



North Dakota High School Coaches  
Association Official Publication

# DAKOTA COACH

## SUBWAY® Joins NDHSCA Team

SUBWAY® and NDHSCA completed an agreement of mutually assisting one another in the process of development of administration of sales and awards.

SUBWAY® has an obligation to provide NDHSCA with sponsorship of State Coach of the Year Awards. The Awards will include the first Coach of the Year Ring that NDHSCA provides each person and a Coach of the Year Plaque for every recipient. Therefore, first year recipients will receive a plaque in addition to the ring. In addition to the Coach of the Year awards, SUBWAY® will provide \$1,000.00 for a second NDHSCA-Gelaine Orvik Scholarship.

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## Directions for Registration

### **PLEASE READ BEFORE YOU BEGIN TO REGISTER!**

1. NDHSCA urges ALL registrants to register on-line!
2. If registrants use hardcopy for registration, **BE SURE** to use the registration form that was posted on the web on June 3<sup>rd</sup>; likewise, use the registration form from the *Dakota Coach* with a June 3<sup>rd</sup> posting date.
3. Registrants using credit card, **MUST** register online.
4. If anyone registers online and wishes to pay by check, cash, school check or purchase order (voucher), simply mark the bullet on the online form and send the appropriate financial resource to the NDHSCA Office/ Gelaine Orvik—find his address on Website Executive Committee button on the Website (Registration is not complete until the payment is received.).

## 2013 NDHSCA Coaches Convention Ready!

The finishing touches have been prepared for the 2013 NDHSCA Coaches Convention that will be held at the Seven Seas Best Western Convention Center on July 23 through July 26. All registrants are urged to register on-line! This registration is not reserved only for credit card registrants.

The major reason for online registration is to get our coaches' names and documenting information into a system that is always open to change, addition and correction to the registrant. A major issue for NDHSCA when someone registers by hardcopy is that the NDHSCA Executive Office needs to enter the information from the registration form onto the online form.

The first task is to establish a **user name** and a **password**. The first task is easy because we simply enter your

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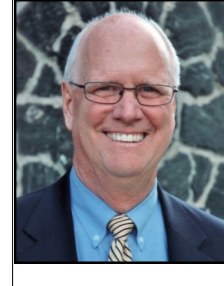
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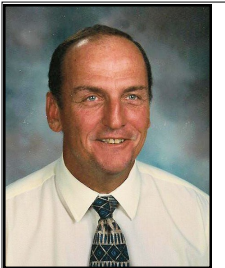
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## President's Message - Summer 2013

Wow! Summer is finally here and all the spring sports have put an exclamation point on a Great 2012-2013 High School sports season. Congratulation to all the Spring State Champions, team and individuals along with all the Subway Coaches of the Year, and Powerade Senior Athletes of the year. I would like to say congratulations to two of our Board, Dave Zittleman and Randy Johnson for being the Class A and B Boys Track Coach of The Year.

The summer convention will soon be here – it will be in Mandan at the Seven Seas Best Western conference Center July 23<sup>rd</sup> -26<sup>th</sup>. Please check out our online registration at [ndhsca.com](http://ndhsca.com) as well as your plan to attend our 52nd Annual Convention. Congratulations to our new NDHSCA Hall of Fame inductees: Jim Haussler of Bismarck, Dan Imdieke of Linton, Scott Knowlen of Bismarck, and James Jeske of Killdeer. I know it will be a special evening for all.

I am looking forward to the NHSACA convention in Des Moines Iowa June 23-26 and wish the best of luck to our 16 Coach of the Year Finalist!! I hope we have a lot of



Ralph Manley

great news to share with you at our State Convention about Finalist.

As the year of my Presidency comes to a close in July, I would like to say what a humbling and true Honor it has been to represent all of the Great Coaches in our State. Thank you for all your support and encouragement during this year. I would like to thank our Board members for all they do to keep our organization one of the best in the country. Special Thanks to Gelaine, Randy, John, and Karen for all they do behind

the scenes and all the support throughout the years. It would be a mistake not to thank the Mrs. Orvik (Linda) for all her help behind the scene and her great smile greeting us at the NDHSCA Convention table.

Remember to challenge all coaches to become a member of our Association and I challenge all those who are members to become active members in your State Coaches Association. They say that Coaches have the potential to be a Valuable and Positive force in the current life of their athletes and also and future generations to come. Be that force.

Take time to enjoy all your summer plans and please feel free to contact the Executive Committee or myself if you should need any assistance.

Proud to be a North Dakota coach

Sincerely,

Ralph Manley,  
NDHSCA President



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**Senior Athlete Awards**





## From the Executive Secretary's Desk

The 2013 NDHSCA Coaches Convention is around that sharp corner ahead. Please navigate the roads carefully as the highway crew (NDHSCA Executive Committee) has worked diligently to circumvent any detours, construction and/or destruction and new unmarked and uncharted highway routes. But we all know that winter season has passed and that means the other North Dakota season is here (highway construction season). That is all a literary license to say that the Convention plans have been planned and completed, but some unexpected roadblocks have emerged.

We have initiated our travels into the "Registration Online Experience". These beginnings like most other activations are not without pitfalls. Just when we worked through every detail, we find that some of the registrations were still in jeopardy of failure. I entered the wrong amount in my registration as the first registrant into the System. Guess what? I entered the wrong dollar amount.

No problem; I will just return and change the amount. No Way! The System will not allow me to return. So I thought I would just delete my record and begin over again. Not a chance. After several exchanges with the System's Chief "Experimental" Operator (CEO), I find that the System needs to have a two-hour surgery to repair the problem. Rod & Karen Hardie and Linda & I have gone through several steps and listings of changes and improvements" to make the System manage the NDHSCA needs. We think that we have made improvements and will move forward as best as we can.

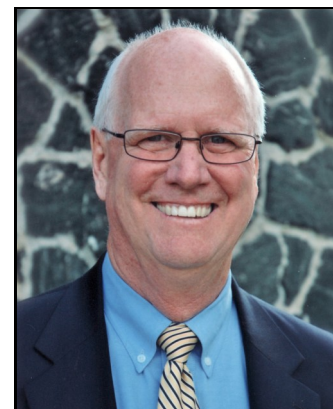
**Remember, if at all possible, please register online, regardless of whether you use credit card, check/money order, or purchase order/voucher. The online entry is always most accurate if you make the entries, yourself.** Always follow your registration with your check/money order or directions for billing or vouchering payment of your registration. If you use a credit card, of course, you have made all the entry work most simple!

\*\*\*\*\*

The "Coaches Education Preparation/Renewal Seminar" has proven to be a daunting undertaking. We presently have nearly 150 registered for that phase of the seminar. We have added additional instructors and are presently faced with making a request that new registrants consider an alternative time-session, like maybe Friday afternoon. That is just a consideration. No action for change will occur until enrollees agree to change date.

The key component of this seminar is the presentation of the National Federation "Fundamentals of Coaching" by presenters who are certified by the National Federation. The other presentations are the CPR and AED Certifica-

tion and the Certified First Aid course. The latter two presentations provide the enrollees with a Certified Card. The "Fundamentals of Coaching" course will provide each enrollee with a certified registration number which the National Federation sends on to the enrollee's high school and the Activities Association. All of this is to certify and verify completion of the four segments for the Coaches' Education Permit that is required for the 2013-2014 coaching season. The course book and the certifying and verifying issues require an additional \$45.00 fee that is passed on directly to the providers of the certificate and cards.



Gelaine Orvik

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I just recently received a note from Greg Amundson. He wanted to inform his friends and cohorts of the status of his daughter, Jaye who lives in Moore, Oklahoma.

"...or I should say, *lived in Moore, Oklahoma*. Her house was completely destroyed by the recent tornado. Thankfully her daughter and fiancé just made it out. Jaye is currently on the Athletic Staff at the University of Oklahoma. She is an athletic advisor for five sports at OU. Last year she was named Division I National Advisor of the Year. I will send you photos as well. As you will see, not much was saved.

I am presently coaching at Centennial High School in Circle Pines, MN. We still miss everyone from ND.

Greg"

Thanks for the note, Greg! Greg's Email address is **gamund09@gmail.com**. We know many of you keep informed of Greg's change and his position in Minnesota basketball

\*\*\*\*\*

We have a great opportunity for this year's convention attendees. Ken Hatfield, formerly University of Arkansas Razorback's head football coach, will be key-

Continued on next page

## From The Executive Secretary's Desk (continued)

note speakers at the FCA breakfast, free to attendees. Free admission will be accorded to all convention registrants---your name tag is your admission ticket. However, we ask for your notification before the convention, simply by sending an Email. Hatfield will stay on to be football coaches' keynote presenter.

\*\*\*\*\*

I just received a note from John Erickson, Minnesota High School Coaches Association Executive Secretary. He reports the passage of a bill through the Minnesota Legislature. It helps protect coaches above and beyond what was passed about 10 years ago. The new state law includes the following "clause": *A coach may not be non-renewed based solely on the complaints of parents.*

John adds, "This is a first for any state in America and a huge step forward for Minnesota Coaches who, just like coaches everywhere, have been subjected to verbal attacks from parents demanding to replace the current coaches."

Thank you, John, for the note! Congratulations on a very important step in protecting your coaches. Coaches throughout the nation should be jumping on the bandwagon to develop this legal procedure for all coaches.

\*\*\*\*\*

Coach Olson, last year's FCA speaker and Keynote Motivational speaker, dropped a note on *What I learned from the Greatest Coach You May Have Never Heard of . . . Coach Frosty Westering!* [Frosty Westering was a NDHSCA Convention Keynote Football and General Session Speaker in the 1980's]. His College Football Records include:

- 4 National Titles a Pacific Lutheran University
- Played in eight National Championship Contests
- 40 Year Career Record: 304 Wins; 96 Losses & 7 Ties
- 32 Consecutive Winning Seasons

Coach O continues "I found Frosty because I was mentored by one of his former players and I wanted to find a faith based coach that was winning at the collegiate level. These are a few of the things that Frosty taught me as I shadowed him and his assistants over the years."

1. The "Big Time" is not a level or a place; it is a state of mind. Wherever you are can be the 'Gig Time' if you make it so.

2. With today's employees and athletes, we must earn the right to speak into their lives. You and I can do this by simply caring about others.
3. Frosty had two playbooks: a technical and tactical playbook and then his 'inner playbook' that focused on being mentally tough.
4. The more honor, self-respect and trust among players or employees, the greater the team or organization.
5. We don't 'have' a good day . . . we 'Make it' a great day. Choose to be a thermostat that sets the standard rather than a thermometer that simply measures and conforms to it.
6. You live with a mindset that you and other people CAN grow and change or . . . you are thinking with a fixed mindset that says people can't change or grow, including yourself. Believe you CAN!
7. Are you so concerned with success that you aren't enjoying the everyday process you go through to get there with others? Life isn't about what you get; it is about WHO you become!
8. Frosty was a selfless, former drill instructor in the Marines who simply dedicated his life to making his marriage, family and players better. Frosty was not perfect, but he was constantly in the process of trying to be the best he could be for others and for his God. I believe Zig Ziglar said it best, "If you help others get what they want, you will eventually get what you want."

Frosty passed away in April at 85 years of age. He left a powerful legacy to us as a coach, a man, a husband and a father. At his Memorial Service, a simple program was distributed with "Frostyisms" for all to remember and live by. Thank you, Frosty and Thank you, Coach O!

\*\*\*\*\*

I recently received a mailing with details from the *NCAA Eligibility Center Newsletter*. In the May, 2013 issue a reminder for all to make sure your list of NCAA Courses is up to date. There is a step-by-step tutorial on the High School Portal Resources page for "How and When to Update Your List". There is a NCAA Eligibility Center's customer service staff to help by simply calling the toll-free high school line at 877-622-2321. All coaches should be up-to-date with all details.

Continued on next page

# From The Executive Secretary's Desk (continued)

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Nate Safe, FCA Staff member, sent a note regarding registration for the FCA Scramble on Monday, July 29<sup>th</sup>, 2013 at the Oxbow Country Club with a 1:00 pm Shotgun Start. Contact Nate at 701-866-5569.

Mark Ouradnik also noted that Everett Nelson, in Grand Forks, has joined the FCA Staff for the Grand Forks Region. Thank you, Mark, Everett, and Nate. You do great work in His Name.

\*\*\*\*\*

We just returned from the NHSACA National Annual Meeting in Des Moines, IA. The Iowa Girls' Coaches Association, Iowa Coaches, and NHSACA President Jerry Horton hosted a fabulous event (nearly as good as the 1991, 2001 and 2012 Spectaculars in North Dakota!). While there some remarkable Dakota Occurrences took place:

- Dave Zittleman, Bismarck High School, was named NHSACA Boys' Cross-Country National Coach of the Year.
- Richard Fisher, Fargo North High School, was named NHSACA Swimming & Diving National Coach of the Year.
- Rod Oksendahl, Fargo Shanley High School Football Coach, was inducted into the NHSACA National Coaches Hall of Fame.
- Leland Opp, Hazen High School Cross-Country and Girls' Track & Field Coach, was inducted into the NHSACA National Coaches Hall of Fame.
- Randy Johnson, Hazen High School, was ascended in his role on the NHSACA Executive Committee from Third Vice-President to Second Vice-President. He will be President during the 2015-2016 School Year.

- Dave Dougherty, Fargo, North Dakota, was named NHSACA Executive Director. Dave was a longtime wrestling coach with more than 30 years at Watford City HS. He has served as NHSACA National President and spent five years on the NHSACA Executive Committee. He was NDHSCA President in 2001-2002. He spent five years on the NDHSCA Executive Committee.
- Thirteen of the 16 NHSACA Finalists from North Dakota were in attendance.
- Dr. Tamara Uselman, Bismarck Public Schools Superintendent; Darin Scherr, Bismarck Schools Administration; and Casey Mueller, Bismarck Schools Technology "Genius" were present to support Bismarck Schools COTY Finalists, Jim Haussler, Dave Zittleman and Scott McPherson.

\*\*\*\*\*

We always proceed to the great time we have throughout the year, but we always end up with our convention. 2013 will surely prove to be among our best ever. We are confident that our effort to involve more people will only make our Association and North Dakota Coaches better. We have embarked on a truly incredible footstep for coaches. Coaches want to be better and make our athletes better. There is nothing that can make us better than to become better educated. That is our purpose.

\*\*\*\*\*

One last parting statement: The past year's activities, elected leadership and Association Membership have made NDHSCA legendary.

Thank you!



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## 2013 NDHSCA Convention Ready! (continued from page 1)

Email address. The second task is complicated because whatever is used will need to be changed by the registrant, as soon as possible. That action will require the registrant to enter his or her own password by clicking on the button, **forgot password**, on page one of the Online Form.

The next mission for registrants is to **register as early as possible!** This applies especially to those registrants who are taking Tuesday's class for credit or are enrolled in the *Coaches Education Requirement Permit Seminar*, but not for credit. NDHSCA needs to order a substantial number of books for the "Fundamentals of Coaching" segment of this seminar. This is a personal book and cannot be shared with other coaches. The book also gives you a password to the National Federation that retains a complete record of each coach's successful completion of the course. That successful completion record is recorded to the NDHSAA as well as individual's school district.

Third on the list of notification and reminder is that the golf scramble will be held at the Mandan Prairie West Course on **Tuesday** with 2:30-5:00 tee-times. Naturally all golfers will need to come through the convention registration desk to receive their ticket for the scramble and to record their foursome. Every year NDHSCA needs to remind coaches that the scramble is reserved for convention registrants (coaches and/or exhibitors). Seminar attendants will not be available for golf scramble until 4:00 pm. Other attendants may register for the tee times of 2:30-4:00 pm at the registration desk.

Universal Athletics will again host the Coaches Social Taco Bar and race fun activities on Wednesday evening. This year the social will follow a full day of class activities. Coaches who attend this social have begun to look forward to this as one of the most exciting events of the convention. Larry Aasheim, Universal Athletics President, and his North Dakota staff, Dave Nelson, Alex Starcevic and Jerry Obenauer, take great pride in their providing this op-

portunity for socializing and good food. NDHSCA is extremely thankful for their graciousness.

In 2013 NDHSCA is going to repeat an event from last year, that being the FCA Breakfast with a speaker. The speaker is Ken Hatfield, former football coach from Air Force, Arkansas, Rice and Houston. While at Arkansas, he led the Razorbacks to a National Football Championships. The breakfast begins at 7:00 am with Hatfield speaking for 30-45 minutes.

Unknown to NDHSCA in the planning is how many will attend! Therefore, if you intend to attend, please email your intention to NDHSCA at [gorvik@cablone.net](mailto:gorvik@cablone.net). There is **no charge** for the breakfast, but we **must** notify the Seven Seas Catering with a number for serving and want to be as close as possible without coaches being deprived of a meal. Mark Ouradnik from FCA has been superb in cooperation. Thank you in advance for your email of intention.

The convention will display another change from previous years. The General Session Business Meeting will be held on **Wednesday**, unlike other years when we held the meeting on Thursday. This will avail more coaches opportunity to vote in the vice-president election. A desk will be setup in the registration lobby area to expedite this. Any registrant may vote with his or her registration badge as verification of valid membership.

The speaker and topic schedule has been established and printed in the *Dakota Coach* as well being posted on the website. If possible, NDHSCA will also send the schedule to all members, before the convention week.

We have made effort to comply with coaches' requests for specific speakers and also to provide a variety of local presenters, North Dakota college/university coaches, and regional college/university coaches. Most coaches should plan to have at least five sessions to attend. Football, basketball, volleyball, and track & field coaches will have 15 sessions. Wres-

Continued on next page



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





## 2013 NDHSCA Convention Ready! (continued from page 7)

ting coaches will have 12 sessions, and swimming & diving coaches will have nine sessions. The coaches of all other sports (cross-country, golf, tennis, soccer and softball) will have five to seven sessions each. Those session numbers include one session of roundtable discussion with NDHSCA Advisory Committee, NDHSAA staff and NDHSCA Executive Committee.

The Hall of Fame induction and Coach of the Year awards presentations will certainly be a highlight of the week. Everyone is reminded that convention registration includes one Thursday night banquet ticket. Each attendant is also reminded that this is an extraordinary educational event. Please display your professionalism by making yourself as a coach, just as you request your athletes to become better each year.

**Again, please register early and online.**

**Please notify NDHSCA of intention to attend the FCA breakfast.**

**Prepare for golf on Tuesday!**

**Business Meeting is on Wednesday.**



If you have any questions regarding the convention, contact Gelaine Orvik ~ Cell phone: 701-367-8282; Email: [gorvik@cableone.net](mailto:gorvik@cableone.net).

# NOTICE

**CONVENTION REGISTRATION form**

**Go to [ndhsca.com](http://ndhsca.com) to use Credit Card with**

**ONLINE REGISTRATION**

**REGISTER ONLINE IF POSSIBLE**

**Credit card users MUST Register online**

**5% fee will be added to your credit card amount**

**The Victory Milestone form is not part of the online registration.**

**If you qualify for a Victory Milestone Award, (see page 20)**

**you are expected to notify NDHSCA with a**

**full listing of your record in that sport.**

**To Register using a check, register online, then send the check to Gelaine Orvik. When he receives the check, you are registered.**



## NDHSCA-Gelaine Orvik Scholarship Recipients Selected

The recipients of the first NDHSCA-Gelaine Orvik Scholarships have been selected. After crucial hours of evaluation and assessment, the Scholarship Evaluation Committee selected **Wyatt Aberle** from Lisbon High School, who and **Brad Conant** from Fargo Oak Grove High School to be the two beneficiaries for 2013.

The nomination form identified the criteria that would be used in the selection by the NDHSCA Scholarship Evaluation Committee. The factors used for consideration included GPA, class rank percentile, athletic awards, activity awards, ACT test score, SAT test score, captain's and leadership roles, the applicant's application letter, letters of recommendation from faculty, coach and administrator. Other criteria for the evaluation included the necessity for the recipient to attend a North Dakota college or university and to have intention to become a high school coach. Both recipients intend to coach and have enrolled at North Dakota State University.

### **Wyatt Aberle**

graduated first in his class of 52 with an ACT test score of 27. He carried a 4.0 GPA through his high school attendance, while enrolled in a curriculum that included college algebra/calculus, College English and several dual credit courses. Wyatt earned 16 athletic letters and 16 activity letters. He was class president for three years and team captain in football and wrestling. He was a member of the All-Region football team and a two year member of the Academic All-State Wrestling Team. He placed fourth in the State Golf Tournament and placed three times in the State Wrestling Tournament (first, third and fourth).



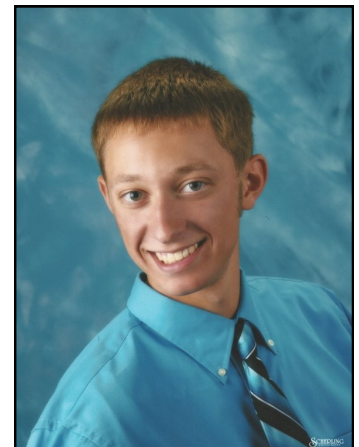
**Aberle** was especially active in non-school activities. He was a Youth Wrestling Volunteer Coach (four years), Food Pantry volunteer (four years), Church Food Drive (two years), sandbagging volunteer during the recent spring floods, owns and operates a local pumpkin business (four years) and donates pumpkins to Heard Start Program.

**Wyatt** has always been a sports enthusiast. He carries an admirable tradition of going from one sport to another throughout the school year. He is intent on moving to the next step in athletics by being a high school coach. Wyatt identifies athletics as being the string that has led him to his status in life, as of today.

**Aberle** identifies the most important things in his life are his ability to work with people, his work ethic, his teamwork, and leadership. He sees his youth wrestling coaching as a preliminary in his life of coaching and giving others the same chances he has enjoyed.

### **Brad Conant**

graduated first in his class of 26 with an ACT test score of 34. He held a 4.0 GPA throughout his high school attendance with a weighty curriculum that included pre-calculus, AP English, AP calculus and Bio-Anatomy & Physics. He earned four varsity letters in baseball, basketball and cross country, and also participated in track & field as a senior. Brad captained his basketball team as a junior and senior and also his cross country team as a senior. He was active in chorus and speech and was active in Key Club and played American Legion Baseball in 2011.



Continued on next page



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## 2013 NDHSCA– Gelaine Orvik Scholarship Recipients (continued from page 9)

**Conant** notes that athletics have been a central part of his life and holds some of his best memories. He claims sports as a great teacher of extraordinary life lessons in teamwork, hard work, and dedication. He looks to continue in his competitive nature by entering the coaching profession. Through his chosen career he will have opportunity to influence young people just as coaches have been his greatest influence. Brad seeks to establish that “new bond with athletes” that reflect the passion and energy that he has admired in his own coaches. He continues in his statement for his purpose in becoming a coach as “staying involved in the sports, continuing to experience the memories athletics provide, passing on life’s lessons through athletics and sharing a communal success.”

**Aberle** and **Conant** will each receive a \$1,000 check as recipients of the NDHSCA-Gelaine Orvik Scholarship. The two scholarships are made possible by a donation from SUBWAY and contributions by coaches, friends of coaches and leaders of the profession.

The scholarships will be presented to the student-athletes on Thursday, July 25<sup>th</sup> during the NDHSCA Coaches Awards Banquet. Tickets for the banquet may be obtained by ordering from NDHSCA on the Association’s Website ([ndhsca.com](http://ndhsca.com)).



Congratulations  
Wyatt Aberle  
and  
Brad Conant



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



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## Letter to the Editor

May 29, 2013

Open Letter to NDHSCA

Hello Coaches,

My name is Stacey Anderson. I work at WDAY TV in Fargo and will be producing and directing the NDHSAA State Tournament games this year for Forum Communications Company. In my 23 years of covering and televising sporting events I've realized that coaches have the insight we need to make the coverage of the North Dakota High School State Tournaments even more of a marquee event.

I am reaching out to you because we share the same goal; to highlight athletic achievements for kids that dedicate themselves to their chosen sport. I am hoping that **YOU** will help us tell their story. In order to do that, we need **YOU** to let us know about these special athletes. We want to hear about the record setters as well as the kids that have overcome obstacles. Whether those obstacles are making a come-back from an injury or overcoming personal, physical or emotional dramas that have affected their daily lives. Some of the best stories are from athletes that may have not had an impact on the team's success, but make the team stronger by enduring their "life experience".

Kids have an amazing way to rally around each other and support one another in unique ways that we could all learn from. Our goal of the tournament broadcasts; is to televise the best in the state and capitalize on the opportunity to showcase all the achievements that make our student-athletes special. The best way to showcase their achievements is on state-wide television during the state championships. The features are not limited to football, basketball or hockey participants; tell us about your gymnasts, wrestlers or cross country runners or any student athlete making a difference. We want to hear from all of you, western schools to the eastern schools, small to large. Positive stories should be shared and when the state of North Dakota sits down to watch the achievements of its kids we are asking for your help to accomplish it.

Finally I want to thank you for the time and effort you all put into your kids and your sports. I know that many people don't realize the time, money and sacrifice it takes to be a high school coach. While the athletes may not realize it now but rest assured the kids that participate will realize how your efforts have made them to be better people.

Please contact me with any story ideas you have.

Thanks and good luck this year.

Stacey Anderson  
WDAY TV  
sanderson@wday.com  
701-241-5342



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## **SUBWAY® Joins NDHSCA Team**

(Continued from page 1)

The monetary provisions are of great benefit to NDHSCA to increase visibility throughout the state and region. In addition to the coaches' awards, the exposure for **SUBWAY®** when the company is cooperatively providing the scholarship is a feather for the Company.

In response to the provisions by **SUBWAY®**, NDHSCA will also have obligations that include:

- Naming the award the NDHSCA-**SUBWAY®** Coach of the Year when the awards are presented at each State Competition
- Include the **SUBWAY®** logo on the Coach of the Year plaques
- Provide **SUBWAY®** with a page in the Coach of the Year Banquet printed program
- Provide **SUBWAY®** with an opportunity to file a full page ad in the *Dakota Coach* for all coaches to review and use for ordering
- Provide **SUBWAY®** to place an electronic website logo with hyperlink capability for coaches to utilize on NDHSCA website
- Provide **SUBWAY®** the NDHSCA E-mail for the NDHSCA office to send a communication message regarding the **SUBWAY®** box lunch program for electronic distribution to all NDHSCA members' E-mail

**SUBWAY®** will be present at the NDHSCA Coach of the Year Banquet and participate in the Coach of the Year presentation. NDHSCA anticipates a long and pleasant cooperation with **SUBWAY®**.

**SUBWAY®** joins Coca-Cola/POWERade and Burger King to support North Dakota Coaches and Athletes.

## **NDHSCA 2013**

**Convention Dates**  
**July 23- July 26**  
**Mandan**

**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.**

### ***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!***



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



# Our Starting Lineup

Locally Owned, Community Involved

## SUBWAY

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Tuna



Turkey Breast & Black Forest Ham



Spicy Italian



Turkey Breast



Oven Roasted Chicken



Roast Beef



Sweet Onion Chicken Teriyaki



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## 2013 NDHSCA Longevity Awards

The **2013** list for **Coaching Longevity** is printed below. Individuals wishing to receive plaques will be announced at the 2013 North Dakota High School Coaches Association Summer Convention to be held at the Mandan Seven Seas Convention Center. The banquet will be on Thursday, July 25.

Please e-mail Randy Johnson, [duck@westriv.com](mailto:duck@westriv.com) if there is a mistake on this list. Thank you.

### 20 Years

Mike Bisenius; Grand Forks Red River HS  
Michelle Cremers; Grand Forks Red River HS  
David Duttenhefer; Bottineau HS  
Robert Goll; Park River HS  
Mike Hendrickson; Fargo South HS  
Mary Hoherz; Stanley HS  
Patrick Johnson; West Fargo HS

Barbara Metcalf; West Fargo HS  
Mark Quenette; Oakes HS  
Jerry Schneider; Fargo North HS  
Jason Simpfenderfer; Beulah HS  
Vickie Soholt; May-Port-C-G HS  
Tyler VanderWal; New Salem-Almont HS

### 25 Years

Michelle Dolan; Ray HS  
James Hanson; St. Thomas HS  
James Johnson; Des Lac-Burlington HS  
Marlo Jungemann; Ray HS  
Bruce Mack; Surrey HS  
Scott Meiers; Stanley HS  
Larry Moser; Leeds HS

Travis Olson; Richardton-Taylor HS  
David Peterson; Velva HS  
Dave Schill; Hillsboro HS  
Jeff Schumacher; Bismarck HS  
Rick Sondrol; Central Valley HS  
Greg Unruh; Fargo North HS  
Tim Wallstrum; Kenmare HS

### 30 Years

Randy Bilden; Northwood HS  
Kevin Froeber; West Fargo HS  
Donna Galloway; Park River HS  
Dean Hashbarger; Fargo South HS

Clyde Heinle; Flasher HS  
Mike Monson; Midkota HS  
Mike Opdahl; Larimore HS

### 35 Years

Barry Anderson; Fargo Shanley HS  
Mike Callahan; Minnewaukan HS  
Dick Henderson; Fargo South HS  
Jerry Holinka; Dickinson HS  
Ralph Manley; Mandan HS  
Steve Miller; Bismarck HS

Chad Omdahl; Hatton HS  
Terry Porter; Fargo Discovery MS  
Curt Sherbrooke; Bismarck Public Schools  
Allen Shreve; Mandan HS  
Dave Tews; Jamestown HS  
Timothy White; Griggs County Central HS

### 40 Years

Denny Dinius; Langdon HS  
Arley Larson; Ray HS

Mike Merritt; Fargo South HS  
Len Stanley; Mandan HS

### 50 Years

Jim Howson; Larimore HS



# Eight Keys to Coaching Today

*Curt Jones, West Fargo HS Athletic Director*

Are today's athletes different than years past? Do you at times feel a little disconnected from the current generation? If you are like many coaches, teachers and parents, you sense that today's generation is a bit different from years past.

Fortunately, you don't necessarily need to be up on all the latest catch phrases, texting, hottest web-sites and dance moves, yet you must understand what makes today's generation of athletes tick and coach them accordingly.

According to authors Neil Howe and William Strauss of a book called *Millennials Go To College*, today's Millennial generation is significantly different than years past in seven primary ways.

## They're Special

As a group, Millennials have been taught that they are special and vital to the success of their family, team and community. They have received an unprecedented amount of focus and attention from their parents and other adults, so they naturally feel that they are entitled to the best.

## They're Sheltered

Most Millennials have been protected and sheltered from birth. They have had a multitude of laws and gadgets designed to protect them from the many harms and dangers of the world.

While this sheltering has created a generation that is much healthier and less prone to injury, it has also prevented them from experiencing, learning from, adapting to and overcoming the important and inevitable hard knocks of life. Because of this sheltering, many are crushed when they receive less than an "A" for a grade, don't get a ribbon for coming in ninth place, get cut from teams or receive negative feedback. It's as if they've rarely received any criticism and subsequently don't know how to handle it.

## They're Confident

According to the authors' polls, Millennials tend to be a more confident generation when it comes to their abilities to achieve. While many of them do believe they can achieve anything, they sometimes forget that success is not going to come instantly but must be worked at consistently and is anything but a linear journey.

## They're Team-Oriented.

Millennials are the most interconnected generation yet. Between e-mailing, texting and staying connected through social media, peer networks are a huge part of their daily experiences. They have strong team instincts and like to stay connected with their social groups on a regular basis.

## They're Conventional

Rather than the usual rebellious teen years, Millennials tend to embrace the more traditional values of their parents. They are much less likely to use alcohol, tobacco and marijuana than the generations before them.

Howe and Strauss write, "Millennials describe closer ties with their parents than teens in the history of postwar polling." Many are in continual contact with their parents.

## They're Pressured

Because of the increased competitiveness for grades, school admissions and jobs, today's Millennials feel much more pressure to succeed than generations before them. They believe the stakes are high and the prices of mistakes are more consequential than in the past.

Many of them are overscheduled and overwhelmed from childhood with private lessons, camps and tutors all designed to help them try to get ahead of the ever-increasing global and local competition.

## They're Achieving

With higher standards, Millennials are very focused on achievement and "are on track to becoming the smartest, best educated adults in U.S. history" according to Howe and Strauss. Their test scores are continually rising and more of them are focused on going to college than ever before. They have a strong need to achieve.

The authors make the case that everyone from college professors, admissions officers, high school teachers, school administrators, employers and coaches all must understand these seven differences that make the Millennial generation different than the Gen X, Baby Boomers and others who came before them.

I hear a lot of coaches say that today's athletes seem more fragile because they have been sheltered and protected from many of the natural disappointments in life. It also seems that many of the Millennials think that today's "instant gratification" society also applies to athletics. They

Continued on page 16



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## Eight Keys to Coaching Today (continued from page 15)

think that they can master skills in a short period of time without going through the natural and time-consuming process that it takes to learn and master a complex sport skill.

Coaches also realize that Millennials are much more influenced by their parents in comparison to past generations. Not only have children changed, but parents have become much more involved and sometimes intrusive in their children's sports.

With today's media-obsessed society, many Millennials have extremely short attention spans if you are not physically or mentally engaging them in some type of activity.

### **Advice for Coaching Millennials**

Based on the changes outlined by the authors of *Millennials Go To College* and the ones observed by coaches, here are some tips to help you coach your Millennials.

#### **1. Help Millennials understand adversity**

Adversity is inevitable, temporary and helpful in the long term. Because many Millennials don't handle failure well, you should invest the time to show them how to handle it productively. You will need to teach your athletes how to maintain their composure and confidence, and how to refocus on to the next play.

#### **2. Teach them improvement takes time**

Help them create long term training schedules that take them from where they are now to where they would like to be. Encourage them to make the choice to stick with their plan over the long run. Remind them that success takes a long term investment of time.

#### **3. Exercise patience**

Understand that there are dozens of things that compete for your Millennials' attention and time. Don't get frustrated when your athletes are involved in a multitude of other activities. Make your sport and team one that they enjoy being a part of and see real gains when they participate. If you can do this, they will gravitate to you.

#### **4. Don't lecture—'Edu-tain'**

Short attention spans are a hallmark of the millennial generation because of the fast paced world of technology. They have hundreds of television channels to choose from, hundreds of video games, billions of websites to surf and multiple ways to instantly communicate

with friends. You too must try to build in the entertainment factor when you coach or you will quickly lose their focus. Make drills short, interesting and competitive to hold their interest.

#### **5. Provide opportunities to engage in free athletic play**

I tried something I called "Free Play Fridays." I piled a bunch of sports equipment in the back of our mini-van and drove to a local park. We invited two dozen of my 9 year old son's friends and acquaintances to join us for a morning of free play. The kids could choose whatever sports and activities they wanted to play, make up the teams and have fun on their own in a minimally supervised environment. I was there merely to keep them safe and to attend to any injuries that might occur.

Despite having a low turnout, the kids got a chance to experience sport without the pervasive, well-meaning interference of adults for at least a few mornings. Give it a try in your community.

#### **6. Develop parents into allies, not adversaries**

Because Millennials and their parents are typically more connected than previous generations, you need to find ways to include them rather than fight them. By reaching out to your parents and coaching them on what is appropriate and what isn't, you have a better chance to turn them into allies than adversaries.

#### **7. Help kids fight their own battles**

Along with the parent issue, many athletes try to have their parents fight their battles for them. Instead, encourage your athletes to constructively fight their battles on their own first. Teach them how to maturely approach conflict and how to work through it effectively. These conflict management skills will be vital for them as they have families and businesses of their own.

#### **8. Remember that people are people**

Even though there are differences from years past, ultimately remember that people are people. Make your practices engaging, challenge them to improve, build their confidence, support them when they struggle and you too will have a great time coaching athletes of all ages and watching them get better.

*Thank you Curt Jones, West Fargo HS Athletic Director, for this message!*



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# NDHSCA Gelaine Orvik Scholarship Fund



The North Dakota High School Coaches Association has decided to provide a “**Gelaine Orvik Scholarship.**” The idea of this scholarship was brought to the NDHSCA Executive Board at the 2008 State Convention by Joe Howell. Gelaine Orvik is known as the Executive Secretary of the NDHSCA. He has also held this position on the National level. Gelaine has touched thousands of lives through his tireless effort and enthusiasm not only for we the coaches, but more importantly for student athletes. He is an outstanding role model, mentor, coach, teacher, person, and friend.

This scholarship will commemorate what Mr. Orvik has long stood for, helping students through scholarship. We would like to establish this fund so it will last a long time. In order to do this we are asking for donations. Any donation, no matter how big or small will assist us in accomplishing this goal.

Please feel free to give this information to a past member of the NDHSCA, or someone else you feel would be willing to contribute towards this scholarship. **Remember this donation is tax deductible. Please make checks payable to NDHSCA Gelaine Orvik Scholarship Fund.**

## Please Print

Person Donating \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

E-mail Address \_\_\_\_\_

Amount of Donation \_\_\_\_\_ Date \_\_\_\_\_

**Thank you for your generous offer!**

**PLEASE RETURN THIS FORM AND DONATION TO:**

NDHSCA Office  
3457 26<sup>th</sup> 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 \_\_\_\_\_



# 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



## 2012-2013 NDHSCA Coaches of the Year

<b>SPORT</b>	<b>NAME</b>		<b>SCHOOL</b>
A Boys' Cross-Country	Darrell	Anderson	Bismarck HS
A Boys' Track and Field	Darrell	Anderson	Bismarck HS
B Boys' Cross-Country	Brian	Anderson	New Town HS
Nine-Man Football	Elliott	Belquist	New Rockford-Sheyenne HS
A Boys' Soccer	Michael	Breker	Fargo Shanley HS
Girls' Swimming & Diving	Talia	Butery	Fargo North HS
Boys' Hockey	Bill	Chase	Grand Forks Red River HS
A Girls' Soccer	Nick	Christianson	Fargo Davies HS
B Girls' Volleyball	Brooks	Dockter	Kindred HS
AA Football	Jim	Dooley	Beulah HS
B Boys' Basketball	Gregg	Grinsteinner	Dickinson Trinity HS
B Wrestling	Bruce	Hase	Linton-HMB HS
B Girls' Track and Field	Greg	Hoeckle	Carrington HS
B Wrestling	Dan	Imdieke	Linton-HMB HS
B Boys' Track and Field	Randy	Johnson	Hazen HS
Girls' Hockey	Pat	Johnson	West Fargo HS
A Athletic Director	Lorell	Jungling	Mandan HS
Boys' Swimming & Diving	Dennis	Kemmesat	Bismarck Century HS
A Baseball	Kelly	Kessler	Jamestown HS
B Baseball	Bob	Koch	Beulah HS
B Girls' Fastpitch Softball	Scott	Kost	Central Cass HS
A Wrestling	Jerald	Lemar	Bismarck Century HS
A Girls' Fastpitch Softball	Jason	Lindgren	Valley City HS
AAA Football	Troy	Mattern	Fargo South HS
Girls' Gymnastics	Mike	Merritt	Fargo and Fargo Davies HS
A Girls' Basketball	Ron	Metz	Bismarck Century HS
A Boys' Basketball	Joe	Mueller	Bismarck St. Mary's HS
B Girls Basketball	Ron	Neppl	Benson County HS
A Girls' Tennis	Matthew	Nielson	Valley City HS
A Girls' Volleyball	Carolyn	Olson	GF Red River HS
A Football	Rick	Philion	Hazen HS
B Girls' Golf	Mike	Podolak	Kindred HS
B Boys' Golf	Jeremy	St Aubin	South Border
A Girls' Cross-Country	Julie	Stavn	Bismarck Century HS
Boys' Tennis	Greg	Unruh	Fargo North HS
A Girls' Track and Field	Nick	Walker	Bismarck Century HS
A Girls' Golf	Heather	Yarber	Fargo Davies HS
B Girls' Cross-Country	Kirk	Zink	Hillsboro-Central Valley HS
A Boys' Track and Field	Dave	Zittleman	Bismarck HS
A Boys' Cross-Country	Dave	Zittleman	Bismarck HS
FALL Assistant COTY	Janelle	Olson	Bismarck HS
WINTER Assistant COTY	Bill	Uscensky	Minot HS
SPRING Assistant COTY	Darrin	Boehm	West Fargo HS
2013-2014 President	Lisa	Strand	Thompson HS

# 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>
<b>Totals</b>	<b>5 meets</b>	<b>33 teams</b>	<b>22 wins 11 losses</b>

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.	_____	_____	_____	_____	_____	_____	_____



# 2013 NDHSCA COACHES CONVENTION SCHEDULE

## TUESDAY, July 23<sup>rd</sup>; Coaching Seminars:

7:15-11:00 AM Registration Desk Open

### **REGISTRATION for Tuesday's Seminars**

**MUST BE COMPLETE BEFORE 8:00 am**



#### 8:00 Coaching Seminars

Room	<b>Beginning Coach</b> "Developing a Program"	Gregg Grinsteinner; Dickinson Trinity HS
Room	<b>Permit Preparation</b> "Fundamentals of Coaching"	Pete Moe & Brad Foss; Washburn & Williston HS
Room	<b>Permit Preparation</b> "First Aid Certification"	Barb Moe & Christa Sommer; Washburn, ND
Room	<b>Special Topics</b> "Injuries: Cause/Care/Rehab/Re-instatement"	Charity Harstad; N. Lights PT
Room	<b>Speed/Strength</b> "Strength Training Fundamentals"	Dan Hutchison; Colorado Springs

#### 9:00 Coaching Seminars

Room	<b>Beginning Coach</b> "Coaching Without Compromise"	Mike Berg; Grand Forks Central HS
Room	<b>Permit Preparation</b> "Fundamentals of Coaching"	Pete Moe & Brad Foss; Washburn & Williston HS
Room	<b>Permit Preparation</b> "First Aid Certification"	Barb Moe & Christa Sommer; Washburn, ND
Room	<b>Special Topics</b> "A Coaches' Cooperation with NDHSAA"	Sherm Sylling; NDHSAA
Room	<b>Speed/Strength</b> "A Small School Speed & Strength Program"	Jeremy St Aubin; South Border HS

#### 10:00 Coaching Seminars

Room	<b>Beginning Coach</b> "Beginning with a Philosophy"	Gelaine Orvik; NDHSCA
Room	<b>Permit Preparation</b> "Fundamentals of Coaching"	Pete Moe & Brad Foss; Washburn & Williston HS
Room	<b>Permit Preparation</b> "First Aid Certification"	Barb Moe & Christa Sommer; Washburn, ND
Room	<b>Special Topics</b> "Ten Commandments of An Assistant"	Mike Berg; Grand Forks Central HS
Room	<b>Speed/Strength</b> "Basic Principles to Speed Training"	Dan Hutchison; Colorado Springs

#### 11:00 Coaching Seminars

Room	<b>Beginning Coach</b> "A Beginner's Duties & Responsibilities to NDHSAA"	Sherm Sylling; NDHSAA
Room	<b>Permit Preparation</b> "Fundamentals of Coaching"	Pete Moe & Brad Foss; Washburn & Williston HS
Room	<b>Permit Preparation</b> "First Aid Certification"	Barb Moe & Christa Sommer; Washburn, ND
Room	<b>Special Topics</b> "The Profession of Being a Coach"	Gelaine Orvik; NDHSCA
Room	<b>Speed/Strength</b> "Sport-Specific Loading Practice"	Dan Hutchison; Colorado Springs

**NOON** Room **Seminar Luncheon (provided by NDHSCA)**  
**Luncheon Speaker** "How to Motivate without Driving Them Crazy" **Mike Tully; Total Game Plan**

#### 1:30 Coaching Seminars

Room	<b>Beginning Coach</b> "Starting a Program and Following a Legend"	Dean Winczewski; Minot HS
Room	<b>Permit Preparation</b> "The Seven Magic Numbers of Coaching"	Mike Tully; Total Game Plan
Room	<b>Permit Preparation</b> "CPR and AED Certification"	Barb Moe & Christa Sommer; Washburn, ND
Room	<b>Special Topics</b> "Coaching for Life; Not Just the Season"	Pete Moe; Washburn HS
Room	<b>Speed/Strength</b> "Speed and Strength with Resistance Bands"	Steve Silbernagel; U of Mary

#### 2:30 Coaching Seminars

Room	<b>Beginning Coach</b> "Team Building with Ideas and Action"	Mike Tully; Total Game Plan
Room	<b>Permit Preparation</b> "Fundamentals of Coaching"	Pete Moe & Brad Foss; Washburn & Williston HS
Room	<b>Permit Preparation</b> "CPR and AED Certification"	Barb Moe & Christa Sommer; Washburn, ND
Room	<b>Special Topics</b> "Keeping What is Important, Most Important"	Dean Winczewski; Minot HS
Room	<b>Speed/Strength</b> "Nutrition for Athletics"	Dan Hutchison; Colorado Springs

#### 3:30 Coaching Seminars

Room	<b>Beginning Coach</b> "Role Modeling for a Coach"	Randy Johnson; Hazen/Gregg Grinsteinner; Trinity
Room	<b>Permit Preparation</b> "Fundamentals of Coaching"	Pete Moe & Brad Foss; Washburn & Williston HS
Room	<b>Permit Preparation</b> "CPR and AED Certification"	Barb Moe & Christa Sommer; Washburn, ND
Room	<b>Special Topics</b> "Coaching Boys into Men"	Mike Berg; Grand Forks Central HS
Room	<b>Speed/Strength</b> "Special Session for Speed & Strength"	Steve Silbernagel; U of Mary

**2:30-5:00** **Golf Scramble @ Prairie West; Signup for Scramble **MUST** be done at Registration Desk**

# WEDNESDAY, July 24<sup>th</sup>



7:00-11:00 am Registration Desk Open

7:00-8:15 am FCA Breakfast (complimentary); Ken Hatfield-Speaker

9:00-Noon Convention Exhibit Hall Open

**Special Note: All Coaches are urged to attend sport specific "Advisory Review and Planning" Sessions!**

8:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Room	Basketball	"Offensive Skill Development"	Darin Mattern; Bismarck Century HS
Room	Football	"No Huddle: Improving Our Practice"	Troy Mattern; Fargo South HS
Prairie West	Golf	"Teaching the Swing and Follow Through"	Chuck Ruppert; Hawktree Pro
Room	Soccer		
Room	Softball	"Coaches' Round Table Discussion"	Patrick Johnson; West Fargo HS
Room	Swim & Dive	"Sprint Training at Minnesota"	Steve Miller; University of Minnesota
Room	Track & Field	"Training for the 400"	Mike Thorson; U of Mary
Room	Volleyball	"Creating Passing Angles"	Jessica Andersen; Bismarck HS
Room	Volleyball	"Teaching the Jump Serve"	Jessica Niemitalo; Stanley HS
Room	Wrestling	"Wrestling from a Hall of Fame Coach"	Bucky Maughan; NDSU (retired)

9:45 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Room	Basketball	"Transition Defense and Ball Screen Defense"	Dave Richman; NDSU
Room	Football	"New Offensive Scheme When It Was New"	Ken Hatfield; formerly Arkansas
Prairie West	Golf	"Golf Instruction & Drills; Coaching HS Golf"	Andy Schmitz
Room	Soccer	NDHSCA Advisory Committee Review & Planning	NDHSCA Advisory Committee
Room	Softball	"Precision of Glove Work"	Angelena Mexicano; U of Mary
Room	Swim & Dive	"Skills & Techniques for Championship Swimming"	Ronnie Hehn; Concordia College
Room	Track & Field	"Training the Sprinters"	Tim Jacobsen; Bismarck Century HS
Room	Volleyball	"Tryouts, Teambuilding, Goal-setting"	Sara Bohrer; Bismarck Century HS
Room	Volleyball	"Tryouts, Teambuilding, Goal-setting"	Jamie Zastoupil; Bismarck Century HS
Room	Wrestling	"EDD's and Setup to Takedowns"	Jerald Lemar; Bismarck Century HS
Room	X-Country	"Achilles': Cause/Care/Rehab/Re-instatement"	Charity Harstad; Northern Lights PT

**10:45-1:30 Exhibit Hall Closes during NDHSCA Annual Meeting**

**10:55 NDHSCA Annual Meeting (critical topics for discussion and balloting)**

**Light Lunch provided by NDHSCA**

1:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Room	Basketball	"Developing Teamwork and Leadership on and off the Court"	Matt Murken; Minot State
Room	Football	"General Coaching Topics"	Ken Hatfield; formerly Arkansas
Prairie West	Golf	"A New Topic for All Golfers"	Jared Kopp
Room	Soccer		
Room	Softball	"Skills & Drills for Success"	Korey Boehmer; Lake Region State College
Room	Swim & Dive	"Relay Swimming at Minnesota"	Steve Miller; University of Minnesota
Room	Track & Field	"Program Development"	Darin McKinnon; West Fargo HS
Room	Volleyball	"Preventing Knee Injuries in Volleyball"	Mike Salwei; Healthways
Room	Wrestling	"Single Leg Takedown"	Bret Maughan; NDSU
Room	X-Country	NDHSCA Advisory Committee Review and Planning	NDHSCA Advisory Committee

**Wednesday , July 24 (continued)**

2:45 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Room	Basketball	"Dribble Drive Motion; Drills; and Special Situations"	Joe Mueller; St. Mary's HS
Room	9-Man FB	"Leadership & Lobo Football"	Andy DeLaBarre; LaMoire HS
Room	Football	"UND Football Offensive Schemes"	Chris Mussman; UND
Prairie West	Golf	"Understanding Ball Flight & Making Practice Fun"	Jordan Berglund; Hawktree
Room	Soccer		
Room	Softball	NDHSCA Advisory Committee Review and Planning	NDHSCA Advisory Committee
Room	Swim & Dive	"Practicing Turns and Evaluating Meet Turns"	Steve Miller; University of Minnesota
Room	Track & Field	"400 Meter Training and Transitioning in the IH"	Kevin Galbraith; UND
Room	Volleyball	"On/Off: Be a Step Ahead of Your Opponent"	Dan Brown; UND
Room	Wrestling	"Special Bison Techniques and Teaching Skills"	Manny Rivera; NDSU
Room	X-Country	"Set Your Mind"	Darrell Anderson; Bismarck HS

**Noon Exhibit Hall Closes; Exhibitors' Lunch with NDHSCA Executive Committee in Room**

4:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Room	Basketball	"Motion Offense Principles and Drills"	Dan DeWitt; Mayville State
Room	Football	"UND Special Teams and Drills"	Chris Mussman; UND
Room	Soccer		
Room	Swim & Dive	NDHSCA Advisory Committee Review & Planning	NDHSCA Advisory Committee
Room	Track & Field	"Coaching the Middle Distance – 800 & 1600"	Dave Zittleman; Bismarck HS
Room	Volleyball	"On/Off: Be a Step Ahead of Your Opponent"	Dan Brown; UND

**7:30-11:00 Convention Social (hors d'oeuvres & refreshments); Sponsored by Universal Athletics**



**THURSDAY, July 25<sup>th</sup>:**

**7:30-11:00 AM Registration Desk Open in SEVEN SEAS Foyer**

**Special Note: The Tennis sessions on Thursday will be held at Capital Racquet Club.**

**8:30-2:00 Convention Exhibit Hall Open**

8:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Room	Basketball	NDHSCA Advisory Committee Review and Planning	NDHSCA Advisory Committee
Room	Football	"Bison Offensive Package and Weekly Special Plays"	Brent Vigen; NDSU
Room	Swim & Dive	"Nutrition for Swimming"	Ronnie Hehn; Concordia College
Capital Racquet	Tennis	"Mental Toughness Drills w/Conditioning in Skills"	Eric Hanson; Bismarck HS
Room	Track & Field	"Coaching the High Hurdles"	Kelly Kalina; Fargo North HS
Room	Volleyball	"Being Organized with Individual Team Portfolios"	Sherrie Currie; Park River HS
Room	Volleyball	"The Things I Maybe Might Think I Know"	Jay Schobinger; Dickinson HS
Room	Wrestling	"Preparing Wrestlers for the Unknown"	Shon Horgan; North Border HS

9:15 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Room	Basketball	"Defensive Philosophy and Game Situations"	Jeff Kaminsky; Valley City State
Room	Football	"NDSU Special Drills for Special Team"	Craig Bohl; NDSU
Room	Softball	"Coaching; It's All About Leadership"	Scott Kost; Central Cass HS
Room	Swim & Dive	"Building Your Team Culture"	Dennis Kemmesat; Bismarck Century HS
Capital Racquet	Tennis	"Singles & Doubles Strategy & Drills"	Oliver Summers; Fargo Courts Plus Pro
Room	Track & Field	"Coaching the High Jump"	Steve Mueller; Rugby HS
Room	Volleyball	NDHSCA Advisory Committee Review & Planning	NDHSCA Advisory Committee
Room	Wrestling	"Techniques That Have Led to Demon Success"	Scott Knowlen; Bismarck HS
Room	X-Country	"Early Season Training"	Brad Lies; Bismarck Century HS

**10:30-1:30 Exhibit Hall Closes during NDHSCA General Session**

**10:30 NDHSCA General Session "Mental Skills & Toughness for the 21<sup>st</sup> Century Athlete"**  
 Spencer Wood; Icebox Athlete President

**Light Lunch provided by NDHSCA to General Session Attendees**

**Noon Room NDHSCA Hall of Fame Luncheon for Inductees (Past Presidents, Past Inductees & Executive Committee are invited to attend)**



**Thursday, July 25 (continued)**

<b>1:00 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
Room	Basketball	"Summer Strength Development and Z Offense Ideas"	Ryan Mears; Central Cass HS
Room	9-Man FB	"Run and Gun Offense"	Kelly McCleary; Napoleon HS
Room	Football	"Special Teams and Defensive Drills"	Tom Dosch; Northern State (SD) University
Room	Golf	NDHSCA Advisory Committee Review & Planning	NDHSCA Advisory Committee
Room	Softball	"Changing a Mindset and Mental Training"	Jason Lindgren; Valley City HS
Room	Swim & Dive	"Spartan Girls' Swimming Specialties"	Talia Butery; Fargo North HS
Room	Capital Racquet Tennis	"Developing New Ideas in Coaching Tennis"	Jason Thiner; Fargo North HS
Room	Track & Field	"Starts and Exchanges"	Don Larson; NDSU
Room	Volleyball	"Creating Competitive Atmosphere and JO-VB Recruiting"	Steve Novacek; U of Mary
Room	Wrestling	"Takedowns/Riding/Nearfalls & Pins"	Kris Nelson; MN State University Moorhead
Room	X-Country	"Coaching for Peak Performance"	Ryun Godfrey; NDSU
<b>2:15 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
Room	Basketball	"Transition 'O' Primary & Secondary; Half Court 'D'"	Julie Stewart; Bishop Ryan HS
Room	9-Man FB	"Adapting your Offense to your Personnel"	Mike Zier; Beach HS
Room	Football	"Run & Pass Game Drills Improves OL"	Mike Shafer; Northern State (SD) University
Room	Golf	"Master Skills before Counting Score"	Perry Platz; Kindred HS
Room	Golf	"Some New Drills for the Same Old Game"	Lynn Gress; Bismarck Century HS
Room	Softball	"Pitching; from Beginners to Advanced"	Patrick Johnson; West Fargo HS
Room	Swim & Dive	"Teaching Correct Diving with Mechanics"	Misty Tomchuk; West Fargo HS
Room	Capital Racquet Tennis	NDHSCA Advisory Committee Review & Planning	NDHSCA Advisory Committee
Room	Track & Field	"The Pole Vault"	Stevie Keller; NDSU
Room	Volleyball	"The art of VB Statistics & Post-season Awards"	Carolyn Olson; GF Red River HS
Room	Volleyball	"The art of VB Statistics & Post-season Awards"	Paula Pierson; West Fargo HS
Room	Wrestling	"Tilts and Leg Riding"	Corey Ulmer; Minnesota State University-Moorhead
<b>3:30 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
Room	Basketball	"Post Play Development for the Jimmies"	Justin Wieck; Jamestown College
Room	Football	NDHSCA Advisory Committee Review & Planning	NDHSCA Advisory Committee
Room	Football	"For Assistant Football Coaches"	Tim Tandeski; Grand Forks Red River HS
Room	Golf	"Developing Junior Golfers/Drills for Practice"	Dean Kraft; Jamestown HS
Room	Swim & Dive	"Coaching Fargo North Back to First Place"	Richard Fisher; Fargo North HS
Room	Capital Racquet Tennis	"Becoming a Team; On and Off the Court"	Matthew Nielsen; Valley City HS
Room	Track & Field	"Coaching the Shot and Javelin"	Justin St. Clair; NDSU
Room	Volleyball	"Preparation on Being Mentally Strong"	Rich Olson; Langdon HS
Room	Volleyball	"Coaching with Your Own Character"	Sara Hergele; Jamestown HS
Room	Wrestling	"Escapes/Reversals & Counter Offense"	Kris Nelson; MN State University Moorhead
<b>5:00-6:00</b>	<b>NDHSCA AWARDS BANQUET RECEPTION AT SEVEN SEAS</b>		
<b>6:00</b>	<b>NDHSCA Hall of Fame &amp; COTY Banquet</b>		

**FRIDAY, July 26<sup>th</sup>**

- 7:00-8:00** Fellowship of Christian Athletes gathering (Coffee, Juice & Rolls)
- 7:30-11:00 am** Registration Desk Open
- 8:30-NOON** Convention Exhibit Hall Opens

<b>8:00 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
Room	Basketball	"Competitive Practice Drills & Quick Hitters"	Jason Harris; Bismarck State
Room	Football	"Tackling and Turnover Drills"	Gregg Horner; Valley City State
Room	Tennis	"Coaches Roundtable on New Ideas"	Vic Youngs; Fargo South HS
Room	Tennis	"Coaches Roundtable on New Ideas"	Paul Christen; Mandan HS
Room	Track & Field	"Coaching the Horizontal Jumps"	Brad Townsend; Bismarck Century HS
Room	Volleyball	"Practice with Purpose; Game-Like Drills Contacts"	Jerlyn Gabrielson; Flasher HS
Room	Volleyball	"Building Your Program; Starting with the Elementary"	Jamie Richter; Linton HS
Room	Wrestling	"Unique Packer Drills and Combinations"	Kayle Dangerud; West Fargo HS





Friday, July 26 (continued)

9:15 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Room	Basketball	"Motion Players' Skills Development"	Perry Hanson & Jordan Wilhelm; Bismarck HS
Room	Football	"Miner Football: Year-Round Philosophy & Administration"	Jim Dooley; Beulah HS
Room	Track & Field	"Coaching the Intermediates"	Paul Lean; Fargo Davies HS
Room	Volleyball	"What's Important in Our Gym"	Kevin Peterson; Beulah HS
Room	X-Country	"Cross Training with Variety"	Dennis Newell; U of Mary

10:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Room	Basketball	"Patriot Player Development"	Ron Metz; Bismarck Century HS
Room	Football	"Rugby HS Football Skills"	Scott Grochow; Rugby HS
Room	Track & Field	NDHSCA Advisory Committee Review & Planning	NDHSCA Advisory Committee
Room	Track & Field	"A Track & Field Assistant Coach's View"	Tim Delmore; Grand Forks Red River HS
Room	Volleyball	"Developing your Blocking Scheme"	Sarah Rauen; NDSU
Room	Wrestling	"Tornado Wrestling and Techniques"	Corey Schall; Oakes HS
Room	X-Country	"Adjustments in Coaching Boys & Girls"	Scott Reichenberger; Bismarck HS

11:45 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Room	Basketball	"UND Player Skills and Drills"	Brian Jones; UND
Room	Football	"Spread - No Huddle Offense"	Tom Maus; Grafton HS
Room	Track & Field	"Blending a Program in a New School"	Nick Walker; Bismarck Century HS
Room	Volleyball	"Developing your Athletes"	Sarah Rauen; NDSU

**Noon** Exhibit Hall closes, Exhibit Hall is locked!

1:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Room	Basketball	"Individual and Team Offensive Skills & Drills"	Dennis Hutter; Mayville State
Room	Football	"Hazen Defense: Stunts & Play Calls"	Rick Phillion; Hazen HS
Room	Track & Field	"Coaching the Pole Vault at U of Mary"	Dason Phelps; U of Mary
Room	Volleyball	"Dynamic Practice Warm ups"	Jon Hegerle; Jamestown College

All College Credit Packets are to be mailed to Mr. Maughan in appropriate envelopes!

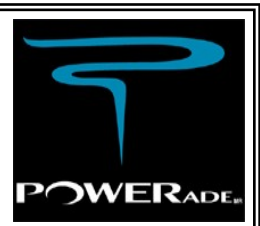
**1:15** NDHSCA Executive Committee Meeting in Executive Room

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Sponsor NDHSCA Coach of the Year Awards



**Sponsor of the  
Outstanding  
Senior Athlete Awards**



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



# FCA Scramble

Winning Teams in 2 of 3 ND Tournaments  
Will Have Opportunity to  
Compete at the TPC/Sawgrass  
(Home of the PGA's TPC Championship)  
For the FCA National Championship!!

## 5<sup>th</sup> Annual FCA Golf Classic



### Hole #17 at TPC at Sawgrass

Nate Safe joined our local FCA staff on May 1st, 2011! This could not have been accomplished without you participating in the golf event over the last three years. Nate and the volunteers want to thank you for your partnership!



**Date: Monday July 29<sup>th</sup>, 2013**  
**Time: 1:00 PM Shotgun Start**

## Oxbow Country Club

**Fellowship of Christian Athletes**  
**4-Person Scramble**

- \$99 per player
- Includes golf, cart, dinner, and prizes
- Hole Sponsorships available (\$250)
- Limited to first 36 teams
- Proceeds go to help FCA reach more athletes and coaches for Jesus Christ!

**For more information contact:**

**Nate Safe 701-866-5569**

**Andy Doeden 701-261-3245**

**[www.fcand.org](http://www.fcand.org)**





## ***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.



**Sponsor of the  
Outstanding  
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.





North Dakota High School Coaches Association

Membership Registration 2013-2014

Please—if at all possible register online! Go to ndhsca.com

Please Print!

Name, School, Home Phone, Home Address, City/State/Zip Code, Cell #, E-Mail Address, Work Phone

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.

Table with 3 columns: A, 12-13 record, lifetime record. Lists sports like Athletic Director, Baseball, Boys Basketball, etc.

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: \$60.00

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 Registrations MUST be ONLINE!

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>
<b>Totals</b>	<b>5 meets</b>	<b>33 teams</b>	<b>22 wins 11 losses</b>

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 2014**) \_\_\_\_\_

Number of years NDHSCA Member (as of **June 2014**) \_\_\_\_\_

**Fee: \$300 Include the fee with this application.**

**Mail fee and application to: Gelaine Orvik  
NDHSCA Executive Secretary  
3457 26<sup>th</sup> 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





# 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 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](mailto:gorvik@cableone.net) or to any of the members of the Executive Board.

See page 2 for Email and mailing addresses or phone numbers.



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