



North Dakota High School Coaches Association Official Publication

DAKOTA COACH

Inside this issue:

Executive Committee	2
President's Message	3
Hall of Fame Data on File	4
Orvik Scholarship Fund	5
Vice Pres Candidates (cont'd)	6
Executive Secretary	7-8
Power of Influence Award	8
Hall of Fame NDHSCA (cont'd)	9-12
Coach Education Proposal	13
NHSACA HOF (cont'd)	14
Shrine Bowl Football & All Star Volleyball Coaching Staff	13
Membership Reg Form	15
Victory Milestones	16
Convention Reg Form 2011	17
Victory Milestones	18
Junior High School and Assist Coach COTY	19
Longevity Listing	20
Lifetime Membership Form	21
Lifetime Members Listing	22
Sponsor Members/Form	23
List of NDHSCA Forms	24
Back Page	25

**NDHSCA
2011**

**Convention Dates
July 26 - July 29**

**Mandan
Seven Seas**

2011 NDHSCA Hall of Fame

NDHSCA Executive Committee announces the inductees to the 2011 NDHSCA Hall of Fame as determined at its recent NDHSCA Executive Committee Meeting.

The recipients are **Ron Carlson, Dallas Kopp, Leland Opp, Mike Schats and Randy Vigen.**

The inductees will be recognized and receive awards during the 2011 NDHSCA Coaches Convention, held on July 26-29, 2011 in Mandan. The Hall of Fame Awards will be presented at the Annual Banquet on Thursday, July 28th.

Continued on page 9

NHSACA Inductees Hall of Fame

The North Dakota High School Coaches Association Executive Committee selected **Leon House**, former head boys' and girls' cross-country coach and assistant track & field coach at Mandan High School and **Joel Howell**, head boys' track & field coach and formerly head boys' basketball coach, head football coach as inductees into the 2011 National High School Athletic Coaches Association National Hall of Fame. The Awards will be presented at a noon luncheon on Tuesday, June 21st, 2011 at the NHSACA National Annual Meeting.

Continued on page 14

Coach Education Committee Proposal

The Coach Education Committee held its final meeting for development of the proposal for North Dakota Coaches in Minot on Friday, November 19th.

The committee is represented by NDHSAA, NDHSCA, NDIAAA and NDCEL. The following details were sent to Member School Administrators, Class A Athletic Directors by Sherm Sylling; NDHSCA determined that coaches' communication would be via the *Dakota Coach*.

Continued on page 13

NDHSCA Vice Presidential Candidates

The North Dakota High School Coaches Association's Executive Committee has made nominations for balloting for the Association's Vice President. The balloting will be conducted at the Annual Coaches Convention that will be held in Mandan, July 26th through July 29th.

The two candidates will be **Steve Dunrud**, who is presently assistant football and assistant track & field coach at Bottineau High School. The second candidate is **Lisa Strand** who serves as head volleyball coach at Thompson High School.

Continued on page 6

NDHSCA 2010-2011 Executive Committee



**President
Dave
Zittleman**

1500 Anns Place;
Apt. #3
Mandan, ND 58554

Phone Numbers:
(h) 701-471-1557
(w) 701-323-4800
(f) 701-323-4078

dave_zittleman@bismarckschools.org

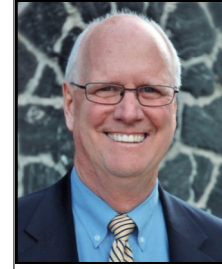


**President-Elect
Gregg
Grinsteinner**

231 Carlson Street
Dickinson, ND 58601

Phone Numbers:
(h) 701-483-0723
(w) 701-483-6081
(F) 701-483-1450

gregg.grinsteinner@sendit.nodak.edu



**Executive
Secretary
Gelaine
Orvik**

3457 - 26th Ave. South
Fargo, ND 58103

Phone Numbers:
(h) 701-237-9711
(w) 701-298-4275
cell 701-367-8282
gorvik@cablone.net



**Vice
President
Ralph
Manley**

514 Meadow Lane
Bismarck, ND 58054

Phone Numbers:
(h) 701-222-0090
(w) 701-663-1658
(f) 701-663-0471

Ralph.manley@sendit.nodak.edu



**Immediate
Past President
Pete
Moe**

1238 Custer Drive
Washburn, ND 58577

Phone Numbers:
(h) 701-462-8145
(w) 701-462-3221
(f) 701-462-3561

pmoe@beu.midco.net



**Assistant
Executive
Secretary
John
Hutchison**

Box 110
Northwood, ND 58267

Phone Numbers:
(h) 701-587-6319
(w) 701-587-5221
(f) 701-587-5423

john.hutchison@sendit.nodak.edu



**Past President
Carolyn
Olson**

797 49th Ave. South
Grand Forks, ND
58201

Phone Numbers:
(h) 701-746-1369
(w) 701-746-2407 Ex.602
(f) 701-746-2406

carolyn.olson@gfschools.org



**Membership
Chair
Karen
Hardie**

2472 Lilac Lane
Fargo, ND 58103

Phone Numbers:
(h) 701-237-5624
(w) 701-446-5224
(f) 701-446-5299

hardiek@fargo.k12.nd.us



**Assistant
Executive
Secretary
Randy
Johnson**

701 Hwy. Drive #9 B
Hazen, ND 58545

Phone Numbers:
(h) 701-748-5634
(w) 701-748-2345
(f) 701-748-2342

randy.wa.johnson@sendit.nodak.edu

Lions' Basketball Co-Chair

Jason Schwarz
1108 11th Street SW
Minot, ND 58701

jason.schwarz@sendit.nodak.edu

Mike Hendrickson
1408 57th Avenue South
Fargo, ND 58104

hendrim@fargo.k12.nd.us

(h) 701-852-6484
(w) 701-857-4496
(f) 701-857-4508

(h) 701-293-3108
(w) 701-446-2043
(f) 701-446-2899

Optimists' Volleyball Co-Chairs

Tim Wallstrum
P O Box 402
Kenmare, ND 58746

tim.wallstrum@sendit.nodak.edu

Lisa Strand
1511 7th Ave. NE
Thompson, ND 58278

lisa.strand@sendit.nodak.edu

(h) 701-385-3376
(w) 701-385-4996
(f) 701-385-4390

(h) 701-599-2620
(w) 701-599-2765
(f) 701-599-2819

Shrine Football

Mike Berg
2211 5th Avenue North
Grand Forks, ND 58203

bergfk@gmail.com

(h) 701-746-5170
(c) 701-213-0878

President's Message - Winter 2011

Happy New Year from the North Dakota High School Coaches Association!

I hope the holiday season was relaxing and refreshing as we head into the back half of the school year.

Congratulations to all the fall sports State Champions, Coach of the Year recipients, and Senior Athlete of the Year winners! The competition for state championships was again very enjoyable to watch.

As we move deeper into the winter sports season I look forward to the district, regional and state competitions. As always, there should be plenty of exciting state tournaments held throughout the great state of North Dakota.

I would once again, encourage our coaches to continue to be active in your Association. Attending the state meetings and volunteering to serve on the advisory committees give you voice in your sport. The Association is also looking for volunteers to assist with hosting the NHSACA National Annual Meeting in Fargo in 2012.

**One of the benefits of
membership in the
NDHSCA is the summer
coaches convention!**

Plan to attend!

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

I challenge each coach to find a new member for the North Dakota High School Coaches Association. We have a very solid membership and have many benefits to offer the new and veteran coach. Please check the membership application form for those benefits. Membership Application forms can be downloaded from the NDHSCA Website (ndhsca.com) and is also available in the *Dakota Coach*.

One of the benefits of membership in the NDHSDCA is the summer coaches convention. This summer the convention will be held in Mandan at the Best Western Seven Seas on July 26-29! This is a great educational experience and a great way to meet new and veteran coaches in your sport throughout the state.

Good luck to all winter sports teams! Think Spring!

Dave Zittleman



Dave Zittleman

**I CHALLENGE
EACH COACH
TO FIND
A NEW
MEMBER
FOR THE
NORTH DAKOTA
HIGH SCHOOL
COACHES
ASSOCIATION**



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



Hall of Fame Nominations Data on File

The 2011 NDHSCA Hall of Fame Induction media release is on the front page of the Winter Issue of the *Dakota Coach*. Several people have made reference to the query of who has been nominated for Hall of Fame.

We want to point out that once a coach has been nominated, his or her document is kept on file at the NDHSCA Office. The documents are amended with information as NDHSCA is made aware of changes or additions.

As of December 1, 2010, the following retired, inactive, or deceased coaches have completed documents for the Association:

Fritz	Fell	West Fargo HS
Walt	Hatlestad	Fargo North HS
Glenn "Red"	Jarrett	Grand Forks Central HS
L. Dwight	Rafferty	ND School for the Deaf
Roger	Snortland	Langdon HS
Delbert	Triplett	Lansford HS
Otto	Tyler	Northwood HS
Steve	Carnal	Fargo Oak Grove HS
Jack	Fisher	Bismarck Simle JHS
Charles	Gremmels	Dakota HS/Mayville State
Curt	Hagness	Fargo Oak Grove HS
Donald	Hanson	Mandan HS
Gil	Herbel	Grafton HS
Lonny	Hutchison	Northwood HS
James	Jeske	Killdeer HS
Ron	Julson	Richland HS
Randeen	Klusmann	Kulm HS
Bruce	Larson	Fargo North HS
Nancy	Larson	DesLacs-Burlington HS
Bob	Leach	Grand Forks Central HS
James	Legg	McClusky HS
Clint	Lein	Larimore HS
Norlin	Nelson	New Rockford HS
David	O'Brien	Bismarck St. Mary's HS
Gary	Olmsted	Mandan HS
Nick	Olson	Minot HS
Chuck	Peterson	Fargo Oak Grove HS & Mankato (MN) State University
Jerry	Sheldon	Fargo North HS
Myron "Jim"	Spitzer	Hebron HS
Vern	Spitzer	West Fargo HS
Roger	Stone	Dickinson HS
Bob	Sundberg	Minot HS
Howard	Theige	Minot HS
Nancy	Tidd	Fargo North HS/Fargo Shanley HS
Myron	Wagner	Fargo South HS
Rich	Wardner	Dickinson HS
Bob	Wicker	Cavalier HS
Jerry	Wilson	Bismarck Century HS
Wiley	Wilson	Minot Model HS/Minot State
Allyn	Workman	Lisbon HS

In addition the following active coaches have been nominated. Their completed data forms together with letters of recommendations have been received by the NDHSCA Office:

Darrell	Anderson	Bismarck HS
Jon	Bertsch	Wells County HS
Clint	Chamberlin	Williston HS
Dan	Imdieke	Linton HS
Bill	Kelley	Jamestown HS
Barry	McCleary	Napoleon HS
Patrick	McNally	Minot HS
Nate	Monson	Carrington HS
Brad	Sandy	Harvey HS
Larry	Sandy	Velva HS
Lisa	Strand	Thompson HS
Jeryl	Thompson	Drayton HS

In addition to the preceding nomination forms for Hall of Fame Nominees, the following coaches have been nominated and have been sent material; however, documentation has not been received:

Gary	Adair	Enderlin HS
Brian	Anderson	New Town HS
Darrell	Berglund	Hazen HS
Charlie	Hanneman (deceased)	Rugby HS
Wade	Kuehl	Oakes HS
Lisa	Sinjem	Minot HS
Bob	Waldal	Beach HS
Terry	West	Grand Forks Red River HS

Any NDHSCA member who is an active coach may be nominated. Anyone may nominate coaches for Hall of Fame induction. NDHSCA Hall of Fame Nomination forms are available on the Association website: www.ndhsca.com.

PLEASE NOTE

Each sport's All-State Roster is inserted to the website as the rosters are prepared and proofed.

See the All-State Tab on the website. ndhsca.com

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

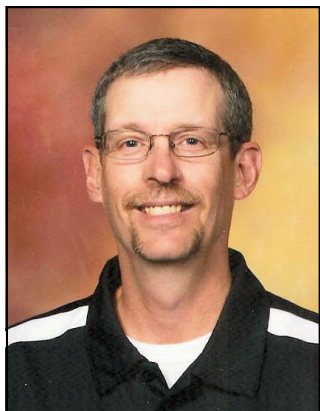
PLEASE DETACH THIS BOTTOM PORTION FOR YOUR TAX RECORDS

NDHSCA Gelaine Orvik Scholarship Fund

Person Donating _____

Amount of Donation _____ Date _____

NDHSCA Vice Presidential Candidates (continued from page 1)



Steve Dunrud

Steve Dunrud is a graduate of Fosston (MN) High School and Mayville State University. He is presently in his 20th year of teaching and coaching at Rolla High School and presently at Bottineau High School. He has coached football, volleyball, track

& field and boys' basketball.

Dunrud's coaching record in football is 116 wins with 51 losses; he has coached his teams to 303 victories in volleyball with 228 losses.

Coach Dunrud has provided professional service as a member of the volleyball advisory committee for one term. He has served as a speaker at the NDHSCA Coaches Convention several times.

Steve has been honored as football Regional Coach of the Year four times (1989, 1993, 1994 and 1999). He was named volleyball District Coach of the Year five times (1998, 1999, 2000, 2001 and 2005), before being named volleyball Regional Coach of the Year five times (1997, 1998, 1999, 2000 and 2001). He was also named track and field Regional Coach of the Year in 2005. Dunrud served as assistant football coach for the NDHSCA-Shrine football game in 1995 and 2000.

Jason Kersten, Bottineau High School Superintendent endorses Mr. Dunrud as a Vice Presidential candidate for NDHSCA.

Lisa Strand is a graduate of Northwood High School, with her undergraduate degrees from Moorhead State University and Mayville State University. She coached for 22 years at Thompson High School. She has coached volleyball, girls' basketball, and track and field.

Coach Strand has coached her teams to a 656-155 record in volleyball in 22 seasons. Her girls' basketball teams have a 129-105 record over a 11 year span. She has not compiled her record while serving as head track and field coach for five seasons.

Strand has coached her volleyball teams to state championships four times (1997, 1998, 2004 and 2005). She also coaches the Thompson Elementary volleyball program. She also serves as coach of Thompson community T-ball, little league baseball, softball and Junior Babe Ruth baseball. Coach Strand also served as Assistant Athletic Director at Thompson High School (2002-2006).

Lisa has served as a member of the volleyball advisory committee for one term. She has just begun her second year as the NDHSCA-Optimists' All-Star Volleyball Co-Chair position.

Strand has been selected volleyball District Coach of the Year four times (1995, 1999, 2002 and 2003) and volleyball Regional Coach of the Year four times (1997, 1998, 2008 and 2010). She was also selected as NDHSCA Volleyball State Coach of the Year in 2005 and 2008 by her peers. Lisa was recognized by NDHSCA with a Certificate of Merit for 500 volleyball victories. She has coached the NDHSCA-Optimists' Volleyball Series four times (1995, 1998, 2005 and 2006).

Lisa has been endorsed as a candidate for NDHSCA Vice President by Thompson High School Superintendent, Jerry Bartholomay. Lisa and her husband Kevin have two children: Jace and Jettie.



Lisa Strand



**Sponsor of the
Outstanding
Senior Athlete Awards**



-From the Executive Secretary's Desk

Merry Christmas and Happy New Year! I know that I am about a month behind schedule with the publication of the *Dakota Coach*, but I have enjoyed myself. People have often asked me "What are you doing now that you have retired?" Well, the truth is that I have not retired! I am not teaching and coaching, but I have continued with my life in other ways.

One of the most enjoyable tasks I perform is to orchestrate the activities of NDHSCA. I have enjoyed this for over 30 years and hope to continue for another year or so, the Lord willing, the Red River does not sweep my Condo off its foundation, and NDHSCA Members continue with their faith in my performance. Really, only a few more years!

By now, most NDHSCA Members are fully aware of the view of our Association regarding Coaching Education. One of the lead front-page articles is on that topic. We must be prepared to stand up and defend our preparations to coach and our continued efforts to become better coaches.

Our efforts do not include the actual certification process that a doctor or an athletic trainer goes through. NHSACA went through that process to register as the official certifying agency with National Organization of Certifying Agencies in 1990. That certifying process is much more detailed and certifies that the candidate has displayed knowledge in the many domains of the said profession by answering examination questions that measure possession and use of the information required for the profession.

The goal of The NDHSAA *Ad hoc* committee on coaches' education is to prepare us to become better coaches. Coaches will not have a greater knowledge of X and O, sport specific fundamentals and skills, or contest planning wisdom. The goal of the committee has been to prepare us to be better coaches and teachers with tools that coaches use every day:

- basic fundamentals to teach and to coach athletics
 - understanding concussions in sports
 - Basic first aid knowledge that includes care and prevention of athletic injuries
 - CPR certification (that is being required more and more of all personnel in all professions when working with other people)

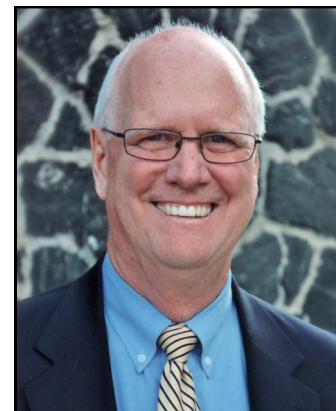
I am committed to this process of educating the NDHSCA Members and the NDHSCA Executive Committee has committed support for the proposal. Last summer, when we presented the status of the committee's recommendation, we had no dissenting voice; that leads us to an enhanced support. The details for reporting "course completion, record-keeping and certificate issuance has been prepared, reviewed and given a preliminary launch. All systems are operable and workable.

Since the beginning of the school year a few alarming news items have been very loud to my ears and the coaching leadership: Elk River (MN) HS football hazing incident, Moorhead (MN) HS Hockey hazing incident, the Fargo School bullying incident, the Fargo South HS gun incident, the Fargo North HS knife incident and others. I am not so naïve as to think that these are the only incidents in school systems that have occurred.

I am brought back to my senses that all these developments will continue if we as coaches, teachers, parents and concerned citizens put our heads into the sand. We need to be involved and extra cognizant of what is happening. Every coach and teacher needs to be more observant in our supervision. Our jobs are never done; our management and control has never been more important.

During the session that I present at the Coaches Convention, I allude to the participation by coaches and teachers in developing training rules and guidelines. Whenever we step back because "everything is operating so smoothly", that is when we will most surely see more and different illegal and unwanted drug, tobacco and alcohol use, misuse and abuse than we can imagine. We must continue our perceptiveness!

Snow and blizzards are upon us! We continue to have postponements and cancellations. We must have our ear to the weather bureau's warnings and advisories constantly. Our responsibility in cancellations should always be to err on the side of safety.



Gelaine Orvik

Executive Secretary (continued from page 5)

We hope to begin our Convention Schedule on our Website to keep all coaches informed as speakers accept our invitations.

Our website is up and operating well. I just had a phone call from an "old friend"---not in years, of course, from West Texas. We met about 15 years ago with activities with NHSACA. He called about suicides in Texas, California and New Jersey. His query was in regards to North Dakota's contest limitations, coaching out of season, summer camps and recruiting organizations. He had a very pointed question regarding recruiting as to "Has a recruiting organization ever promised athletes scholarships if they participated in the organizations' program?" We have many problems, but our problems are miniscule when we compare to other states.

The fall sports state competition was phenomenal! The Coach of the Year recipients have cooperated marvelously. We hope the Senior Athletes and their coaches have been very gracious in their remarks to POWERade!

The cooperation by the Fall Sports' advisory committees to provide suggestions for speakers for the 2011 Coaches Convention is greatly appreciated. We hope to begin our Convention Schedule on our Website to keep all coaches informed as speakers accept our invitations. I look forward to our continued conversation; please make this a two-way conversation. Yours until our Spring Issue!

Remember:

NDHSCA

Website

www.ndhsca.com

2010 American Football Coaches Association Power of Influence Award

The 2010 Power of Influence Award recipient has been presentation by the American Football Coaches Association and the American Football Coaches Foundation to Brent Steuerwald from Shenendehowa (NY) High School.

Other finalists for the 2010 award included Randy Vigen, Central Valley (Buxton, ND) High School. Past Finalists include Mike Berg, formerly from Grand Forks Central High School.

Pete Moe, Washburn High School and NDHSCA Immediate Past President is the nominee from North Dakota for the 2011 Power of Influence Award.



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



**Sponsor of the
Outstanding
Senior Athlete Awards**



2011 NDHSCA Hall of Fame (continued from page 1)

The recipients for the 2011 induction will be **Ron Carlson**, head Boys' Basketball, Football and Track and Field Coach at Minnewaukan North High School; **Dallas Kopp**, retired head Football, Girls' Golf, Girls' Track and Field, Baseball and Assistant Basketball Coach at Grand Forks Red River High School, Grand Forks Central High School and Larimore High School; **Leland Opp**, head Girls' Track and Field, Boys' and Girls' Cross-Country, Boys' Basketball, and Girls' Basketball Coach at Hazen High School; **Mike Schatz**, retired Head Football, Boys' Basketball, Boys' Golf, and Boys' Track and Field Coach at Ellendale High School and New England High School; and **Randy Vigen**, Head Football Coach, Boys' Basketball, Assistant Boys' Basketball, Junior High School Boys' Basketball Coach and Athletic Director at Central Valley (Buxton) High School. They will receive their awards at the NDHSCA Annual Awards Banquet that will be held at 6:30 PM at the Mandan Seven Seas Best Western Conference Center.

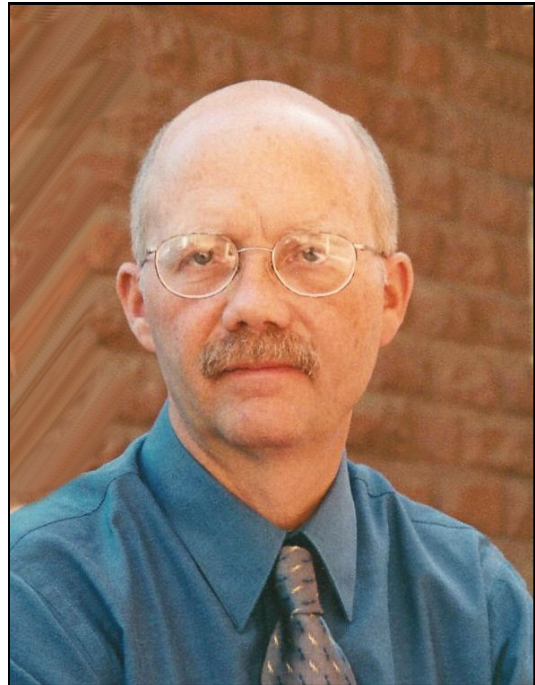
~ ~ ~

Ron Carlson is a 35 year coaching veteran with all his experience at Minnewaukan High School (1974-2008); however Minnewaukan cooped with Sheyenne (1990-2003) and with Leeds High School (2004-2008). During his coaching tenure at Minnewaukan HS he coached boys' basketball, track and field and football.

Ron is a graduate of Portland High School and Mayville State University. He earned his graduate degree from NDSU.

In 1976 **Coach Carlson** led the Midgets to a conference Football title. Thereafter his major coaching duties were centered on boys' basketball. Carlson's boys' basketball teams won 14 conference titles and 12 district championships. He mentored Minnewaukan to seven Regional basketball runner up titles and four Regional Championships.

Carlson's football teams won 28 victories over a five year span while the Minnewaukan boys' basketball teams won 578 victories for Ron.



Ron Carlson

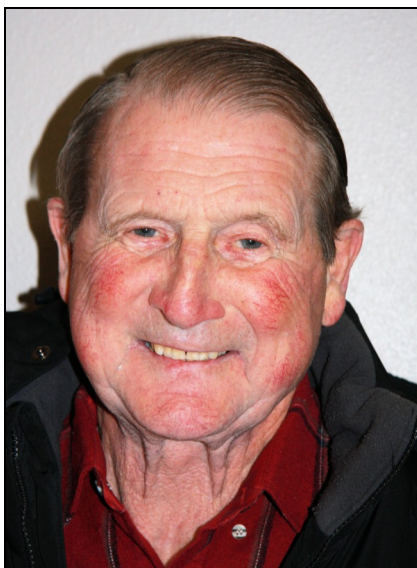
Ron Carlson served his profession at many levels. He was a member of the NDHSCA Boys' Basketball Advisory Committee to NDHSAA (1990-1992). Ron was a Co-Chair of the NDHSCA/NHSACA National Coaches Convention Boys' Basketball host committee in 2001 when the National Convention was held in Fargo. He chaired the CND Conference for the 1978-1979 year. Carlson served on the NDHSAA Board of Directors (2002-2006). He presently is an active member of the Mayville State University Alumni Association where he has been active since 2004. In 2006 Ron was recipient of the Mayville State Distinguished Alumni Award.

Coach Carlson was recognized by the Minnewaukan City Council as Citizen of the Year in 1995. He was awarded NDHSCA District Boys' Basketball Coach of the Year Honor in 1987, 1995, 2000, 2002, 2007 and 2008. Ron was tabbed NDHSCA Region 4 boys' basketball Coach of the Year in 1990, 1995, 2000, 2002, 2007 and 2008 by his peers. He was also named NDHSCA Class B State Boys' Basketball Coach of the Year in 2000.

2011 NDHSCA Hall of Fame (continued from page 9)

Ron Carlson was nominated for the NDHSCA Hall of Fame by Mike Callahan, Minnewaukan High School's Athletic Director.

Ron and his wife, Claudette, have three children: Jennifer, Ryan and Joanna; they also have nine grandchildren.



Dallas Kopp

football coach, head girls' track and field coach and head girls' golf coach at Red River High School (1967-2000).

Kopp led the Roughrider girls' golf teams to eight Eastern Dakota Conference championships. He also guided the Red River High School girls' golf teams to six East Region Runner up titles. Dallas led those Roughrider girls' golf teams to two State Championships in 1988 and 1990. In 1987 mentored his Red River girls' track and field team to a second place finish at the state meet. Kopp has a football win-lost record of 51-50.

Coach Kopp was recognized by his peers as NDHSCA Class A Girls' Golf Coach of the Year three times (1985, 1989 and 1995). Dallas has refereed several state basketball tournaments as well as college and university contests. He also, has umpired the American Legion Baseball World Series.

Coach Kopp was nominated for the NDHSCA Hall of Fame by Gelaine Orvik, NDHSCA Executive Secretary. **Dallas** and his wife, Beth, have four children: Mike, Jode, Dan and Mark.

Dallas Kopp began his 40 year coaching career as head football coach, head baseball coach and assistant boys' basketball coach at Larimore High School (1960-1962) before he moved to Grand Forks to become assistant football coach at Central High School (1962-1967). He completed his coaching tenure as head



Leland Opp

Leland Opp is a graduate of Hazen High School and Minot State University. He has spent his entire 25 year coaching profession at Hazen High School. He has served as coach of boys' and girls' cross-country, boys' and girls' basketball and girls' track and field at Hazen. He and his wife, Jennifer, have two children: son, Jarett, and daughter, Allison.

Coach Opp has directed the Hazen Bison to Badland Conference titles in girls' track and field 11 years. The Bison also won District Championships in girls' basketball twice. He guided Hazen to Region Runner up titles in girls' basketball in 2010; girls' cross-country in 1991, 1992 and 1993; and boys' cross-country in 1992 and 1993. Hazen High School won Regional Girls' Track and Field Championships 20 times and a Girls' Basketball Championship in 2009 with Leland at the helm. Opp conducted the Bison to State Runner up Titles in Girls' Track and Field (2010), Girls' Cross-Country (1992 and 1993) and Boys' Cross-Country (1992 and 1993). Coach Opp's Girls' Track and Field Teams won State Championships seven times and his Girls' Cross-Country won a State Title once (1991).

Continued on page 11

2011 NDHSCA Hall of Fame (continued from page 10)

In two years **Leland** has coached the Girls' Basketball teams to a 46-4 record. His cross-country teams have a 50-35 win-loss record. The Bison Girls' Track and Field teams have a 215-39 record with Opp at the controls.

Opp has served his profession as a member of the NDHSCA Cross-Country Advisory Committee to NDHSAA (1991-1992). He also served on the NDHSCA Track and Field Advisory Committee to NDHSAA (1996-2000). Leland has been a speaker at the NDHSCA Coaches Convention on four occasions and at the NHSACA Coaches Convention four times.

Leland Opp has been recognized as NDHSCA West Region Girls' Cross-Country Coach of the Year twice (1991 and 1992) and NDHSCA West Region Boys' Cross-Country Coach of the Year once (1993). He has also been honored by his peers as NDHSCA Region 5 Girls' Track and Field Coach of the Year 17 times. Opp has been selected as NDHSCA Girls' Cross-Country State Coach of the Year once (1992) and Girls' Track and Field State Coach of the Year eight times. The North Dakota Associated Press Sportscasters and Sportswriters selected Leland's Girls' Track and Field teams and Female High School Team of the Year in 1994 and 1998. Coach Opp was nominated for NHSACA Girls' Track and Field National Coach of the Year (1998) as well as in 2001, 2004 and 2008, when he was also name one of eight finalists for the National Award.

Coach Opp was nominated for the NDHSCA Hall of Fame by Randy Johnson, Hazen High School teaching and coaching cohort who is also a member of the NDHSCA Executive Committee.

Mike Schatz has coached football, boys' basketball, golf, and track and field during his 27 years in his coaching profession. He taught one year at Ellendale High School and 26 years at his home high school in New England. He retired in 2005.

Mike and his wife, Patti, have four children: Sarah, Jamestown; Nathan, Grand Forks; Amber, Bismarck and Joshua, Pensacola, FL.

Coach Schatz is a graduate of New England High School and Minot State University where he played football for Coach Kenny Becker.

Schatz coached New England to 14 Western Roughrider Football Conference Titles. New England won a State Nine-Man Football Runner up title in 1985 and State Nine-Man Football Championships in 1988, 1995, 1996 and 1997 with Mike as head coach. While Coach Schatz directed his football teams 203 victories, the tigers held a 47 game winning streak.

Mike Schatz was a member of the NDHSCA Football Advisory Committee to NDHSAA for one term (1986-1988). He has served on the New England Park Board for 20 years and held the office of President. Mike was President of the New England Education Association for seven years (1991-1998). Coach Schatz served on the Education Standards and Practices Board for eight years (1993-2001) and is an active member of many civic and governmental organizations. He was elected as a Representative to the North Dakota Legislative Assembly in 1988 and again in 2008. He is a retired social studies teacher and is currently engaged in business.

Mike was selected as Western Roughrider Conference Nine-Man Football Coach of the Year 12 times and was honored with three (1988, 1995 and 1997) NDHSCA State Nine-Man Football Coach of the Year Awards. Schatz served as head coach for the Shrine Football Game in



Mike Schatz

2011 NDHSCA Hall of Fame (continued from page 11)

1996, 1997 and 1998. He was an assistant coach for the game in 1986, 1989 and 1992. He was nominated for NHSACA National Football Coach of the Year and was a finalist in 2000.

Mike Schatz was nominated for the NDHSCA Hall of Fame by one of his former quarterbacks, Brian Flyberg, an outstanding girls' basketball coach at Linton High School..



Randy Vigen

Randy Vigen is a graduate of Hatton High School and Mayville State University. He and his wife, Doris, have three children: Brent, Brooks and Brittany. They also have six grandchildren.

Randy has spent his entire 36 years in the coaching profession at Central Valley (Buxton) High School. While at Central Valley he has been head football coach for the duration; he was also head boys' basketball coach for seven years. He served as an assistant boys' basketball coach for three years and a junior high boys' basketball coach for 17 years. He has been athletic director for 33 years.

Vigen has guided this football team to Tall Towers Conference Titles in 1975 and 1983; he also had a boys' basketball Tall Towers Conference title in 1979. Vigen's Central Valley teams qualified for the playoffs fourteen years; they advanced to the playoff quarterfinals in 1992, 2001 and 2006. Central Valley also played in the playoff semifinals in 1981, 1998 and 1999. The Valiants won the State Nine-Man Football Championship in 1999.

Coach Vigen owns a 72-74 won-loss record in boys' basketball. His teams have amassed a 198-139 record in football.

Randy served as President of the Tall Towers Conference for the 1989-1990 school year. He was also President of the Red River Valley Conference for 2005-2006. Vigen was Chairman of District 3 for 2000-2001; he has served as Chairman of Region 2 football from 2002-2005 and Region 3 from 2006-2008. Coach Vigen was on the NDHSCA Football Advisory Committee from 2001-2010.

Vigen was named NDHSCA State Nine-Man Football Coach of the Year in 1981. His peers named him NDHSCA Football Region Coach of the Year on eight occasions (1991, 1992, 1998, 1999, 2001, 2004, 2005 and 2006). The NDIAAA named Randy Class B State Athletic Director of the Year in 2001. In 2004 Randy was named Class Nobel Educator of Distinction by the National Society of High School Scholars. Vigen was named NSAA-USA Football Champions Awards by USA Football in 2005. Randy was a finalist for the American Football Coaches Association Power of Influence Award in 2009 and 2010. He served as head coach for North Dakota Shrine All-Star Game in 2000 and as assistant coach five times (1999, 2001, 2001, 2005 and 2006). Central Valley High School named the football field Randy Vigen Field in honor of Coach Vigen in 2007.

Jason Brend, Central Valley High School staff, nominated Randy Vigen for the NDHSCA Hall of Fame.

**NDHSCA Membership
As of January 5, 2011**

1,010

Thank you - Karen and Rod!

Coach Education Committee Proposal (continued from page 1)

The recommendations should be reviewed by all member coaches. Input or recommendations should be shared with the NDHSCA Office (Gelaine Orvik) or sent directly to the NDHSAA office. The Committee will make final recommendations at the January NDHSAA Board of Directors Meeting in Bismarck.

Recommendations:

1. Beginning July 2012, all 7-12 coaches will be required to possess a coaching permit.
2. The coaching permit will be valid for five years.
3. Member schools will be responsible for documentation of all coaches' education information, NDHSAA will be the permit clearing house and the North Dakota High School Coaches Association will provide the coaching permit certificate.
4. To secure a coaching permit, the following courses must be completed:
 - a. NFHS Fundamentals of Coaching.
 - b. NFHS Concussion in Sports.
 - c. First Aid Safety - may be offered locally or through NFHS/Red Cross. If completed after the 2007-08 fiscal school year this requirement will be satisfied.
 - d. Current CPR Certification.

5. Coaches hired with coaching minors will be required to meet all four of the above requirements.

6. Coaching Permit renewal

a. Every five years, eight approved contact class hours will be required. An example would be NDHSCA Convention Seminar Sessions.

b. Verification of contact hours will be submitted by an administrator of the member school.

7. Member schools may apply for a temporary emergency coaching permit for a coach not meeting requirements (permit valid for one fiscal year).

This is an awesome professional development for our coaches and for our profession. Every coach needs to be aware of the requirements! This will be a concurrent requirement for every coach's academic requirement. As a coach, we have about 18 months to prepare for permit requirement.

Contact the NDHSCA office (Gelaine Orvik) with your input or recommendations or contact the NDHSAA office directly before January 22, 2011.

2011 NDHSCA-Shrine Bowl Football Coaching Staffs

9-Man East Staff:

Head Coach: Scott Strenge, Wyndmere-Lidgerwood HS

Assistant Coaches: Jeff Carpenter, North Border HS

Scott Olsen, Hillsboro HS

Garrett Magner, Dakota Prairie HS

9-Man West Staff:

Head Coach: Cory Davis, St. John HS

Assistant Coaches: Randy Hanson, Washburn HS

Bryan Haugen, North Star HS

Tom Nesvold, Westhope-Newburg-Glenburn HS

11-Man East Staff:

Head Coach: Davy Zinke, North Prairie HS

Assistant Coaches: Troy Mattern, Fargo South HS

Eric Olson, Milnor-North Sargent HS

Scott Roehrich, Valley City HS

11-Man West Staff:

Head Coach: Larry Sandy, Velva HS

Assistant Coaches: Lou Dobitz, Killdeer HS

Pat O'Brien, Mandan HS

Ron Wingenbach, Bismarck Century HS

NDHSCA-Optimists All-Star Volleyball Coaching Staff

The NDHSCA-Optimists All-Star Volleyball Coaching Staff has been identified for the 2011 event. The staff has been determined by the highest state tournament finishing coaches from their respective division of the state.

East Coaching Staff:

Carolyn Olson, Grand Forks Red River HS

Rich Olson, Langdon HS

West Coaching Staff:

Jessica Anderson, Bismarck HS

Tim Wallstrum, Kenmare HS

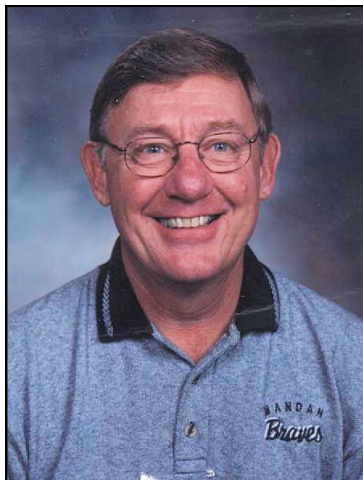
Match one has been set for June 20th at Fargo Shanley High School; match two will be held at on June 21st at Bismarck Century High School.

The players are scheduled for media release on February first. Lisa Strand and Tim Wallstrum are the NDHSCA-Optimists All-Star Volleyball Chairs. Questions regarding coaches, players, sites and hosts may be directed to them. Lori Dekeyser continues to be the Optimists' liaison.

NHSACA Hall of Fame Inductees (continued from page 1)

The National High School Athletic Coaches Association meets at the Amway Plaza Hotel in Grand Rapids, Michigan. This induction is the sixteenth induction class.

Leon House was born and raised in Mandan, North Dakota. After graduating from Mandan High School in 1961, coach House attended Dickinson State College where he graduated with a degree in physical education and biology.



Leon House

Leon's teaching and coaching career began in 1965 at St. Mary's High School in Devils Lake, North Dakota. He coached football, basketball, and track & field for two years.

In the fall of 1967, Coach House went to Watford City High School where he coached cross-country, basketball, and track & field for the next seven years.

In the fall of 1974, **Leon** began teaching and coaching basketball and track & field at Fort Yates High School. He then moved to Mandan in 1975 to begin coaching football, basketball and track & field at Mandan Junior High School. Coach House assumed the Mandan High School cross-country program in 1981 and held that position for 23 years.

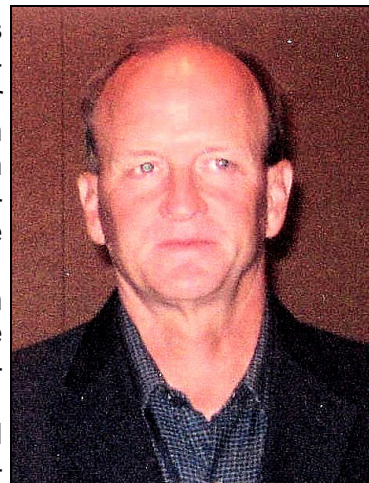
During that time his teams garnered seven State Cross-Country Championships, seven WDA Conference Championships, as well as five State Cross-Country runner up titles. His teams had 88 NDHSCA All-State runners during his 23 years of leadership.

Coach House was named NDHSCA State Cross-Country Coach of the Year five times and was selected as WDA Regional Coach of the Year three times. In 2005 he was inducted into the NDHSCA Hall of Fame. Coach House is also a recipient of the Gatorade "Coaches Care Award" in cross-country and track & field.

Although **Leon House** no longer coaches, he remains involved in many local and state athletic events as a volunteer, advisor and worker. He has been head track inspector at the North Dakota State Track and Field Meet for over 20 years.

Leon and his wife Jeanne have six children: Kevin, Keith, Jeffry, Sharyl, Kari and Kami. The Houses also have nine grandchildren.

Joe Howell was born and raised in Lisbon, North Dakota. After graduating from Lisbon High School, Coach Howell attended Jamestown College where he played football and track & field for the veteran Coach Rollie Greeno. He graduated from Jamestown College in 1977.



Joe Howell

Joe's teaching and coaching profession began and continues at his hometown school, Lisbon High School. He has been employed there for 33 years and has served as the Broncos' head track & field coach for 33 years after spending one year as an assistant coach. Coach Howell also has

afforded his services as athletic director, head boys' basketball, head football coach and head boys' & girls' cross-country coach.

During that time the Broncos have won 31 Regional Track & Field Titles and four State Track & Field Championship Titles. Lisbon Boys' Track and Field teams are the hunt for the State Meet Title perennially.

Howell has been selected as NDHSCA Track & Field State Coach of the Year six times by his peers. In 1992 he was named High School Boys' Team Coach of the Year by the North Dakota Sportswriters and Sportscasters.

Joe has been named NHSACA Boys' Track & Field National Coach of the Year. He has been inducted into the Jamestown College Hall of Fame twice as a member of Jimmie Football Teams. He was honored by Jamestown College as the Rollie Greeno Award Winner for his excellence as a coach and educator. He was also inducted into the NDHSCA Coaches Hall of Fame in 2009.

Coach Howell and his wife Carmen have a blended family. Joe has two sons: Matt and Chris; Carmen has two daughters: Katie (Jason) Baskins and Paige Jerlow. The Howells also have two grandchildren.

Leon House and Joe Howell become the 29th and 30th NDHSCA coaches presented by the state Association for induction into the NHSACA National Hall of Fame.



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	—	—	—
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.

Proud to be a Member of the NDHSCA

Membership in the NDHSCA has the following benefits:

- Subscription to our *Dakota Coach* newsletter
- Access to coaching openings in North Dakota
- Reduced admission to NDHSCA/NDHSAA Clinic during the year
- Free or reduced admission to many high school and college contests
- UND/NDSU football tickets for (except Hockey) \$1.00 allotted in reserved section
- Eligibility for the full awards program of the NDHSCA
- Eligibility to serve on the Sports Advisory Committee
- Eligibility to serve on All-Star Coaching Staff
- Contacts that will allow opinions to be heard in the governing of each sport by the NDHSCA
- An organized group that keeps everyone in touch with developments across the state and nation
- An organization that is concerned with offering programs that will help improve coaches
- An organization that is attempting to maintain and improve athletic programs for North Dakota's youth.



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

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

Return form to: Karen Hardie, NDHSCA Membership Chair ~ 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; \$130.00
Coaches and Conflicts Seminar (July 26) and Sports' Clinic Sessions (July 27-29)
- 3. COLLEGE CREDIT: Registration for **TWO (2)** NDSU Semester Credits; \$130.00
Special Topics Seminar (July 26) and Sports' Clinic Sessions (July 27-29)
- 4. COLLEGE CREDIT: Registration for **TWO (2)** NDSU Semester Credits; \$130.00
Speed, Strength & Conditioning Seminar (July 26) and Sports' Clinic Sessions (July 27-29)
- 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; \$65.00
Sports' Clinic Sessions (July 27-29)

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
Meet 5 7 teams 5 wins 2 losses
Totals 5 meets 33 teams 22 wins 11 losses
 Winning % equals 22/33 = 67% 5 meets x .67=3.35
 Losing % equals 11/33 = 33% 5 meets x .33 = 1.65
 Your record for the season would be 3 wins and 2 losses for invitationals.

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.	_____	_____	_____	_____	_____	_____	_____



NDHSCA Junior High Coach of the Year And Assistant Coach of the Year



The North Dakota High School Coaches Association announces the Junior High Coach of the Year and Assistant Coach of the year for the Fall Season 2010. The awards will be presented during the North Dakota High School Coaches Association Hall of Fame and Coach of the Year Banquet to be held at the Mandan Seven Seas Convention Center on Thursday, July 28, 2011.



Terry Stargardt



Jesse Cook

Junior High Coach of the Year (Fall Season 2010)

Terry Stargardt of Fargo Discovery Middle School is the winner of the 2010 Fall Junior High Coach of the Year Award. Terry has been the Junior High Volleyball Coach at Fargo Discovery Middle School for 14 years. He has also coached boys' basketball, girls' basketball, track and field, and fastpitch softball. He has 170 career wins and 80 losses in volleyball. He is responsible for teaching the basic skills to all athletes in order for them to improve. He has clear expectations for the athletes in his program. Terry comes to practice upbeat which is contagious to the athletes. Terry and his wife Ann have one child, Brittany

Assistant Coach of the Year (Fall Season 2010)

Jesse Cook of Minot High School is the winner of the 2010 Fall Assistant Coach of the Year Award. He has been an Assistant Volleyball Coach at Minot High School for 9 years. Jesse has also coached boys basketball, girls basketball, and track and field. Jesse is the serving coach at the varsity level. He organizes the junior varsity practice, supervises the weight room, assists in transportation, and manages the Freshman Volleyball Tournament held in Minot. Jesse has been a part of coaching 20 All State or All Star competitors. Jesse and his wife Cindy have three children, Alexa, Callie, and Colton.

2011 NDHSCA Longevity Awards

Here is the list of **Coaching Longevity** for the 2011 North Dakota High School Coaches Association Annual Convention to be held in Mandan at the Seven Seas Convention Center from July 26 through July 29, 2011. Please check the list to see if the years are correct. **Please inform me as soon as possible if there is a problem with the list.** My home phone is 748-5634, please leave a message. My e-mail address is randy.wa.johnson@sendit.nodak.edu or duck@westriv.com. You may contact me either way.

20 years

Kevin Bratland; Enderlin HS
 Derold Haugen; LaMoure HS
 Brett Kapau; Maple Valley HS
 Scott Milbrandt; Kindred HS
 Paul Peterson; Larimore HS
 Jay Schobinger; Dickinson HS
 Sherri Surerus; Lisbon HS
 Brad Townsend; Bismarck Century HS

Robert Goll; Park River HS
 Michael Kamrath; Washburn HS
 Sandy Laxdal; Cavalier HS
 Tom Nesvold; Westhope HS
 Scott Roehrich; Valley City HS
 Pete Stenberg; Minot HS
 Scott Toenies; Hillsboro HS
 Pat Windish; Anamoose-Drake HS

25 Years

Berton Bates; Watford City HS
 Billie Dixon; Grand Forks Central HS
 Ernest Ficek; Dickinson Hagen JHS
 Greg Limke; West Fargo HS
 Nate Monson; Carrington HS
 David Peterson; Velva HS
 Dave Stanley; Minot Erik Ramstad MS
 John Willert; Minot Jim Hill MS

Andy Braaten; Carrington HS
 Kevin Dockter; Underwood HS
 Jim Jonas; West Fargo HS
 Todd Matthews; Williston HS
 Leland Opp; Hazen HS
 Perry Piatz; Kindred HS
 Joan Thompson; Northwood HS

30 Years

Chad Anderson; West Fargo HS
 Paul Frydenlund; St. John HS
 Rich Hovland; Bismarck Century HS
 Harvey Kruckenberger; Fargo South HS
 Bill Melaas; Garrison HS
 Chad Omdahl; Hatton-Northwood HS
 Wayne Stegman; Drayton HS
 Mark Wisnewski; Lidgerwood HS

Sherry Carlson; Minot Our Redeemers HS
 Donna Galloway; Park River HS
 Julie Jensen; Kindred HS
 Ralph Manley; Mandan HS
 Patrick O'Brien; Mandan HS
 Mike Opdahl; Larimore HS
 Dean Wilson; Fargo JH

35 Years

Ryam Brantl; Thompson HS
 Dan Imdieke; Linton HS
 Gail Schmidkunz; Minot Erik Ramstad MS
 Greg White; Jamestown HS

Ken Disher; Minot HS
 Pete Moe; Washburn HS
 Jaycin Sundheim; Glenburn HS

40 Years

Bruce Scheie; Fargo South HS

◇



**Sponsor of the
 Outstanding
 Senior Athlete Awards**



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





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	MacIver, 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	



North Dakota High School Coaches Association

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

ENIVA	Dave Larsen	844 Greensview Ct NW	Hutchinson, MN 55350
Gerrells Sports Center	Brad Westrum	1004 South Washington	Grand Forks, ND 58201
Gerrells Sports Center	Mark Wookrow	1004 South Washington	Grand Forks, ND 58201
Graphic Edge	John Steichen	743 Highway 30 East	Carroll, IA 51401
Greg Larson Sports	Tom Piche	Box 567	Brainerd, MN 56401
Italian Moon Pizza	Brad Towers	810 South Washington Street	Grand Forks, ND 58201
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
Universal Athletic Service	Travis Dressler	1031 West Owens Ave.	Bismarck, ND 58051
WRT, Inc. Wendys	Ken Towers	3760 32 nd Avenue South	Grand Forks, ND 58201



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

**Your locally owned
Burger King
Restaurants
are proud to
sponsor the
North Dakota
High School
Coaches Association**



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

