



North Dakota High School Coaches Association Official Publication

DAKOTA COACH

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NDHSCA 2013
Convention Dates
July 23- July 26
Mandan

2013 NDHSCA Hall of Fame

NDHSCA Executive Committee announces the inductees to the 2013 NDHSCA Hall of Fame as determined at its recent NDHSCA Executive Committee Meeting. The inductees will be recognized and receive awards during the 2013 NDHSCA Coaches Convention, held on July 24-26, 2013 in Mandan. The recipients for the 2013 induction will be the following:

- **Jim Haussler**, Athletic Director at Bismarck Public;
- **Dan Imdieke**, head coach for Linton High School football and wrestling;
- **Scott Knowlen**, wrestling co-head coach at Bismarck High School;
- **James Jeske**, retired assistant football coach, junior high school basketball coach, head cross-country coach and head track & field coach Killdeer High School for 30 years.

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2013 Special Recognition Awards

The Special Recognition Award became a part of the NDHSCA Awards Program in the early 1980's when NDHSCA made efforts to recognize individuals in a special way for their services to coaching, the Association's programs, and individual community athletic programs. Special Recognition Awards differs from the Award of Merit in that these awards are usually more community or Association centered.

The Association made its initial awards to people who assisted in making the Lions' All Star Basketball a success. The awards have continued in placing accolades on professional athletes and community individuals who have made North Dakota Athletics a special experience. In 2013, the North Dakota High School Coaches Association's Executive Committee voted to recognize the following:

Continued on page 7

NDHSCA Coaches Convention Planning

The NDHSCA Coaches Convention will be held July 23-26, at the Seven Seas Best Western Convention Center in Mandan, ND. NDHSCA is making every attempt to prepare coaches for the 2013 NDHSCA Coaches Education Requirement by making the curriculum available at the Convention. The "Permit Preparation Seminar" course work will be offered on

Tuesday, July 23rd. Only the NFHS Concussion Management Course will **not** be offered during the Seminar. Each registrant will need to pay an **additional \$40.00 book fee** on site to the instructor. Each registrant will also need to pay an additional **\$5.00 certificate**

Continued on page 15

NDHSCA 2012-2013 Executive Committee



**President
Ralph
Manley**

514 Meadow Lane
Bismarck, ND 58504

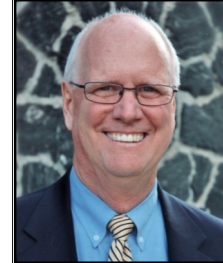
Phone Numbers:
(h) 701-222-0090
(w) 701-663-1658
(f) 701-663-0471
ralph.manley@msd1.org



**President-
Elect
Lisa
Strand**

1511 - 7th Ave NE
Thompson, ND 58278

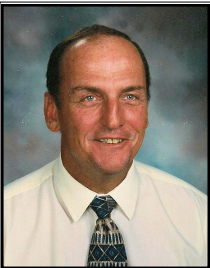
Phone Numbers:
(h) 701-599-2620
(w) 701-599-2765
(f) 701-599-2819
lisa.strand@sendit.nodak.edu



**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@cableone.net



**Vice President
Mike
Kuhn**

211 5th Avenue SW
Mandan, ND 58554

Phone Numbers:
(h) 701-663-1175
(w) 701-663-9532
(f) 701-663-0471
Michael.kuhn@msd1.org



**Immediate
President
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



**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
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



**Membership
Chair
Karen
Hardie**

2472 Lilac Lane
Fargo, ND 58103

Phone Numbers:
(h) 701-237-5624
(w) 701-446-5200
(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
duck@westriv.com

Lions' Basketball Co-Chairs

Michael Sorlie (h) 701-678-3832
P O Box 5 (w) 701-678-2492
Gwinner, ND 58040 (f) 701-678-2311
michael.sorlie.1@sendit.nodak.edu
Mike Hendrickson (h) 701-293-3108
1408 57th Avenue South (w) 701-446-2043
Fargo, ND 58104 (f) 701-446-2899
hendrim@fargo.k12.nd.us

Optimists' Volleyball Co-Chairs

Tim Wallstrum (h) 701-385-3376
P O Box 402 (w) 701-385-4996
Kenmare, ND 58746 (f) 701-385-4390
tim.wallstrum@sendit.nodak.edu
Lisa Strand (h) 701-599-2620
1511 7th Ave. NE (w) 701-599-2765
Thompson, ND 58278 (f) 701-599-2819
lisa.strand@sendit.nodak.edu

Shrine Football

Bill Lorenz (h) 701-746-7818
1431 Chestnut Street (c) 701-213-2205
Grand Forks, ND 58201 (f) 701-746-2387
William.lorenz@gfschools.org

President's Message - Spring 2013

Well I can tell that spring is here. The Track team is running laps in my pool and the pole-vaulters are climbing out of the water upside down and backwards on these beautiful winter / spring days (Boy I am glad I coach indoors).

Wow! What an exciting Winter Season, I would like to congratulate all the State Champions, Subway Coach of the Years, and Powerade Senior Athletes of the year. From Swimming, Gymnastics, Wrestling, Hockey to Basketball it was one for the record books.

It is time to Look Forward towards Summer Convention in Mandan at the Seven Seas Best Western conference Center July 22-26th. I hope everyone will have a chance to rest and recharge after this busy spring season of outdoor activities. I know I am looking forward to learning from some of North Dakotas best Coaches at the convention. One of my President's challenge last summer was to get all Coaches to be members of our GREAT "North Dakota High School Coaches Association" It will be a must with the Coaching Permit Certification that will be required August 1st of this Year. Please work with your Athletic Direc-



Ralph Manley

tor, and school to stay on course for what is needed. Mr. Orvik did a great job of explaining it in the Winter Dakota Coach. Use our Web site: ndhsca.com. Please look at the information on our two Vice-Presidential Candidates: Andy Braaten -Carrington and James St Aubin South Border - also listed in the winter Dakota Coach.

The NHSACA National convention is in Des Moines, Iowa, June 23-26th. We have 16 NHSACA Coach of the Year Finalist from our Great State and 2 going into the National Hall of Fame: Rod Oksendahl and

Leland Opp. It should be an exciting time, Good luck to all.

Finally I would like to take this time to remind our busy coaches to give a big "Thank you to our significant other/Better Half/Spouse and our Children for sharing us with the many athletes and parents over the countless hours of practice and the several miles of North Dakota Bus Adventures. Thank you for scheduling your lives around our Game Days, Team functions, hectic holidays. Thank you for the Love and support it takes to let us do the job we love: "Coach".

Best of luck in your seasons and please feel free to contact the Executive Board or myself if you should need any assistance.

Proud to be a North Dakota coach

Sincerely,
Ralph Manley,
NDHSCA President



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From The Executive Secretary's Desk

The IRS has shown a human side and allowed North Dakotans a grace period because of one of several blizzards we just had. I wish all deadlines were met with such kindness as IRS provides. - - can I smile or will I be chastised by someone? Right now our immediate deadlines all deal with convention, speakers, attendance, commitments and contracts.

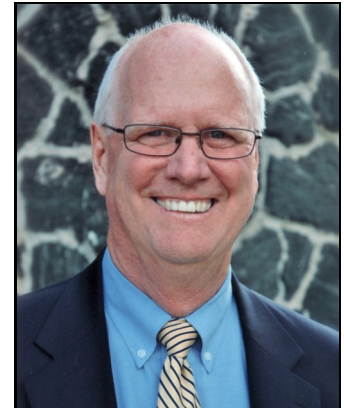
Convention Planning is the number one concern of the NDHSCA Executive office today. Two considerations that accompany the planning are registration for the "Coaches Education Preparation Seminar" and online registration.

The "Coaches Education Preparation Seminar" would seem to be an easy fix. However, today I learned that we could have as many as 400 enroll in the seminar to secure the "Fundamentals of Coaching" and/or the First Aid/Safety Certification and the CPR/AED Certification. These offerings are open to the registrants in the seminar first. If we can arrange for additional time for the instructor, we will offer opportunity for others to become certified also.

People who register for the "Coaches Education Preparation Seminar" are reminded that there is an additional fee to pay for the required book and certificate. Registrants who are enrolled for "Coaches Education Preparation Seminar" college credit will have priority for attending First Aid/Safety Certification and CPR/AED Certification. If there is space in the classroom, additional attendees will be prioritized by registration date. The earliest registrants will be accepted first.

On-Line Registration has been arranged. The purpose of On-Line registration is to provide opportunity for coaches to register by using credit card. The online registration can also be used when a check is used for payment, but the registration is not activated until the check is received by the NDHSCA Membership Chair or the NDHSCA Office. Either Karen or the NDHSCA Office can activate the membership. To use online registration, simply find the form on the ndhsca.com website and make your entries like purchasing product by internet. We expect this to be the "wave of the future".

I just had a feature cross my desk regarding practice, too much practice and effect of practice times.



Gelaine Orvik

- Specialization and intensive training result in a higher risk of stress fractures and other severe overuse injuries.
- Dr. Neeru Jayanthi presented his study to the American Medical Society for Sports Medicine with a statement: "Young athletes should not spend more hours per week in organized sports than their ages."
- Between 2010 and 2013, Jayanthi and colleagues at Loyola and Lurie Children's Hospital of Chicago enrolled 1206 athletes, ages 8-18 for physicals or treatment for injuries.
- There were 859 total injuries, including 564 overuse injuries, 139 were serious stress fractures in the back or limbs, elbow ligament injuries and osteochondral injuries to cartilage and underlying bone.
- Dan Gould, director of the Institute for the Study of Youth Sports at Michigan State University, hailed the study as providing data on dangers of pressing children to succeed earlier at a particular sport.
- Gould continues, "It's not bad for a kid to start a recreational sport at four, but specializing?"
- Gould continues, "There is nothing wrong with a child playing soccer in the fall, basketball in the

Continued on next page

From The Executive Secretary's Desk (continued)

winter, [and track & field in the spring] since it would work different muscle groups and develop different skills. Steve Nash and Kobe Bryant both played soccer also; Michael Jordan played baseball as well as basketball.”

My conclusion is even at the high school level, specialization is too early. All students should be athletes and all student-athletes should still be three-sport athletes in high school.

Our close personal friend, Joe Howell, is home and doing very well. I just spoke to him for the first time in a month, and he is just as exciting as always. He is doing up to 50 minutes of light training. He spends most of that time on the treadmill, on the stationary bike and other machines. Joe drove to Lisbon to coach five days last week. His wife, Carmen, guides him with her loving hands, but I think Joe disobeys occasionally. Can you imagine anyone having major heart and aortic artery surgery and 3 months later he is going 50 miles per hour. As everyone knows, he has an incomparable attitude and will only go forward. He is amazing and deserves every kindness he has ever received. God Bless you Joe! And you too, Carmen!

North Dakota can again pump its proverbial Roughrider chest for one of its own. Casey Bradley becomes another North Dakotan to move into the professional coaching ranks. In my count, he is number four. The most inspirational side of his becoming the head coach of the Jacksonville Jaguars is his being a “players’ coach”. Everyone knows exactly what to expect. His attitude is that no one can tell him of his limitations. We are so proud of him and his North Dakota assistant that took with him to the Jags. We will continue to follow him, just as we followed Dale Brown, Phil Jackson, Bill Fitch, Darin Erstad, Jeff Boschee, Jim Kleinsasser and Rick Helling.

After reviewing the case of Football Coach Reno Saccoccia of Steubenville, Ohio, his team’s allegation of rape, I have to make another statement. Following

the disgusting Penn State fiasco where one after another claim no responsibility but seem to admit knowledge of actions that transpired, in the Steubenville High School rape case, the coach as well as players apparently admit to knowledge of child abuse that the coach failed to report.

As a coach we hold an incomparable status in the community and with our athletes. We must be above all doubts in our credibility with athletes, parents, and community. Between social media and viral video, even more observers are everywhere in our profession. As coaches, we even have greater responsibility to confirm the duties to step forward when a wrong has been committed. Everyone has the moral obligation to step forward to say, “Hey, stop it; that is not right.”

Every coach should keep in mind that he or she may apply for a position on the Sports Advisory Committees. We have turnover of at least one committee member each year. The NDHSCA Executive Committee keeps every application for evaluation for the future openings. When sports groups appoint or select replacements at the sports group meetings at the state competition coaches meeting or at the Advisory Committee Meeting at the State Convention, we still ask the appointed or selected person file an application form with the NDHSCA Office.

ESPN the magazine has an article of the demise of the 2010 Auburn University repeat of a NCAA National Championship. Michael Dyer and several teammates begin spring break following the 2009 title run with a celebration that included, among other products, smoking chemically coated synthetic marijuana leaves that are sold in gas stations under the name Spice.

Understanding the entire product is more difficult than understanding the workings of an atomic reactor. Spice was not illegal to possess or sell in Alabama until April 29, 2010. The bill became effective two months later. On March 1, 2011, the Alabama

Continued on next page

From The Executive Secretary's Desk (continued)

Department of Public Health added Spice to its controlled substance list, making it a Schedule I drug, the same as cocaine and heroin. The testing process and notification of parents of the results were part of the legal maize that prevented control of the drug for the football program.

I am disappointed in our legal system and our testing system for inadequacies. But I am more disappointed in our coaching professionals in their being tied into not seeing the overall development of athletes into great citizens. I am also certain that every North Dakota high school coach had better be totally aware of the entire happenings at the major college and university systems. If these illegalities exist at Auburn, Clemson or Alabama, the also will soon be seen in North Dakota. Hank Lukaski has been contacted to speak at our clinic in our "Speed, Strength and Nutrition Seminar" on the abuse, misuse and use of drugs, steroids and HGH. This topic maybe should be addressed in a general session because of its importance. Remember, if we ever turn our head and ignore a problem, the problem will raise its ugly head and destroy us!

There are some people who have sent queries regarding the handling of the NDSU college credit program after the passing of our guru, Dr. Denis "Izzy" Isrow. Well, first, no one can replace Izzy. However, the college credit program will continue with Arthur "Bucky" Maughan as the teacher of record. The process will continue with the same expectations for credit. Bucky said "There is no reason to re-invent the wheel. If it is not broke, why try to fix it."

We will grant the same credits in 2013 as we have in the past. The expectations, goals and objectives will remain the same as the past. Every enrollee will be expected to attend every session. The bottom line for our college credit is to maintain an education of our coaching population students.

I thank Ralph Manley for his able leadership over the past year. He is a remarkable young man that makes "Pop" Tom is very proud, smiling down from Heaven. David Zittleman's expertise with the website makes our Association superb. You will note changes that occur and development daily because of his willingness to apply his genius to the information that is important and necessary to North Dakota Coaches. Be sure to say thank you to both of these giants in our profession.

As usual I need to say another public thank you to Randy Johnson for his leadership as Assistant Executive Secretary. He is very cognizant of procedural and developmental avenues. He is so helpful. Thank you, Randy.

People who register for the "Coaches Education Preparation Seminar" are reminded that there is an additional fee to pay for the required book and certificate.



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2013 Special Recognition Awards (continued from page 1)

Kim Anderson, North Dakota Officials Association (retired basketball official)

Brenda Schell, NDHSAA Technology Specialist

Greg Selbo, North Dakota Officials Association (Swimming & Diving Official).

Kim Anderson is a Dickinson HS (1972) and Dickinson State University (1995) graduate. He has served North Dakota High School basketball and football coaches and athletes as an outstanding official for 41 years. He also serves as supervisor of basketball officials in the NDCAC and DAC college conferences. Kim has officiated 39 state basketball tournaments and ten state football championship games, as well as numerous regional basketball tournaments and football playoff games. He also umpired high school baseball and American Legion Baseball for 32 years.



He officiated in the Prairie League for pro baseball and the IBA of pro basketball. Kim has officiated in the Northern Sun, NCAA Division II football and basketball. He has also officiated in the MonDak junior college league for 33 years.

Kim is a member of the Dickinson Elks Lodge. He has been a member of the Dickinson Roughrider Officials' Association, Dickinson Baseball Association and North Dakota Officials Association. He has been Executive Secretary of the Roughrider Association and the Baseball Association. Kim was inducted into the NDOA Officials Hall of Fame this past spring.

Brenda Schell is a Barnes County native, having graduated from Valley City HS (1975) and Valley City State University (2008). She began her career at NDHSAA in 2007 as the Technology Specialist, and she holds the NDHSAA tennis portfolio. Brenda is a great advocate for NDHSCA tennis coaches as she conveys advisory recommendations to the NDHSAA Athletic Review each year. She is also expedient in her assistance to administrators and coaches regarding technology. Brenda has been especially helpful to NDHSCA in developing the process of hyperlinking the NDHSCA Executive Committee's Agenda and Minutes.



Brenda has been a presenter at the National Federation of High Schools Summer Conference. She is a Charter Member of the North Dakota Association of Technology Leaders (NDATL) and served as its President. Brenda also has been a presenter at NDATL Face2Face Conferences. She is a member of Valley City Optimist Club and serves as the club's treasurer. She is a member of Beta Sigma Phi and St. Catherine Catholic Church. She received the NDATL Technology Leader of the Year Award in 2005.

Greg Selbo is a lifetime resident of Fargo and a graduate of Fargo North HS (1968). He earned his degree from Southern Methodist University (TX) (1972) and his graduate degree from the University



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**NDHSCA Convention
2013
Mandan, ND
July 23-July 26**



Letter to the Editor

North Dakota Coaches:

My name is Matt Berglund, and I am the head wrestling coach at Grand Forks Central High School. I was selected to represent the Midwest region for National High School Federation's online publication, *Coaching Today* for a four year term. If you have never visited the site (<http://www.nfhs.org/CoachingToday/>), I invite you to inspect the link. I am contacting you in part because of my responsibility (aside from reviewing dozens of submitted articles each year) to collect articles for publication consideration.

Now, you may be thinking, "I'm not a writer.", but I know that many of you are incredibly knowledgeable about your sport and could impart that wisdom through experience in written form (and as an English teacher, newspaper adviser and year-book adviser, I will gladly provide revision suggestions upon your request).

If you go to the site, you will find a wide variety of articles and resources, but one of the things that we discussed at our meeting that we want to do to improve the appeal of the site is to include more "sport specific" articles, so a track coach can go in and see an article about pole vaulting or a baseball coach can find an article about the keys to small ball for example.

So, by contacting coaches of many different sports, I (along with the other members of the publication committee) hope to build a large trove where coaches can find articles about their sports.

Take a few minutes to peruse the site. I suggest the "Archives" tab to see some of the past articles that may pertain to your sport or interest area. You will also find the "Writer's Guidelines" near the top of that page. If you have any additional questions, please contact me. I look forward to hearing from you.

Yours in Coaching,

Matt Berglund
 Grand Forks Central High School
 115 North 4th Street
 Grand Forks, ND 58203
 701-787-2894
 mberglund@gfschools.org
 English Instructor/ Head Wrestling Coach/ Year-book Adviser/ Newspaper Adviser
 "A pupil from whom nothing is ever demanded that he cannot do, he never does all he can."

2013 Special Recognition Awards (continued from page 7)

Greg Selbo—continued

of North Dakota (1975). He is a member of the Nilles Law Firm in Fargo. Greg has been a board member of the NDOA and a member of the US Swimming & Diving Board from North Dakota. He currently serves on the National Federation of High Schools national swimming & diving rules committee. Greg has been active as a contributor to the ND Swimming Officials Rules Manual. He has been of assistance to adopt a National High School Officials Manual.

Greg currently is on the board and president of the Fargo Public Schools Development Foundation. He is a board member of the Fargo Theatre and the Detroit Lakes Country Club. Greg has been inducted into the Fargo North HS Hall of Fame. He received the YMCA Charles Bailly Award (for volunteerism) and the YMCA Regional Volunteer

Award. He has received various attorney acknowledgements.

Greg has served on The Village Family Services Board and as President. He has been a board member for the ND Division of the American Cancer Society. Greg has served as Board Member and President of Cass-Clay YMCA (currently a committee member). He has been a Board Member and President of the Oxbow Golf & Country Club and a Board Member of the Fargo Country Club.

The three recipients will be recognized with award plaques at the 2013 NDHSCA Hall of Fame and Awards Banquet on Thursday, July 25th at the NDHSCA Annual Coaches Convention at the Mandan Seven Seas Best Western Convention Center.
 end

2013 NDHSCA Hall of Fame (continued from page 1)

James Haussler is a 1973 graduate of Monango (ND) High School; he received his BA degree from Jamestown College with a double major in History/Political Science and Health, Physical Education and Recreation (HPER). He obtained his Master Degrees in Educational Administration and HPER from South Dakota State University and his Doctorate in Educational Administration from the University of North Dakota.

In 1978 Jim began his teaching career at Finley-Sharon High School where he taught social studies and physical education and was the head coach for boys' basketball and boys' track & field; he was also assistant coach in football. A year later he continued his teaching regimen at New England High School. In 1983 Jim moved to Aberdeen (SD) Central High School, to serve as the high school's assistant principal and athletic director. A year later he moved to Bismarck Public Schools to serve as an assistant principal at both Bismarck High School and Bismarck Century High School, along with directing the vocational program for one year, positions he held until 1992 when he was named Bismarck Public Schools Activities Director. He continues to hold that position to this date.

In 1981, Jim was selected as NDHSCA Track & Field Regional Coach of the Year. In 1996 and 2006, he was named NDHSCA Class A Athletic Director of the Year. Haussler was also named NDHSCA West Region Class A Athletic Director of the Year on four occasions. He became a Certified Athletic Administrator in 1997. In 1997, he was selected as Class A Athletic Director of the Year by the Principals' Association.

Jim has managed approximately 200 NDHSAA regional and state events. In 2002 he was recognized by NDHSCA with the Special Recognition Award. Haussler was selected as a finalist for the National High School Athletic Coaches Association Athletic Director of the Year in 2004, 2007 and 2010. This past spring he was inducted into the North Dakota Track & Field Hall of Fame.



James Haussler

Presently, Haussler serves as Past President of the North Dakota Interscholastic Athletic Administrators Association (NDIAAA). He has also served in a number of other officer roles. He is Past President of the Western Dakota Association (WDA). He has also served in other officer roles. Jim has been Chairman of the Bismarck Community Bowl Authority (BCBA) since its inception (1997).

Haussler has provided services to the following organizations:

- National Interscholastic Athletic Administrators' Association (NIAAA)
- North Dakota Interscholastic Athletic Administrators' Association (NDIAAA)
- North Dakota Interscholastic Athletic Administrators' Association (NDIAAA) Board of Directors for 16 years

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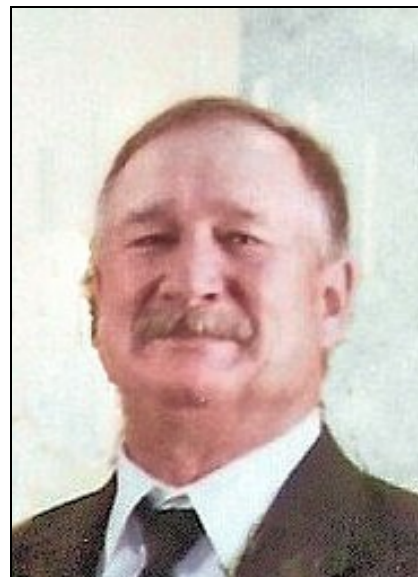
2013 NDHSCA Hall of Fame (continued from page 9)

James Hausler—continued

- North Dakota Interscholastic Athletic Administrators' Association (NDIAAAA) Publications Committee
- North Dakota Interscholastic Athletic Administrators' Association (NDIAAAA) Secretary
- North Dakota Interscholastic Athletic Administrators' Association (NDIAAAA) 2nd Vice-President
- North Dakota Interscholastic Athletic Administrators' Association (NDIAAAA) First Vice-President
- North Dakota Interscholastic Athletic Administrators' Association (NDIAAAA) President
- North Dakota Interscholastic Athletic Administrators' Association (NDIAAAA) Past President
 - Three terms as the Class A West Representative to NDIAAAA
 - North Dakota High School Coaches Association (NDHSCA) - - - Lifetime Member
 - Good Shepherd Lutheran Church
 - North Dakota Council of Educational Leaders (NDCEL)
 - North Dakota Officials Association (NDOA)

Jim and his wife, Julie, a teacher at Mandan Middle School, have five children: Jeremy, Jon, Jamie, Tessa and Cara. They also have five grandchildren: (Madison, Jaxson, Cooper, Colt and Hadley). **Jim Haussler** was nominated for NDHSCA Hall of Fame by the NDHSCA Executive Committee.

Dan Imdieke is a graduate of Sauk Centre (MN) HS and Jamestown College. He has spent 37 years teaching and coaching at Linton High School. He has been head football coach for 36 years and head wrestling for 37 years all at Linton High School. He also served as athletic director at Linton High School for 25 years.



Dan Imdieke

Imdieke has led his Lions' football teams to 19 Regional Titles and ten Regional Runnerup Titles. His football teams have been in the NDHSAA Championship Game on 12 occasions with five State Championships (1980, 1990, 2000, 2002 and 2003). The Linton Lion wrestling team has also won eight Regional Runnerup Titles, Three Regional Championships and four NDHSAA State Runnerup Titles (1980, 2001, 2002 and 2004). The Linton Lions Football Teams have won over 300 games under Dan's leadership. In addition his Wrestling teams have won 340 dual and multi-team contests.

Coach Imdieke chaired the NDHSCA All-State Selection Committee for ten years (1985-1995). He also has served a district and regional tournament manager and football playoff game manager during his years as athletic director.

Continued on page 11



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2013 NDHSCA Hall of Fame (continued from page 10)

Dan Imdieke—continued

Imdieke served on the NDHSCA-Shrine Football Coaching staff 12 times. He was on the Mon-Dak All-Star Football Staff twice. He was selected NDHSCA State Football Coach of the Year four times while being selected NDHSCA State Wrestling Coach of the Year twice. Dan's Regional Football coaches selected him Regional Coach of the Year ten times and Regional Wrestling Coach selected him as Regional Coach of the Year four times. He was selected NDHSCA District Athletic Director of the Year four times and Regional Athletic Director of the Year three times. Dan was named National High School Athletic Coaches Association Finalist twice (2005 and 2009).

Dan and his Wife, Cathy, have three children: Vanessa, Benjamin and Daniel.

Coach Imdieke was nominated for NDHSCA Hall of Fame by Pete Moe, NDHSCA Past President.



Scott Knowlen is a graduate of Bismarck High School and received his Undergraduate from the University of North Dakota. After spending five seasons (1984-1989) at Mandan High School as an assistant wrestling coach, he moved to Bismarck High School where has been head coach and co-head coach until the present time (23 years).

Scott has been recognized by his professional peers with the following awards:

- NDHSCA Class A Wrestling Regional Coach of the Year---four times
- National Federation of High School Association Regional Coach of the Year---2003
- NDHSCA Class A Wrestling State Coach of the Year---three times
- Wrestling USA Magazine Man of the Year--1991



Scott Knowlen

- USA Today Newspaper Coach of the National Championship Team (Bismarck High School)—1992
 - USA Wrestling National Dual Meet Freestyle Tournament Champions (North Dakota)---1995
 - National High School Athletic Coaches Association National Coach of the Year-2004
- Coach Knowlen has served his profession as USA Wrestling of North Dakota Cadet/Junior Director for the past 25 years. He has been selected to the NDHSCA Advisory Committee to NDHSAA for the past 13 years. Scott was on the Athletic Standing Committee for Bismarck Public School (1992-1998).
- He was state editor of the USA Wrestling Magazine (1998-2004). Coach Knowlen has been Fellowship of Christian Athletes Huddle Leader at Bismarck High School since 2009. He served as Emerging Leaders Member for the Century Baptist Church (2009-2010).

Continued on page 12



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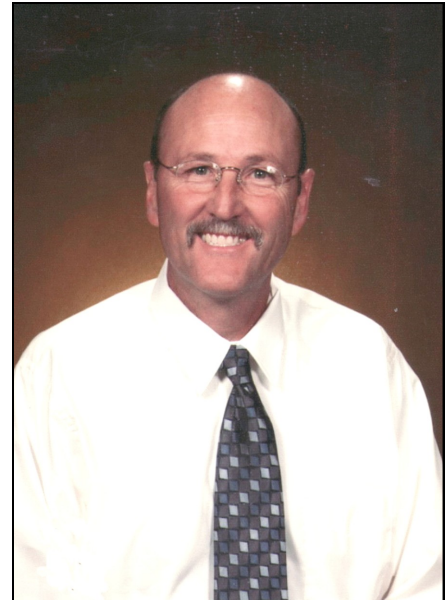


2013 NDHSCA Hall of Fame (continued from page 11)

Scott Knowlen—continued

While Knowlen has been head coach and Co-Head coach, the Demons have won 16 WDA conference titles and 14 West Region Titles. They have also been West Region Runnerup Titlists four times. Coach Knowlen has guided the Demons to 13 NDHSAA State Championships and seven NDHSAA State Runnerup Titles. Scott has led the Demons to 324 dual and triangular wins over the past 23 years and 150 multi-teams meet victories (using the NDHSCA "Milestone Formula for Invitational Meets).

Coach Knowlen and his wife, Shelly, have four children in a blended family: Zac Knowlen, Kael Knowlen, Amber Schneider and Jordan Schneider. **Coach Knowlen** was nominated for NDHSCA Hall of Fame by Dave Dougherty, NDHSCA Past President.



James Jeske

◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆
Jim Jeske is a graduate from Valley City High School and Valley City State University. Coach Jeske is now retired after 32 years of teaching science and coaching a Killdeer High School. During his years at Killdeer, Jeske was head boys' & girls' track & field coach for 25 years and head boys' and girls' cross-country coach for 13 years. He also was an assistant football coach, junior high football coach and junior high basketball coach.

Coach Jeske was also active serving as Lettermen's Club Advisor for eight years, junior class advisor for four years and was the advisor for the local Dollars for Scholars for one year. Jim initiated and helped to organize the first Killdeer High School post prom party and the Killdeer High School fun night which he continued to do for 20 years. He also started a science club where he was the advisor for five years.

During the years Coach Jeske was a head track & field coach, he led his teams to 166 multi-team invitational meet championships. The Killdeer Cowboys also won ten Regional Track & Field Titles, 11 Regional Runnerup titles and finished in the top five at the North Dakota State Track & Field Meet fourteen times. The Cowboys won two State Track & Field Runnerup Titles and two State Track & Field Championships (1985 & 1998).

While Jim coached cross-country for 13 years, his teams finished in the top five at the North Dakota State Meet nine times. The Cowboys finished State Runnerup twice. He was selected NDHSCA West Region Cross-Country Coach of the Year seven times and NDHSCA State Girls' Cross-Country Coach of the Year in 2008.

Jim was selected by his peers to be the NDHSCA Regional Track & Field Coach of the Year 11 times and Boys' Track & Field NDHSCA State Coach of the Year twice (1985 and 1998). He was a member of the NDHSCA Track & Field Advisory Committee to NDHSAA and Boys' Track & Field All-Star Coach in 1985. Jim was inducted into the North Dakota Track & Field Hall of Fame in 2009.

Jim and his wife, Chris, have three children: Jimmy, Tara and Lindsey.

Jeske was nominated for NDHSCA Hall of Fame by Bob Wheeling.



The Hall of Fame Awards will be presented at the Annual Banquet on Thursday, July 25th at 6:30 PM at the Mandan Seven Seas Best Western Conference Center.

Dave Michaelson

Receives FCA Award

The North Dakota Fellowship of Christian Athletes has recognized Coach Dave Michaelson, Dickinson High School, with its most distinguished award, 'The Walt Sherman Award'. FCA made its presentation at their Annual Home Team Banquet Dinner on April 7th at Shiloh Christian High School.



The Walt Sherman Award is given to a coach, athlete or volunteer who has made significant contributions to the North Dakota FCA Ministry. Dave was selected for the award for his enthusiastic caring and spiritual leadership in Dickinson Huddle, but also for his Christian modeling for athletes and coaches. Dave was nominated by Mike Berg of Grand Forks.

Dave is the 10th recipient of the Walt Sherman award named after Walt Sherman who passed away in 1984 after many years of serving ND as a great volunteer of the ND FCA ministry and many other great causes.

In his acceptance comments, Dave, in his typical modest fashion, praised his athletes, his fellow coaches, his profession and his Association. Dave is a 'constant' in leadership of FCA and at all NDHSCA events.

Congratulations, Dave.

Reminder!

We are in the preparation period for the initial date for Coaching Permit (August 1, 2013).

Know your requirements and begin today to satisfy them!

Ralph Manley

Receives NISCA Award

Ralph Manley was recognized by the National Interscholastic Swimming Coaches Association of America, Inc. with its prestigious Outstanding Service Award. He was presented the award at the NISCA Annual Banquet on March 30, 2013.



The award is presented only once. The individual awards are presented to recipients and the names are displayed in the International Swimming Hall of Fame in Fort Lauderdale, FL. To be considered for this award, a NISCA member must have:

- Served aquatics in swimming or diving, and / or water polo for at least 15 years
- Been a NISCA member in good standing for at least 10 years
- Had above average success as a competitive aquatic coach
- Shown leadership at the local (city & state) level or at the national level in interscholastic aquatics

Ralph is the third recipient of this award; the two previous coaches to receive this honor are Marney Shirley, Jamestown High School (1992) and Thomas W. Manley, Fargo South High School (1993) - - - Ralph is the son of Thomas.

Ralph's family accompanied him to the awards dais for the award. Marney narrated the presentation for Ralph as Colleen, Ralph's wife, and Brianna, Ralph's younger daughter, presented the award.

NDHSCA and North Dakota Swimming & Diving celebrated Ralph and his receiving the award. In Ralph's reception of the award, he noted that he had been led to commit to his profession and to get involved. He has truly been a leader in North Dakota Swimming & Diving.

View the presentation ceremony at <http://tv.swimmingworldmagazine.com/events/2013-nisca-convention/banquet/21623>

Congratulations, Ralph!



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

NDHSCA Coaches Convention Planning (continued from page 1)

fee on site for the First Aid, CPR & AED Certification Card (this is a combined certification card.). These are fees for certificates of completion and books and not a part of the convention.

In addition to the required Coaches Education Preparation/Renewal Seminar, three concurrent tracks will be offered on that date for coaches who have already completed the requirements for Coaches Education Permit. Every first or second year coach in the state should be enrolled in the Coaches Education Preparation Seminar or in the Beginning Coaches Seminar.

Thereafter 15 sessions will be presented for basketball, football, track & field and volleyball. The other sport specific offerings include cross-country, golf, softball, soccer, swimming & diving, tennis, and wrestling. This year we will return to a very popular General Motivation Session that we held in past. At this time, we have arranged for a presentation on the topic of "Mental Toughness and Mental Skills". That speaker is yet to be under contract.

NDHSCA will adhere to the traditional format for the convention and deviate from our schedule from last year when we hosted the NHSACA Annual Meeting. NDHSCA will also return to an emphasis of specific speakers who are hired to present rather than expect speakers to be gratis. The Wednesday through Friday sessions will all have five presentation sessions each day with one session reserved to review the developments and planning from each Advisory Committee. During the Advisory Committee session, NDHSCA will make every attempt to have a presentation by an assistant coach for assistant coaches.

After great discussion, the NDHSCA Executive Committee changed the structure of the convention by moving the golf scramble to **Tuesday evening with tee times scheduled for 2:30-5:00**. This will allow any conventioneer to participate in the golf scramble, but will not force the majority of attendees to take a full afternoon off while the golf scramble is in session. People who are attending the seminars will have time to sign up for tee times that will overlap with conclusion of seminar sessions. All golf tee times must be secured by signing the scramble registration form at the registration desk on Tuesday, before 2:00 pm on Tuesday.

Another renewed aspect of the program will be a return of the FCA Breakfast with speaker on Wednesday morning. The Breakfast is sponsored by FCA. To determine numbers for the breakfast, registrants need to declare their attendance intent before Tuesday, 5:00 pm and facilitate FCA Breakfast signup. Admittance will require Convention name tag and a FCA Breakfast ticket that must be picked up at the registration desk. Watch for more information regarding the FCA Activity on the NDHSCA Website. It is emphasized that FCA Breakfast is a full breakfast (not continental) menu. Because of the breakfast on Wednesday morning, the morning sessions will not commence until 8:30 am.

Another very popular activity over the past five years is the Taco Bar with the Can Races that are sponsored by Universal Athletics. Universal Athletics also sponsors these races and the Taco Bar in other states, but the North Dakota "connection" seems to attract special Universal Athletics personnel. The Universal Athletics Social will be held on Wednesday (July 24th) evening at the Mandan Seven Seas as we have experienced in the past. Admission requires a registration name tag.

Specific Keynote speakers in each sport are yet to be finalized. However a great roster of high school coaches from North Dakota is scheduled. The local college and university coaches are also finalized in nearly every sport. The speakers are displaying incomparable excitement for the sessions and the presenting roster.

Be sure to check the "ever-changing" Schedule on the NDHSCA Website (ndhsca.com). Additions and changes will be made as they occur. NDHSCA has contacted several highly-successful speakers, but has not received confirmation as of this writing (April 15th). Several top high school and college coaches have been invited to complete the sessions for each sport. These confirmations will be injected into the schedule also, as they occur. Volleyball speaker confirmations are second to none. The list of volleyball speakers that have been invited is second to none. Volleyball coaches are always very explicit with their requests.

Continued on next page

NDHSCA Coaches Convention Planning (continued from page 13)

NDHSCA encourages every coach to go to the North Dakota High School Coaches Association website, www.ndhsc.com, for further information, registration forms, hotel information, and other pertinent information related to the NDHSCA Coaches Convention. Every coach is also encouraged to share this information with all coaches, grades 7-12, in his or her school system. The opportunities for professional development, graduate credit, and networking with outstanding coaches nationwide will be phenomenal.

The NDHSCA Convention Registration form is found on the NDHSCA Website. Please feel free to make additional copies. Every head coach should feel an obligation to include his entire staff to attend the convention for professional development and to complete Coaches Education Requirement. Note that we have enabled schools to register all coaches in a school and list a Purchase Order Number to facilitate schools to have one invoice sent by NDHSCA to cover all coaches who attend the convention. All registrations sent with check or purchase order number are to be sent directly to the NDHSCA Office.

NDHSCA is also making preparation for individual coaches to register and pay by credit card. That form will be posted on the NDHSCA website soon. Please follow the convention speaker schedule on the website. The seminar speakers are nearly complete. The speakers for individual sport sessions are being finalized literally by the minute.

All registrants are reminded that the NDHSCA Registration Fee **includes** a ticket to the July 25th NDHSCA Hall of Fame/Coach of the Year Banquet. Sleeping rooms have been blocked for NDHSCA at the Mandan Seven Seas Best Western (state rates apply with one rate regardless of number in the room). Hotel accommodations can be made by calling the Mandan Seven Seas Best Western at either 1-701-663-7401 or 1-800-597-7327. Should you have additional questions, please feel free to contact Mr. Gelaine Orvik, NDHSCA Executive Director at: 1-701-367-8282.



**NDHSCA Convention
2013
Mandan, ND
July 23-July 26**



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2012-2013 NDHSCA Assistant COTY



Fall

Winter

The 2012 Fall Season recipient of the award is **Janelle Olson, Bismarck High School's Assistant Girls' Cross Country Coach.** **Janelle** was nominated by Scott Reichenberger, Bismarck High School's Head Girls' Cross Country Coach.

Janelle has been a coach for 12 years with her last 5 years as an Assistant Girls' Cross Country Coach at Bismarck High School. **Janelle** is also an Assistant Girls' Track and Field Coach. Her responsibilities include practice planning, writing workouts, supervising workouts, teaching athletes about the sport of cross country, teach athletes about the life lessons learned through sports, and to assist with running home meets. **Janelle** has coached over 19 All-State Cross Country Runners. Her overall career record is an astonishing 404 wins to only 25 losses. She helps with the Great Plains Summer Track and Field Program, Prairie Rose State Games, and the North Dakota High School Track and Field Meet. **Coach Olson** was a former Division II Female Cross Country Athlete of the Year and an eleven-time All American. **Janelle Olson** is a member of the American Legion Auxiliary, North Dakota Association for Health, Physical Education and Dance, and the United States of America Track and Field Organization.

Scott Reichenberger, Head Girls' Cross Country Coach at Bismarck High School, says this about Coach Olson: "**Janelle Olson** conducts herself in a professional manner. She is highly respected by her colleagues. **Coach Olson** is a consistent hard working coach, works with athletes throughout the entire year, and is a major reason why the Girls' Cross Country Program at Bismarck High School is so successful."

Janelle Olson of Bismarck High School is the North Dakota High School Coaches Association's Assistant Coach of the Year for the fall of 2012.



The 2012-2013 Winter Season recipient of the award is **William Uscensky, Minot High School's Assistant Boys' Basketball Coach.** **Bill** was nominated by Dean Winczewski, Minot High School's Head Boys Basketball Coach.

Bill has been a coach for 31 years with his last 24 years as an Assistant Boys' Basketball Coach at Minot High School. **Coach Uscensky** has also coached football and track and field. He is responsible for assisting with practice, running drills, scouting, watching film, assisting with game plan preparations, and scheduling restaurants for pre and post-game meals. **Bill** also schedules the post-season awards banquet, works summer camps, summer league, summer team camps, assists with fundraising, and coaches the junior varsity team in practice and games. **Coach Uscensky** has coached numerous All-State Competitors in his 31 years of coaching basketball. He has over 400 wins to his credit with around 100 losses.

Bill coached the 1988 Edinburg High School Team to a State Championship. He also headed the Class B Lion's All-Team that summer. **Coach Uscensky** has been honored by the University of Minnesota – Crookston with the Outstanding Alumni Award. He has served as the Athletic Director for Erik Ramstad Middle School since 2000.

The highlights for **Coach Uscensky's** past season were beating Bismarck High 58-51 after losing to them earlier in the season by a score of 92-77. Minot High School was the only junior varsity team to beat the Demons this season. He also finished the season with a 16-3 record, which was **Bill's** second best record since he became the assistant coach at Minot High School.



Southeast Coaches Association

The Southeast Coaches Association (SECA) hosted its inaugural edition of the SECA Coaches Academy at North Sargent High School on Saturday, April 13th. Presenters were Rich Glas (Concordia College), Dennis Hutter (Mayville State University), Greg Ulland (Jamestown College), Paulette Stein (NDSCS), Jill DeVries (Valley City State University), and Allison Swenson (MSU-Moorhead). The SECA Coaches Academy was open to coaches of all levels. Coaches who attended the academy were from LaMoure HS, Wyndmere-Lidgerwood HS, Oakes HS, North Sargent HS, Central Cass HS, Fairmont-Campbell-Tintah HS, Richland HS, South Border HS, Milnor HS, Sargent Central HS, and Lisbon HS.



Coach Jill DeVries from Valley City State University leads her team with on-the-court demonstration at the SECA Coaches Academy.



Coach Dennis Hutter from Mayville State University holds discussion with coaches during the SECA Coaches Academy.

2012-2013 NDHSCA Assistant COTY (continued from page 15)

Dean Winczewski, Head Boys' Basketball Coach at Minot High School, says this about **Coach Uscensky**. "**Bill Uscensky** has been very instrumental in helping Minot High win three State Championships. He was nominated for this award because of his effort, loyalty, and guidance to Minot High Basketball. **Bill** has been a valuable reference not only for game strategies, but for how to work with young athletes during the time of building a program."

Bill and his wife Marla Rae have two children, Alison and Kaley. **William Uscensky** of Minot High School is the North Dakota High School Coaches Association's Assistant Coach of the Year for the winter of 2012-2013.

∞



Coach Greg Ulland from Jamestown College leads a classroom session at the SECA Coaches Academy.



North Dakota High School Coaches Association



2013 NDHSCA/NDHSAA COACHES CONVENTION

Seven Seas Best Western Conference Center; Mandan, ND
July 23-26, 2013

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* \$110.00
- ___ Late Registration Fee (postmarked after 7/18) - Registration for all sessions, 1 Banquet Ticket, NDHSCA Membership* \$135.00

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

NO REFUNDS AFTER JULY 17th.

ALL COLLEGE CREDIT REGISTRANTS MUST PAY \$110.00 CONVENTION REGISTRATION FEE FIRST.

- ___ 1) COLLEGE CREDIT: Registration for **TWO (2)** NDSU Semester Credits; \$130.00
Seminar: Permit Preparation/Renewal (July 23) and Sport Specific Clinic Sessions (July 24-26)
- ___ 2) NFHS "Fundamentals of Coaching" Book Fee and First Aid, CPR & AED Certificate Card Fee \$ 45.00
- ___ 3) COLLEGE CREDIT: Registration for **TWO (2)** NDSU Semester Credits; \$130.00
Seminar: Special Topics (July 23) and Sport Specific Clinic Sessions (July 24-26)
- ___ 4) COLLEGE CREDIT: Registration for **TWO (2)** NDSU Semester Credits; \$130.00
Seminar: Speed, Strength & Nutrition (July 23) and Sport Specific Clinic Sessions (July 24-26)
- ___ 5) COLLEGE CREDIT: Registration for **TWO (2)** NDSU Semester Credits; \$130.00
Seminar: The Beginning Coach (1st & 2nd year Coach) (July 23) and Sport Specific Clinic Sessions (July 24-26)
- ___ 6) COLLEGE CREDIT: Registration for **ONE (1)** NDSU Semester Credit; \$ 65.00
Sport Specific Clinic Sessions (July 24-26)

ADDITIONAL FEES:

- ___ Golf Tournament (scramble) (07/23/13) @ \$50.00 \$ 50.00
- ___ Extra NDHSCA Hall of Fame/Coach of the Year Banquet (7/25/13) Tickets @ \$25.00 \$ 25.00
- ___ Additional NDHSCA Memberships @ \$60.00 \$ 60.00
- ___ Lifetime NDHSCA Memberships @ \$300.00 \$300.00
- ___ NDHSCA Gelaine Orvik Scholarship Fund \$.00

MAKE CHECKS PAYABLE TO NDHSCA FOR THE TOTAL AMOUNT: TOTAL

Check Number _____ Purchase Order# _____

MAIL REGISTRATION WITH FEE TO: Gelaine Orvik
NDHSCA Executive Secretary
3457 26th Avenue SW
Fargo, ND 58103

REGISTER ONLINE IF POSSIBLE!

Credit Card Users MUST Register ONLINE.

A 5% fee will be added to your Credit Card amount.

Do not separate top from bottom

NDHSCA MEMBER REGISTRATION -- REMAINDER OF FORM MUST BE COMPLETED

North Dakota High School Coaches Association Membership Registration 2013-2014

Please Print!

Name _____ Cell # _____

School _____ E-Mail _____

Home Phone _____ Work Phone _____

Home Address _____

City/State/Zip Code _____

High School	_____
Junior High	_____
College	_____
Life	_____
Associate	_____

In the A column, write H (head coach) or A (assistant coach) for the appropriate sport(s). In the second column, write your **2012-2013** 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.

	A	12-13 record	lifetime record	SPORT	A	12-13 record	lifetime record
Athletic Director	---	---	---	Girls' Basketball	---	---	---
Baseball	---	---	---	Girls' Cross Country	---	---	---
Boys' Basketball	---	---	---	Girls' Golf	---	---	---
Boys' Cross Country	---	---	---	Girls' Gymnastics	---	---	---
Boys' Golf	---	---	---	Girls' Hockey	---	---	---
Boys' Hockey	---	---	---	Girls' Soccer	---	---	---
Boys' Soccer	---	---	---	Girls' Softball	---	---	---
Boys' Swimming & Diving	---	---	---	Girls' Swimming & Diving	---	---	---
Boys' Tennis	---	---	---	Girls' Tennis	---	---	---
Boys' Track & Field	---	---	---	Girls' Track & Field	---	---	---
Cheer Coaches	---	---	---	Strength	---	---	---
Football	---	---	---	Volleyball	---	---	---
				Wrestling	---	---	---

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

Number of years coaching completed (as of June 2014) _____

**If this form is for Membership ONLY mail application To: Karen Hardie, Membership Chair
2472 Lilac Lane, Fargo, ND 58102**

NDHSCA Victory Milestones



Please help the NDHSCA keep your records current. Each coach must send their record at the completion of each season. If coaching more than one sport, complete each sport on a separate form. If you are completing the victory milestone for the first time, make sure to give your record for each year. Report only the highest level of coaching each season. Don't add coaching seasons together (ex. if a coach is coaching both jr. high boys basketball and varsity basketball, count only the varsity basketball record for that season). If coaching both varsity girls' and varsity boys' basketball, count each season

on separate forms and don't add together as one record. Under the new format for counting victories in certain sports such as track and field, cross country, tennis, golf, swimming, and gymnastics; the old records will need to be updated. Remember to keep each sport season separate and always report the highest level of coaching in each sport.

Mail completed form/s to: Gelaine Orvik; 3457 - 26th Avenue South; Fargo, ND 58103. Awards will be sent upon request after records are updated.

Procedure For Determining Won/Loss Records In An Invitational Meet:

- A. In an invitational meet, the teams that finish below you will count as victories, those that finish above you are losses. Any teams that you tie will count as a win.
 - B. Figure out the total number of teams you have competed against and what percentage of those teams were wins and losses.
 - C. Take the percentage of wins/losses from above and multiply it against the number of meets you participated in to arrive at your won/loss record for the season.
 - D. If this is not a whole number, victories will always be rounded down and losses will be rounded up. (Obviously, if your team has participated in ten meets during the year, your wins plus losses should equal ten.)
- Only meets in which three or more schools participate will count as an invitational.
 - Schools can still have a dual meet record that would remain the same along with a record for the invitationals they attend.

Sport	Cat. 1	Cat. 2	Cat. 3	Cat. 4	Cat. 5
Baseball	75	150	225	300	375
Basketball	100	200	300	400	500
Cross Country	50	100	150	200	250
Football	50	100	150	200	250
Golf	45	90	135	180	225
Gymnastics	45	90	135	180	225
Hockey	100	200	300	400	500

Sport	Cat. 1	Cat. 2	Cat. 3	Cat. 4	Cat. 5
Soccer	100	200	300	400	500
Softball	75	150	225	300	375
Swimming	50	100	150	200	250
Tennis	50	100	150	200	250
Track/Field	50	100	150	200	250
Volleyball	150	300	450	600	750
Wrestling	75	150	225	300	375

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

NDHSCA Victory Milestone Record Sheet

Name _____ Date _____

E-Mail _____

High School _____

Coaching Position _____

Address _____ City/State/Zip Code _____

Membership: High School _____ Associate _____ Junior High _____ Life _____

Example:

Meet 1	11 teams	7 wins	4 losses
Meet 2	4 teams	0 wins	4 losses
Meet 3	6 teams	6 wins	0 losses
Meet 4	5 teams	4 wins	1 loss
<u>Meet 5</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.	_____	_____	_____	_____	_____	_____	_____



NDHSCA Code of Ethics



As a professional educator and leader, the high school Coach or Athletic Director will

- Exemplify the highest moral character, behavior and leadership
- Respect the integrity and personality of the individual athlete
- Abide by the rules of the game in letter and spirit
- Respect the integrity and judgment of sports officials
- Demonstrate a mastery of and continuing interest in coaching principles and techniques through professional improvement
- Encourage a respect for all athletics and their values
- Display modesty in victory and graciousness in defeat
- Promote ethical relationships among coaches
- Fulfill responsibilities to provide health services and an environment free safety hazards
- Encourage the highest standards of conduct and scholastic achievement among all athletes
- Seek to inculcate good health habits including the establishment of sound training rules
- Strive to develop in each athlete the qualities of leadership, initiative and good judgment
- For Interscholastic competition, will dress in an appropriate manner that distinguishes the coach as a professional, representing his school and team.



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Senior Athlete Awards**





Coaches Code of Conduct



As a professional educator and leader, the high school Coach or Athletic Director will

- Exemplify the highest moral character as a role model for young people.
- Recognize the individual worth and reinforce the self-image of each team member.
- Encourage and assist team members to set personal goals to achieve their highest academic potential.
- Create a set of training rules for athletes which reflects the positive values of abstaining from the use of drugs, alcohol and tobacco.
- Strive to develop the qualities of leadership, initiative, and good judgment in each team member.
- Communicate and interpret program goals and objectives to parents and community.
- Provide a safe environment for practice and competition.
- Gain an awareness of the importance of prevention, care and treatment of athletic injuries.
- Respect the integrity and judgment of the game official.
- Teach and abide by the rules of the game in letter and in spirit.
- Build and maintain ethical relationships with coaches and administrators.
- Strive for excellence in coaching skills and techniques through professional improvement.
- Promote personal fitness and good nutrition.
- Be modest in victory and gracious in defeat.
- Encourage a healthy respect for the overall athletic program and its vital roles in education.

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 _____



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

2012-2013 NDHSCA SPONSOR MEMBERS

Greg Bischoff	Allard Trophy Company	Box 412	Valley City, ND
Scott Eggiman	Sports Film Exchange	1405 Prairie Parkway, Suite B	West Fargo, ND
David Gress	Daktronics	331-32nd Avenue	Brookings, SD
Ron Heisler	Iwanamaker	2108 Mulligan Drive	Colorado Springs, CO
Tessa Hogan	ND Army National Guard	4200 East Divide Ave. Room 122	Bismarck, ND
Tom Piche	BSN Sports	2137 11th Avenue NW	East Grand Forks, MN
Brad Westrum	Gerrell's Sports Center	1004 South Washington	Grand Forks, ND



North Dakota High School Coaches Association

Membership Registration 2013-2014

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 _____

In the A column, write **H** (head coach) or **A** (assistant coach) for the appropriate sport(s). In the second column, write your **2012-2013** 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	12-13 record	lifetime record		A	12-13 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 2014**) _____ **Membership Fee: \$55.00**

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.*

Signature _____ **Make checks payable to NDHSCA!** Check # _____

Purchase Order #: _____ **Credit Card (MC VISA AMEX DISCOV) #** _____

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.	_____	_____	_____	_____	_____	_____	_____



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 2013**) _____

Number of years NDHSCA Member (as of **June 2013**) _____

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



Lifetime Memberships

Paid Life Membership

Aardahl, Vern; Milnor HS
Amundson, Greg; Mandan HS
Anderson, Brian; Watford City HS
Anderson, Darrell; Bismarck HS
Anderson, Darryl; Mandan HS
Askvig, Curtis; Surrey 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
Butterfield, John; Hettinger HS
Callahan, Mike; Minnewaukan HS
Carlson, Ron; Minnewaukan HS
Carlsrud, Dave; NDHSAA
Conlon, Frank; Jamestown HS
Cornell, Rick; Grand Forks Schroeder JHS
DeCoteau, Jerome; Turtle Mountain Community HS
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
Flaagan, Craig; Fargo South HS
Flyberg, Brian; Linton HS
Folstad, Collette; West Fargo 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, Rodney; Fargo South HS
Hauge, John; Bottineau HS
Haugen, Derold; LaMoure HS
Haussler, Jim; Bismarck Schools
Healy, Dennis; Williston HS
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
Kaiser, Tim; Wahpeton MS
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
Opp, Leland; Hazen HS
Overby, Dennis; Northwood HS
Pierson, Paula; West Fargo HS
Roeske, Marv; Concordia College
Schatz, Mike; New England HS
Schauer, Gary; Langdon HS
Schmitt, Dan; Dakota Prairie HS
Schreiner, Vernon; Minto HS
Sevre, Jocelyn; Hazen HS
Shirley, Marney; Jamestown HS
Sluke, David; Grafton HS
Snortland, Keith; Warwick HS
Solberg, Sheryl; NDHSAA
Sondrol, Rick; Central Valley HS
Sorensen, Chris; Hazen HS

Stanley, Len; Bismarck State College
Stein, Bruce; Hankinson HS
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
Wagner, Chuck; Killdeer 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
Gambucci, Serg; Grand Forks Central HS
Grinsteinner, Gregg; Dickinson Trinity HS
Grochow, Scott; Rugby HS
Herman, Curt; Dakota Prairie HS
Johnson, Randy; Hazen HS
Manson, Gene; Minot HS
Michaelson, Dave; Dickinson HS
Moe, Pete; Washburn HS
Oksendahl, Rod; Fargo Shanley HS
Olson, Carolyn; Grand Forks Red River HS
Olson, Todd; Fargo Public HS
Pederson, Harold; Williston HS
Popp, Jerry; Willmar (MN) HS
Radke, Doyle; Minot HS
Rio, Ken; Grand Forks Central HS
Sheldon, Jerry; Fargo North HS
Stavn, Julie; Bismarck Century 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
Zittleman, Dave; Bismarck HS

Lifetime Members

Bilkre, Marcy; Minot HS
Farrell, Chipper; Minot HS

King, Bob; Valley City HS
Orvik, Gelaine; Fargo South HS



**DES MOINES TO HOST 2013 NATIONAL HIGH SCHOOL ATHLETIC COACHES ASSOCIATION
CONVENTION**

PLEASE POST FOR YOUR COACHES

Des Moines, in conjunction with the Iowa Girls Coaches Association (IGCA), is hosting the 48th National High School Athletic Coaches Association (NHSACA) National Convention at the Holiday Inn-Airport June 22-26, 2013. Iowa also hosted the NHSACA Convention in 1994.

June 22-23 sessions will feature Leadership classes while Sport-Specific coaching clinics will be presented on June 24-26, 2013. Hall of Fame and National Coach of the Year awards will also be presented at the convention.

Coaches can receive credit for the Leadership course, the Sport Specific course or both. The Leadership classes will be led by Capital Orthopaedic & Sports Medicine PC of Clive, Iowa and will feature speakers from across the United States. The NHSACA will offer two, three, or five credit classes depending on the needs of the individual. A grade will be given for these graduate credits through the University of Sioux Falls. The Leadership course will be held on Saturday and Sunday of the convention and Sport-Specific classes on Monday through Wednesday. Deadline to apply for these classes will be **June 1, 2013**.

The cost of the college credit will be \$360 for 2 credits, \$460 for 3 credits and \$710 for all 5 credits. These costs also include registration for the convention!

WHY SHOULD A COACH ATTEND THE CONVENTION?

*You will be able to hear **8 FINALISTISTS** for National Coach of the Year speak in a clinic setting and there are 19 of these different settings. These are the best HIGH SCHOOL coaches in the USA! You can learn more from a high school coach because they are like **you!** If you coach more than one sport, you can attend sessions in the various activities you lead. There will be general sessions with top speakers from around the country talking high school sports. There will be fun activities, such as complimentary IOWA NIGHT, hosted by your IGCA, featuring food, drinks and socializing with high school coaches from around the country.*

Coaches wishing to take the courses or attend the convention are encouraged to call (Jerry Horton, NHSACA President) and the Holiday Inn-Airport to make room reservations as soon as possible. Over flow hotels/motels will be available once the Holiday Inn-Airport is unable to take any further reservations. The number for the Holiday Inn-Airport is: 800-248-4013. Registration forms are now available on the NHSACA website (www.nhsaca.org).

Jerry Horton

President, NHSACA
jkhorton@iowatelecom.net

319-750-2622 Cell
319-456-2731 Home

Don Prokes
P.O. Box 3181 Clearwater, FL 33767 | 407-592-9212 | www.NHSACA.org



National High School Athletic Coaches Association
Will host the

2013 NHSACA ANNUAL MEETING June 22 – 26, 2013

Holiday Inn Airport – Des Moines, IA (515-287-2400)

Name _____
Email _____ Cell Phone () _____
Home Address _____
City _____ State _____ Zip _____

Are you Finalist? Yes _____ No _____ If yes, which category (sport)? _____

NO REFUND AFTER June 1, 2013 DO NOT MAIL AFTER JUNE 12, 2013

Will you have spouse or guest(s) attending? No _____ Yes _____ Number of guest(s) _____

Name(s) _____

This information is needed to prepare admission name tags.

EVERYONE (except guests) MUST PAY ANNUAL MEETING REGISTRATION FEE

Annual Meeting Clinic Registration fee/per person \$110.00 = \$ _____

LATE REGISTRATION FEE (after June 1, 2013) add \$50.00 = \$ _____

2 College Credits "Leadership Class" (June 22-23, 2013) \$250.00 = \$ _____

(Must register for the Clinic to take "Leadership Class")

3 College Credits "Sport Specific Coaching" (June 24-26, 2013) \$350.00 = \$ _____

(Must register for the Clinic to take "Sport Specific Coaching")

5 College Credits "Leadership Class" and Sports Specific Coaching" \$600.00 = \$ _____

(If you take both classes Must be registered for the Clinic)

GOLD CARD \$200.00 = \$ 200.00

(Includes Clinic Registration, one \$10 guest fee, a Hall of Fame Ticket, and a Banquet Ticket)

Hall of Fame Luncheon, June 25, 2013 @ \$40.00 _____ X \$40.00 = \$ _____

Awards Night Banquet, June 26, 2013 @ \$40.00 _____ X \$40.00 = \$ _____

Guest Fee (Luncheon or Banquet Ticket **NOT included**) _____ X \$10.00 = \$ _____

TOTAL Amount of Fees Enclosed: \$ _____

For more information please call:
407-592-9212

Make checks payable to: **NHSACA**

Send to: Donald R. Prokes
NHSACA Executive Director
P.O. Box 3181
Clearwater, FL 33767

Visit our website at www.NHSACA.org for hotel registration & other information

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



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INTERNATIONAL

SIGN UP TODAY...

FCACAMPS.ORG



2013 North Dakota FCA Schedule

- June 7-9: FCA Wrestling Camp - Crystal Springs Camp, Medina ND
- June 10: FCA Volleyball Camp, Park Christian School - Moorhead MN
- June 17-19: FCA Golf Camp - Bully Pulpit Golf Course, Medora ND
- June 24-25: FCA Women's Golf Camp - Fargo Country Club - Fargo ND
- June 27-28: FCA Youth Football / Track & Field Camp - Fargo South High
- July 8-11: FCA Youth Basketball Camp

For more information and registration go to: www.feand.org

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Turkey Breast & Black Forest Ham



Spicy Italian



Turkey Breast



Oven Roasted Chicken



Roast Beef



Sweet Onion Chicken Teriyaki



Italian B.M.T.®



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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

