



North Dakota High School Coaches Association Official Publication

DAKOTA COACH

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2010 NDHSCA Convention

Plans for the 2010 NDHSCA Coaches Convention are nearly finalized. Of course slight adjustments are necessary to complete every detail. But as of time of this writing only minute particulars remain. As of July first, 75 registrations have been received and NDHSCA urges every coach to make plans early for this event.

Some unique details make the 2010 convention different than the previous 35. First, in an effort to prepare beginning coaches or second year coaches, NDHSCA, with the urging of NDIAAA and NDHSAA, a special "Beginning Coaches' Seminar" will be available on Tuesday to

compliment the three seminars that have been offered in the past. The "Beginning Coaches' Seminar" will include First Aid and CPR sessions. The CPR session will be designed to provide coaches with CPR certification.

Other sessions for the "Beginning Coaches' Seminar" will include a presentation on "Coaching and Being a Professional", "NDHSAA Expectations for Coaches" and Mike Berg's session on "So You Have the Job; Now What". Ralph Manley, Mandan HS, will present a session on "Training the Assistant Coach" and Peggy Person and Mitch Lunde will present their session on "Preparing the First Year Coach."

Continued on page 4

Another NHSACA National COTY

Sixteen very deserving North Dakota Coaches gathered in Sioux Falls, SD for the NHSACA National Annual Meeting. North Dakota also had two NHSACA Hall of Fame Coaches inducted at the luncheon on Tuesday, June 22nd. Six North Dakota coaches also joined the group as NHSACA Board of Director members.

NDHSCA hosted a social for award recipients at the Ramkota on Tuesday evening, to congratulate the North Dakota coaches. Each coach was presented with an Association shirt and had photos taken.

Continued on page 4

2012 NDHSCA & NHSACA Convention

Plans for the 2012 NDHSCA Coaches Convention and the Association serving as host for the NHSACA Annual Meeting are moving forward. Most members are aware that Dave Dougherty is presently on the NHSACA National Executive Committee and will be President for the 2011-2012 year. As an honor to Dave, NDHSCA extended an invitation to host the National Annual Meeting in correlation to our convention. The meeting will be held July 21-27th and headquartered at the Fargo Holiday Inn.

Continued on page 4

**NDHSCA
2010**

**Convention
Dates**

July 27 - July 30

**Fargo
Doublewood Inn**

NDHSCA 2009-2010 Executive Committee



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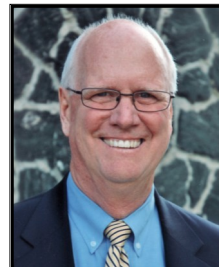
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President's Message - Summer 2010

Class A boy's golf has completed their state tournament on the evening that I write my final column as president of the NDHSCA. Congratulations to Fargo South for winning their 7th straight boys golf championship and to all our spring sports champions and coaches of the year. I recently had the opportunity to attend the final day of the girls state softball tournament in Minot and I was very impressed by the level of play the girls demonstrated in only their second year as a sanctioned sport in North Dakota.

Later this month the NHSAC A annual meeting will be held in Sioux Falls, SD. North Dakota has

North Dakota has some outstanding high school coaches and we are always well represented by our nominees at the NHSAC.

several national coach of the year finalists and I wish them the best of luck. North Dakota has some outstanding high school coaches and we are always well represented by our nominees.

A hot topic this spring among ND HS coaches and athletic administrators is the out of season coaching rule during the summer months. Our association's execu-

tive board has spent a lot of time discussing this issue at our meetings this year and have gone on record has supporting the NDHSAA summer rules as they currently stand. Our states baseball coaches have made some very compelling arguments as to why their coaches should be exempt from this rule. The NDHSCA executive board believes we must either stay with the rule as it stands or we eliminate summer coaching restrictions for all sports. There are solid arguments to be made on both sides of the issue. At this point we need direction from our membership to maintain our stance, or is it time to ask the NDHSAA to remove summer coaching regulations for all sports. We will be addressing this issue at our state convention in July. Gelaine Orvik and I have discussed how we can get an accurate picture of our membership feels on this important issue. At this time we are leaning towards having a membership vote on summer coaching rules at the convention. It could be included on the ballot when vote for our new vice president.

As I enter the last few weeks as NDHSCA president I want to assure our membership that our association is in great hands. Our executive director



Pete Moe

Gelaine Orvik and his assistants John Hutchison, Randy Johnson, and Karen Hardie are dedicated professionals that spare no effort to make our organization first class in every way. I thank each of them for all they do for high school coaches in North Dakota. I urge all of you to consider running for a position on our executive board. It will be an experience that I'm confident you will find very rewarding.

See you at the convention in Fargo.

Pete Moe

Washburn HS
President NDHSCA



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2010 NDHSCA & NHSACA Convention (continued from page 1)

Rooms have also been blocked at the Fargo Doublewood Inn, and North Dakota Coaches will be urged to make reservations there. The room rates at the Doublewood will be the State Rate that we usually experience. The room rates at the Holiday Inn will be \$99.00. We urge all coaches to get involved in the hosting and prepare now to attend.

We will implement a few changes to make the two events occur simultaneously. First coaches from North Dakota will register with NDHSCA as they presently do and will have all the benefits usually associated with the NDHSCA Convention. In addition, all NDHSCA registrants will be welcome to attend any and all NHSACA Annual Meeting sessions.

The NHSACA Professional Leadership Seminar will be held on Saturday and Sunday, July 21st and 22nd. NHSACA will offer two graduate credits for the two days. NHSACA will also offer three graduate credits for the three days of NHSACA Sport Specific course on Monday through Wednesday, July 23rd-25th. This provides potential for five graduate credits through NHSACA. Coaches will need to register for those credits through NHSACA.

Likewise, NDHSCA will apply for its traditional NDSU graduate credits that will allow for two credits for attending sessions from Tuesday through Friday or one credit for attending the Thursday and Friday

sessions. Coaches must register for NDSU credit through NDHSCA registration.

The NDHSCA seminar day that usually is held on Tuesday will be moved to Friday. NDHSCA will utilize National Coach of the Year Finalists from each sport as speakers for sessions that are open to attendance for NDHSCA and NHSACA attendants.

As a part of the NDHSCA efforts to stimulate national involvement, we will ask for a host chairman for each sport and at least eight sport committee members. These committees will be involved in arranging and contacting speakers. The committees will also be charged with being personal host/hostess for each COTY Finalist.

NDHSCA will retain all its regular special events such as the golf scramble on Wednesday, the Convention Social (hosted by Universal Athletics) on Wednesday night and the Hall of Fame and Coach of the Year Banquet on Thursday.

Since Dave Dougherty will be NHSACA President for the 2012 Annual Meeting, we have asked him to prepare a periodic report for the *Dakota Coach*. He will center his efforts on promotions and unique preparations for the annual event.

Please feel free to call Gelaine Orvik at 701-367-8282 with pertinent questions.

Another NHSACA National COTY (continued from page 1)

This is an annual event when NDHSCA makes a special effort to recognize recipients for their service, accomplishments, leadership and championship years.

Gelaine Orvik, John Hutchison, David Michaelson, Randy Johnson and Ralph Manley are members of the NHSACA Board of Directors. Dave Dougherty, NHSACA 2nd Vice President, is a member of the NHSACA Executive Committee and is also a member of the Board of Directors.

Mike Kuhn and Dave Dougherty were inducted into the NHSACA Hall of Fame. Inductees are selected the NDHSCA Executive Committee. Because North Dakota is a dual state member of the National group, two inductees are accepted.

A resume' for the sixteen North Dakota finalists appeared in the Spring *Dakota Coach* issue. Greg Amundson, former Mandan High School girls' basketball coach, was recipient of the NHSACA National Coach of the Year Award. Greg is a four-time finalist for the award. He is presently girls' basketball coach at Columbia Heights (MN) HS. Well-wishers may contact Greg at his Email address:

gregamundson@msn.com.



Greg Amundson

-From the Executive Secretary's Desk

Preparations for the 2010 NDHSCA Coaches Convention are nearly complete and we are attending the 45 NHSACA National Coaches Annual Meeting in Sioux Falls, SD. North Dakota has two inductees into the NHSACA National Hall of Fame, Dave Dougherty and Mike Kuhn. They are very deserving and NDHSCA is very proud of them.

* * * * *

North Dakota has 16 Finalists for the NHSACA National Coach of the Year Award (see *Dakota Coach* Spring issue for detail of the North Dakota Finalists). The finalists gathered in the North Dakota Association suite for a social on Tuesday afternoon. The finalists were reminded that they were each, individually and as a group, all winners. To be named NHSACA National Coach of the Year in a sport would be simply an additional accolade.

At Wednesday's Banquet, one North Dakota Finalist was named National Coach of the Year: Greg Amundson, formerly of Mandan HS and presently of Columbia Heights (MN) HS. Greg was very flattered and humbled with the honor. Congratulations, Greg!

* * * * *

Earlier this month I visited with one of our members regarding a situation that required vast courage and character. Our member was faced with learning of a student-athlete having a eligibility violation in the middle of a competition. His question was "When do I confront the athlete and impose the penalty for the violation?"

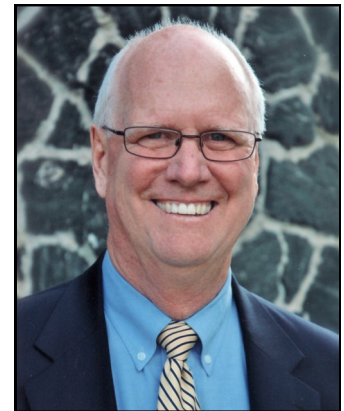
Obviously the easy task is to wait until the competition is complete; then confront the athlete and impose the suspension. However, our member was much more assertive and confronted the athlete immediately. Upon discovering the violation, our member suspended the athlete, in the middle of the competition event. That requires great courage! And commendation from all of us for his character!

* * * * *

Early this spring we all learned of the passing of a Past President of NDHSCA, Marv Skaar. Marv was a longtime high school basketball coach from Oakes High School and Grand Forks Central High School. He also coached at Moorhead State University and North Dakota State University. His MSUM and NDSU athletes praised him as a players' coach with a great insight for the game. He was also a very busy high school and college football official. His daughter, Andrea Rott, responded to communication from NDHSCA with the family's pride with Marv's service to North Dakota coaches.

* * * * *

North Dakota Track and Field coaches were informed of a tragedy to the fraternity when Joan Halland's son, Cole suddenly passed away this spring. The Region I track and field coaches extended Joan and her husband, Steve, with their sympathy and condolences at the Region I Track and Field meet. Brett Kapaun, Track and Field Coach at Maple Valley, is Cole's uncle. Region 1 track and field coaches also conveyed special sympathy to Brett.



Gelaine Orvik

NDHSCA made all track and field coaches in the state aware of the incident regarding the tragedy. On another level I visited with Brett, and he shared his realization that he needed some special time with his children. He said, "I realize how important time with family is. That time and sharing can never be re-established."

Likewise, I urge all coaches to take time for family. Establish that priority of life that God and Family are first in your decision-making.

* * * * *

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. NDHSCA will share more on this later and especially at the Annual Meeting. We will surely ask for an Association direction at that meeting.

* * * * *

Special commendations are in order for the NDHSCA Executive Committee, NDHSCA Membership Chair, and the NDHSCA Membership! The NDHSCA membership numbers 1081 paid members for the year; that is paid for annual membership, exclusive of Lifetime Members who joined during the 2009-2010 Membership Year. Wow! That is a paid membership record for a year!

Continued on page 6

Executive Secretary (continued from page 5)

We think that our membership is a very significant responsibility for every coach in our state. We will never have the ability to contact every active coach, although we will certainly make every attempt to make contacts. We contact every athletic director to urge them to solicit membership for every coach in that school. We also contact every Email address of present members and 2008-2009 members to solicit membership. We make every effort to do the same thing for Convention Registration.

However, every member has the same capacity; contact your athletic director for assistance to attend the convention. Contact every coach on your staff to attend. Contact every head coach in your school to attend. Only you and the other members in the state will have the wherewithal to build on that membership record and convention attendance. We expect to see you at the convention. Do not forget that 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.

* * * *

NDHSCA has had an exhausting season as we have had several athletes who have chosen not to follow the guidelines they agreed to when selected to play on All Star Contests. Every coach has a responsibility to continue to follow each athlete's behavior throughout the season until the completion of the All Star Contests to assure credibility that we as members and an organization will follow our guidelines that have been established for All Star competitors. Thank you to those coaches who assist on this task!

* * * *

The best to each of you as you prepare for next 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 in Fargo at the Doublewood Inn. See you in July! Check the website regularly for our speaker list and updates of their acceptance to participate in our convention. We anticipate the time schedule to be posted by July 15th! Begin preparation for the 2010 NDHSCA Coaches Convention: July 27th-30th!

REPEAT PARAGRAPH FROM SPRING DAKOTA COACH:

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.

* * * *

Only you and the other members in the state will have the wherewithal to build on that membership record and convention attendance.



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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)

Because NDHSAA will begin online rules' interpretation sessions, we will change our approach to our Advisory Committee Open Meetings. We will include NDHSAA personnel to discuss rules and the state of the sport in North Dakota. This will apply to the sports of basketball, cross-country, football, golf, softball, swimming & diving, tennis, track & field, volleyball, and wrestling.

Unlike past years, the *Dakota Coach* will provide the speakers and days of presentation for the schedule. The *Dakota Coach* will not provide the hour-by-hour schedule. We will update the schedule regularly on the website. The final schedule will be posted on the website and will be the same as the distributed at the convention site, with dates, times and meeting rooms identified.

For the most part the convention approach to provide the most possible information for all coaches is number one on the agenda for NDHSCA. The Asso-

ciation will always make every effort to provide the most expedient approach possible to teaching.

Universal Athletics will again provide a coaches' social at no cost to attendants. Pat Weber and his staff have promised another great program that will include can races. The taco bar has always been a big hit for all attending. Convention name tags are required for admittance.

Thursday's Hall of Fame and Coach of the Year Banquet will be prepared with the same dexterity as in the past. We hope that every detail is explicitly arranged and the entire reception to be adroitly first class.

All coaches are urged to register early and certainly before July 20th to avoid a \$25.00 late fee. Every coach has duty and responsibility to lead younger and less active coaches to the conference. Please feel free to call Gelaine Orvik at 701-367-8282 with pertinent questions.

□

NDHSCA SPONSOR MEMBERS

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

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



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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 **TWO (2)** NDSU Semester Credits; For the Beginning Coach; 1st & 2nd year coach Seminar (July 27) and Sports' Clinic Sessions (July 28-30)
- 6. 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:
NO CREDIT CARDS ACCEPTED

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

Do not separate top from bottom

NDHSCA MEMBER REGISTRATION -- REMAINDER OF FORM MUST BE COMPLETED

**North Dakota High School Coaches Association
Membership Registration 2010-2011**

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' Cross Country	—	—	—
Baseball	—	—	—	Girls' Golf	—	—	—
Boys' Basketball	—	—	—	Girls' Hockey	—	—	—
Boys' Cross Country	—	—	—	Girls' Soccer	—	—	—
Boys' Golf	—	—	—	Girls' Softball (Fastpitch)	—	—	—
Boys' Hockey	—	—	—	Girls' Swimming & Diving	—	—	—
Boys' Soccer	—	—	—	Girls' Tennis	—	—	—
Boys' Swimming & Diving	—	—	—	Girls' Track & Field	—	—	—
Boys' Tennis	—	—	—	Gymnastics	—	—	—
Boys' Track & Field	—	—	—	Strength	—	—	—
Football	—	—	—	Volleyball	—	—	—
Girls' Basketball	—	—	—	Wrestling	—	—	—

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

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

**If this form is for Membership ONLY mail application To: Karen Hardie, Membership Chair
2472 Lilac Lane
Fargo, ND 58103**

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.)
- 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.

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

- It will be up to the individual coaches to determine their records from past years and update wins or revise their victory milestone forms.

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 _____

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
<u>Meet 5 7 teams 5 wins 2 losses</u>			
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.

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 COACHES CONVENTION SPEAKERS



These are the confirmed speakers with topics to date (June 20th)!
Additional speaker Topics will be added to the Website as they confirm.
Final schedule will be posted on Website July 15th!

BASKETBALL:

NAME	SCHOOL	TOPIC	DATE
Beechy-Rahman, Jessica	Concordia College	"	07/28/2010
Ralph, Jeff	Wahpeton HS	"Team Man Defense and Rebounding"	07/28/2010
Walthall, Chad	MSUM	"	07/28/2010
Card, Kyle	Fargo Oak Grove HS	"Early Season Practice Drills & Sessions"	07/29/2010
DeHoff, Carolyn	NDSU	"Principles & Concepts of Motion"	07/29/2010
Metz, Ron	Bismarck Century HS	"Patriot Defense"	07/29/2010
Monson, Nate	Carrington HS	"Coaching Relationships, Practice Time, & Set Plays"	07/29/2010
Ouren, Derek	Fargo North HS	"Creating a Positive, Successful Program"	07/29/2010
Inniger, Bart	Minnetonka (MN) HS	"	07/30/2010
Inniger, Bart	Minnetonka (MN) HS	"	07/30/2010
Inniger, Bart	Minnetonka (MN) HS	"	07/30/2010
Phillips, Saul	NDSU	"Bison Basketball"	07/30/2010
Richman, Dave	NDSU	"Individual Defensive Work, Offensive Skills & Pack Defense"	07/30/2010
Solberg, Sheryl & Advisory NDHSAA/NDHSCA		NDHSAA Basketball Rules and Advisory Committee Meeting	07/30/2010

CROSS-COUNTRY:

NAME	SCHOOL	TOPIC	DATE
Newell, Dennis	University of Mary		07/28/2010
Solberg, Sheryl & Advisory	NDHSCA/NDHSAA	NDHSAA Cross-Country Rules and Advisory Committee Meeting	07/28/2010
Brown, Greg	Watford City HS		07/29/2010
Ihmels, Corey	Iowa State University		07/30/2010
Ihmels, Corey	Iowa State University		07/30/2010
Popp, Kristi	Iowa State University		07/30/2010
Popp, Kristi	Iowa State University		07/30/2010

NINE-MAN FOOTBALL:

NAME	SCHOOL	TOPIC	DATE
Brager, Nathan	Ada (MN) HS	"Nine-Man Linebacker Play"	07/28/2010
Stoen, Jeff	Ada (MN) HS	"Quick Huddle, No Huddle & Fast Break Offense"	07/28/2010
Thorson, Scott	TGU Towner HS	"TGU Passing System"	07/29/2010

FOOTBALL:

NAME	SCHOOL	TOPIC	DATE
Carey, Rod	UND	"Offensive Line Drills & Techniques UND"	07/28/2010
Dosch, Tom	Northern State University (SD)"	"	07/28/2010
Dosch, Tom	Northern State University (SD)"	"	07/28/2010
Mussman, Chris	UND	"Offensive Team Scheme"	07/28/2010
Bohl, Craig	NDSU	"	07/29/2010
DelaBarre, Andrew	Langdon HS	"	07/29/2010
Fuchs, Scott	NDSU	"Physics of Offensive Line Blocking at NDSU"	07/29/2010
Laqua, Steve	Fargo Shanley HS	"Developing Captain Leadership & Multiple Formations"	07/29/2010
Schneider, Jay	Devils Lake HS	"Devils Lake Football Grab Bag"	07/29/2010
Stolski, Ron	Brainerd HS	"Ideas to Help You Win"	07/30/2010
Stolski, Ron	Brainerd HS	"Creating & maintaining an Attractive Environment"	07/30/2010

Football - continued

Wilkie, Rich	Andover (MN) HS	"Implementing the No-Huddle Offense"	07/30/2010
Wilkie, Rich	Andover (MN) HS	"Pistol Spread Offense"	07/30/2010
Fetsch, Matt & Advisory	NDHSAA/NDHSCA	NDHSAA Football Rules and Advisory Committee Meeting	07/30/2010

GOLF:

NAME	SCHOOL	TOPIC	DATE
Cook, Matt	Rose Creek Golf Pro	"	07/28/2010
Dahl, John	Oxbow Golf Pro	"	07/28/2010
Nelson, Russ	Moorhead Meadows	"Teaching the Golf Swing"	07/28/2010
Schwinden, Lisa	Osgood Golf Pro	"Short Game 101; Chipping, Pitching & Putting"	07/28/2010
Berglund, Darrell	Hazen HS	"Teaching Skills in Hazen Golf"	07/29/2010
Callaghan, Ray	Fargo North HS	"Spartan Putting Drills"	07/29/2010
Fetsch, Matt & Advisory	NDHSAA/NDHSCA	NDHSAA Golf Rules and Advisory Committee Meeting	07/29/2010
Kennedy, Steve	Fargo South HS	"Drills, Drills, Drills"	07/29/2010
Piatz, Perry	Kindred HS	"Getting Up and Down to Improve Your Score"	07/29/2010

SOCCER:

NAME	SCHOOL	TOPIC	DATE
Cuadrado, Pete	NDSU	"	07/28/2010
Melendez, Jon	West Fargo HS	"	07/28/2010
Mueller, Tim	Bismarck St. Mary's HS	"Team Building"	07/28/2010
Hashbarger, Dean	Fargo South HS	"	07/28/2010
Millar, Doug	West Fargo HS	"Incorporating Keepers in Field Training Sessions"	07/28/2010
& Advisory	NDHSAA/NDHSCA	NDHSAA Soccer Rules and Advisory Committee Meeting	07/28/2010

SOFTBALL:

NAME	SCHOOL	TOPIC	DATE
Bisenius, Mike	Grand Forks Red River HS	"Red River Defensive Drills"	07/30/2010
Johnson, Patrick	West Fargo HS	"Building a Program"	07/30/2010
Johnson, Patrick	West Fargo HS	"Pitching-Beginners to Advanced"	07/30/2010
Mueller, Darren	NDSU	"	07/30/2010
Strinz, Sami	UND	"	07/30/2010
Trachsel, Jamie	NDSU	"	07/30/2010
Ward, Randy	UND	"	07/30/2010

SWIMMING & DIVING:

NAME	SCHOOL	TOPIC	DATE
Anderson, Pat	Fargo South HS		07/28/2010
Hehn, Ronnie	Olympian	"Training Principles"	07/28/2010
Hehn, Ronnie	Olympian	"Fundamentals and Techniques"	07/28/2010
Parsons, Steve	UND	"Coaching Challenges – High School & College"	07/28/2010
Strom, Mike	UND	"Dive Meets and Diving Techniques"	07/28/2010
Solberg, Sheryl & Advisory	NDHSAA/NDHSCA	NDHSAA Swimming/Diving Rules & Advisory Committee Meeting	07/29/2010
Gunderson, Lindsey	Minn. State Univ.-Moorhead	"Diving Terminology and Coaching the Dive"	07/29/2010
Peters, Todd	Minn. State Univ.-Moorhead	"Coaching Breaststroke"	07/29/2010

TENNIS:

Sessions NAME	SCHOOL	TOPIC	DATE
LaDouceur, Greg	Grand Forks Red River HS	"Skills for Roughrider Tennis"	07/29/2010
Shibley, Haley	USTA-Northern	"Fun, Games, Drills & Activities for Tennis Coaches"	07/29/2010

Tennis - continued

Wynne, Timothy	Grand Forks Red River HS	“Teaching the Serve; Beginners to Advanced”	07/29/2010
Youngs, Victor	Fargo South HS	“In Search of Numbers; Attracting Athletes to Tennis”	07/29/2010
Schell, Brenda & Advisory	NDHSAA/NDHSCA	NDHSAA Tennis Rules and Advisory Committee Meeting	07/29/2010

TRACK & FIELD:

NAME	SCHOOL	TOPIC	DATE
Godfrey, Ryun	NDSU	“Movement to and Placement in Events”	07/28/2010
Larson, Don	NDSU	“Starts and Exchanges”	07/28/2010
Longfors, Rachel	NDSU	“Throwing Development & General Strength Training”	07/28/2010
Longfors, Rachel	NDSU	“Differences in Teaching the Shot/Discus to Men & Women”	07/28/2010
Solberg, Sheryl & Advisory	NDHSAA/NDHSCA	Track & Field Rules/Advisory Committee Meeting	07/29/2010
Keller, Stevie	NDSU	“Horizontal Jumps and Speed Mechanics”	07/29/2010
Popp, Jerry	Willmar (MN) HS	“Comparison & Contrast of Coaching in ND and MN	07/29/2010
Popp, Kristi	Iowa State University	“Stress Fractures: Recognition, Prevention & Treatment”	07/29/2010
Zittleman, Dave	Bismarck HS	“Training Athletes; from Winter Sports”	07/29/2010
DeRosier, Andrew	Dickinson Trinity HS	“Priorities in the Pole Vault”	07/30/2010
Gardner, Ken	Jamestown HS	“Hurdle – Technique, Drills & Conditioning”	07/30/2010
Ihmels, Corey	Iowa State University		07/30/2010
Ihmels, Corey	Iowa State University		07/30/2010
Roeske, Marv	Concordia College	“Over-Speed Hurdling and Drills”	07/30/2010

VOLLEYBALL:

NAME	SCHOOL	TOPIC	DATE
Hardee, Ashley	UND	“Building a Competitive Program”	07/28/2010
Hardee, Ashley	UND	“1,000 Drills in 60 Minutes”	07/28/2010
Hegerle, Jon	Jamestown College	“Goal Oriented Drills-Creating Urgency”	07/28/2010
Hinterstocker, Erik	NDSU		07/28/2010
Hinterstocker, Erik	NDSU		07/28/2010
Solberg, Sheryl & Advisory	NDHSAA/NDHSCA	Volleyball Rules/Advisory Committee Meeting	07/29/2010
Boos, Jim	UM Duluth	“Armswing Training”	07/29/2010
Boos, Jim	UM Duluth	“Communication-Teaching your Players What to Say”	07/29/2010
Boos, Jim	UM Duluth	“Team Defensive Concepts”	07/29/2010
Novacek, Steven	University of Mary	“Tandem Passing & Defensive Techniques”	07/29/2010
Blake-Kath, Tammy	MSU @ Moorhead	“Developing Elementary Players with Proper Techniques”	07/30/2010
Lang, Brenda	Harvey HS	“End of Season Wrap-up”	07/30/2010
Olson, Carolyn	Grand Forks Red River HS	“Drill Design: Specificity in Drills for your Team”	07/30/2010
Wallstrum, Tim	Kenmare HS	“Psychology & Consistency in Coaching Volleyball”	07/30/2010

WRESTLING:

NAME	SCHOOL	TOPIC	DATE
Maughan, Bret	NDSU	“	07/28/2010
Maughan, Bret	NDSU	“	07/28/2010
Schall, Corey	Oakes HS	“Seeding Criteria”	07/28/2010
Schall, Corey & Fetsch, Matt	NDHSAA/NDHSCA	Wrestling Rules and Advisory Committee Meeting	07/28/2010
Dangerud, Kayle	West Fargo HS	“Packer Drills”	07/29/2010
Nagel, Clay	Concordia College	“Recruiting in the High School”	07/29/2010
Nagel, Clay	Concordia College	“Drills and Coaching Technique”	07/29/2010
Pazdernik, Mike	New Salem HS	“Wrestling Program at New Salem HS”	07/29/2010
Hilzendeger, Randy	Bismarck Century HS	“Creating Bottom Movement in Wrestling”	07/30/2010
Nelson, Kris	MSUM	“Warm up Drills in Wrestling and Takedowns”	07/30/2010
Nelson, Kris	MSUM	“Top/Bottom Wrestling”	07/30/2010

SEMINAR: COACHING & CONFLICTS:

NAME	SCHOOL	TOPIC	DATE
Carl, Dave	National Collegiate Scouting	"College Recruiting Simplified"	07/27/2010
Moe, Pete	Washburn HS	"Psychology in Coaching"	07/27/2010
Hausler, Jim	Bismarck Schools	"Regional and State Tournament Management"	07/27/2010
Mayer, Brett	Minot HS	"Diminishing Numbers of Female Coaches"	07/27/2010
Myrvold, Chris	MeritCare Sports Medicine	"Concussions"	07/27/2010
Orvik, Gelaine	NDHSCA	"Professionalism in Coaching"	07/27/2010
Swenson, Dr. Rod	Neuropsychology Associates	"Concussions"	07/27/2010

SEMINAR: COACHING & SPECIAL TOPICS:

NAME	SCHOOL	TOPIC	DATE
Berg, Mike	Grand Forks Central HS	"Building a Program for the Long Haul"	07/27/2010
Sylling, Sherm	NDHSAA	"Duties and Responsibilities for NDHSAA"	07/27/2010
Lunde, Mitch/Person, Peggy	Beulah HS & Berthold HS	"Preparing Coaches for the Year"	07/27/2010
Olson, Todd	Grand Forks Schools	"NFHS Fundamentals of Coaching"	07/27/2010
Olson, Todd	Grand Forks Schools	"NFHS Fundamentals of Coaching"	07/27/2010
Olson, Todd	Grand Forks Schools	"NFHS Fundamentals of Coaching"	07/27/2010
Olson, Todd	Grand Forks Schools	"NFHS Fundamentals of Coaching"	07/27/2010

SEMINAR: SPEED, STRENGTH & NUTRITION:

NAME	SCHOOL	TOPIC	DATE
Dawes, Jay	NSCA		07/27/2010
Kramer, Jim	NDSU	"Strength Program Design-Periodization"	07/27/2010
Kramer, Jim	NDSU	"Nutrition Education for our Student-Athletes"	07/27/2010
Swedberg, Leah/Rollie	West Fargo HS	"Facility Design & Overall Liabilities in Strength Program"	07/27/2010
Swedberg, Leah/Rollie	West Fargo HS	"Agility, Speed & Strength: The West Fargo Way"	07/27/2010
Wojahn, Lisa	MeritCare Health System	"Nutrition for Athletes"	07/27/2010

SEMINAR: BEGINNING THE COACHING PROFESSION:

NAME	SCHOOL	TOPIC	DATE
Berg, Mike	Grand Forks Central HS	"You Have the Job; Now What?"	07/27/2010
Lunde, Mitch/Person, Peggy	Beulah HS & Berthold HS	"Preparing the Beginning Coaches"	07/27/2010
Manley, Ralph	Mandan HS	"Coaching My Assistant Coaches"	07/27/2010
Orvik, Gelaine	NDHSCA	"Professional Standards for Coaches"	07/27/2010
Sylling, Sherm	NDHSAA	"Preparation for Beginning with NDHSAA"	07/27/2010
		"First Aid and Safety"	07/27/2010
		"CPR Training and Certification"	07/27/2010

Final Schedule will be POSTED on the Website July 15

Mark Your Calendar!

NDHSCA 2010 Convention Dates



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



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' Softball (Fastpitch)	—	—	—
Boys' Hockey	—	—	—	Girls' Swimming & Diving	—	—	—
Boys' Soccer	—	—	—	Girls' Tennis	—	—	—
Boys' Swimming & Diving	—	—	—	Girls' Track & Field	—	—	—
Boys' Tennis	—	—	—	Gymnastics	—	—	—
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 '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.

Coaches are urged to photocopy additional membership forms and solicit membership of all head and assistant coaches throughout each school district. – Thank you.

- 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 ~ 2472 Lilac Lane ~ Fargo, ND 58103

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.)
- 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.

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

- It will be up to the individual coaches to determine their records from past years and update wins or revise their victory milestone forms.

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 _____

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
<u>Meet 5</u>	<u>7 teams</u>	<u>5 wins</u>	<u>2 losses</u>
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.

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



North Dakota High School Coaches Association

Lifetime Membership Application

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

An NDHSCA Member for 20 years.

An active high school coach for at least 25 years either in North Dakota or another state.

Lifetime Membership may be purchased for a one-time fee of \$300.

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

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

Name _____ Cell # _____

School _____ Email Address _____

Home Phone _____ Work Phone _____

Home Address _____

City/State/Zip code _____

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

Number of years NDHSCA Member (as of **June 2011**) _____

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
Martin, Phil; Lisbon 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



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Send to Gelaine Orvik - gorvik@cableone.net

or to any of the members of the Executive Board.

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