



North Dakota High School Coaches Association Official Publication

DAKOTA COACH

Inside this issue:

Executive Committee	2
President's Message	3
2011 Convention Plans	4
Orvik Scholarship Fund	5
Jr. High COTY (cont'd)	6
Assistant COTY (cont'd)	6
NDHSCA Scholarships	6
Executive Secretary	7-8
Finalists National COTY	9-12
NDHSCA Scholarships (cont'd)	13-14
2012 Convention UPDATE	14
Confirmed Conv. Speakers	15-16
Membership Registration	17
Victory Milestones	18
2011 Convention Reg Form	19
Victory Milestones	20
Lions Class B Girls Roster	21
Lions Class B Boys Roster	22
Lions Class A Boys Roster	23
Lions Class A Girls Roster	24
Lifetime Membership Form	25
Paid Lifetime Members	26
Camp Insurance/Members	27
List of NDHSCA Forms	28
Sponsor Members/Form	29
Back Page	30

2011 NHSACA COTY Finalists

The following NDHSCA Coaches have been named determined to be NHSACA National Coach of the Year Finalists and will be evaluated together with seven other finalists in each sport from the other 50 states. The 2011 NHSACA National Awards Banquet will be held at the Amway Grand Plaza Hotel in Grand Rapids, MI on Wednesday, June 22, 2011 in conjunction with the NHDACA National Coaches Annual Meeting. The 2012 NHSACA Annual Meeting will be held at the Fargo Holiday Inn.

Continued on page 9

NHSACA/NDHSCA 2012 Convention

The planning and organization for the 2012 NHSACA/NDHSCA is continuing with a great deal of progress taking place. Gelaine Orvik (NDHSCA Executive Secretary) and Dave Dougherty (NHSACA First vice-president) have met on numerous occasions to identify the responsibilities of NHSACA and NDHSCA for the 2012 convention; to establish timelines for completing pre-convention duties; and to identify partners that will be involved in the convention.

At this point, besides NDHSCA and NHSACA, Fargo Public Schools

Continued on page 14

2011 NDHSCA Convention Plans

Plans for the 2011 NDHSCA Coaches Convention have developed rapidly and will rival the 2010 gathering with outstanding clinic sessions. The NDHSCA Office is confident that the confirmed speaker list has provided our coaches with an unbelievable lineup of presenters.

The Convention sessions will be held at the Mandan Seven Seas Hotel & Waterpark Convention Center July 26th through July 29th.

Tennis sessions are scheduled for the Bismarck Racket & Fitness Center.

Continued on page 4

NDHSCA Assistant & Junior High Coaches of the Year

The North Dakota High School Coaches Association announces the **Junior High Coach of the Year Curry Mund, Rugby Junior High School** and **Assistant Coach of the year Arnold Jordan, Kenmare High School** for the Winter Season 2010-2011.

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 Mandan Seven Seas Convention Center on Thursday, July 28, 2011.

Continued on page 6

**NDHSCA
2011**

**Convention Dates
July 26 - July 29**

Mandan Seven Seas

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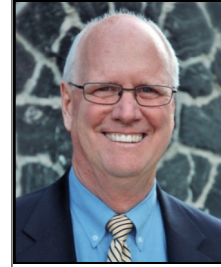


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President's Message - Spring 2011

On behalf of the NDHSCA, I would like to congratulate the State Champions, Coach of the Year, and the POWERade Senior Athlete of the Year winners that were crowned this winter! There were many great championship games and tournaments that provided a great amount of excitement to the thousands of fans.

I think it is spring, but I am not sure that it is officially here for good. Many spring sports got off to a slow start and coaches have had to be very creative and patient for the past two months. I applaud the coaches, athletes, parents, and administrators from around the state on their dedication to making the spring schedules work.

I would once again, encourage our coaches to continue to be active in the association. Attending the state meetings and volunteering to serve on the advisory committees gives you a voice in your sport.

The continued growth of our membership shows the strength of our organization.

The website address has changed to www.ndhsca.com and has an updated look!

The membership is at an all time high for active members. The continued growth of our membership shows the strength of our organization.

The state convention will be in Mandan this year. We have lined up many great speakers for the convention and we are looking forward to a great turnout on July 26-29!

Make sure to register by going to NDHSCA.com. All of the forms along with some of the speakers and itinerary can be found there.

Good luck with the rest of the 2010-11 school year and we look forward to seeing you in Mandan at the end of July!

Dave



Dave Zittleman

On behalf of the NDHSCA, I would like to congratulate the State Champions, Coach of the Year and the POWERade Senior Athlete of the Year winners.



Sponsor of the Outstanding Senior Athlete Awards



2011 NDHSCA Convention Plans *(continued from page 1)*

Some of the other sport sessions will be held at venues to enable speakers to use courts, tracks, fields or special equipment 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 confirmed speakers can be viewed on the Association's website.

The NDHSAA Board of Directors directed the staff to begin implementation of online rules clinics for 2010-2011. However, the advisory committee meetings will continue; these are so useful in communicating the future direction for advisory recommendations in each sport.

In addition to the advisory committee sports' round tables, the NDHSAA Staff 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 fourth year, Travis Dressler and the 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

Travis informed NDHSCA that Universal Athletics was planning for 200 coaches to attend the social two years ago and NDHSCA has superseded expectations each year. 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 River Creek Golf Course in south Bismarck. This golf course is substantially less difficult, and also less expensive. Only seventy spots exist for the scramble and obviously, those who pay early and register at the golf desk on Wednesday morning earliest, 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. We are especially to recognize the personnel associated with Coca Cola/POWERade with Awards of Merit.

“As of April fifteenth, clinic speakers are nearly complete for basketball, cross-country, football, golf, soccer, softball, tennis, track & field, volleyball and wrestling. Specific confirmed speakers can be viewed on the Association's website.”

The speaker and topic schedule will be entered on the website as they arrive. Additional speakers and topics will be added to the schedule as speakers confirm their topics. We are especially proud of our speaker roster and their curriculum.

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 ndhsca.com. Plan now to attend! And register early! Forms are also available online.

Remember:

NDHSCA

Website

www.ndhsca.com



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 _____

Junior High Coach of the Year Winter Season 2010-2011

(continued from page 1)



Curry Mund

Curry Mund of Rugby Junior High School is the winner of the 2010-2011 Winter Season Junior High Coach of the Year Award. Curry has been a Junior High Basketball Coach in Rugby for 25 years. He coaches both the boys' and the girls' junior high basketball.

Curry has track and field and volleyball. He coached his 800th basketball game this past winter. Curry is an excellent role model, demonstrates sportsmanship, and carries a lot of "Panther Pride." This past year, the junior high boys were 9-5 and the junior high girls went undefeated.

Curry has three children, Adam, Matthew, and Mason.



Assistant Coach of the Year Winter Season 2010-2011

(continued from page 1)

Arnold Jordan of Kenmare High School is the winner of the 2010-2011 Winter Season Assistant Coach of the Year Award. Arnold has been coaching for over 30 years. He has coached girls basketball for 18 years.

Arnold has been the assistant coach in Kenmare for the past five years. He helps with practice preparation and serves as an assistant to the varsity team. His career record in basketball is 100-33.

Arnold has been a District Coach of the Year, Regional Coach of the Year, and an athletic administrator of the year. Arnold and his wife Judy have three children, Joshua, Angela, and Jesse.



Arnold Jordan

NDHSCA Scholarships

The NDHSCA Executive Committee selected the recipients for the NDHSCA Scholarships at its recent meeting. **Ally Hoffman**, Dickinson HS, who plans to attend UND; **Janet Julson**, Richland (Colfax) HS, who plans to attend Concordia College (Moorhead, MN); **Josh Sandy**, Velva HS, who plans to attend Minot State University; and **Tyler Thorson**, TGU Towner HS, who plans to attend Eastern Wyoming College, will each receive a \$500.00 scholarship from NDHSCA and Burger King of North Dakota.

Continued on page 13

Congratulations To the following student athletes

Ally Hoffman	Dickinson HS
Janet Julson	Richland (Colfax) HS
Josh Sandy	Velva HS
Tyler Thorson	TGU Towner HS

Each will receive a \$500.00 scholarship from NDHSCA and Burger King of North Dakota.



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



-From the Executive Secretary's Desk

I just read an article from the *Fargo Forum* regarding "youth-concussions in sports."

"The nations' most sweeping measure addressing youth-concussions in sports was signed into law Tuesday in Colorado, where the guidelines for protecting child athletes will require coaches to bench players as young as 11 when it's believed they've suffered a head injury."

"The new law also requires coaches in public and private schools and even volunteer Little League and Pop Warner football coaches to take free annual training online to recognize the symptoms of a concussion. Most of the dozen other states with laws meant to protect young athletes only require concussion training for school-related athletic programs. The Colorado law goes into effect in January."

* * * * *

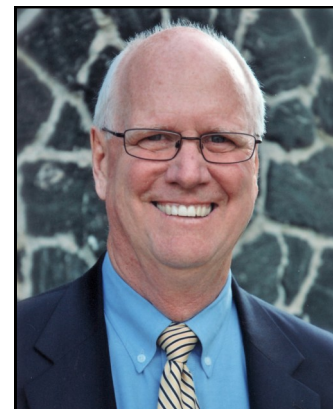
NDHSCA has chosen to recognize T.J. Herauf, Dickinson Coca Cola; Todd Wegenest, Minot Coca Cola; and Bill Dickerson, Williston Coca Cola with the Association's Award of Merit. NDHSCA is very gracious for the recognition POWERade provides NDHSCA with the recognition of a Senior Athlete of the Year in every sport that NDHSAA recognizes a state championship. Without the financial support from POWERade/ Coca Cola, NDHSCA could not financially continue the recognition program.

Stu Merry, reporter for the *McLean County Independent* from Garrison, ND will also receive an Award of Merit for his reporting of detailed sports and supporting coaches and athletes for "small schools" in the West-Central North Dakota region. Mike Savaloja, *Jamestown Sun* sport reporter, is likewise a gem in reporting and supporting sports in the "small schools" in the South-Central North Dakota region.

* * * * *

At this date (April 15th) we are very close to having a complete speaker roster for the convention. We remind all members to check the NDHSCA Website for updates of speakers as well as the complete convention schedule as it is finalized. As usual we think that the Tuesday sessions are going to be extraordinary with the concentrated presentations on Role-Modeling, concussions, drugs and steroids. We were disappointed when Bill Williams, a superb football presenter, was un-

able to present. However, we have guaranteed his services for next year. If you are wondering who Bill Williams is, check out his website FCPGA.com. He is astounding. He makes a living presenting clinics and going to football camps to teach the correct techniques in blocking, tackling, and other football skills.



Gelaine Orvik

* * * * *

We have continued to expand the contents of the Website and hope our members and interested people peruse is often. We will make a concerted effort to develop an up to date Coaches' All-Time Victory Ladder for most team sports. We receive many requests for information as to who is the coach with the most victories in a sport as well as who is the active coach with the most victories in a particular sport. We are going to contact our entire head coaching population in the following sports to begin developing the Ladder:

- | | |
|---------------------------|--------------------------|
| Baseball | Basketball (boys) |
| Basketball (girls) | Football |
| Golf (boys) | Golf (girls) |
| Soccer (boys) | Soccer (girls) |
| Softball | Swimming & diving (boys) |
| Swimming & diving (girls) | Tennis (boys) |
| Tennis (girls) | Track & field (boys) |
| Track & field (girls) | Volleyball |
| Wrestling | |

We are also going to assist each sport in developing an All Time State's Best Performance" Record Board for those sports that have such records. Our concentration will begin with track & field, swimming & diving, golf and tennis.

If you have checked the website recently you will find that the North Dakota Coach of the Year History has been updated and been made more user-friendly. We have the COTY Recipients in two orders: by the year and by sport.

* * * * *

We were tickled earlier in the month with the media coverage of some of our North Dakota Division I Athletes who are being successful. We confirm our

Executive Secretary (continued from page 5)

We are going to begin our 50th year with some interesting activities at our summer convention. Plan to attend!

belief that we have the best athletes in the nation with a superlative work ethic.

Laura Roesler is at the University of Oregon in Eugene and has already achieved All-American Status. She continues her sparkling performances, but now she is a member of a track and field team; and every team member has astounding ability.

Ellie Grooters is at University of Nebraska and found herself as a vital member of the Husker Track and Field Team but not as a hurdler during the indoor season. She ran the "long sprints---400 and 600" during the indoor season. In her second outdoor meet of the season she was scheduled to run the hurdles at Eugene---in a reunion with Laura---after winning the intermediate hurdles in her opening meet of the season.

Keep your eye on our state's gems---very likely future Olympians!

At the same time, a step back in history regarding our own North Dakota athletes! By chance due to communication glitch, Jay Bennett,

a 1950 Grand Forks Central Graduate, contacted me regarding his induction into the North Dakota Track and Field Hall of Fame. By a recent letter he shared some of his experiences; he was "... surprised that the first trial jump would be good enough to win the district meet at Devils Lake and did so with a 19'7 1/2" leap. This was a leap that took me over the following decade to the #1 ranking in the world in 1954 in winning the second of two NCAA Division I titles with a jump of 25'10-3/4" while a student at Marquette [University]." With the previous years second place leap at the Pan-American Games event at Mexico City of 26' 3 7/8" (my all-time high), I did live up to my own expectations which I set quite high. I am still the record holder of the long jump at Marquette, both indoor and outdoor, after 59 years....first set in May of 1952. It pays to work hard toward a goal and that is proof positive." What a great legacy I just learned about by a mistake in communication from Jay (our 1956 Melbourne Olympics Long Jump Silver Medalist) to me---when he thought he was contacting Al Knutson.

On April 5th our membership was 1083 with seven new life time members paid for the year (1090 total for 2010-2011). We expect another 10 or 20 members for the year. We also expect that 2011-2012 memberships and 2011 convention registrations usually begin to arrive in May. Overall, NDHSCA has experienced a phenomenal year in memberships. We have also had an extraordinary involvement and interest shown by coaches in our overall program. We really are anxiously anticipating the celebration of our 50 year in 2011-2012. We are going to begin our

50th year with some interesting activities at our summer convention. Plan to attend! Notice the registration forms in this issue of the *Dakota Coach*.

* * * *

Dave Michaelson was inducted into the North Dakota Wrestling Hall of Fame in February. Dave was head coach and for the Dickinson High School for fourteen years guided the Midgets to a 124-68-3 dual meet record. Dave's teams were a top five finisher at the state wrestling tournament eight times with fifteen individual state champions and 76 state place-winners. Dave guided the Midgets to one West Region crown and four runner-up titles.

Coach Michaelson was named the West Region Coach of the Year four times and received the State Class A Coach of the Year honors in 2003. Dave was elected to the North Dakota High School Coaches Association Executive Committee in 2005 where he served the coaches of the state for five years. In 2007 Dave served as president of the NDHSCA where he provided outstanding leadership and demonstrated the true characteristics of a successful coach.

NDHSCA was richly blessed with Dave's leadership.

Congratulations, Dave and Thank you!

Gelaine

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2011 National Coach of the Year Finalists (continued from page 1)

The NHSACA National Coach of the Year Evaluation Committee went through the first level of evaluating to determine the eight finalists for the NHSACA National Coach of the Year in 20 sports. The eight finalists will be evaluated a second time to determine the National Coach recipients, and they will be proclaimed National Coach of the Year at the NHSACA National Awards Banquet to be held in Grand Rapids, MI. The following paragraphs will delineate short resume's of the North Dakota Finalists (in alphabetical order).

Rick Anderson has coached for 20 years, all at Griggs County HS. His Boys' Cross-Country teams have defeated 1496 teams during that period, while losing to only 650.

As a boys cross-country coach, Rick has served his profession as a member of the NDHSCA Boys' Cross-Country Advisory Committee to NDHSAA. He has been a speaker at the NDHSCA Coaches' Convention on two occasions.

Anderson's Boys' Cross-Country teams have won four state championships and eight Regional Titles. In addition to those championships, the Griggs County Cougars have also won 13 other major cross-country meets.

Rick has been named NDHSCA Boys' Cross-Country State Coach of the Year on six occasions. He has also been named NDHSCA Boys' Cross-Country Regional Coach of the Year seven times.

Dan Carr has served as head boys' basketball coach for 31 years, with the past 28 at Linton HS after three years at Belgrade (MN) HS. Dan has led his boys' basketball teams to a 584-178 win-loss record for a 77.7 winning percentage. Carr has led his Linton teams into the Regional Tournament in 27 of the past 28 years. His 1984 and 2009 teams were undefeated for the season.

Carr has been a clinician at the NHSACA National Annual Meeting twice, in 2004 and 2008. He has also been a member of the NDHSCA Boys' Basketball Advisory Committee to NDHSAA. He has been a regional chairman for the NDHSCA-Lions' All-Star Basketball Selection Committee for seven selections. He also served on his Conference Scheduling Committee.

Coach Carr has led the Linton Lions to three Class B State Championships. Linton also finished as Class B State Runner up Titlist once. Linton has

won 14 Regional Championships as well as 20 District Titles.

Carr has been a National Finalist twice previously. He has been NDHSCA Class B Boys' Basketball State Coach of the Year four times. He was named North Dakota Sportswriters and Sportscasters Association Male Team Coach of the Year in 1985. He was also named National Federation State Coach of the Year twice. Dan has served as NDHSCA-Lions All-Star Boys' Basketball Coach on four occasions. He was also named NDHSCA Class B Boys' Basketball Regional Coach of the Year six times and District Coach of the Year 11 times.

Dan and his wife, Ann, have four children (Katie, Lacey, Kyle and Megan) and two grandsons.

Jeffrey Fiechtner has been a head coach at Fargo North HS for 13 years. He was also an assistant coach at Gila Bend (AZ) HS. The Spartan 13 year record under Fiechtner is 290-158 for a 64.7% winning percentage.

Jeff has been a member of the NDHSCA Baseball Advisory Committee to NDHSAA. He has guided the Spartans to a State Championship in 2002 and to State Runner up Titles in 2006 and 2003. The Spartans have also won seven East Region Titles and 11 other baseball tournament titles.

Coach Fiechtner was selected as Eastern Dakota Conference Coach of the Year in 2003 and 2005; he was NDHSCA Class A Baseball State Coach of the Year in 2006.

Scott Grochow has been a head boys' track & field coach at Rugby HS for 16 years after spending 8 years as an assistant coach at Turtle Lake-Mercer HS and Rugby HS.

The Panthers have defeated 2,345 teams while losing to only 241 teams in Multi-Team contests over the past 16 years for a 90.3 winning percentage.

Grochow has served his profession as President of NDHSCA (2005-2006) and a member of the NDHSCA Executive Committee (2003-2008). He has served three four-year terms on the NDHSCA Boys' Track & Field Advisory Committee to NDHSAA. He has also served two three-

2011 National Coach of the Year Finalists (continued from page 9)

year terms on the NDHSCA Football Advisory Committee to NDHSAA.

Rugby has won two Boys' Track & Field State Championships and one Runner up Title over the past 16 years. The Panthers have also won 15 Boys' Track & Field Regional Championships. Also, during the course of each year, Rugby has won at least one multi-team contests.

Scott has been named NDHSCA Region 6 Coach of the Year 12 times and NDHSCA Class B Boys' Track & Field Coach of the Year twice (2008 and 2010).

Dean Hashbarger has coached Boys' Soccer for 25 years, with eight at Fargo South HS and two at Fargo Shanley HS. Over the past ten years, Dean's teams have won 111, tied 24 and lost only 43 games for a 72.0% winning percentage. He has served one three-year term on the NDHSCA Soccer Advisory Committee to NDHSAA.

Dean has been recognized as Eastern Dakota Conference Coach of the Year three times; he has also been named NDHSCA Boys' Soccer State Coach of the Year twice (2008 and 2009).

Robert "Bob" Holmen has served as an assistant coach at Minot HS for 27 years, including 20 years as an assistant Track and Field Coach. As an assistant track & field coach at Minot HS, his main responsibility is working with throwers. He plans practices, develops and implements training programs and has direct responsibility of shot putters.

Bob has been a member of NDHSCA since 1984. As an assistant coach, he has contributed to nine State Championships and one State Track & Field Runnerup Title. Minot HS has also won eight Western Dakota Association Regional Championships while he was an Assistant Coach.

Lorell Jungling, CAA, has been an athletic director for 18 years. He has served Underwood HS, Valley City HS and Mandan HS as athletic director only (without coaching duties) and five years as a HS coach and athletic director at Sheyenne HS.

Lorell has one junior high school and one high school under his guidance with 94 staff members in his care. Mandan Middle School and HS have 1,550 students with an athletic budget of \$400,000.

In eight years at Mandan HS Lorell has guided a remodeling of concessions, restrooms, locker

rooms, and press box while installing a new scoreboard and PA system at the football facility. He has also supervised resurfacing the HS gymnasium floor, installing new lighting, new scoreboard, wall mats, PA system and backlit score table.

He has enhanced the professional development for coaches through "Coaches Retreats" consisting of teambuilding, strength training and sports medicine for all coaches. Jungling has also budget for each head coach to attend a clinic of choice every two years and encourages their membership to join NDHSCA by reimbursing registration/membership when they attend the State Convention.

Lorell is membership coordinator for NDIAAA and has served as President of NDIAAA. He has been a member of the NDHSAA Board of Directors as well as a member of the National Federation Board of Directors. He served as NDHSAA Football Committee Chair and presently serves as NDIAAA Publications Committee Chair.

Jungling has been recognized by the National Federation with its Citation Award; he has also been named NDHSCA State AD of the Year and NDIAAA State AD of the Year (2005). He has been named West Region AD of the Year (2005) and NDHSCA Class B Regional AD of the Year.

Mike Merritt has spent 39 years in the coaching profession with 36 years as a head gymnastics coach. His coaching tenure has carried him to Edina East (MN) HS, Bismarck HS, Devils Lake HS, Fargo North HS and Fargo South HS. His present assignment is head coach for both the Spartans and Bruins in Fargo.

Mike has served as ND HS Gymnastics Coaches Association Secretary/Treasurer since 1985. He has served three three-year terms on the NDHSCA Gymnastics Advisory Committee to NDHSAA. Mike has coached two state championship teams (1973 and 1974) and has coached his teams to three Regional Championships.

Merritt has been named East Region Gymnastics Coach of the Year five times and East Region Girls' Track & Field Coach of the Year twice. He was named NDHSCA Gymnastics State Coach of the Year twice (1983 and 1993).

2011 National Coach of the Year Finalists (continued from page 10)

Ralph Manley is a 32 year coaching veteran with 26 years as a head varsity Boys' Swimming & Diving Coach. He has been a head coach at Mandan HS for 24 years after two years as a head coach and six years as an assistant coach at Fargo South HS. He has also served as head Girls' Swimming & Diving Coach for 17 years and as assistant Girls' Swimming & Diving Coach for seven years.

As a head Boys' Swimming & Diving coach he has guided the Braves to 986 victories over other schools in multi-team contests while losing to only 364 teams for a 73.0% winning percentage over other teams in competition. His head Girls' Swimming & Diving Coaching record is 780-254 with four state championships.

Ralph has served as the NHSACA National Swimming & Diving Chair for five years. In 2010 he was elected to the NDHSCA Executive Committee and will be President during the 2012-2013 school year. He has served on the NDHSCA Swimming & Diving Advisory Committee for 25 years and been a speaker at the NDHSCA Coaches Convention 12 times. He has been Special Olympics District IV Meet Director for 24 years.

Mandan HS has won three State Championships during Manley's tenure, while also winning one State Runner up Title. The Braves have also won three Western Dakota Regional Titles and at least one multi-team tournament during the course of his coaching.

Ralph has been a NHSACA National Coach of the Year Finalist four times previously and National Federation National Coach of the Year Finalist twice. He has been NDHSCA Swimming & Diving State Coach of the Year three times and NDHSCA Regional Coach of the Year nine times.

Incidentally, his father (Thomas Manley) was NHSACA Swimming & Diving National Coach of the Year Finalist three times.

Mark Murdock has been an assistant track & field coach for 12 years. He has always coached at Bismarck Century HS. He is responsible for the total throwing program for Bismarck Century HS Track & Field. He teaches proper technique, designs and implements workout routines, monitors goal-setting and serves as the throwers' motivational guru.

During his coaching tenure, the Century Girls' Track & Field Throwers have won 14 State Champions, 18 West Region Champions and 63 place winners at the North Dakota State Track & Field Meet. Mark has been a presenter at the NDHSCA Coaches Convention three times.

Murdock's coaching has been instrumental to the Century Patriots' success as the team has won two State Championships and two State Meet Runner up Titles. The Patriots have won at least one multi-team track & field meet each year during his coaching tenure. In his twelve year coaching tenure, the Patriots have had at least four athletes place in the State meet discus three times and five or more twice. His shot putters and discus throwers have had four or more top eight place winners in the WDA shot put and discus 12 times.

Track & Field has been a big part of Mark's life also as an athlete. He earned 6 state throwing championships and is ranked 2nd best Class A shot put performance in state history. He is ranked 4th best all-time discus performance in the state. He is a four time All American shot putter at UND.

Leland Opp is a 21 year head girls' track & field coaching veteran. He has coached a total of 24 years. He has spent all 23 years of his tenure at Hazen HS. In his 21 years of head Girls' Track & Field Coaching leadership, Leland has led his Bison team to victories over 4,482 other teams while losing to only 475 teams for a 90.4% winning percentage.

Opp has been a presenter at the NDHSCA Coaches Convention three times and at the NHSACA Annual Meeting four times. He has been a four-time member of a four-year term of the NDHSCA Girls' Track & Field Advisory Committee to the NDHSAA. He spent six years as a Track & Field Director for the North Dakota AAU. He has served as Speaker Introductions for NDHSCA twice.

Leland has led the Hazen Girls' Track & Field teams to seven state championships and one state runner up title. The Hazen Girls' Track & Field have won the Regional championship every year while he has been head coach.

Coach Opp has been an NHSACA Girls' Track & Field National Coach of the Year Finalist three

2011 National Coach of the Year Finalists (continued from page 11)

times. The North Dakota Associated Press Sportswriters/Sportscasters Association named Opp Female High School Coach of the Year twice. He has been NDHSCA Girls' Track & Field State Coach of the Year eight times and Region 5 Coach of the Year 17 times. He was named NDHSCA Girls' Cross-Country State Coach of the Year in 1992. He was named recipient of the Hazen Chamber of Commerce Community Leadership Award twice. He was also Region 7 Girls' Basketball Coach of the Year in 2009.

Julie Stavn has spent 31 years as a Girls' Cross-Country Coach with 27 years as Head Varsity Coach at Bismarck Century HS. While coaching the Patriot girls, she has guided them to victories over 1214 teams, while losing to 799 teams for a 60.5% winning percentage.

Julie has been a regional representative on the NDHSCA Track & Field/Cross-Country Advisory Committee to NDHSAA for two four-year terms. She was NDHSCA President during the 1998-1999 school year. She was also a member of the NDHSCA Executive Committee (1996-2001). Stavn's Cross Country teams have won three multi-team meet championships.

Coach Stavn has been NDHSCA Girls' Cross-Country Regional Coach of the Year four times (1988, 1995 and 1998); she was named NDHSCA Girls' Cross-Country State Coach of the Year twice (1988 and 2008). The North Dakota Alliance of Health, PE, Recreation and Dance named Julie Secondary PE Teacher of the Year (1994) and North Dakota Pathfinder Award for Excellence in Coaching (2005). She was named NDHSCA Girls' Track & Field State Coach of the Year twice (2005 and 2008).

Lisa Strand has been a varsity head Volleyball Coach for her entire 21 years of coaching experience at Thompson HS. She has guided her Girls' Volleyball teams to a 622-150 record for a winning percentage of 80.6%.

Strand has been a member of the NDHSCA Volleyball Advisory Committee to NDHSAA for one term. She was also a member of the NDHSAA Class B *Ad Hoc Committee*. She was

recently appointed to the position of NDHSCA-Optimists' Volleyball All-Star Co-Chair. Coach Strand's teams have won four Volleyball State Championships and one runner up title. Her teams have also won fourteen Regional Championships and ten tournament titles during the course of the season.

Lisa has been named NDHSCA Region 2 Regional Girls' Volleyball Regional Coach of the Year four times and NDHSCA Girls' Volleyball State Coach of the Year twice. The North Dakota Associated Press Sportswriters/Sportscasters Association named Strand Female Sport High School Coach of the Year in 2005. She served as NDHSCA-Optimists All-Star Volleyball Coach four times (1995, 1998, 2005 and 2006). She also was recipient of the NDHSCA 500 Victories Award of Merit (2006) and 625 Victories Award of Merit (2010).

Victor Youngs has been head Varsity Tennis Coach for 22 years at Fargo South HS and has three years of experience as assistant tennis coach at Fargo North HS. His teams have won 281 team matches while losing only 107 for a 72.4% winning percentage. He has been a member of the NDHSCA Tennis Advisory Committee to NDHSAA for the past three years. Vic has served as a volunteer coach for the past five years for the US Tennis Association Junior Team. He has served as Manager for Conference/Regional Girls' Tennis Tournaments Manager as well as the Girls' State Tournaments for eleven years (1988-1999). Youngs founded and directs the only junior varsity tournament in Eastern North Dakota.

Coach Youngs has guided his tennis teams to two State Tennis Championships (1990 and 1996) and seven State Tennis Runners up Titles. In addition, his teams have won nine tournaments during the course of the season. Youngs has been named NDHSCA Tennis Regional Coach of the Year twice and NDHSCA Tennis State Coach of the Year five times. He has also been recipient of the NHSACA Tennis National Coach of the Year three times (2000, 2005 and 2008).

END

NDHSCA Scholarships (continued from page 6)

The scholarships will be presented to each student/athlete at the Annual NDHSCA Hall of Fame and COTY Banquet at the Mandan Seven Seas Best Western Hotel & Waterpark Conference Center on Thursday, July 28th. The four student-athletes collectively earned 74 athletic letters, 47 activity letters, and ACT scores averaged 27.50. The recipients ranked 15th, first, first and fourth respectively in the graduate's school's class rank.



Ally Hoffman

Ally Hoffman will graduate from Dickinson High School with a 4.0 Grade Point Average (GPA). She scored 28 on her ACT test. Ally earned 12 athletic letters in the three sports of basketball, Cross-Country and track & field. She was a team captain for her basketball and cross-country teams. Hoffman was a member of student council and president of the student body. She was also a member of National Honor Society.

Ally has done volunteer work for the Dickinson local Soup Kitchen and Arts in the Park programs. She has been recognized as recipient of the Frank T. Lewis Outstanding Student Council Member, the Robert L. Burda Citizen of the Year Award, State Student Council Representative and WDA Academic All-Conference Honor.

Ally is the daughter of Scott & Darlan Hoffman.

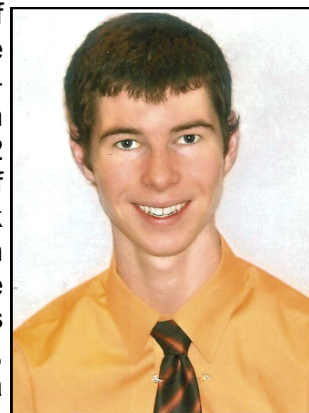


Janet Julson

Janet Julson is the daughter of Ron and Nadine Julson. She has a 4.0 Grade Point Average (GPA). Janet has earned 12 athletic letters in the sports of basketball, track & field, and volleyball; she also earned four letters as the school's football statistician. She earned four letters in band, one in chorus, two in speech and four in publications where she was school newspaper editor for three years and yearbook editor her senior year.

Janet was a member of student council and Close Up for three years. She served as class president as a junior and senior and class secretary as a freshman and sophomore. She was a team captain in volleyball and basketball. Janet was a member of National Honor Society and Southeast Area Academic Team. She also was a member of FFA and 4-H. Janet is active in fund raising for her church and for Close Up; she has also been a regular in sandbagging efforts during recent floods. She is church organist and active in church liturgy and youth group.

Josh Sandy is the son of Larry and Kim Sandy. He holds a 4.0 Grade Point Average (GPA) and ranks first in his class of 41. He earned 12 athletic letters in the sports of basketball, football, and track & field. He was team captain in all three sports. She earned 12 letters in the sports of basketball, track & field, and volleyball. Megan was a team leader in volleyball.

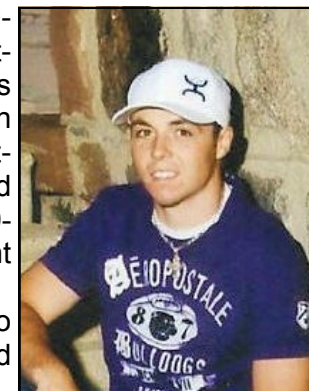


Josh Sandy

Josh also earned letters in band (4), chorus (3), speech (3), drama (4) and student government (2). He was a member of FBLA and FCCLA. He was a bronze recipient of the ND Academic All-State Award and was recognized as the NDHSAA Distinguished Student.

Tyler Thorson participated in basketball and football and earned eight letters while being team leader in basketball (3 years) and football (2 years). He also earned letters in band and chorus (9-11 grade). He was in student government for two years.

Tyler has been in rodeo competition for six years and baseball for three years. He has been a member National Honor Society for three years and a member of Academic Olympic Team for two years.



Tyler Thorson

NHSACA/NDHSCA 2012 Convention Update (continued from page 1)

and the Fargo/Moorhead Convention and Visitor's Bureau will be assisting in both the pre-convention preparations and in various areas during the convention. There are numerous businesses and organizations that have been approached, or will still be approached as we draw nearer to the convention, that we will identify at a later date.

Gelaine is working on securing speakers for NDHSCA seminars while Jerome Garry (NHSACA Executive Director) is doing the same for NHSACA seminars. It's through their efforts that convention registrants will be able to receive as many as 7 graduate credits or as few as 1 graduate credit. Randy Johnson (NDHSCA assistant to the executive secretary) has been working on securing financing and special speakers for the convention.

It is our hope that North Dakota High School Coaches will assist with the 8 finalists for National Coach of the Year that will be attending the 2012 convention. It would include making contact with each finalist prior to the convention, assisting them in making their plans, meeting with them during the convention, and serving as a host(ess) in cooperation with the NHSACA National Sport Chair. It is a very exciting process that our North Dakota coaches would thoroughly enjoy.

The next update for our NHSACA/NDHSCA 2012 convention will be found in our Summer 2011 Dakota Coach.

◇

NHSACA Scholarship

(continued from page 13)

Tyler has been involved in Science Olympiad for two years and student council two years. He has participated in Lutheran Youth Organization for six years. He is a member of FFA and FCCLA. He has been active in support and sponsorship for cancer, Haiti recovery and local patient assistance. Tyler has been a volunteer fireman for two years.

Tyler is the son of Scott and Kristy Thorson.

Each of the four recipients will receive a \$500.00 scholarship from John Walsh and Burger King of North Dakota at the July 28th NDHSCA Coach of the Year and Hall of Fame Banquet in Mandan Seven Seas Best Western Hotel & Waterpark Conference Center.

Congratulations to each of the above student/athletes who will be presented scholarships at the Annual NDHSCA Hall of Fame and COTY Banquet on Thursday, July 28, 2011.



Your locally owned
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Senior Athlete Awards**



2011 NDHSCA Coaches Convention Confirmed Speakers

The following is the confirmed speaker list for the 2011 NDHSCA Coaches Convention. Additional speakers will be added as they are confirmed. Topic titles and presentation dates/times also will be added as organized (Sport-specific are on Wednesday, Thursday & Friday). Seminars are on Tuesday.

Basketball: (5)

High School	Hanson, Mike; Grafton HS	Grafton, ND	Yes
High School	Hintz, Brent; GF Central HS	Grand Forks, ND	Yes
High School	Mattern, Darrin; Bismarck Century HS	Bismarck, ND	Yes
High School	Ouren, Derek; Fargo North HS	Fargo, ND	Yes
High School	Shultis, Dan; Fargo North HS	Fargo, ND	Yes

Cross-Country: (6)

High School	Anderson, Rick; Griggs County HS	Cooperstown, ND	Yes
High School	Chamberlin, Clint; Williston HS	Williston, ND	Yes
High School	Jansen, Bill; Rugby HS	Rugby, ND	Yes
College	Clay, Dick; UND	Grand Forks, ND	Yes
College	Melby, Stu; Minot State University	Minot, ND	Yes
College	Newell, Dennis; University of Mary	Bismarck, ND	Yes

9-Man Football: (4)

9-Man	Benson, Ron; Mott-Regent HS	Mott, ND	Yes
9-Man	Davis, Cory; St. John HS	St. John, ND	Yes
9-Man	Olson, Travis; Richardton-Taylor HS	Richardton, ND	Yes
9-Man	Streng, Scott; Wyndmere-Lidgerwood HS	Lidgerwood, ND	Yes

Football: (9)

11-Man	Ham, Loy; Beulah HS	Beulah, ND	Yes
11-Man	Hochalter, Marty; Carrington HS	Carrington, ND	Yes
11-Man	Kalina, Kelly; Fargo North HS	Fargo, ND	Yes
11-Man	Olson, Eric; Milnor/North Sargent HS	Gwinner, ND	Yes
11-Man	Phillion, Rich; Hazen HS	Hazen, ND	Yes
11-Man	Sandy, Larry; Velva HS	Velva, ND	Yes
11-Man	Wingenbach, Ron; Bismarck Century HS	Bismarck, ND	Yes
College/Univ	Laqua, Steve; MN State University/Moorhead	Moorhead, MN	Yes
"Speed Training"	Silvey, Steve; SSE Championship Products	Plano, TX	Yes

Golf: (2)

Golf Pro	Berglund, Jordan; Hawktree Golf Course	Bismarck, ND	Yes
High School	Kraft, Dean; Jamestown HS	Jamestown, ND	Yes

Soccer:

2011 NDHSCA Coaches Convention Confirmed Speakers (continued from page 15)

Softball:

High School Johnson, Patrick; West Fargo HS West Fargo, ND Yes

Track & Field: (6)

2 hurdle sessions Silvey, Steve; SSE Championship Products Plano, TX Yes
 Training "Total" athlete Silvey, Steve; SSE Championship Products Plano, TX Yes
 2 sessions Keller, Stevie; NDSU Fargo, ND Yes
 1 session Godfrey, Ryun; NDSU Fargo, ND Yes

Volleyball:

High School Anderson, Jessica; Bismarck HS Bismarck, ND Yes
 High School Johnson, Curt; Fargo Shanley HS Fargo, ND Yes
 High School Olson, Carolyn; Grand Forks Red River HS Grand Forks, ND Yes
 High School Olson, Rich; Langdon HS Langdon, ND Yes
 High School Strand, Lisa; Thompson HS Thompson, ND Yes
 High School Stuberg, Heather; Fargo Davies HS Fargo, ND Yes
 College/University (2) Aldridge, Brent; Northern State University Aberdeen, SD Yes
 College/University (2) Hardee, Ashley; UND Grand Forks, ND Yes
 College/University (2) Hegerle, Jon; Jamestown College Jamestown, ND Yes
 College/University (2) Thompson, Kari; NDSU Fargo, ND Yes

Wrestling:

High School Neumann, Tim; Wahpeton HS Wahpeton, ND Yes

The above information was updated May 1, 2011

Please refer to the ndhsca.com website for further updates



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 Senior Athlete Awards**





North Dakota High School Coaches Association

Membership Registration 2011-2012

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 **2010-2011** 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	10-11 record	lifetime record		A	10-11 record	lifetime record
Athletic Director	—	—	—	Girls' Cross Country	—	—	—
Baseball	—	—	—	Girls' Golf	—	—	—
Boys Basketball	—	—	—	Girls' Hockey	—	—	—
Boys Cross Country	—	—	—	Girls' Soccer	—	—	—
Boys Golf	—	—	—	Girls' Softball	—	—	—
Boys' Soccer	—	—	—	Girls' Swimming & Diving	—	—	—
Boys' Hockey	—	—	—	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 2012) _____

Membership Fee: \$55.00

Signature _____

Membership Fee includes **\$1,000,000 Liability Insurance Coverage** for **active coaches**; Association holds certificate of insurance.

I would like to donate to the Gelaine Orvik Scholarship Fund (Donation is tax deductible). Increase check with the appropriate amount; a receipt for the donation will be returned.

Coaches are urged to photocopy additional membership forms and solicit membership of other 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:

- \$1,000,000 Liability Insurance Coverage
- 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 allotted number of coaches in reserved section (except Hockey)
- 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 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.)
- 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



2011 NDHSCA/NDHSAA COACHES CONVENTION

Seven Seas Conference Center; Mandan, ND

July 26-29, 2011

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 18th.

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 26) and Sports' Clinic Sessions (July 27-29) \$130.00
- 3. COLLEGE CREDIT: Registration for **TWO (2)** NDSU Semester Credits; Special Topics Seminar (July 26) and Sports' Clinic Sessions (July 27-29) \$130.00
- 4. COLLEGE CREDIT: Registration for **TWO (2)** NDSU Semester Credits; Speed, Strength & Conditioning Seminar (July 26) and Sports' Clinic Sessions (July 27-29) \$130.00
- 5. COLLEGE CREDIT: Registration for **TWO (2)** NDSU Semester Credits; For the Beginning Coach; 1st & 2nd year coach Seminar (July 26) and Sports' Clinic Sessions (July 27-29)
- 6. COLLEGE CREDIT: Registration for **ONE (1)** NDSU Semester Credits; Sports' Clinic Sessions (July 27-29) \$65.00

ADDITIONAL FEES:

- Golf Tournament (scramble) (07/27/11)@ \$40.00 \$75.00
- Extra NDHSCA Hall of Fame/Coach of the Year Banquet (7/28/11) 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;

MAIL REGISTRATION WITH FEE TO:

NO CREDIT CARDS ACCEPTED

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

TOTAL _____

Do not separate top from bottom

NDHSCA MEMBER REGISTRATION -- REMAINDER OF FORM MUST BE COMPLETED

**North Dakota High School Coaches Association
Membership Registration 2011-2012**

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 Golf	—	—	—	Girls Hockey	—	—	—
Boys' Basketball	—	—	—	Girls' Soccer	—	—	—
Boys' Cross Country	—	—	—	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 2012) _____

**If this form is for Membership ONLY mail application To: Karen Hardie, Membership Chair
2472 Lilac Lane
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.)
- 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.	_____	_____	_____	_____	_____	_____	_____

2011 NDHSCA Lions All-Star Basketball Class B Girls Roster



Name		Grade	School	Coach
Brittney	Dietz	12	Beach HS	Bob Waldal
Mackenzie	Glasser	12	Dickinson Trinity HS	Alysia Barman
Jessica	Hale	12	Four Winds HS	Travis Risovi
Jessica	Henningsgard	12	Central Valley HS	Rick Sondrol
Crystal	Hovland	12	Rugby HS	Jennifer Brossart
Katie	King	12	Kenmare HS	Jason Schwarz
Taylor	Kraft	12	Central Cass HS	Barb Kraft
Shauna	Long	12	Standing Rock HS	Margaret Gates
Maggie	Lorenz	12	Harvey HS	Fred Meland
Whitney	Sponsler	12	Thompson HS	Jason Brend
Paige	Tompkins	12	Milnor HS	Katie Kilichowski
Abby	Weinreis	12	Beach HS	Bob Waldal

Alternates:

Kenzie	Church	12	Fairmount HS	Brenda Dahlgren
Jackie	Miller	12	Mohall-Lansford-Sherwood HS	Wayne Brackenbury
Jill	Rising	12	Beach HS	Bob Waldal
Sabrina	Rude	12	Dakota Prairie HS	Tim Anderson
Samantha	Schell	12	Washburn HS	Keith Jacobson
Rikki	Schmidt	12	Napoleon HS	Darcy Lehr
Sarah	Weidler	12	Velva HS	Chris Braaten

Coaches:

Head Coach: Andy Braaten, Carrington

Assistant Coach: Barb Kraft, Central Cass



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2011 NDHSCA Lions All-Star Basketball Class B Boys Roster



Name		Grade	School	Coach
Shayden	Akason	12	Fargo Oak Grove HS	Kyle Card
Alex	Baker	12	New Town HS	Chuck Hunter
Evan	Holt	12	Fargo Oak Grove HS	Kyle Card
Grant	Lindahl	12	North Star HS	Jeff Hagler
Ben	Magnuson	12	Bishop Ryan HS	Scott Medalen
Clay	Nelson	12	Kenmare HS	Thurston Johnson
Easton	Page	12	Carrington HS	Nate Monson
Brady	Robbins	12	Cavalier HS	Keith Hartz
Philip	Schanilec	12	Midway-Minto HS	Shane Robinson
Thomas	Shephard	12	Valley/Edinburg HS	Cory Laxdal
Tanner	White	12	Ellendale HS	Brian Vance
Mike	Young Bird	12	New Town HS	Chuck Hunter

Alternates:

Jeff	Beckman	12	Trinity Christian HS	Scott Nasner
Alex	Klug	12	Dickinson Trinity HS	Gregg Grinsteinner
Kelsey	Larson	12	Linton HS	Dan Carr
Aaron	Moser	12	Central Prairie (Medina) HS	Paul Erbele

Coaches:

Head Coach: Jeff Hagler, North Star

Assistant Coach: Mike Hanson, Grafton

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2011 NDHSCA Lions All-Star Basketball Class A Boys Roster



Name		Grade	School	Coach
Jesse	Crosby	12	Minot HS	Dean Winczewski
Ben	Erickstad	12	Devils Lake HS	Josh Johnson
Chase	Farkas	12	West Fargo HS	Greg Limke
JR	Gunville	12	Turtle Mountain Community HS	John Demery
Matt	Hanson	12	Grand Forks Red River HS	Jason Gregory
DeWayne	Liggins	12	Bismarck HS	Steve Miller
Devin	Melvie	12	Bismarck Century HS	Darin Mattern
Nate	Moody	12	Dickinson HS	John Wilson
Chris	Rivinius	12	Bismarck Century HS	Darin Mattern
Josh	Rodenbiker	12	Shanley HS	Leon Knodel
Justin	Schock	12	West Fargo HS	Greg Limke
Nick	Schultz	12	Fargo North HS	Dan Shultis

Alternates:

Marcus	Fearing	12	Williston HS	Mark Slotsve
Brady	Bergeron	12	Fargo North HS	Dan Shultis

Coaches:

Head Coach: Darin Mattern; Bismarck Century HS

Assistant Coach: Steve Miller; Bismarck HS



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2011 NDHSCA Lions All-Star Basketball Class A Girls Roster

A

Name	Grade	School	Coach
Nicole Carew	12	Shanley HS	Tim Jacobson
Alyssa Dehne	12	Fargo North HS	Derek Ouren
Hannah Elshaug	12	Devils Lake HS	Scott Privatsky
Caitlin Farroh	12	Grand Forks Central HS	Brent Hintz
Sasha Golus	12	Turtle Mountain Community HS	Darryl McGillis
Katelyn Holland	12	West Fargo HS	Barb Metcalf
Anna Hruby	12	Bismarck HS	Dallas Hinderer
Sophie Kenney	12	Shanley HS	Tim Jacobson
Jaclyn Lee	12	Williston HS	Darryl LaDue
Tyler Loraas	12	Bismarck Century HS	Ron Metz
Stephanie Peterson	12	Mandan HS	Len Stanley
Meghan Roehrich	12	Fargo South HS	Craig Flaagan

Alternates

Rebecca Fee	12	Grand Forks Central HS	Brent Hintz
Alley Fisher	12	Fargo South HS	Craig Flaagan
Brie Lynch	12	Bismarck Century HS	Ron Metz
Brook McNary	12	Williston HS	Darryl LaDue
Stephanie Mertens	12	Devils Lake HS	Scott Privratsky
Jessica Steinwand	12	Bismarck Century HS	Ron Metz

Coaches:

Head Coach: Derek Ouren; Fargo North HS

Assistant Coach: Tim Jacobson; Fargo Shanley HS

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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 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 Life Members

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

Past Presidents

Bertsch, Jonathan; Wells County HS	Popp, Jerry; Bowman HS
Beyer, Ed; Hillsboro HS	Radke, Doyle; Minot HS
Brown, Dale; Minot Ryan HS	Rio, Ken; Grand Forks Central HS
Cahill, Bill; Jamestown HS	Sheldon, Jerry; Fargo North HS
Coleman, Randy; Hazen HS	Stavn, Julie; Bismarck Century HS
Dougherty, Dave; Watford City HS	Stein, Bruce; Hankinson HS
Feeney, Bob; Bismarck HS	Stone, Roger; Dickinson HS
Gambucci, Serg; Grand Forks Central HS	Theige, Howard; Minot HS
Herman, Curt; Dakota Prairie HS	Trondset, Dennis; Langdon HS
Johnson, Randy; Hazen HS	Tidd, Nancy; Fargo North HS
Manson, Gene; Minot HS	Vinger, Dick; Grand Forks Central HS
Michaelson, Dave; Dickinson HS	Wall, Carl; Fargo North HS
Moe, Pete; Washburn HS	Wardner, Richard; Dickinson HS
Olson, Carolyn; Grand Forks Red River HS	West, Terry; Grand Forks Red River HS
Olson, Todd; Grand Forks Central HS	Wingenbach, Ron; Bismarck Century HS
Oskendahl, Rod; Cavalier HS	Workman, Allyn; Lisbon HS
Pederson, Harold; Williston HS	

Lifetime Members

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

NEW

Camp Insurance For Members

General Liability Coverage - \$1,000,000 Limit per Member

As a membership benefit of your state coaches association you are covered for all coaching activities. General Liability provides coverage to members from claims made by negligent acts accidentally committed resulting in bodily injury, personal and advertising injury or property damage to others.

Participant /Accident Coverage - \$25,000 Excess Medical Limit

Members have the option of providing participant/accident coverage for participants attending camps. Should an accident occur during a camp this coverage could help off-set the loss suffered by families affected by such accidents.

Certificates of Insurance

Today, most schools and athletic venues require coaches to provide proof of insurance or need to be named as an additional insured prior to utilizing their facilities. Upon request, certificates of insurance are issued by Loomis & LaPann Inc.

Enrollment Procedures & Questions

For additional information on coverage's, Participant/Accident enrollment procedures and Certificates of Insurance please contact Loomis & LaPann Inc. at 800-566-6479 or visit us online at: www.loomislapann.com

Kevin Joyce kjoyce@loomislapann.com

Karen Boller kboller@loomislapann.com

Greg Joly gjoly@loomislapann.com



FORMS

Available on the NDHSCA Website

**Search “NDHSCA” or enter
*www.ndhsca.com***

All State Football Nominee

Assistant Coach of the Year

Award of Merit Recommendation

Hall of Fame

Junior High Coach of the Year

Lifetime Membership Form

Membership Form

Victory Milestones

Senior Scholarship - Burger King \$500

Shrine Football Nominee

Special Recognition

Sponsor Membership

Sports Advisory Committee Membership



Sponsor Membership Form

- The North Dakota High School Coaches Association is a non-profit organization that is concerned with supporting athletic programs which benefit the youth of North Dakota.
- The NDHSCA is an organization that offers programs to help coaches keep in touch with new developments in athletics and coaching as well as attempting to maintain and improve athletic programs in North Dakota. Financial help is needed to support the award programs, the state convention, and the various all-state contests sponsored by the NDHSCA.
- All sponsor members receive a plaque from the NDHSCA to show its appreciation as well as being listed on the sponsor page in the *Dakota Coach*.

NDHSCA Sponsor Membership Fee: \$100.00

Firm's Name _____

Address _____

City/State/Zip Code _____

Phone Number _____

Was the firm previously a Sponsor Member? _____

If yes, what years? _____

Signature of Authorizing Personnel _____

Would you like additional plaques? (available at \$10 per plaque) How many? _____

Name of Soliciting Coach _____

Address _____

City/State/Zip Code _____

Email Address _____

Please mail completed form and check to: **Gelaine Orvik, Executive Secretary NDHSCA**
3457 - 26th Avenue South
Fargo ND 58103

NDHSCA Sponsor Members 2010—2011

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Greg Larson Sports	Tom Piche	Box 567	Brainerd, MN 56401
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Marcil Technologies	Scott Eggiman	3003 32 nd Ave South	Fargo, ND 58103
U S Army	Michael Robinson	4301 57 th St W; Suite 151	Sioux Falls, SD 57108
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WRT, Inc. Wendys	Ken Towers	3760 32 nd Avenue South	Grand Forks, ND 58201

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North Dakota High School Coaches Association Official Publication

The *Dakota Coach* is the official publication of the NDHSCA and is distributed without charge to all NDHSCA members in good standing. Notes, articles, opinions, or letters to the editor are welcome if they deal with high school coaching concerns. They will be printed as space permits. Opinions and views of the authors are their own and do not always reflect the official position of the NDHSCA.

Send to Gelaine Orvik - gorvik@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**

Outstanding Senior Athlete Award

