finish above you are losses. Any teams that you tie will count as a win.
- B. Figure out the total number of teams you have competed against and what percentage of those teams were wins and losses.
- C. Take the percentage of wins/losses from above and multiply it against the number of meets you participated in to arrive at your won/loss record for the season.
- D. If this is not a whole number, victories will always be rounded down and losses will be rounded up. (Obviously, if your team has participated in ten meets during the year, your wins plus losses should equal ten.)

Sport	Cat. 1	Cat. 2	Cat. 3	Cat. 4	Cat. 5
Baseball	75	150	225	300	375
Basketball	100	200	300	400	500
Cross Country	50	100	150	200	250
Football	50	100	150	200	250
Golf	45	90	135	180	225
Gymnastics	45	90	135	180	225
Hockey	100	200	300	400	500

Sport	Cat. 1	Cat. 2	Cat. 3	Cat. 4	Cat. 5
Soccer	100	200	300	400	500
Softball	75	150	225	300	375
Swimming	50	100	150	200	250
Tennis	50	100	150	200	250
Track/Field	50	100	150	200	250
Volleyball	150	300	450	600	750
Wrestling	75	150	225	300	375

- Only meets in which three or more schools participate will count as an invitational.
- Schools can still have a dual meet record that would remain the same along with a record for the invitationals they attend.
- It will be up to the individual coaches to determine their records from past years and update wins or revise their victory milestone forms.

Example:

Meet 1	11 teams	7 wins	4 losses
Meet 2	4 teams	0 wins	4 losses
Meet 3	6 teams	6 wins	0 losses
Meet 4	5 teams	4 wins	1 loss
Meet 5	7 teams	5 wins	2 losses
Totals		5 meets	33 teams
		22 wins	11 losses

Winning % equals 22/33 = 67% 5 meets x .67=3.35
 Losing % equals 11/33 = 33% 5 meets x .33 = 1.65
 Your record for the season would be 3 wins and 2 losses for invitationals.

NDHSCA Victory Milestone Record Sheet

Name _____ Date _____ E-Mail _____
 High School _____ Coaching Position _____
 Address _____ City/State/Zip Code _____
 Membership: High School _____ Associate _____ Junior High _____ Life _____

	Year	School	Sport	Varsity	JV	JH	Won/Loss	Overall Record
1.	_____	_____	_____	_____	_____	_____	_____	_____
2.	_____	_____	_____	_____	_____	_____	_____	_____
3.	_____	_____	_____	_____	_____	_____	_____	_____
4.	_____	_____	_____	_____	_____	_____	_____	_____
5.	_____	_____	_____	_____	_____	_____	_____	_____
6.	_____	_____	_____	_____	_____	_____	_____	_____
7.	_____	_____	_____	_____	_____	_____	_____	_____
8.	_____	_____	_____	_____	_____	_____	_____	_____
9.	_____	_____	_____	_____	_____	_____	_____	_____
10.	_____	_____	_____	_____	_____	_____	_____	_____
11.	_____	_____	_____	_____	_____	_____	_____	_____
12.	_____	_____	_____	_____	_____	_____	_____	_____
13.	_____	_____	_____	_____	_____	_____	_____	_____
14.	_____	_____	_____	_____	_____	_____	_____	_____
15.	_____	_____	_____	_____	_____	_____	_____	_____



North Dakota High School Coaches Association

Lifetime Membership Application

To purchase a Lifetime Membership the prospective coach must have been:

An NDHSCA Member for 20 years.

An active high school coach for at least 25 years either in North Dakota 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 _____ Email Address _____

Home Phone _____ Work Phone _____

Home Address _____

City/State/Zip code _____

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

Number of years NDHSCA Member (as of **June 2010**) _____

Fee: \$300 Include the fee with this application.

**Mail fee and application to: Gelaine Orvik
NDHSCA Executive Secretary
3457 26th Avenue South
Fargo, ND 58103**

* * * * *

Lifetime Members are found the next page



North Dakota High School Coaches Association

Paid Lifetime Members

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

<p>Beyer, Ed; Hillsboro HS Brown, Dale; Minot Ryan HS Coleman, Randy; Hazen HS Feeney, Bob; Bismarck HS Gambucci, Serg; Grand Forks Central HS Hennesy, Duane; Grand Forks Central HS Herman, Curt; Dakota Prairie HS Manson, Gene; Minot HS Oskendahl, Rod; Cavalier HS Pederson, Harold; Williston HS Popp, Jerry; Bowman HS Radke, Doyle; Minot HS Rio, Ken; Grand Forks Central HS</p>	<p>Shedon, Jerry; Fargo North HS Skaar, Marvin; Grand Forks HS Stein, Bruce; Hankinson HS Stone, Roger; Dickinson HS Theige, Howard; Minot HS Trondset, Dennis; Langdon HS Tidd, Nancy; Fargo North HS Vinger, Dick; Grand Forks Central HS Wall, Carl; Fargo North HS Wardner, Richard; Dickinson HS West, Terry; Grand Forks Red River HS Workman, Arlan; Lisbon HS</p>
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Lifetime Members

<p>Bilkre, Marcy; Minot HS Farrell, Chipper; Minot HS Kalgaard, Dick; Bismarck Schools</p>	<p>King, Bob; Valley City HS Orvik, Gelaine; Fargo South HS</p>
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The Passing of Common Sense

Adapted from an original column
Written in 1998 by Lori Borgman

Today we mourn the passing of a beloved old friend, Mr. Common Sense. Mr. Sense had been with us for many years. No one knows for sure how old he was since his birth records were long ago lost in bureaucratic red tape.

He will be remembered as having cultivated such valuable lessons as knowing when to come in out of the rain, why the early bird gets the worm and that life isn't always fair. Common Sense lived by simple, sound financial policies (don't spend more than you earn) and reliable parenting strategies (adults, not kids, are in charge).

His health began to rapidly deteriorate when well-intentioned but overbearing regulations were set in place: Reports of a six-year-old boy charged with sexual harassment for kissing a classmate; teens suspended from school for using mouthwash after lunch; and a teacher fired for reprimanding an unruly student. These only worsened his condition.

Mr. Sense declined even further when schools were required to get parental consent to administer aspirin to a student; but, could not inform the parents when a student became pregnant and wanted to have an abortion.

Finally, Common Sense lost the will to live as the Ten Commandments became contraband; churches became businesses; and criminals received better treatment than their victims.

Common Sense finally gave up the ghost after a woman failed to realize that a steaming cup of coffee was hot. She spilled a bit in her lap, and was awarded a huge financial settlement. Common Sense was preceded in death by his parents, Truth and Trust; his wife, Discretion; his daughter, Responsibility; and his son, Reason. He is survived by two stepbrothers; My Rights and Ima Whiner. Not many attended his funeral because so few realized he was gone.

If you still remember him, pass this on; if not, join the majority and do nothing.

□



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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.

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



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