



North Dakota High School Coaches Association Official Publication

DAKOTA COACH

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2012 NHSACA National COTY Nominees

At the July, 2011 NDHSCA Executive Committee Meeting, the North Dakota Nominations for NHSACA National Coach of the Year were made. The NDHSCA Nomination Roster was sent on to the NHSACA National Office. The Nominees will be in competition with nominees from the other 49 states to determine the eight finalists. The NDHSCA Executive Committee considers the criteria used for NHSACA National Coach of the Year for selection. The selection criteria are:

- Years of coaching experience
- Winning percentage
- Championships---includes conference, district, regional, state runner up and state championships
- Coaching Profession service
- Coaching honors and awards

The eight finalists are announced on or about January 15th of next year. Those eight finalists in each sport are then evaluated by the NHSACA National COTY Evaluation Committee to determine the NHSACA National Coach of the Year. In the past, 12-15 NDHSCA Nominees have been selected as Finalists.

This year's Finalists are extraordinary in that they are honored at the NHSACA National Annual Meeting that will be held at the Fargo Holiday Inn. All North Dakota coaches are urged to attend the NHSACA Annual Awards Banquet on Wednesday, July 25th and support the North Dakota Finalists.

Continued on page 4

2012 NHSACA/NDHSCA Convention Update

Dave Dougherty
NHSACA President

Plans are moving forward in preparation for the 2012 NHSACA National Annual Meeting/NDHSCA Coaches Convention which will be held at the Holiday Inn of Fargo, ND from July 21-27, 2012. The NDHSCA Executive Committee has been working diligently organizing the schedule, awards banquets and socials, arranging speakers, courses and college credit.

Continued on page 6

2011 Coaches Convention Review

The 2011 NDHSCA Coaches Convention is history, and from all reports, a huge success. Oftentimes success is measured in numbers.

The registration for the convention was 363; last year the registration was 389---so we were down 26 registrations. The NDSU College Credit registration for 2011 was 169 credits; last year the NDSU College Credit was 176---so we were down seven credit registrations. The Golf Registration was 39; last year the registration was 31---so we were up eight golfers.

We had outstanding presenters in every session. We have not been informed of any sport specific presenters who were not very informative and professional in presentation. You will note that we had a

Continued on page 4

NHSACA
and
NDHSCA
2012

Convention Dates
July 21 - July 27
Fargo

NDHSCA 2011-2012 Executive Committee



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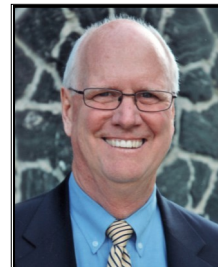
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President's Message - Fall 2011

In the book "The Greatest Coach Ever", John Wooden states "An intent person will stay the course and go the distance. He or she will concentrate on objectives with determination, stamina, and resolve. Intentness is the quality that won't permit us to quit, even when our goal is going to take a while to accomplish." As we begin the 2011-2012 school year, we are reminded that each season is a journey. That journey will test us physically, mentally, and emotionally. But with proper preparation, that journey can be very fulfilling. We ask our athletes to come into the season both mentally and especially physically prepared. We too must do that. Many coaches do prep work by attending different conventions or clinics.

Recently, over 350 coaches attended the annual NDHSCA convention held the last week in July at the Mandan Seven Seas. The week was filled with many quality speakers sharing their knowledge in a wide range of topics. Thanks to Gelaine, Randy, Hutch, and Dave for their time and energy they put into organizing this event for our state's coaches. ***As a reminder, North Dakota will be hosting the National Coaches Convention in conjunction with our State's Convention July 21 – 27 in Fargo next year. Please plan ahead to attend this event.***



Gregg Grinsteiner

Our association is known as one the strongest in the nation for two reasons: The first is the leadership shown at not only the state level but national as well. And secondly, for the strength the NDHSCA has in its numbers. Currently we have over 1100 members that are active in the association. I would ask each of you to continue to encourage the coaches from your junior high programs all the way through the varsity ones to become members. We will continue to be proactive in education to the membership especially with the NFHS Coaches Certification program.

Finally, thanks to Dave Zittleman for his leadership this past year as president. He is not only a good coach but an excellent mentor as well. His work on the NDHSCA website has made it a very useful and easy link to use. He has put in countless hours to give us access to forms, links to other sites, and information regarding the NDHSCA. Through his expertise, the upgrades he made to the website make it first class. Please use the forms to nominate candidates for Assistant COTY, Junior High COTY, Award of Merit, Special Recognition, the Burger King Scholarship, and deserving coaches for the Hall of Fame. Feel free to contact me or any member of the Executive Committee with any question you may have during the year.

Good luck with the 2011 – 12 school year.

Enjoy the journey!!!

President Grinsteiner

Please visit our website!

www.ndhsca.com



Your locally owned
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Sponsor of the
**Outstanding
Senior Athlete Awards**



2012 NHSACA National COTY Nominees (continued from page 1)

The 2012 NDHSCA Nominees for NHSACA National COTY are:

Athletic Director:	John Hutchison; Hatton-Northwood HS
Baseball:	Chad Omdahl; Hatton-Northwood HS
Basketball-Boys':	Gregg Grinsteinner; Dickinson Trinity HS
Basketball-Girls':	Barb Kraft; Central Cass HS
Cross-Country - Boys':	Clint Chamberlin; Williston HS
Cross-Country - Girls':	Glee Mayer; Minot HS
Football:	Larry Sande; Velva HS
Golf:	Kathy Berglund; Hazen HS
Soccer:	Cordell Sinding; Fargo North HS
Softball:	Fred Mueller; Minot Ryan HS
Special Sports:	Pam Tweeten; Minot HS
Swimming & Diving	Marsha Dahl; West Fargo HS
Tennis:	Greg LaDouceur; Grand Forks Red River HS
Track and Field - Boys':	Darrell Anderson; Bismarck HS
Track and Field - Girls':	William Jansen; Rugby HS
Volleyball:	Carolyn Olson; Grand Forks Red River HS
Wrestling:	Jeff Schumacher; Bismarck HS
Assistant Coach – Boys':	Gerald Holinka; Dickinson HS
Assistant Coach – Girls':	Deb DeMoe; Thompson HS

NDHSCA Finalists for 2012 NHSACA National Coach of the Year will be identified in the Winter *Dakota Coach*.

NDHSCA 2011 Coaches Convention Review

(continued from page 1)

presenter who has been challenged by Hank Lukaski (note the "Letter to the Editor") in that the presentation was not accurate and forthright.

The Awards Banquet was especially informative and satisfying. The Past Presidents who were present added a great deal to the pomp and celebratory nature. They also supplemented the Hall of Fame Inductions with their presence and historical documentations. Those Past Presidents attending included

Ken Rio, 8th President	Grand Forks
Jerry Sheldon, 9th President	Fargo
Carl Wall, 16th President	Fargo
John Hutchison, 18th President	Fargo
Dennis Thronset, 20th President	Langdon
Allyn Workman, 23rd President	Ballwin, MO
Doyle Radke, 24th President	Minot
Bruce Stein, 29th President	Hankinson
Gary Schauer, 30th President	Gackle
Bob Zimney, 32th President	Grand Forks
Ron Wingenbach, 34th President	Bismarck

Brian Anderson, 35th President	New Town
Julie Stavn, 36th President	Bismarck
Curt Herman, 37th President	Tolna
Dave Dougherty, 39th President	Fargo
Randy Johnson, 40th President	Hazen
Scott Grochow, 43rd President	Rugby
Dave Michaelson, 44th President	Dickinson
Jon Bertsch, 46th President	Fessenden
Carolyn Olson, 47th President	Grand Forks
Peter Moe, 48th President	Washburn
Dave Zittleman, 49th President	Bismarck

In addition, Bob King, Executive Secretary (1968-1979) was present.

Plans for the 2012 Convention and Banquet already include inviting all Past Presidents and other NDHSCA Leaders to attend the culmination of the celebration of our 50th year! All coaches are encouraged to attend the 2012 Event!

◇

-From the Executive Secretary's Desk

To say the least, we are well into another fabulous year. Like so many previous years, we began with a "Bang" and an incomparable NDHSCA Coaches Convention. The sport specific presenters were extraordinary. But, as usual, we think the seminars were the "cream of the crop!"

We continue to receive high marks in our evaluations from college credit enrollees for the topics, presenters and pertinent topics. Often we neglect to inform coaches (the students) that they have a very important responsibility while being a student in any and all sessions.

You will note (from an enclosed "Letter to the Editor") that a second presenter in a seminar sessions had particular differences with the content and accuracy of the information. Some presenters could possibly have another motive than educate our coaches. Obviously, NDHSCA cannot determine the accuracy or validity of presentations before the seminars. Therefore, we expect each coach to validate what he or she hears.

One of the highlights of the week was the inclusion of the NDHSCA Past Presidents. The exchanges that we shared at Thursday's Hall of Fame Luncheon was very special. We certainly valued the reminiscing and sharing embellished memories with them all. Although our 50th Celebration could never begin on a more exciting note, we hope to include the Past Presidents again next year to culminate our commemoration.

NDHSCA extends a huge commendation to Rich Wardner, NDHSCA Past President, from Dickinson, ND. The former boys' basketball coach from Dickinson HS and Mohall HS has been selected to serve as Majority Leader of the North Dakota Senate. This is a gigantic role with enormous duties and responsibilities in the development of the North Dakota legislative process. Rich has also been an extraordinary official as the starter for virtually scores of track and field meets. He knows when to shoot his gun and when to call a restart. The North Dakota Senate is being led by a massive man that deserves the respect and honor that accompanies his new role.

Sanford Health System has been extremely helpful with integration of the Concussion Legislation among other assistance. Shad Carney has been very instrumental in providing NDHSCA with the details of the Concussion Legislation, an explanation of the

Legislation, a Concussion Program Pocket Card, an Accommodation for students, a Sports Concussion Algorithm and Sports Concussion "Returning to Play" suggestions. The material is posted on the NDHSCA Website. If any coach needs additional information regarding concussion,

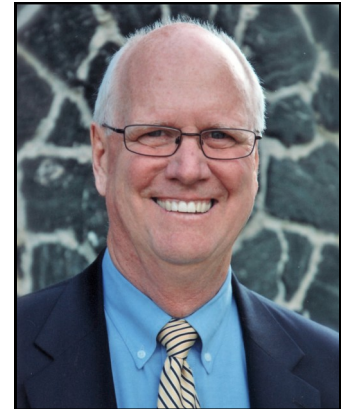
contact Sanford Health (information on the website). Also, if any coach has another Health System that wants to share material, have them contact the NDHSCA Office.

All coaches are reminded to review the Membership Benefits as printed on the attachment to the membership card. We especially emphasize the liability coverage. The liability policy is held by the NDHSCA Office and is available upon request.

Members are also reminded to refrain from abusing the use of membership card to attend college and/or high school athletic contests. If you hold a card, you (and only you!) have the benefits. Do not share your card with another coach or non-coach for admission.

NDHSCA Membership is on schedule to equal our membership of the 2010-2011. On October 20, 2011 our membership was 909 paid membership with eight lifetime memberships also purchased. That compares with 929 on October 13, 2010. Remember each of us should be reminding our members to update memberships to avoid a coach from missing any benefits. Remind all coaches in your school building and district to join!

NDHSAA Coaching Education Committee called a meeting to discuss development of the next step for Coaches Certification. Several topics were reviewed and the Renewal Process and the status of recent graduates with Coaching Minors. A second meeting will be held on November 17th. At that time a recommendation will be made to implement activating the permit program. If anyone has suggestions, please contact the NDHSCA Office.



Gelaine Orvik

Executive Secretary (continued from page 7)

A special commendation is extended to Dave Zittleman and Darrell Anderson and the Bismarck Demons Boys' Cross-Country Team. They scored 17 points at the State Class A Boys' Cross-Country Meet; That is only 2 points from a perfect score. Wow! In addition, Austin Todd, Bismarck Demons, was named NDHSCA-POWERade Outstanding Senior Athlete; Dave and Darrell were selected by their peers as NDHSCA Class A Boys' Cross-Country Coaches of the Year. That is a handful of awards! Congratulations to all! And Congratulations to all the Fall Sports State Championship team, Outstanding Senior Athletes and Coaches of the Year!

Begin planning for the NHSACA Annual Meeting/NDHSCA Coaches Convention in Fargo on July 21st-July 27th! We are planning and expecting an unparalleled week!

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College Student Membership Proposal

Some time ago, Dr. Brad Strand from NDSU contacted me regarding a NDHSCA Student-Associate Membership. Dr. Strand is also National President of the American Association of Health, Physical Education, Recreation and Dance (AAHPERD).

We discussed past efforts that NDHSCA had initiated when members of the NDHSCA Executive Committee visited colleges and university coaching classes. In those visits NDHSCA Committee Members appeared in classes to address the professionalism of being a member.

Dr. Strand wants the students enrolled in his class "Successful Coaching" to pay for NDAHPERD and NDHSCA as students, to address the professional aspect of the Coaching Profession. We discussed the development of a NDHSCA Student-Associate Membership. We would begin the Membership at NDSU as a trial program and visit all other North Dakota colleges and universities to extend the same offer at those institutions.

NDSU offers a course titled "Successful Coaching." The course includes preparations from the American Sport Education Program (<http://www.asep.com/>.) In this course students complete 15 hours with about 2/3 of the work in conducted in a classroom setting and the other 1/3 is completed by one's self. The culminating event is an exam that is submitted to ASEP for grading. Upon successful completion of the exam students are awarded a certificate of completion of the class (not to be misunderstood as "Coaching Certification"). This

certificate of completion of the ASEP is recognized in 35 states as meeting the minimum requirement for coaching.

The Student-Associate Membership is designed to develop a Professional approach to coaching. NDHSCA Student Associate Membership would enhance the student athlete's resume from a professional perspective. The Membership would also channel student athletes to the NDHSCA Summer Convention. This would be especially helpful to those students as they progress into the North Dakota coaching force.

The Student Associate Membership would accord the Student-Member all NDHSCA benefits and privileges **except** voting rights, office-holding rights, individual liability insurance coverage and complimentary admission to North Dakota College and/or high school athletic contests. Student-Membership is open only to fulltime college/university students who are enrolled in coaching preparation and are **not** involved in athletic coaching at **any** level.

This is a trial/experimental plan. The experiment will be evaluated at the March NDHSCA Executive Committee Meeting. At that time, the Committee will make a decision to recommend or not to recommend constitution By-Law change to include **Student-Associate Membership**. Additional discussion on the topic will be held at the November NDHSCA Executive Committee Meeting.

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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 _____

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

At the national level, the five graduate credits are in the works with Sanford Health providing the curriculum and the speakers. Preparations have been finalized with the Holiday Inn for Banquet rooms, meeting rooms and social rooms. The Holiday Inn has been great to work with and are being extremely accommodating to NHSACA.

Flyers containing the pertinent information for the National Convention have been sent out to every Athletic Director in the state with the request that they forward them on to their entire coaching staff. We would request any members of the NDHSCA to follow up with their Athletic Directors to insure that all of the coaches, at all levels, in their school receive this important flyer.

I would like to thank all of the North Dakota coaches who have already stepped up to offer their help and expertise for the national convention. The assistance of North Dakota coaches is going to determine the success of this convention. Some of the areas of need are:

1. Serving on the sport-specific committees to assist the National Chair for each sport.

2. Finding local companies and businesses that produce North Dakota products that are willing to provide product samples or specialty items that promote their businesses that may be distributed to clinic registrants and/or members of NHSACA's Board of Directors.

3. Volunteering, or providing names of coaches to make presentations in the sport-specific mini-sessions.

4. Recruiting coaches from your school, or school district, to join NDHSCA and attend the 2012 National Convention.

This will be a great opportunity for coaches to become more involved in our state or national association and to experience the professional growth that comes along with involvement. Our coaches will renew old friendships, establish new ones, and advance their professional growth as a teachers and coaches. If you have any questions, need any help, or want to volunteer feel free to contact me at: 701-570-1008. or dougherty54@gmail.com



2012 NHSACA/NDHSCA Convention

July 21 - July 27 - Fargo Holiday Inn

All North Dakota coaches are urged to attend the NHSACA Annual Awards Banquet on Wednesday, July 25th and support the North Dakota Finalists.

Correct Time to Drink Water Is Very Important!

From A Cardiac Specialist!

This is interesting! A minimum amount of water is necessary to flush the toxins out of your body; however, this was news is surprising!



Drinking water at certain time maximizes its effectiveness on the body!

2 glasses of water after waking up---helps activate internal organs

1 glass of water 30 minutes before a meal---helps digestion

1 glass of water before taking a bath---helps lower blood pressure

1 glass of water before going to bed---avoids stroke or heart attack

Please pass this on to the people you care about!

2011-2012 NDHSAA SPORTS ADVISORY COMMITTEES

SPORT	REPRESENTATION	TERM
BASEBALL:		
Dave Silbernegel; Kidder County (Steele) HS	B Division West Representative	2009-2012
Joel Swanson; Fargo Shanley HS	A Division East Representative	2009-2013
Justin Fletschock; Central Cass HS	B Division East Representative	2010-2014
Kent Schweigert; Bismarck Century HS	A Division West Representative	2011-2015
BASKETBALL – Boys':		
Dean Winczewski; Minot HS	A Division Representative	2009-2012
Randy Cranston; Watford City HS	B Division Representative	2010-2013
Mike Hendrickson; Fargo South HS	At Large Representative	2011-2014
BASKETBALL – Girls':		
Alysia Barman; Dickinson Trinity HS	At Large Representative	2009-2012
Ron Metz; Bismarck Century HS	A Division Representative	2010-2013
Michael Sorlie; Gwinner North Sargent HS	B Division Representative	2011-2014
CHEERLEADING (Appointed by Cheerleading Advisory):		
Luann Burris; Grand Forks Central HS	A Division Representative	2009-2012
Paula Goldmann; Beulah HS	B Division Representative	2010-2013
Billie Ann Caya; Bismarck HS	At Large Representative	2011-2014
CROSS COUNTRY:		
Brad Lies; Bismarck Century HS	A Division Boys' Representative	2008-2012
Jonathan Jahner; Bowman County HS	B Division Girls' Representative	2010-2013
Aaron Walker; Fargo North HS	A Division Girls' Representative	2010-2014
Rick Anderson; Griggs County HS	B Division Boys' Representative	2011-2015
FOOTBALL:		
Randy Gordon; Dickinson Trinity HS	AA Division Representative	2008-2012
Kelly Kalina; Fargo North HS	AAA Division Representative	2009-2013
Lyall Krueger; Surrey HS	Nine Man Representative	2010-2014
Eric Olson; Milnor-North Sargent HS	A Division Representative	2011-2015
GOLF:		
Vicki Soholt; May/Port-C/G HS	B Division Boys' Representative	2008-2012
LeRoy Bettenhausen; Williston Trinity Christian HS	B Division Girls' Representative	2009-2013
Dean Kraft; Jamestown HS	A Division Boys' Representative	2010-2014
Lynn Gress; Bismarck Century HS	A Division Girls' Representative	2011-2015
GYMNASTICS:		
Kent Van Ells; Dickinson HS	West Representative	2009-2012
Patty Moses; Wahpeton HS	East Representative	2010-2013
Robbie Werchau;	At Large Representative	2011-2014
HOCKEY (Appointed by Hockey Advisory):		
Dave Hoff; Bottineau HS	Boys' Representative	2008-2012
Tony Bina; Grand Forks Central HS	Boys' Representative	2009-2013
Patrick Johnson; West Fargo HS	Girls' Representative	2010-2014
Matt Strinden; Bismarck Schools	Girls' Representative	2011-2015
SOCCER:		
Sarah McNulty; Bismarck Century HS	Girls' West Representative	2009-2012
Doug Millar; West Fargo HS	Boys' East Representative	2009-2013
Cordell Sinding; Fargo North HS	Girls' East Representative	2010-2014
Tim Mueller; Bismarck St. Mary's HS	Boys' West Representative	2011-2015

SOFTBALL:

Neva Hamre; Enderlin HS	At Large Representative	2008-2012
Mike Bisenius; Grand Forks Red River HS	East Representative	2010-2013
Bill Butterfield; Dickinson HS	West Representative	2011-2014

SWIMMING & DIVING:

Marcia Dahl; West Fargo HS	At Large Representative	2009-2012
Talia Butery; Fargo North HS	Girls' Representative	2010-2013
Jake Solper; Minot HS	Boys' Representative	2011-2014

TENNIS (Appointed by Tennis Advisory):

Paul Christen; Mandan HS	West Girls' Representative	2009-2012
Greg LaDouceur; Grand Forks Red River HS	East Boys' Representative	2010-2013
Erik Hanson; Bismarck HS	West Boys' Representative	2010-2014
Chad Anderson; West Fargo HS	East Girls' Representative	2011-2015

TRACK & FIELD – Boys':

Scott Grochow; Rugby HS	B Division West Representative	2008-2012
Tim Jacobsen; Bismarck Century HS	A Division West Representative	2009-2013
Greg Hoeckle; Carrington HS	B Division East Representative	2010-2014
Bob Zimney; Grand Forks Red River HS	A Division East Representative	2011-2014

TRACK & FIELD – Girls':

Greg Brown; Watford City HS	B Division West Representative	2008-2012
Nick Walker; Bismarck Century HS	A Division West Representative	2009-2013
Rick Hack; Ellendale HS	B Division East Representative	2010-2014
Tracey Heisler; Grand Forks Red River HS	A Division East Representative	2011-2015

VOLLEYBALL:

Brian Filibeck; Richardton-Taylor HS	B Division Representative	2009-2012
Missy Miedema; Grand Forks Central HS	At Large Representative	2010-2013
Jessica Andersen; Bismarck HS	A Division Representative	2011-2014

WRESTLING (Appointed by Wrestling Advisory):

Scott Knowlen; Bismarck HS	A Division President	2009-2012
Shon Horgan; Walhalla North Border HS	B Division Representative	2010-2013
Mike Pazdernik; New Salem HS	B Division President	2011-2014

NORTH DAKOTA HIGH SCHOOL COACHES ASSOCIATION
Sports' Advisory Committee Application



NAME: _____

SCHOOL: _____

Home Address: _____

City, State & Zip: _____

Sport: _____ E-Mail Address: _____

Years of Coaching: _____ Home Phone: _____ School Phone: _____

Number of Years of Membership to the NDHSCA: _____

My duties as a Sports Advisory Committee member include:

1. Represent all coaches throughout the state in the assigned sport.
2. Coordinate regional or area meetings for statewide input.
3. Schedule and organize coaches' meetings at state contests.
4. If needed, survey or seek information for recommendations.
5. Attend the annual NDHSAA Sports' Advisory Committee Meeting and submit the recommendations as determined by the coaches in said sport.

I understand this is a **THREE or FOUR YEAR** commitment. Appointments will be made at the July Executive Committee Meeting. Return form to: Gelaine Orvik, Executive Secretary
3457 26th Avenue South; Fargo, ND 58103



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

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 2012**) _____

Number of years NDHSCA Member (as of **June 2012**) _____

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

Past Presidents

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

Lifetime Members

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

Letters To The Editor

Dear Mr. Orvik,

I have contacted you and your organization in the past regarding Coach Jason Stinson. We appreciate the support you gave us leading up to the trial, and we are hoping you could assist us now. I am sending you this email in hopes you will be willing to inform your members about a book I have written. The name of the book is *Factors Unknown: The Tragedy That Put a Coach and Football on Trial*. I had to write the book to dispel several rumors or falsehoods still being spread after the trial of Coach Jason Stinson.

Every coach in the country needs to read this book so they can know the truth about what happened here in 2008-2009. This practice was no tougher than most other coaches ran that day, and many could find themselves in Coach Stinson's shoes if they are not careful. Unless they have an extra \$250,000 lying around they might want to listen to what we have to say. Coach Stinson and his staff did everything right that day, but Coach Stinson still faced criminal charges.

There was only one practice that day and the outdoor portion lasted less than two hours. It has been widely misreported that two-a-day practices were being conducted that day. Max Gilpin was not denied water nor was he run to death. Medical evidence and testimony supports that statement. According to the KY High School Athletic Association and Jefferson County Public Schools, Coach Stinson did not violate any rules or policies.

The "barbaric" conditioning period was conducted in 94 degree heat, it lasted no more than 35 minutes, and it consisted of 12 gassers. The players that ran at full speed were dismissed by gasser 8 and the remaining players were instructed to remove their helmets. After gasser number 10 they were instructed to remove their shoulder pads and jerseys. The players ran no more than 17.5 minutes, and each group ran about a mile and a half. They were allowed to rest while the other half of the team ran.

Coach Stinson and I have learned a great deal in the last three years, and we want to share what we have learned to help other coaches. If there is an opportunity you are aware of where we could speak at any clinics or conventions, we welcome an invitation. We, of course, can't attend everything, but we will do what we can to help spread awareness. We can cover a wide variety of topics including some new things many may not have heard. We have begun to introduce a medical test that will expose student athletes who are more susceptible to heat-stroke. This procedure is called MET Testing, and it is starting to get the attention it deserves. Please see our fan page at facebook for more information on this.

<http://www.facebook.com/pages/Factors-Unknown/126860234006359>

The entire situation that took place here is a one of a kind story. You can see the book and more information at www.factorsunknown.com. I want to do all I can do to get this book in coaches' hands, but I understand cost is an issue. I personally will offer a 20% discount off of the cover price of \$24.95 on 25 copies or more, and my publisher will offer a 40% discount off of all orders over 250 copies. If you or your organization is interested in putting together an order like this, please don't hesitate to contact me at 502-298-6313 or by email at orders@factorsunknown.com. The battle we fought here was fought for every coach around the country. When everyone learns the facts and not speculation I believe there will be several coaches rethinking how they do things.

Sincerely,

Author Rodney Daugherty and Coach Jason Stinson



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Letters to the Editor (continued from page 13)

Hello Gelaine,

Thanks so much for the opportunity to meet some NDHS coaches/administrators and share some information with them; my hope is that my presentations boosted their knowledge of sports nutrition. Great experience!

I observed the presentation by Steve Silvey on "Super Nutrition" and found it to lack much credibility (see attached handout). Whereas I agree with his premise that a balanced and healthy diet is essential for optimal performance, I have serious concerns with some of the points he raised in his presentation and contained in the handout. Steve made numerous statements based on his anecdotal experiences with individuals and failed to provide any relevant scientific information (e.g., physiology or nutrition) to support his comments and recommendations, particularly for use of supplements. Observational studies are never the basis for public recommendations---lots of hand waving with little substance.

I spoke with Steve after his presentation and asked for clarification on the rationale for his recommendations for the fruit/vegetable, Ca/Mg, phosphate,

July 26, 2011

Gentlemen:

I would like to thank each of you for the updates in the coaching world. After completing my twenty-five years of coaching and starting on my doctorate degree in education, I have not been able to maintain the contacts with my former coaching fraternity of which I so cherished during my coaching days.

I want to thank you for the invitation to the Hall of Fame luncheon and NDHSCA Awards dinner on Thursday, July 28. Unfortunately, I will not be able to attend either event. I have my EFR (research) comps to do during the upcoming two weeks. Please pass on my congratulations to the inductees and my best wishes to all of the former NDHSCA Presidents.

I know you will have a very successful week of planned events for the coaches of North Dakota. Enjoy what is left of your summer and good luck this coming year.

"Nearly all men can stand adversity, but if you want to test a man's character, give him power."

Abraham Lincoln

Terry West

Associate Principal/Athletic Administrator
South Middle School/Grand Forks Public Schools

and creatine supplements and received no credible responses. It was clear that this presenter could not justify his position and had a vested interest in promoting his products.

When you read the attachment, note the comment that a well-hydrated athlete should "go to the bathroom every hour" (page 2, paragraph 2), which is ludicrous. Similarly, his assessment that "pizza is a complex carbohydrate" ignores the high fat content; his recommendation for Phosphate Plus that purportedly equates to "8 or 9 bananas" is not justifiable because the healthy kidney (renal system) quickly would eliminate such a load of mineral.

I am hopeful that other members of this audience also comment to you or the others, who have organized the sessions, about these or other concerns. My purpose in communicating my personal and professional misgivings is based solely on the need to give the people who work with student-athletes valid information. Perhaps my Mike Berg side is speaking!

All the best,

Hank Lukaski



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Letters to the Editor (continued from page 13)

July 26, 2011

Gelaine:

Thank you for your invitation to be a part of the NDHSCA Fifty Year Celebration. It is with deep regret that I must decline. My wife and I are a part of a nephew's wedding celebration that will take place on corresponding dates.

The time I spent as a member of the NDHSCA Executive Committee and the organization in itself remains a part of the most special memories I have of my 35 years in education. I was able to meet and work with some of the finest individuals dedicated to promoting and improving high school sports for student athletes. Their continual quest to build a better organization to serve others has resulted in the tremendous reputation NDHSCA now holds both at the state and national level.

The NDHSCA State Convention has always been a very special event. I suspect this year's version will be even more special. Enjoy your time together and continue to build the strong camaraderie that will carry you through in future years. Coaches continue to be the greatest influence upon the youth of North Dakota, and I can think of no better organization existing in North Dakota to meet that challenge.

Have a great and memorable 50 year celebration.

Larry D. Schmidt
Former NDHSCA Assistant Executive Secretary



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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



“Champs” – Goal Setting

Note from Roger Lipe: “This is the final entry in a series of this year’s Team Building with Southern Illinois Saluki Football. I hope it’s of value. If you would like the entire outline, please email me and I’ll be pleased to send it to you (see address at the end).”

Summary of Team Building – C-H-A-M-P-S

- **Courage and Character**
- **Hunger and Humility**
- **Attitude and Ambition**
- **Motivation and Mentors**
- **Poise and Perseverance**
- **Strength and Skill**

Expectations and Commitments

Write down and discuss with your teammates what you expect from your team this season.

Team Expectations:

Write and discuss with your teammates what you expect from yourself related to preparation, game-day performance, academics and off-field conduct.

Personal Expectations:

Write and discuss with your teammates what you expect from particular members of the team related to leadership, productivity and key roles on game-days.

I expect _____ to _____.

I expect _____ to _____.

I expect _____ to _____.

I expect _____ to _____.

· Write and discuss among yourselves to what you will commit related to your role on this team.



“Camps” – Goal Setting

In my role as a Saluki Football player, I will commit to:

1) On a 1 – 10 scale, grade yourself on each of these characteristics of CHAMPS:

(1 = poor, 10 = excellent)

_____ Courage and Character

_____ Hunger and Humility

_____ Attitude and Ambition

_____ Motivation and Mentors

_____ Poise and Perseverance

_____ Strength and Skill

2) For the 2 lowest rated items, what can you do today and this week to improve in those categories? (Write your first thoughts here...)

3) What is your individual performance goal for Game 1? (Write down a goal that leads to team success and two training points which will lead to its fulfillment.)

4) What is your individual performance goal for this non-conference season? (Write down a goal that leads to team success and two training points which will lead to its fulfillment.)

5) What is your academic performance goal for the first six weeks of the semester? (Write down a goal that leads to academic achievement and three points of action which will lead to such success.)

Football Goal Building from Roger Lipe; Southern Illinois University Saluki Football.

Coaches may request the entire document from him at his address:

Roger Lipe
Proverbs 25:11
Southern Illinois FCA
Phone - 618-559-2735
www.sifca.org
lipe@earthlink.net



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 **2011–2012**

Allard Trophy Company	Greg Bischoff	108 East Main Street	Valley City, ND
Coca-Cola Bottling Co.	T. J. Herauf	4150 3rd Ave. West	Dickinson, ND
Daktronics	David Gress	331 32nd Avenue	Brookings, SD
FLR Sanders	Scott Irvine	3079 92nd Ave	Princeton, MN
Gerrell's Sport Center	Scott Gerrell	415 4th Street	Devils Lake, ND
Gerrell's Sport Center	Brad Westrum	1004 South Washington	Grand Forks, ND
Sports Film Exchange	Scott Eggiman	1405 Prairie Parkway, Suite B	West Fargo, ND
Xenith/Game Day Athletic	Ben Franson	3301 Fiechtner Drive	Fargo, ND



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

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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



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