



North Dakota High School Coaches Association Official Publication

DAKOTA COACH

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2010 NDHSCA Convention Plans

Plans for the 2010 NDHSCA Coaches Convention have developed rapidly and will rival the 2009 gathering with outstanding clinic sessions. The NDHSCA Office is confident that the confirmed speaker list has provided our coaches with an awesome collection of presenters. The Convention sessions will be held at the Fargo Doublewood Inn Convention Center July 27th through July 30th. Tennis sessions are scheduled for Courts Plus. Some of the other sport sessions will be held at venues to enable speakers to use courts, tracks, or fields in their presentations.

As of April fifteenth, clinic speakers are nearly complete for basketball, cross-country, football, golf, soccer,

softball, tennis, track & field, volleyball and wrestling. Specific speakers can be viewed on the Association's website, beginning May first.

The NDHSAA Board of Directors directed the staff to begin implementation of online rules clinics for 2010. A trial rules clinic was begun with baseball this spring. Other sports will be added as the 2010-2011 school year begins. Online clinics will be held for cross-country, swimming & diving, soccer, wrestling, track & field and basketball. Therefore, traditional rules interpretation sessions will be held at the convention for football, golf, softball, tennis, volleyball. A round table discussion on rules and the state of sport will be held for

Continued on page 8

2010 NHSACA National COTY Finalists

North Dakota has 17 Coach of the Year Nominee-Finalists being evaluated by the NHSACA National COTY Evaluation Committee. The Committee process has probably been completed, and we all await the results that will be announced at the NHSACA National Awards Banquet on Wednesday, June 23rd at the Ramkota Inn, Sioux Falls, SD.

A brief summary for each Finalist accompanies the recipient starting on page 4.:

- Amundson, Greg – Mandan HS
- Anderson, Darrell – Bismarck HS
- Berglund, Darrell – Hazen HS
- Brecker, Mike – Fargo South HS
- Delmore, Tim – Grand Forks Red River HS
- Hashbarger, Dean – Fargo South HS
- Haussler, James – Bismarck Schools
- Johnson, Patrick – West Fargo HS
- Kuhn, Mike – Minot HS
- Marsh, John – Fargo South HS
- Miller, Steve – Bismarck HS
- Reichenberger, Scott – Bismarck HS
- Shirley, Marney – Jamestown H S
- Van Ells, Kent – Dickenson HS
- Wallstrum, Tim – Kenmare HS
- Wynne, Timothy – Grand Forks Red River HS
- Zimney, Bob – Grand Forks Red River HS

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NDHSCA 2010

Convention Dates

July 27 - July 30

**Fargo
Doublewood Inn**

NDHSCA 2009-2010 Executive Committee



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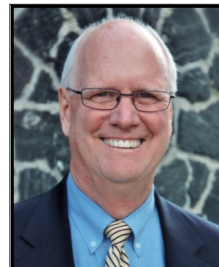
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President's Message - Spring 2010

What a difference a year makes! It's great to see our spring coaches walking around with big smiles on their faces as their seasons have gotten off to fantastic starts with a spring that has for the most part cooperated well with our spring programs. It was just a year ago the entire state was fighting horrendous weather conditions and all our spring coaches were scratching their heads trying to plan yet another indoor practice. I do realize the Good Friday storm knocked down hundreds of power lines in southwestern North Dakota. Coaches and athletes in that region of our state are slowly getting back to normal as their homes and communities regain power. Overall, the spring of 2010 looks to be the first in many years that will allow our spring sports to get a full season of competition.

Coaches' education is moving forward for our state. On April 14th, the NDHSAA Ad Hoc Coaches Education committee met and developed a preliminary plan that was then presented to the NDHSAA Board of Directors on April 20th. The NDHSAA board took no action at that time as they would like to get the proposal out to coaches and school administrators to review. If the NDHSAA board eventually approves the plan, the target for implementation is the 2012 – 2013 school year.

The class our student athletes demonstrate is a direct reflection of the men and women that coach them every day.

I encourage each of you to make plans to attend our summer coaches convention in Fargo in July. It will be held at the Doublewood Inn on July 27 -30. Gelaine is hard at work securing a fantastic lineup of speakers in all our sport areas. I realize that every sport likes to see a big name college coach on the convention schedule, but I can truthfully say that I have consistently gotten more information that I can actually use from other high school coaches that present. Every coach in our state has something to share. I urge all of you to consider presenting at a future convention. It will be an experience you will never forget.

Before I finish, I'd be remiss if I didn't congratulate our winter sports champions and coaches of the year. The championship season from February to mid March with its weekly television coverage attracting state viewership provides an outstanding showcase for what high schools sports are all about. On display for our entire state are coaches that care about kids and are able to bring out the best in them. We consistently see high school athletes demonstrating that they have learned how to handle pressure situations from their coaches. It doesn't matter if it's their play during the game, their demonstration of sportsmanship after the game, or when being interviewed on state wide television, the class that these teens demonstrated is a direct reflection of the



Pete Moe

men and women that coach them every day.

Best of luck to spring sports teams as they approach post season competition.

Pete Moe

Washburn HS
President NDHSCA

NDHSAA PLAN

The committee recommends a Coaching Permit beginning with the 2012-13 fiscal school year.

The standards below would be required for grade 7-12 athletic coaches:

➤ NFHS Fundamentals of coaching class

Continued on page 8



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2010 NHSACA National COTY Finalists (continued from page 1)

James Haussler, Bismarck Schools, has 30 years of experience as an athletic director. He is responsible for three junior high schools and two high schools. Haussler has more than 300 staff members with 5,100 students. The Bismarck Schools' budget is over \$750,000, and that does not include staff salaries. Jim has managed more than 60 state contests. He has been named state Athletic Director of the Year twice and NHSACA Athletic Director of the Year National Finalist twice.

Steve Miller, Bismarck High School, has coached 32 years with 24 years as a head varsity boys' basketball coach. His teams have won 426 contests and five state championships. Steve has assisted with NDHSCA boys' basketball presenters and been a member of the NDHSCA Advisory Committee. He has been recipient of three NDHSCA State Coach of the Year Awards. Miller received the NDAPSSA Coach of the Year Award in 2000. He has coached the NDHSCA-Lions' All-Star basketball game eight times.

Greg Amundson, Mandan High School, has coached for 36 years, with 33 as head girls' basketball coach. He has guided his teams to 569 victories while winning nine state championships, including six consecutively. Greg has assisted NDHSCA in hosting two NHSACA conventions. He has been a member of the NDHSCA Advisory Committee. He has coached the NDHSCA-Lions' All-Star Basketball games 13 times. He has served as state convention clinician six times. Amundson has been named NDHSCA COTY three times and

been a NHSACA COTY Finalist twice previously. NDAPSSA have recognized Greg and his teams on four occasions.

Darrell Anderson, Bismarck High School, has been a varsity boys' Cross Country Head Coach for 30 years. The Demons have won 204 multi-team contests and defeated 2248 teams during his tenure. Darrell served as Finance Chairman of the 1991 NHSACA Convention in Bismarck. He has been a member of the NDHSCA Advisory Committee. Anderson's teams have won six state Cross Country championships. He has been recipient of six NDHSCA State Track & Field COTY Awards. Darrell has been named NDHSCA Cross Country COTY four times. Coach Anderson has been named NHSACA Boys' Track & Field COTY Finalist twice and Cross Country COTY Finalist, once previously.

Scott Reichenberger, Bismarck High School, has coached for 16 years with 11 years as head varsity girls' cross country coach. He has been a member of the NDHSCA Advisory Committee. Coach Reichenberger's teams have defeated 812 teams in his 11 year tenure. Scott's Demons have won two state championships. He has been named Regional COTY four times.

Darrell Berglund, Hazen High School, has been coaching 30 years with 28 years as a head varsity golf coach. His Hazen golf teams have defeated 1653 teams during that tenure. He has been a state tournament manager twice and a member of the NDHSCA golf Advisory Committee for two terms. His Hazen golf teams have won two state championships and finished state Runnerup twice. Darrell has been named NDHSCA State Golf

COTY six times and was named National Federation State Golf COTY in 2005.

Dean Hashbarger, Fargo South High School, has been head varsity boys' soccer coach for eight years. His teams have won 91 matches while winning two state championships. He was named NDHSCA COTY in 2008.

Mike Brecker, Fargo South High School, has coached for five years with two years as a head varsity girls' soccer coach. His teams have won 28 matches. Mike has been a member of the Fargo Schools Coaches Council. His teams have won state championships both seasons while he's been a head coach. Brecher has been a nominee for NDHSCA COTY twice.

Patrick Johnson, West Fargo High School, has coached for 16 years, all as a head varsity girls' softball coach. His teams have won 275 games. He has been president and scheduler for the ND State Club Softball Association for 15 years. Johnson has also been a member of the NDHSCA Advisory Committee. His Packer teams have twelve state championships; last year was the first year NDHSAA sanctioned the sport. Pat has been ND State Club COTY and NDHSCA COTY last year, the first year of eligibility for the award.

Kent Van Ells, Dickinson High School, has coached for 26 years, all as varsity head gymnastics coach. His teams have won 895 contests and four state championships. The Midgets have also been state runner-up

-From the Executive Secretary's Desk

Spring came early and has been a lamb since February 20th! Wow, would you have expected near 70 degree days for spring competition in the last week of March? Nevertheless, be prepared for snow and a possible blizzard by the end of May! Bite my Tongue!

I visited with my friend Paul Kranz recently and he put me onto very important newsworthy topics. Our close personal friend, Jack Lynch, had prostate surgery on April 12th. I visited with Jack last week and he is doing very well.

The surgeon confirms that the surgery was a complete success. As usual Jack's only concern was to have his rehabilitation prepare him for the Northern Sun Conference Track and Field Meet on May 7th & 8th. He needs to see that grandson compete for the Auggies! Our best to you, Jack, and get well soon!

* * * * *

Don Hanson, Mr. Hoopster, had hip replacement in early April, also. He also is recovering very well. He is up and around and plans to attend baseball and other events the week of April 19th! He is up and playing cards (yes, for money with the little old ladies in his complex!) which has to be one of his favorite pastimes---next to high school athletics! Our best to you, Don, and get well soon!

And a special thank you to Paul Kranz for keeping me informed! I need many more such people to keep me up-to-date with all of our current and past members!

* * * * *

Earlier this month I attended the funeral for Mary Thorstad. Marle (Mary's husband) preceded my tenure as head track and field coach at Fargo South HS). I visited with our friend and former NDHSCA President Jerry Sheldon. Jerry is doing well most days and as usual is full of vim and vinegar. We visited about the old days and the present state of affairs of North Dakota athletics. Jerry is a joy to visit because of his positive nature.

* * * * *

Earlier this year during the State Volleyball Tournament, I visited with Jerry Meyer, longtime basketball coach at Kenmare HS, Jamestown HS and Jamestown College. I am certain that he can still stare holes through a referee which can often be more intimidating than all the verbalization in the world. When I asked Jerry how he was doing, he said "very well."

Now that makes four people from North Dakota's coaching history who coached state championships, who were recognized as state Coach of the Year, who have been inducted into the NDHSCA Coaches' Hall of Fame, and/or have been NDHSCA Presidents. We enjoy rubbing shoulders with these coaching legends. Our best to them all!

* * * * *

At our recent NDHSCA Executive Committee, discussion was held relative to our Association Victory Milestones Awards. We have tried to "catch up" with awards for people who have qualified for the first, second and third milestone level, but have never received the first or second level award.

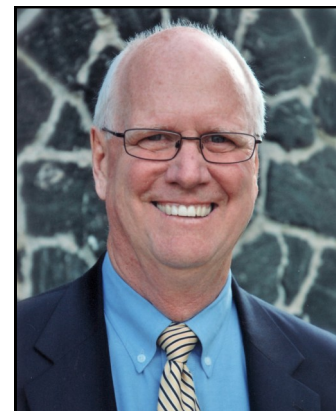
After reviewing the procedure we have been following, the Executive Committee voted to recognize the recipient with an award only for the milestone level that the coach attains during this fiscal year. We will no longer go back and prepare awards for past accomplishments since oftentimes membership may be an issue.

* * * * *

The meetings that have been held by the NDHSAA *Ad Hoc* Committee for Coaching Education Requirements have been very productive. The people representing NDHSAA, NDIAAA, and NDCEL have proven to be focused on making our profession a stronger and more dedicated occupation. President Pete Moe will attend the NDHSAA Board of Directors meeting on April 20th where specific steps in the process will be addressed. Pete will address details of the issue in his Message.

* * * * *

Special recognition and commendations are in order for the NDHSCA Executive Committee. They work passionately to continue to develop our state association into the premier association in the nation. Until people are in the leadership roles and attend such meetings, they do not realize our Association's accomplishments and leadership roles.



Gelaine Orvik

Continued on page 7

Executive Secretary (continued from page 6)

* * * *

The NDHSCA Executive Committee voted unanimously to include Gelaine Orvik Scholarship Fund contribution opportunity on every registration form that is available for members. As we have referenced in recent commentaries, we are preparing to contribute to a scholarship opportunity to prepare coaches to take the necessary step for our profession. Certainly our profession wants to continue its strong strides into our professional development.

* * * *

Last issue I made the following statement: *Note that the All-State teams are posted on the NDHSCA website. Every roster is posted with the intent to include exactly the same information for each sport. The NDHSCA-POWERade Outstanding Senior Athlete of each sport and the NDHSCA Coach of the Year are also included in the roster. Only cross-country rosters are not included in the All-State listing.*

I want to add to that statement that we are posting the NDHSCA All Star Team Rosters also. We are making every attempt to include identical information for each roster to make sure we treat each sport the same. We are making every attempt to have every roster printed on Association stationery to add color to the website appearance.

* * * *

We have a committee working on our website. We have made significant strides to identify and purchase our domain. We certainly hope to make our website attractive and productive. Of course the website is only as useful, pragmatic, and productive as the webmaster. We hope that role will be defined and addressed soon.

* * * *

We have moved into a new and high level accomplishment. At the time of writing this column, NDHSCA Membership numbers 1028 paid members for this fiscal year. We also have 79 Paid Lifetime Members on our roster---that includes 45 Active Lifetime Members. This is an Association Paid Membership record since I have become involved as Executive Secretary. I still anticipate memberships before May first from spring season coaches. An odd development has become apparent regarding membership time phase. Membership phase is the same as a school year's fiscal year---July 1st through June 30th. Regardless of when one joins or pays membership fee, the next year's membership is due July first.

The best to each of you as you prepare for the end of the year. We hope every member will attend the 2010 convention. Each of us---as veterans---has the responsibility of informing new coaches of the convention and assisting them in any way we can to carve their trek to join their cohorts and opponents. See you in July! Our next *Dakota Coach* will be on line by July first! Check the website regularly for our speaker list and updates of their acceptance to participate in our convention. Begin preparation for the 2010 NDHSCA Coaches Convention: July 27th-30th!

□

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NDHSCA Gelaine Orvik Scholarship Fund



The North Dakota High School Coaches Association has decided to provide a “**Gelaine Orvik Scholarship.**” The idea of this scholarship was brought to the NDHSCA Executive Board at the 2008 State Convention by Joe Howell. Gelaine Orvik is known as the Executive Secretary of the NDHSCA. He has also held this position on the National level. Gelaine has touched thousands of lives through his tireless effort and enthusiasm not only for we the coaches, but more importantly for student athletes. He is an outstanding role model, mentor, coach, teacher, person, and friend.

This scholarship will commemorate what Mr. Orvik has long stood for, helping students through scholarship. We would like to establish this fund so it will last a long time. In order to do this we are asking for donations. Any donation, no matter how big or small will assist us in accomplishing this goal.

Please feel free to give this information to a past member of the NDHSCA, or someone else you feel would be willing to contribute towards this scholarship. **Remember this donation is tax deductible. Please make checks payable to NDHSCA Gelaine Orvik Scholarship Fund.**

Please Print

Person Donating _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Work Phone _____ Cell Phone _____

E-mail Address _____

Amount of Donation _____ Date _____

Thank you for your generous offer!

PLEASE RETURN THIS FORM AND DONATION TO:

NDHSCA Office
3457 26th Avenue South
Fargo, ND 58103

PLEASE DETACH THIS BOTTOM PORTION FOR YOUR TAX RECORDS

NDHSCA Gelaine Orvik Scholarship Fund

Person Donating _____

Amount of Donation _____ Date _____

2010 NDHSCA Convention Plans (continued from page 1)

basketball, cross-country, swimming & diving, soccer and wrestling.

In addition to the rules interpretation clinics, the sports' round tables, Brenda Shell will present several sessions to lead coaches through accessing online rules clinics through MVP. This will also be another opportunity for coaches to learn about MVP.

For the third year, Pat Weber and staff from Universal Athletics will sponsor the social on Wednesday night. Last year they introduced our coaches to an interesting and exciting race program. The golf scramble results will be shared with the prizes for appropriate scramble contests. This proved to be an unbelievable event last year. Universal Athletics has offered to provide a percentage of the prize to the Gelaine Orvik Scholarship Fund

Pat informed NDHSCA that Universal Athletics was planning for 200 coaches to attend the social. The attending coaches far exceeded the plans. With a taco bar and beverages provided by Universal Athletics, the coaches were very happy to attend. The afternoon golf scramble will be held at the Rose Creek Golf Course in south Fargo. Only seventy spots exist for the scramble and obviously, those who pay early and register at the golf desk on Wednesday morning first, receive tee times.

The Banquet is held on Thursday evening with the Coach of the Year awards, Assistant Coach of the Year awards, Junior High School Coach of the Year awards, Scholarships, Awards of Merit, Special Recognition awards and Hall of Fame Plaques and rings being presented. This is one of the most prestigious evenings of our Association's activities.

The speaker and topic schedule will be entered on the website on May first. Additional speakers and topics will be added to the schedule as speakers confirm their topics.

All coaches are urged to register and register early. NDHSCA has not sent confirmation of mailings in the past and plan to continue that procedure. A receipt will be attached to each registration. Since registration includes \$1,000,000 liability insurance, coaches are urged to request financial assistance from their school. Please contact Gelaine Orvik if you have any questions. Home and cell phone numbers as well as email address are found on page two of the *Dakota Coach*. The NDHSCA website is www.fargo.k12.nd.us/ndhsca. Plan now to attend! And register early!

President's Message

NDHSAA Plan (continued from page 3)

➤ First Aid and Safety (If completed after the 2007-08 fiscal school year, it will satisfy the requirement for the first Coaching Permit certificates beginning in 2012-13)

➤ Maintain current CPR Certification

Renewal, Coaches must renew:

➤ Every 5-years 8 approved contact class hours will be required

➤ Verification of approved contact hours must be provided

Temporary Emergency Permit:

➤ The Temporary Emergency Permit will be valid for the fiscal school year in which the permit is issued and may be re-issued only once

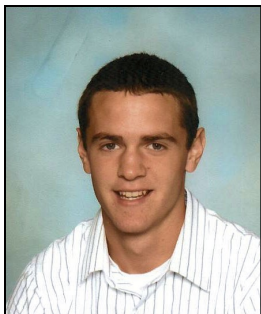
➤ A school administrator must request the Temporary Emergency Permit by submitting the appropriate form (form to be developed) ☐



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NDHSCA/Burger King Scholarships 2010



Grinsteinner



Haugen



Michaelson



Opp

The NDHSCA Executive Committee selected the recipients for the NDHSCA Scholarships at its recent meeting.

- **Aaron Grinsteinner**, Dickinson Trinity HS, who plans to attend Notre Dame University.
- **Melanie Haugen**, North Star HS, who plans to attend the University of North Dakota.
- **Megan Michaelson**, Dickinson HS, who plans to attend NDSU.
- **Allison Opp**, Hazen HS, who plans to attend the University of Mary will each receive a \$500.00 scholarship from NDHSCA and Burger King of North Dakota.

The scholarships will be presented to each student/athlete at the Annual NDHSCA Hall of Fame and COTY Banquet at the Fargo Doublewood Inn Conference Center on Thursday, July 29th. The four student-athletes collectively earned 46 athletic letters, 22 activity letters, and ACT scores averaged 26.25. The recipients ranked first, sixth, first and eighth respectively in the graduate's school's class rank.

Aaron Grinsteinner will graduate from Dickinson Trinity High School with a 4.0 Grade Point Average (GPA). He scored 32 on his ACT test. He earned 12 athletic letters in three sports of basketball, football and track & field. He was a team leader in basketball and football.

Aaron is the son of Gregg and Carol Grinsteinner.

Melanie Haugen is the daughter of Bryan and Lavonne Haugen. She has a 3.77 Grade Point Average (GPA). Melanie has earned 13 athletic letters in the sports of basketball (statistician), football (statistician), golf, and volleyball. She was a team leader in volleyball. Melanie also earned four letters in band, chorus, drama, student government and publications. She was a four year member of the local SADD Chapter and a member of National Honor Society.

Megan Michaelson is the daughter of Dave and Shelly Michaelson. She holds a 4.0+ (by virtue of Advanced Placement Courses) Grade Point Average (GPA) and ranks first in her class of 215. She earned 12 letters in the sports of basketball, track & field, and volleyball. Megan was a team leader in volleyball.

She is a member of National Honor Society, Close-Up, FBLA (Vice President in 2009 and Secretary in 2010), Friends of Rachel Club, FCA, Student Council, Medical Explorer's Club, and Best Friends Mentoring Program. Megan was a nominee for the NDHSCA "Most Distinguished Student" Award in 2009.

Allison Opp participated in basketball (5 years), track & field (6 years) and volleyball. She was considered a team leader by performance in basketball, track & field and volleyball. Allison was selected to participate in the NDHSCA-Lions' All-Star Basketball and NDHSCA-Optimist's All-Star Volleyball. She opted to participate in volleyball.

Continued on next page (12)



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2010 NHSACA National COTY Finalists (continued from page 4)

twice. Van Ells has served on the State Gymnastics Coaches Board for 15 years and been president of the group for five years. Kent has been recipient of the NDHSCA COTY Award three times. He was named National Federation state COTY in 2003.

Marney Shirley, Jamestown High School, has coached for 40 years with all 40 years as a head varsity swimming & diving coach. Her teams have won 1159 contests and finished runner-up once. Marney has been All State and Academic All State Chair since 1982. She has served as NDHSCA Advisory Committee for six teams. She has been NISCA state delegate and NISCA zone director. Coach Shirley served as NISCA All America chair for 15 years, NISCA Academic All America chair for 17 years, and NISCA Scholar Team chair for 15 years. She has also served as NDHSCA All-State Coaches' Meeting organizer/chair for 15 years. Marney has been inducted into the NDHSCA Hall of Fame and the NISCA Hall of Fame. She was nominated for the NISA Collegiate Scholastic Award. She has received four NDHSCA Longevity Awards and been named NDHSCA State Swimming & Diving COTY seven times. Marney has been a Finalist for NHSACA Swimming & Diving COTY twice.

Timothy Wynne, Grand Forks Red River High School, has coached for 13 years, with 8 years as head varsity girls' tennis coach. Wynne's Red River Roughriders have won 186 contests and 8 consecutive state championships. He has been a tennis director, boys' tennis state referee, and tennis Association Board member. Wynne has been nominated as Regional COTY every year he has been a head coach and was recipient of the NDHSCA State COTY last year.

Bob Zimney, Grand Forks Red River High School, has coached for 35 years with 32 as head varsity boys' track & field coach. His teams have beaten 2997 teams during that tenure. He has also guided the Riders to two state championships and three runner-up titles. He has been NDHSCA President and spent five years on the NDHSCA Executive Committee. He has also served three terms on the NDHSCA boys' track & field Advisory Committee. Zimney has been named NDHSCA boys' track & field COTY four times. He has also been named NHSACA National COTY Finalist three times. He has been a head coach and an assistant coach for the NDHSCA All-Star Track & Field Meet.

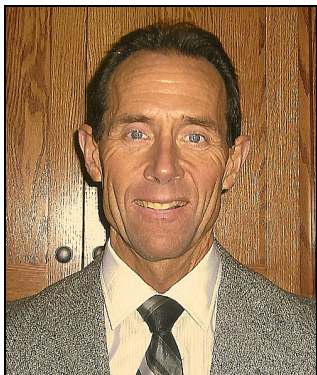
Mike Kuhn, Minot High School, has 30 years of coaching experience with all of them at Mandan as head varsity girls' track & field coach. He has guided the Braves to 295 meet championships, two state meet championships and eight state meet runner-up titles. Mike has served on NDHSCA girls' track & field Advisory Committees and been a convention clinician for NDHSCA five times. Kuhn has been recipient of 11 NDHSCA State girls' track & field COTY Awards. He was a NDHSCA All-Star Track & Field Coach twice and his team was recipient of the NDAPSSA Award. He has been NHSACA girls' track & field National COTY Award recipient three previous times. He has also been inducted into the NDHSCA Coaches Hall of Fame.

Tim Wallstrum, Kenmare High School, has coached for 27 years and been head varsity volleyball coach for 22 years. He has led his team to 577 victories a state volleyball championship, and three state volleyball runner-up titles. Tim has served as Region 6 Representative for 15 years, as the West All-Star Coach twice and on the NDHSCA volleyball Advisory Committee. He has also been a clinician for the NDHSCA Coaches Convention three times. Wallstrum has been named NDHSCA state volleyball COTY twice and Region 6 COTY nominee eight times.

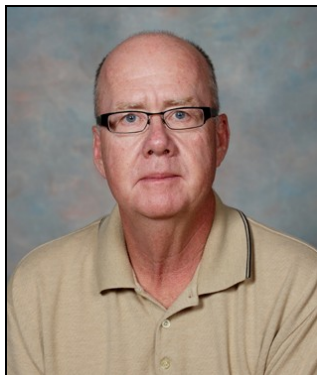
Tim Delmore, Grand Forks Red River High School, has coached for 33 years and been an assistant track & field coach every year. His responsibility includes designing and implementing workouts for Grand Forks track & field high jumpers and horizontal jumpers. He also has a major responsibility for athlete motivation. He has served as a board member for the Grand Forks Schools Advisory Board. As an assistant track & field coach, Delmore has helped his teams to four state meet championships and four state meet runner-up titles. Tim has been named NDHSCA Assistant COTY twice. Tim was awarded the 2007 ND Star Teacher of the Year by the US Department of Education.

John Marsh, Fargo South High School, has coached for 36 years and been an assistant track & field coach at Fargo South High School for 34 years. His responsibilities as an assistant coach have included coaching all aspects of sprinting and relay exchanges. He has also been responsible for training sprint technique for horizontal & vertical jumpers

2009-2010 NDHSCA Junior High and Assistant Coach of the Year



Richardson



Long



Lardy



Miller

The North Dakota High School Coaches Association announces the Junior High Coach of the Year and Assistant Coach of the year for the Fall and Winter Season 2009-2010. The awards will be presented during the North Dakota High School Coaches Association Hall of Fame and Coach of the Year Banquet to be held at the Fargo Doublewood Inn Convention Center on Thursday, July 29, 2010.

Junior High Coach of the Year (Fall Season 2009)

Kevin Richardson of Mandan Middle School is the winner of the 2009 Fall Junior High Coach of the Year Award. Kevin has been the Junior High Boys' and Girls' Cross Country Coach at Mandan Middle School for 5 years. He has also coached boys' basketball, girls' basketball, and girls' track and field. He coached six girls at the State Middle School Track Meet in 2009. Kevin assists the high school coaches with Mandan's home meets. He recruits and trains both girls and boys in the seventh and eighth grade for the cross country program. His main concern is to develop runners for the high school. Kevin was named the Western Dakota Association Girls' Cross Country Coach of the Year in 2005. Kevin volunteers to work at the North Dakota State High School Track and Field Meet. He is a timer at all Mandan High School Track and Field Meets. Kevin also runs clock or keeps the official book at home varsity basketball games in Mandan.

Assistant Coach of the Year (Fall Season 2009)

Scott Miller of Dickinson High School is the winner of the 2009 Fall Assistant Coach of the Year Award. He has been an Assistant Volleyball Coach at Dickinson High School for 16 years. Scott has also coached Basketball, Baseball, and Track and Field. Scott works with the Middle Hitters, diagnoses opponent's defenses during matches and calls the blocking schemes. He has coached 2 All-State Competitors. His win-loss record is 168-128. He is a member of the Hillside Baptist Church and NAPHERD. He also coaches volleyball and basketball camps during the summer months. Scott is the head coach of Legion Baseball in Dickinson. Scott and his wife Maria have two children, Beau and Molly.

Junior High Coach of the Year (Winter Season 2009-2010)

Mark Lardy of Wachter Middle School in Bismarck is the winner of the 2009-2010 Winter Junior High Coach of the Year Award. He has been the Junior High Wrestling Coach at Wachter Middle School for 8 years. Mark is in charge of instructing technique and organizing the Junior High program at Wachter Middle School. He helps organize and run the Bismarck Middle School Wrestling Tournament and runs All-City Duals at Wachter every year. Mark has coached 10 Middle School State Champions and 4

Continued on next page (12)



**Sponsor of the
Outstanding
Senior Athlete Awards**



2009-2010 NDHSCA Junior High and Assistant Coach of the Year (continued from page 11)

wrestlers have gone on to be state champions at the high school level. Mark has also coached football and track and field. He is also Wachter Middle School's Athletic Director. Mark and his wife Susan have 2 children, Abby and Carson, with another on the way in May.

Assistant Coach of the Year (Winter Season 2009-2010)

Larry Long of Velva High School is the winner of the 2009-2010 Winter Assistant Coach of the Year Award. He has been the Assistant Girls' Basketball Coach in Velva for the last 12 years. Larry has 36

years of coaching experience. He helps prepare practice schedules and helps carry our drills during practice. Larry also helps with scouting up-coming opponents. He prepares the scout team for practices against the varsity squad. Larry takes care of injuries, makes sure all the material needed for games is ready to go, and lines up the transportation. Larry has a career record in Velva of 151 wins and 28 losses. He has coached 5 All-State competitors in Basketball. Larry has also coached boys' basketball, golf, and volleyball. Larry and his wife Becky have 4 children, Jennifer, Jackson, Quinn, and Zach. ☐

2010 NHSACA National COTY Finalists (continued from page 10)

and pole vaulters. He prepares sprinters' weekly training schedules and develops the teams' core concept of relays. He assigns athlete participation and runner order for relays. He also assists with development and maintenance of athlete conduct and behavior. Marsh maintains a classroom attendance record for all athletes. John is a lifetime member of NDHSCA and a committee member for the Fargo South HS Hall of Fame Selection Committee. He has served as a convention clinician for NDHSCA, Sodak, NDSU and area camps. He has assisted his team to eight track & field state meet championships and four state meet

runner-up titles. Coach Marsh has been recognized as NDHSCA Assistant COTY; he has also been NDHSCA-Shrine football All-Star Coach twice. At one time every state track & field meet sprint relay record was held by Marsh coached athletes.

Tickets for the NHSACA National Awards Banquet can be ordered from Jerome Garry at 507-696-7793 or Jerome.garry@charter.net. Registration forms (that include banquet ticket order forms) can also be found on the NHSACA Website hscoaches.org. ☐

NDHSCA/Burger King Scholarships (continued from page 9)

Allison was a member of FBLA, National Honor Society. She was All State in volleyball (twice) and basketball (twice). She was recipient of NDHSCA-POWERade Outstanding Senior Athlete in Volleyball. She is two-time State Triple Jump champion. She was first place finisher at State FBLA in Desktop Publishing.

Allison earned a 3.82 Grade Point Average (GPA) and ranks 8th in a class of 61. She scored 25 on her ACT test.

Allison is the daughter of Leland and Jennifer Opp.

Each of the four recipients will receive a \$500.00 scholarship from John Walsh and Burger King of North Dakota at the July 30th NDHSCA Coach of the Year and Hall of Fame Banquet in Fargo at the Doublewood Inn Conference Center.

☐



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





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.

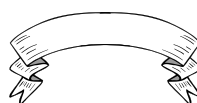


The NDHSCA is here to serve. Always feel free to contact any officer or the Executive Director with a problem, suggestion, or complaint. Knowing the needs of coaches makes it possible for the NDHSCA to serve you better.

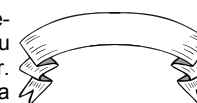
Membership deadlines: Fall-October 1 Winter-February 1 Spring-May 1

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

Membership Registration 2010-2011

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 **2009-2010** record. In the third column, write your **lifetime** record for that sport. Records will be maintained as much as you provide information for Victory Milestones. **If you qualify for a Victory Milestone Award, you are expected to notify NDHSCA with a full listing of your record in that sport.**

| | A | 09-10 record | lifetime record | | A | 09-10 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 | — | — | — |

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 '11) _____

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

____ I would like to donate to the Gelaine Orvik Scholarship Fund (Donation is tax deductible). Increase check with the appropriate amount.

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

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- 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.



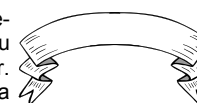
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NDHSCA Victory Milestones



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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.

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- 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 |

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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



2010 NDHSCA/NDHSAA COACHES CONVENTION

Doublewood Inn Conference Center, Fargo, ND

July 27-30, 2010

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 7/19) - 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 19th.

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 27) and Sports' Clinic Sessions (July 28-30)** **\$130.00**
- 3. COLLEGE CREDIT:** Registration for **TWO (2)** NDSU Semester Credits; **Special Topics Seminar (July 27) and Sports' Clinic Sessions (July 28-30)** **\$130.00**
- 4. COLLEGE CREDIT:** Registration for **TWO (2)** NDSU Semester Credits; **Speed, Strength & Conditioning Seminar (July 27) and Sports' Clinic Sessions (July 28-30)** **\$130.00**
- 5. COLLEGE CREDIT:** Registration for **ONE (1)** NDSU Semester Credits; **Sports' Clinic Sessions (July 28-31)** **\$65.00**

ADDITIONAL FEES:

- Golf Tournament (scramble) (07/29/09)@ \$75.00 **\$75.00**
- Extra **NDHSCA** Hall of Fame/Coach of the Year Banquet (7/29/10) Tickets.....@ \$25.00 **\$25.00**
- Additional NDHSCA** Memberships.....@ \$55.00 **\$55.00**
- Lifetime NDHSCA** Memberships.....@ \$300.00 **\$300.00**
- Gelaine Orvik Scholarship Fund** donation \$ _____ **\$ _____**

CHECKS PAYABLE TO NDHSCA;

TOTAL _____

MAIL REGISTRATION WITH FEE TO:

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

NO CREDIT CARDS ACCEPTED

Do not separate top from bottom

NDHSCA MEMBER REGISTRATION -- REMAINDER OF FORM MUST BE COMPLETED

**North Dakota High School Coaches Association
Membership Registration 20010-2011**

| | |
|-------------|-------|
| High School | _____ |
| Junior High | _____ |
| College | _____ |
| Life | _____ |
| Associate | _____ |
| Cheer Coach | _____ |

Please Print!

Name _____ Cell # _____
School _____ E-Mail _____
Home Phone _____ Work Phone _____
Home Address _____
City/State/Zip Code _____

In the A column, write H (head coach) or A (assistant coach) for the appropriate sport(s). In the second column, write your **2009-2010** record. In the third column, write your **lifetime** record for that sport. Records will be maintained as much as you provide information for Victory Milestones. If you qualify for a Victory Milestones award, you are expected to notify NDHSCA with a full listing of your record in that sport.

| SPORT | A | 09-10 record | lifetime record | SPORT | A | 09-10 record | lifetime 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 | ___ | ___ | ___ |

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

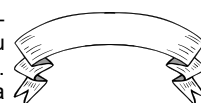
Number of years coaching completed (as of June 2011) _____

Return Membership ONLY Application To: **Karen Hardie, 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. | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ |

2010 NDHSCA-Shrine All-Star Football

9-Man East Roster

| <u>Name</u> | <u>School</u> | <u>High School Head Coach</u> |
|----------------------|----------------------------|-------------------------------|
| Brett Allmaras | New Rockford-Sheyenne HS | Elliott Belquist |
| Dwight Anderson | Hankinson | Jason Monilaws |
| Josiah Bennett | Clearbrook-Gonvick, MN | Casey Kroulik |
| Cody Buskohl | Wyndmere-Lidgerwood HS | Scott Strenge |
| Alex Gebhard | Edgeley-Kulm HS | Jon Schiele |
| Nolan Hamar | Ellendale HS | Rick Hack |
| Danny Hangaard | Hankinson HS | Jason Monilaws |
| Jeremiah Herman | Shiloh Christian HS | Bart Brackin |
| James Ihry | Finley-Sharon-Hope-Page HS | Chad Kainz |
| Wyatt Knell | Shiloh Christian HS | Bart Brackin |
| Cory Knutson | Napoleon HS | Kelly McCleary |
| Seth Kuchar | Lakota HS | Joe Harder |
| Ryan Lenz | Central Valley HS | Randy Vigen |
| Tallon Lippert | South Border HS | Jason Klusmann |
| Tyler Luehring | Dakota Prairie HS | Garret Magner |
| Ross Martell | South Border HS | Jason Klusmann |
| Josh Mayo | Hillsboro HS | Mark Rerick |
| Wesley Nicholson | Kidder County HS | Jack Biesterfeld |
| Robbie Pietruszewski | Stephen-Argyle (MN) HS | Mark Kroulik |
| Garret Reineke | Thompson HS | Jon Maus |
| Philip Reuer | Napoleon HS | Kelly McCleary |
| Justin Rott | Edgeley-Kulm HS | Jon Schiele |
| Joel Shipley | Kidder County HS | Jack Biesterfeld |
| Zach Siewert | Central Valley HS | Randy Vigen |
| Asle Sondrol | Central Valley HS | Randy Vigen |
| Garrett Stein | Hankinson HS | Jason Monilaws |
| Spencer Wirt | Napoleon HS | Kelly McCleary |

ALTERNATES:

| | | |
|-----------------|------------------------------|-----------------------------|
| Richard Dalzell | North Border HS | Jeff Carpenter |
| Taylor Hack | Ellendale HS | Rick Hack |
| Connor Johnson | Richland HS | Harry Clark |
| Alex Knudson | Edgeley-Kulm HS | Randy Klusmann & Todd Kosel |
| Chris Martinson | Drayton-St. Thomas-Valley HS | Jeryl Thompson |
| Marcus Tucker | Drayton-St. Thomas-Valley HS | Jeryl Thompson |
| Shane Wall | Lakota HS | Joel Harder |
| Brandon Weber | Thompson HS | John Maus |

COACHING STAFF:

Head Coach: Jack Biesterfeld; Kidder County HS

Assistant Coaches: John Maus; Thompson HS
Kelly McCleary; Napoleon HS
Jason Monilaws; Hankinson HS

2010 NDHSCA-Shrine All-Star Football

9-Man West Roster

| <u>Name</u> | <u>School</u> | <u>High School Head Coach</u> | |
|-------------|---------------|--------------------------------|-------------------------------|
| Weston | Bohnet | Mott-Regent HS | Ron Benson |
| Alex | Borowicz | Tri-County-Karlstad (MN) HS | Jeremy Tallum |
| Brandon | Bott | Central McLean HS | Keith Sundquist/Kevin Dockter |
| Tyler | Bryant | St. John HS | Corey Davis |
| Jacob | Costello | Kenmare-Bowbells HS | Courtney Seime |
| Ben | Duben | Central McLean HS | Keith Sundquist/Kevin Dockter |
| Jaren | Enockson | Parshall HS | Mark Grueneich |
| Trevin | Hall | TGU Towner HS | Scott Thorson |
| Dalyss | Hanson | Divide County HS | Bob Brown/Nate Nelson |
| Cole | Hendrickson | Parshall HS | Mark Grueneich |
| Luke | Honeyman | Mott-Regent HS | Ron Benson |
| Kelby | Houchin | Wells County HS | Jon Bertsch |
| Nick | Kautzman | Mott-Regent HS | Ron Benson |
| Ben | Keith | Mohall-Lansford-Sherwood HS | Matt Titus |
| Ian | Keller | TGU Towner HS | Scott Thorson |
| Tanner | Komrosky | North Star HS | Bryan Haugen |
| Craig | Lindegard | Kittson County Central (MN) HS | Terry Ogorek |
| Justin | Maus | Beach HS | Mike Zier |
| D.J. | Nez | Parshall HS | Mark Grueneich |
| Mitch | Olson | Benson County HS | Jeff Manley |
| Ryan | Rauhauser | Central McLean HS | Keith Sundquist/Kevin Dockter |
| Andrew | Rott | Tri-County HS | John Clock |
| John | Safranski | Stephen-Argyle (MN) HS | Mark Kroulik |
| Ross | Schumacher | Kenmare-Bowbells HS | Courtney Seime |
| Devin | Steele | Beach HS | Mike Zier |
| Calvin | Teubner | North Star HS | Brian Haugen |
| Tyler | Vollmer | TGU Towner HS | Scott Thorson |
| Justin | Wehri | Richardton-Taylor-Hebron HS | Travis Olson |
| Mitch | Wachendorf | Washburn HS | Pete Moe |

ALTERNATES:

| | | | |
|---------|-----------|-----------------------------|----------------|
| Caleb | Beck | North Star HS | Jeff Carpenter |
| Matthew | Drader | TGU-Towner HS | Scott Thorson |
| Clay | LaRocque | St. John HS | Corey Davis |
| Dominic | Miller | Mott-Regent HS | Ron Benson |
| Brad | Nelson | Benson County HS | Jeff Manley |
| Brady | Schmaltz | Tri-County HS | John Clock |
| Matt | Sivertson | St. John HS | Corey Davis |
| Tanner | Zillich | Richardton-Taylor-Hebron HS | Travis Olson |

COACHING STAFF:

Head Coach:

Scott Thorson; TGU-Towner HS

Assistant Coaches:

Ron Benson; Mott-Regent HS

Courtney Seime; Kenmare-Bowbells HS

Mike Zier; Beach HS

2010 NDHSCA-Shrine All-Star Football

11-Man East Roster

| <u>Name</u> | <u>School</u> | <u>High School Head Coach</u> |
|-----------------|----------------------------|--------------------------------|
| Justin Anderson | Langdon HS | Andy DeleBarre |
| Michael Bangs | Jamestown HS | Bill Cahill |
| Jake Bauman | Linton-HMB HS | Daniel Imdieke |
| Sam Callahan | Fargo South HS | Kevin Feeney |
| Adam Coykendall | Lisbon HS | Robert Bubach |
| Jon Dinius | Langdon HS | Andy DeleBarre |
| Chase Elliott | May-Port/CG HS | Michael Bradner |
| Alex Feldt | Detroit Lakes (MN) HS | Flint Motschenbacher |
| Gerad Fugleberg | Fargo South HS | Kevin Feeney |
| Tyler Gefroh | Grand Forks Red River HS | Vyrn Muir |
| Mitch Grochow | Rugby HS | Scott Grochow |
| Jacob Grosz | Barnesville (MN) HS | Bryan Strand |
| Jason Hagen | Oakes HS | Shawn Sagert |
| Brett Harmelink | Fargo Oak Grove HS | Terry Haus |
| Alex Hickel | Grand Forks Red River HS | Vyrn Muir |
| Josh Hooey | Fargo South HS | Kevin Feeney |
| Kyle Iverson | Wahpeton HS | Mike McCall |
| Zac Johnson | Fargo South HS | Kevin Feeney |
| Bryce Jorgenson | West Fargo HS | Jay Gibson |
| Cody Kasprick | Oakes HS | Shawn Sagert |
| Derek Kohler | Valley City HS | Scott Roehrich & Trevar Hansen |
| Jacob Mogen | Central Cass HS | Patrick Metzger |
| Ross Montgomery | West Fargo HS | Jay Gibson |
| Blake Nelson | North Prairie HS | Davy Zinke |
| Bryce O'Neill | Grand Forks Red River HS | Vyrn Muir |
| Andrew Opegard | Dilworth-Glyndon-Felton HS | Tony Soderberg |
| Nic Pfeifer | North Prairie HS | Davy Zinke |
| Jordan Piatz | Jamestown HS | Bill Cahill |
| Elby Pope | Grand Forks Red River HS | Vyrn Muir |
| Brandon Schell | Lisbon HS | Robert Bubach |
| Ger Schmidt | Grand Forks Central HS | William Lorenz |
| Ryan Smith | Wahpeton HS | Mike McCall |
| Cody Strom | Fargo North HS | Kelly Kalina |
| Aaron Teigen | Rugby HS | Scott Grochow |
| Dillon Trosen | Cavalier HS | Sandy Laxdal |
| Cody Zarak | Wahpeton HS | Mike McCall |

ALTERNATES:

| | | |
|-----------------|------------------|----------------|
| Dave Bierrekkot | Jamestown HS | Bill Cahill |
| Michael Bonn | North Prairie HS | Davy Zinke |
| Bryce Brady | Grafton HS | Tom Maus |
| Darian Brevik | Cavalier HS | Sandy Laxdal |
| Jake Buchholz | West Fargo HS | Jay Gibson |
| Hunter Carter | Lisbon HS | Robert Bubach |
| Alex Feil | Langdon HS | Andy DeleBarre |

Continued on next page

2010 NDHSCA-Shrine All-Star Football 11 Man East (continued)

Alternates: (continued)

| | | | |
|--------|---------------|--------------------------|------------------------------|
| Trevor | Goerts | Central Cass HS | Patrick Metzger |
| Pake | Hagen | Rugby HS | Scott Grochow |
| Ty | Haynes | Larimore HS | Paul Peterson |
| Jaden | Heider | Larimore HS | Paul Peterson |
| Drew | Jaeger | Grand Forks Central HS | William Lorenz |
| Jacob | Kiefer | West Fargo HS | Jay Gibson |
| Taylor | LaHaise | Grand Forks Central HS | William Lorenz |
| Connor | Lindenberg | Cavalier HS | Sandy Laxdal |
| Alex | Loeeyson | Jamestown HS | Bill Cahill |
| Seth | Lunneborg | Milnor-North Sargent HS | Eric Olson |
| Tyler | Mielke | Jamestown HS | Bill Cahill |
| Aaron | Nelson | Larimore HS | Paul Peterson |
| Ethan | Plemel | Oakes HS | Shawn Sage |
| Jordan | Rasmussen | Jamestown HS | Bill Cahill |
| Landin | Rognlin | Fargo North HS | Kelly Kalina |
| Bryan | Schlittenhard | Cavalier HS | Sandy Laxdal |
| Nick | Verdi | Larimore HS | Paul Peterson |
| AJ | Von Bank | Maple Valley HS | Brett Kapaun & Tom Milbrandt |
| Chris | Waind | Grand Forks Red River HS | Vyrn Muir |
| Jeremy | Zahradka | Grand Forks Central HS | William Lorenz |

COACHING STAFF:

Head Coach:

Mike McCall; Wahpeton HS

Assistant Coaches:

Andy DelaBarre; Langdon HS

Sandy Laxdal; Cavalier HS

Vyrn Muir; Grand Forks Red River HS

Golf at Rose Creek

Plans have been completed to hold the 2010 NDHSCA Golf Scramble at Rose Creek Golf Course in South Fargo. Green fees will be \$75.00 per person and includes a golf cart.

Foursomes will need to sign up at the Convention Registration Desk on Wednesday (July 28th) morning. Golfers must first pay convention fees. Only 72 participation slots have been arranged. Prizes will be distributed at the Wednesday evening social that is hosted by Universal Athletics.

Convention golf sessions will also be held at Rose Creek on Wednesday morning, but like last year, the first session will begin at 9:00 am. The change in the time will alleviate the conflict with golf coaches who need to complete registration before the first session.

The first tee time will be at 1:28 pm. Succeeding tee times occur in eight minute intervals thereafter. Eighteen tee times have been reserved for a total of 72 golfers.

All coaches who want a memorable golfing experience are urged to participate. Although the course was flooded this past spring, the Rose Creek staff and Fargo Park staff have the course in impeccable condition.



2010 NDHSCA-Shrine All-Star Football

11-Man West Roster

| <u>Name</u> | <u>School</u> | <u>High School Head Coach</u> |
|--------------------|--------------------------------|-------------------------------|
| Devin Barton | Carrington HS | Marty Hochhalter |
| Calen Beaudoin | Dickinson HS | Dave Michaelson |
| Andrew Carlson | St. Mary's HS | Dan Smrekar |
| Baylee Carr | Hazen HS | Rick Phillion |
| Ryan David | Bismarck St. Mary's HS | Dan Smrekar |
| Joel Deckert | Lewis & Clark/Our Redeemers HS | Justin Wieseler |
| Payton DeCoteau | Turtle Mountain HS | Chris Smith |
| Chase Enget | Stanley HS | Lyne Enget |
| Cody Frueh | Harvey HS | Larry Sandy |
| Bruce Govig | Bismarck Century HS | Ron Wingenbach |
| Ben Haugeberg | Watford City HS | Fred Fridley |
| Dylan Ironheart | Devils Lake HS | Jay Schneider |
| Garret Jacobs | Bismarck Century HS | Ron Wingenbach |
| Andrew Juve | Fosston (MN) HS | Les Viken |
| Cody Kallock | East Grand Forks (MN) HS | Todd Schumacher |
| Jesse Kartes | Bismarck Century HS | Ron Wingenbach |
| Brock Keller | Minot HS | Barry Holmen |
| Caleb Kester | Des Lacs-Burlington HS | James Johnson |
| Kody Keysor | Bottineau HS | Rob Bedlion |
| Calvin Krueger | Bismarck HS | Mark Gibson |
| Lucas Lupo | Dickinson HS | Dave Michaelson |
| Jake Miller | Bismarck HS | Mark Gibson |
| Michael Oberlander | Bismarck Century HS | Ron Wingenbach |
| Derek Opperud | Williston HS | Todd Matthews |
| Kasey Schmidt | Beulah HS | Loy Ham |
| Jared Schoch | Heart River HS | Dave Hendrickson |
| Keanan Serna | Beulah HS | Loy Ham |
| Shelby Skytland | Mandan HS | Pat O'Brien |
| Brent Sorensen | Hazen HS | Rick Phillion |
| Jared Swenseth | Devils Lake HS | Jay Schneider |
| Esley Thorton | Bismarck HS | Mark Gibson |
| Jared Vejtasa | Williams County HS | Tim Schaffer |
| Casey Weinmann | Harvey HS | Brad Sandy |
| Michael White | Lewis & Clark/Our Redeemers HS | Justin Weisler |
| Michael Wiest | Velva HS | Larry Sandy |
| Carson Winkels | Bismarck HS | Mark Gibson |
| Ben Wolf | Devils Lake HS | Jay Schneider |
| Jarad Wolf | New Salem HS | Steve Kleinjan |
| Mark Wychor | Moorhead (MN) HS | Rick Eidness |
| Wyatt Zietz | Minot HS | Barry Holmen |

Continued on next page

2010 NDHSCA-Shrine All-Star Football 11 Man East (continued)

ALTERNATES:

| | | | |
|---------|-----------|------------------------|------------------|
| Kaleb | Barstad | Williston HS | Todd Matthews |
| Preston | Blinsky | Bismarck Century HS | Ron Wingenbach |
| Elijah | Dolajak | Mandan HS | Pat O'Brien |
| Tyler | Fandrich | Harvey HS | Brad Sandy |
| Wyatt | Grindy | Minot HS | Barry Holmen |
| Kellen | Grubb | Williams County HS | Tim Schaffer |
| Ryan | Huber | Bismarck St. Mary's HS | Dan Smrekar |
| Shawn | Jenner | Bismarck HS | Mark Gibson |
| Austyn | Kittelton | Velva HS | Larry Sandy |
| Jackson | Kleven | Bottineau HS | Robert Bedlion |
| Chris | Kovash | Dickinson Trinity HS | Randy Gordon |
| Kendall | Krodell | DesLacs-Burlington HS | James Johnson |
| Tyler | Mertens | Devils Lake HS | Jay Schneider |
| Jace | Olander | Minot HS | Barry Holmen |
| Matt | Perdue | Williams County HS | Tim Schaffer |
| Ethan | Smallbeck | Bismarck Century HS | Ron Wingenbach |
| Don | Smith | Dickinson HS | David Michaelson |
| John | Sundsbak | DesLacs-Burlington HS | James Johnson |
| Derek | Thompson | Watford City HS | Fred Fridley |
| Branden | Thorson | DesLacs-Burlington HS | James Johnson |
| Kevin | Walsh | Harvey HS | Brad Sandy |

COACHING STAFF:

Head Coach:

Jay Schneider; Devils Lake HS

Assistant Coaches:

Marty Hochhalter; Carrington HS

James Johnson; DesLacs-Burlington HS

Tim Schaffer; Williams County 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.

| | | | |
|-----------------|-------------------------|-----------------------------|-----------------|
| 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 |

2009-2010 NDHSCA Coach of the Year Recipients

| Sport | Name | School |
|-------------------------------------|---------------------|----------------------------|
| Division A Boys' Cross-Country | Darrell Anderson | Bismarck HS |
| Division B Girls' Cross-Country | Rick Anderson | Griggs County Central HS |
| Girls' Swimming & Diving | Jody Bolinske | Williston HS |
| Division A Football | Andrew DelaBarre | Langdon HS |
| Division AAA Football | Jay Gibson | West Fargo HS |
| Boys' Soccer | Dean Hashbarger | Fargo South HS |
| Division B Boys' Cross-Country | William E Jansen | Rugby HS |
| Division A Girls' Golf | Donald Johnson | Fargo Shanley-Oak Grove HS |
| Division B Girls' Volleyball | Brenda Lang | Harvey HS |
| Division AA Football | Steve Laqua | Fargo Shanley HS |
| Division A Girls' Volleyball | Carolyn Olson | Grand Forks Red River HS |
| Division A Girls' Cross-Country | Scott Reichenberger | Bismarck HS |
| Division B Nine-Man Football | Scott Thorson | TGU Towner HS |
| Boys' Tennis | Vic Youngs | Fargo South HS |
| Division A Boys' Cross-Country | Dave Zittleman | Bismarck HS |
| FALL SPORTS Assistant COTY | Scott Miller | Dickinson HS |
| FALL SPORTS Junior High COTY | Kevin Richardson | Mandan HS |
| Division A Wrestling | Randy Hilzendeger | Bismarck Century HS |
| Division B Wrestling | Mike Pazdernik | New Salem HS |
| Girls' Gymnastics | Patty Moses | Wahpeton HS |
| Boys' Hockey | David Hoff | Bottineau HS |
| Girls' Hockey | Patrick Johnson | West Fargo HS |
| Boys' Swimming & Diving | Dick Fisher | Fargo North HS |
| Division B Girls' Basketball | Jason Brend | Thompson HS |
| Division A Girls' Basketball | Ron Metz | Bismarck Century HS |
| Division A Boys' Basketball | Greg Limke | West Fargo HS |
| Division B Boys' Basketball | Kyle Card | Fargo Oak Gove HS |

□

Mark Your Calendar!

NDHSCA 2010 Convention Dates

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



**Sponsor of the
 Outstanding
 Senior Athlete Awards**



2009-2010 NDHSCA POWERade Outstanding Senior Athlete Awards

| Sport | Athlete | School | Head Coach |
|---------------------------------|------------------|--------------------------|-----------------------------|
| Boys' Tennis | Jacob LaDouceur | Grand Forks Red River HS | Greg LaDouceur |
| Division A Girls' Golf | Mackenzie Nagel | Minot HS | Eric Hendrickson |
| Boys' Soccer | Kaleb Graham | Bismarck HS | Mike Green |
| Division A Boys' Cross Country | Brett Kelly | Bismarck Century HS | Brad Lies |
| Division A Girls' Cross Country | Laura Roesler | Fargo South HS | Lisa Svaleson |
| Division B Boys' Cross Country | Justin Many Ribs | New Town HS | Brian Anderson |
| Division B Girls' Cross Country | Jayli Fimbres | New Town HS | Brian Anderson |
| Division A Football | Travis Beck | Langdon HS | Andrew DeleBarre |
| Division AA Football | Ryan Smith | Wahpeton HS | Mike McCall |
| Division AAA Football | Esley Thornton | Bismarck HS | Mark Gibson |
| Division B Nine-Man Football | Grant Singer | McLean County HS | Kevin Dockter |
| Girls' Swimming & Diving | Dagney Knutson | Minot HS | Jake Solper & Daniel Hinton |
| Division A Girls' Volleyball | Angie Waller | Fargo North HS | Melissa Wilson |
| Division B Girls' Volleyball | Allison Opp | Hazen HS | Linette Irwin |
| Division A Wrestling | Scott Schiller | West Fargo HS | Kayle Dangerud |
| Division B Wrestling | Nathan Seeger | New Salem HS | Mike Pazdernik |
| Boys' Hockey | Jordan Nelson | Williston HS | Dustin Bratlien |
| Girls' Hockey | Kelsey Kloos | West Fargo HS | Patrick Johnson |
| Girls' Gymnastics | Kaytlyn Bock | Fargo South HS | Mike Merritt |
| Girls' Gymnastics | Kaitlin Walsh | Jamestown HS | David Tews |
| Boys' Swimming & Diving | Sam Ellison | Mandan HS | Ralph Manley |
| Division B Girls Basketball | Eli Benz | Kidder County-Steele HS | Dan Welder & Scott Wolff |
| Division A Boys' Basketball | Nik Savageau | Fargo North HS | Dan Shultis |
| Division A Girls' Basketball | Siri Burck | Fargo South HS | Craig Flaagan |
| Division B Boys' Basketball | Adam Randall | Kidder County-Steele HS | Paul Olson |



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

Outstanding Senior Athlete Award



2010 NDHSCA Lions All-Star Basketball

Class A Girls Roster

| Name | | School | Coach |
|---------|-------------|------------------------------|-----------------|
| Jordan | Allard | Turtle Mountain Community HS | DJ McGillis |
| Madi | Buck | Bismarck Century HS | Ron Metz |
| Siri | Burck | Fargo South HS | Craig Flaagan |
| Chelsea | Carlson | Grand Forks Red River HS | Justin Schommer |
| Brooke | Christenson | Bismarck St. Mary's HS | Corey Frink |
| Julia | Davis | Turtle Mountain Community HS | DJ McGillis |
| Emily | Evers | Grand Forks Red River HS | Justin Schommer |
| Chelsea | Lingle | Bismarck HS | Dallas Hinderer |
| Anne | Marhula | Grand Forks Red River HS | Justin Schommer |
| Tana | Teschendorf | Fargo North HS | Derek Ouren |
| Alyssa | Wixo | Fargo North HS | Derek Ouren |
| Miranda | Zavalney | Williston HS | Darryl LaDue |

Head Coach: Ron Metz – Bismarck Century HS

Assistant Coach: Derek Ouren – Fargo North HS

2010 NDHSCA Lions All-Star Basketball

Class A Boys Roster

| Name | | School | Coach |
|--------|------------|--------------------------|------------------|
| Ryan | Buchholz | Bismarck Century HS | Darin Mattern |
| Tyler | Eiken | Williston HS | Mark Slotsve |
| Jalen | Finley | Bismarck HS | Steve Miller |
| Taylor | Hoffart | Devils Lake HS | Dave Bitz |
| Ryan | Huber | Bismarck St. Mary's HS | Joe Mueller |
| Bryan | Kielpinski | Mandan HS | Jason Horner |
| Mike | Miller | Mandan HS | Jason Horner |
| Taylor | Poss | Fargo South HS | Mike Hendrickson |
| Nik | Savageau | Fargo North HS | Dan Shultis |
| Luke | Schreiner | Grand Forks Red River HS | Jason Gregory |
| Brad | Shaw | Fargo South HS | Mike Hendrickson |
| Donte' | Smart | Minot HS | Dean Winczewski |

Alternates:

| | | | |
|--------|----------|--------------------------|----------------|
| Andrew | Peterson | Jamestown HS | Darin Peterson |
| Tyler | Thompson | Grand Forks Red River HS | Jason Gregory |

Head Coach: Steve Miller – Bismarck

Assistant Coach: Jason Horner - Mandan

2010 NDHSCA-Lions All-Star Basketball

Class B Girls Roster

| Name | | School | Coach |
|----------|------------|--------------------------------|------------------------|
| Eli | Benz | Kidder County HS | Dan Welder/Scott Wolff |
| Jenica | Bohnenkamp | North Sargent HS | Michael Sorlie |
| Stef | Bohrer | Hazen HS | Leland Opp |
| Heather | Carlson | Rolla-Rock Lake HS | Pat Wilkes |
| Lexi | Erickson | Fordville-Lankin-Park River HS | Kirby Erickson |
| Macie | Harris | Kenmare HS | Jason Schwarz |
| Samantha | Heier | Ray HS | Kelli Heier |
| Kali | Kurtz | Carrington HS | Andy Braaten |
| Laura | Lies | New Rockford HS | Elliott Belquist |
| Hailey | Longtin | North Border HS | Randy Greendahl |
| Kelsey | Peltier | Bottineau HS | Mike Forsberg |
| Dani | Sadowsky | Killdeer HS | Randy Binstock |

Alternates:

| | | | |
|--------|----------|--------------------------------|----------------|
| Jordyn | Bender | New England HS | Jason Jung |
| Rachel | Mehus | Stanley HS | Mark Morgan |
| Tessa | Zahradka | Fordville-Lankin-Park River HS | Kirby Erickson |

Head Coach: Barb Kraft, Central Cass

Assistant Coach: Andy Braaten, Carrington

2010 NDHSCA Lions All-Star Basketball

Class B Boys Roster

| Name | | School | Coach |
|----------|-------------|-----------------------|--------------------|
| Brock | Boos | Bowman County HS | Gary Ballard |
| Shae | Brown | Center-Stanton HS | Scott Jung |
| Robbie | Morey | Dickinson Trinity HS | Gregg Grinsteinner |
| Sam | Olson | Fargo Oak Grove HS | Kyle Card |
| Adam | Randall | Kidder County HS | Paul Olson |
| Trent | Roemmich | Linton HS | Dan Carr |
| Grant | Singer | Turtle Lake-Mercer HS | Joi Anderson |
| Aaron | Stemen | LaMoure HS | Darren Thielges |
| Brandon | Weber | Thompson HS | Mark Hegg |
| Harrison | Weber | Central Cass HS | Troy Roesler |
| Matt | Yale | Berthold HS | Brock Teets |
| Devin | Yellow Wolf | Mandaree HS | Kevin Finley |

Alternates:

| | | | |
|--------|--------------|----------------------|--------------------|
| Levi | Friedt | Bishop Ryan HS | Scott Medalen |
| Aaron | Grinsteinner | Dickinson Trinity HS | Gregg Grinsteinner |
| Calvin | Teubner | North Star HS | Jeff Hagler |

Head Coach: Nate Monson, Carrington

Assistant Coach: Keith Hartz, Cavalier

2010 NDHSCA Optimist's All-Star Volleyball

West Roster

| Name | Grade | Position | School | Head Coach |
|--------------------|-------|----------|-----------------------|----------------------------|
| Annie Assel | 12 | OH | Bismarck HS | Jessica Anderson-Lisa Krom |
| Jenny Erhardt | 12 | MH/OH | Center HS | Janet Erhardt |
| Dayna Froseth | 12 | L/OH | Kenmare HS | Tim Wallstrum |
| Alex Hanson | 12 | MH | Jamestown HS | Scott Fritz |
| Courtney Jacobsen | 12 | OH | Our Redeemers HS | Sherry Carlson |
| Erika Jossart | 12 | L | Bismarck Century HS | Jennifer Walsh |
| Jenna Maas | 12 | OH | Hazen HS | Linette Irwin |
| Twila Moser | 12 | MH | Bismarck HS | Jessica Anderson-Lisa Krom |
| Allison Opp | 12 | MH | Hazen HS | Linette Irwin |
| Carli Peterson | 12 | OH | Bismarck Century HS | Jennifer Walsh |
| Morgan Renner | 12 | S | Divide County HS | Kami Wehrman |
| KaSara Rudolph | 12 | S | Bismarck HS | Lisa Krom-Jessica Anderson |
| ALTERNATES: | | | | |
| Jenna Bayless | 12 | MH | Turtle Lake/Mercer HS | Jody Granlie |
| KayCee Gustafson | 12 | L | Mandan HS | Jackie Wandy |
| Brenna Johansen | 12 | OH | Beulah HS | Kevin Peterson |
| Laura Maleckar | 12 | MH | Williston HS | Rebecca Waitman |
| Ashley Slade | 12 | OH | Williston HS | Rebecca Waitman |
| Jordyn Sondrol | 12 | OH | Turtle Lake/Mercer HS | Jody Granlie |
| Emilee Vetter | 12 | L | Bismarck HS | Jessica Anderson-Lisa Krom |

Division A Coach: Jeni Walsh; Bismarck Century HS

Division B Coach: Tim Wallstrum; Kenmare HS

2010 NDHSCA-Optimist's All-Star Volleyball Coaches West Staff

Division A Coach: Jeni Walsh; Bismarck Century HS

- 2009 Division A State Volleyball Runnerup Team
- 2009 Bismarck Century HS season's record: 34-6

Division B Coach: Tim Wallstrum; Kenmare HS

- 2009 Division A State Volleyball Championship Team
- 2009 Kenmare HS season's record: 41-2-2

Notice:

The 2010 NDHSCA-Optimist's All-Star Volleyball matches will be held at Fargo North High School on Monday, June 21st, 2010; and at Bismarck High School on Tuesday, June 22nd, 2010.

Athletes will report to Fargo for practice at 2:00 pm on Friday, June 18th. Player selections will be released in January.

The new NDHSCA-Optimist's All-Star Volleyball Chairs have been appointed; they are Tim Wallstrum, Kenmare HS and Lisa Strand, Thompson HS.



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2010 NDHSCA Optimists All-Star Volleyball

East Roster

| Name | Grade | Position | School | Head Coach |
|--------------------|-------|----------|---------------------------------|------------------------------|
| Abby Carlson | 12 | OH | Fargo South HS | Tonah Safranski |
| Kristin Cochran | 12 | S | Fargo North HS | Melissa Wilson |
| Madison Gegelman | 12 | RH | Central Cass HS | Dana Stansbery |
| Jenna Green | 12 | MH | West Fargo HS | Paula Pierson |
| Nicole Hulm | 12 | MH | Wyndmere/Lidgerwood HS | Chris Swenson |
| Beth Jochim | 12 | S | Griggs County Central HS | Mary Jo Grover |
| Madalyn Laske | 12 | S/DS | Shanley HS | Wendy Zehier |
| Kali Olson | 12 | MH | Lisbon HS | Amy Lyons |
| Katelyn Paulson | 12 | MH | Hatton HS | Jodi Lloyd |
| Sammi Post | 12 | MH | Shanley HS | Wendy Zehier |
| Lacey Ryckman | 12 | MH | Linton HS | Jaime Richter |
| Angie Waller | 12 | MH/DS | Fargo North HS | Melissa Wilson |
| ALTERNATES: | | | | |
| Rachel Bachman | 12 | MH | Langdon HS | Rich Olson |
| Jordyn Steffen | 12 | OH | Grand Forks Red River HS | Caroline Olson |
| Megan Stoley | 12 | S | Grand Forks Red River HS | Caroline Olson |
| Carly Van Brugger | 12 | S | Litchville-Marion/Montpelier HS | Lynn Krueger & Victoria Haak |
| Amber Volanti | 12 | OH | Rolla/Rock Lake HS | Ashleigh Crockett |

Division A Coach: Carolyn Olson; Grand Forks Red River HS

Division B Coach: Chris Swenson; Wyndmere-Lidgerwood HS

2010 NDHSCA-Optimist's All-Star Volleyball Coaches East Staff

Division A Coach: Carolyn Olson; Grand Forks Red River HS

- 2009 Division A State Volleyball Championship Team
- 2009 NDHSCA Division A Volleyball State Coach of the Year
- 2009 Grand Forks Red River HS season's record: 32-3

Division B Coach: Chris Swenson; Wyndmere-Lidgerwood HS

- 2009 Division B State Volleyball Tournament Fifth Place Team
- 2009 Wyndmere-Lidgerwood season's record: 23-2

□

| | | |
|---|--|---|
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|---|--|---|



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

**Paid Lifetime Members**

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
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
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

Past Presidents

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
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

Lifetime Members

Bilkre, Marcy; Minot HS
Farrell, Chipper; Minot HS
Kalgaard, Dick; Bismarck Schools
King, Bob; Valley City HS
Orvik, Gelaine; Fargo South HS



Coaching Longevity

Here is the list of **Coaching Longevity** for the 2010 North Dakota High School Coaches Association Annual Convention to be held in Fargo at the Doublewood Inn Convention Center from July 27 through July 30, 2010. 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

Michael Babinski; Four Winds HS
 Mike Dwyer; Shiloh Christian HS
 Brad Fitzgerald; St. John HS
 Jeff Hagler; Cando HS
 Marty Hochhalter; Carrington HS
 Jodi Kleven; Wahpeton HS
 Travis Olson; Richardton-Taylor HS
 Jay Schneider; Devils Lake HS
 Scott Thorson; Towner HS
 James Hanson; St. Thomas HS
 Ron Metz; Bismarck Century HS
 Dave Zittleman; Bismarck HS

Travis Coyle; Mandan HS
 Noel Eckroth; Wahpeton HS
 David Gumke; Watford City HS
 Kent Harding; Bowman County HS
 Curt Jones; West Fargo HS
 Greg LaDouceur; Grand Forks Red River HS
 Michelle Orth; Wyndmere HS
 Lisa Strand; Thompson HS
 Lee Weisgarber; Underwood HS
 Ray Jones; Grant County HS
 Boyd Westman; Litchville-Marion HS

25 Years

Gerard Cederstrom; Minot HS
 Scott Grochow; Rugby HS
 Barry Holmen; Minot HS
 Dean Kraft; Jamestown HS
 Marv Pederson; Mandan HS
 Terry Porter; Fargo North HS
 Dale Udem; Barnes County North HS
 Kevin Ziegler; Bismarck Century HS
 Dwight Dockter; Hope-Page HS
 Loy Ham; Beulah HS
 Dan Olienyk; New Salem HS

Brad Foss; Hazen HS
 Mike Holm; Tioga HS
 William Jansen; Rugby HS
 Todd Lee; Tioga HS
 Paula Pierson; West Fargo HS
 Jerome Slag; New Salem HS
 Vic Youngs; Fargo South HS
 Gene Anderson; Mandan HS
 Jeff Feichtner; Fargo North HS
 Clyde Heinle; Flasher HS
 Larry Walker; Killdeer HS

30 Years

Darrell Anderson; Bismarck HS
 Jon Bertsch; Wells County HS
 Paul Frydenlund; St. John HS
 Rick Henry; Larimore HS
 Mike Kuhn; Mandan HS
 Brad Sandy; Harvey HS
 Timothy White; Griggs County HS
 Davy Zinke; Rolla HS
 Bruce Stein; Hankinson HS

Gary Ballard; Bowman HS
 Billie Ann Caya; Bismarck HS
 James Haussler; Bismarck Public Schools
 Lee Isakson; North Sargent HS
 Carl Noss; Enderlin HS
 Jeryl Thompson; Drayton HS
 Mark Wisnewski; Lidgerwood HS
 Leon Kary; Mandan HS

35 Years

Ken Disher; Minot HS
 Al Knutson; Williston HS
 Clint Chamberlain; Williston HS
 Dale Hertel; Fargo South HS

Harlan Johnson; Parshall HS
 Arley Larson; Ray HS
 Lynn Forde; Fargo South HS
 Randy Vigen; Central Valley HS

40 Years

Frank Fish; Watford City HS

Marney Shirley; Jamestown HS



FORMS

Available on the NDHSCA Website

Search “NDHSCA” or enter
www.fargo.k12.nd.us/ndhsca/

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Assistant Coach of the Year

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Hall of Fame

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North Dakota High School Coaches Association Official Publication

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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



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

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