



North Dakota High School Coaches Association Official Publication

DAKOTA COACH

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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 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. 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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Vice Presidential Candidates - 2013

The North Dakota High School Coaches Association's Executive Committee has made nominations for balloting for the Association's Vice President. The balloting will be conducted at the Annual Coaches Convention that will be held in Mandan, July 23rd through July 26th.

The two candidates will be **Andy Braaten**, who is presently girls' basketball head coach at Car-rington High School. The second candidate is **Jeremy St. Aubin**, who serves as girls' and boys' golf head coach at South Border High School.

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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!

NHSACA Hall of Fame Inductees

The North Dakota High School Coaches Association Executive Committee selected **Rod Oksendahl**, head football at Fargo Shanley High School (and formerly at Cavalier High School) and **Leland Opp**, head girls' track & field coach at Hazen School as inductees into the 2013 National High School Athletic Coaches Association National Hall of Fame.

The Awards will be presented at a noon luncheon on Tuesday, June 25th, 2013 at the NHSACA National Annual Meeting at the Airport-Holiday Inn Conference Center in Des Moines, Iowa. This induction is the eighteenth class.

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**NDHSCA
2013
Convention Dates
July 23- July 26
Mandan**

NDHSCA 2012-2013 Executive Committee



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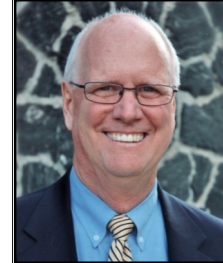
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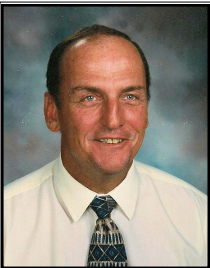
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President's Message - Winter 2013

I hope you and your family had a blessed holiday season. Take time to relax and recharge for the challenges ahead.

Congratulations to all the fall sports State Champions .Coach of the Year recipients' and the Senior Athlete of the Year winners. There were many exciting finishes to the fall season.

As winter sets in and we start to into the middle of our seasons, formulating lineups and strategies for the upcoming tournaments with eyes looking toward the big prize, we need to remember to be the professional that we are. When we get into the heat of battle we need to lead by example for our athletes and fans. Remember to respect and give that benefit of a doubt to all officials and meet workers as they work to do their best to ensure the safety of our athletes and enforce the rules. Mr Orvik (Gelaine) has said it many times "we do it because it is the right thing to do!"

I would encourage all coaches to work towards 100% of your coaching staff to be members of the North Dakota High School Coaches Association. It is easy to join and provides many benefits to all coaches. Please check out our NDHSCA web site (ndhsa.com) for membership forms and other information on Scholarships, NDHSCA Hall of Fame, Assistant coach of the year and



Ralph Manley

Jr. High coaching awards. If you have any information that you would like to see on our web site please contact one of our board members.

I will continue to encourage all coaches to work within your school system along with your Athletic Director to keep ahead of the deadlines for the coaches certifications which comes into play next fall for all Coaches. I know our board has worked hard to ensure that all Coaches and Athletic Directors get the information they need to keep doing what they love to do -- to Coach.

Mark your calendars for the 2013 North Dakota Coaches Convention held this summer in Mandan at the Best Western Seven Seas July 22nd – 26th. It is a great time to renew old friendships, create new ones and gain useful information from fellow coaches.

The National High School Athletic Coaches convention will be held in Des Moines, Iowa, June 22-26

Congratulations to all you that were named National coach of the year Finalist and those you are going to be inducted into the NHSACA Hall of Fame. Check out their web site nhsaca.org

In closing I would like to thank you for all you do to keep our student athletes safe and striving for excellence in classroom and in the game.

Best of luck in your upcoming 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 Your Executive Secretary

So much to do and so little time! My mantra while I was teaching five classes, head coach of track & field and assistant coach (or head) coach of cross-country, refereeing football (20 games a year) and basketball (50-60 games a year), church board and counsel member, Special Olympics board of directors, NHSACA Board of Directors and Executive Committee, NDHSCA Executive Secretary and father & husband. **However**, now I am retired from teaching, coaching, refereeing, Special Olympics, NHSACA Executive Committee and crop insurance adjusting and/or training. I still have the same repetition. To prove that if we want to be busy, we are; if we want to sit around and relax, we will!

I have written two articles for this edition of the *Dakota Coach* regarding 1) Dave Dougherty and 2) Randy Johnson. I hope you read both carefully. Both of these men are such quality people as well as great representatives of our states and phenomenal leaders. You and I are so blessed to have them in our circle of friends at the same time as they as they contribute to the leadership of NDHSCA and provide much direction for NHSACA. Thank you to both of them!

As you may have heard, our 2012-2013 NDHSCA membership is moving onward and upward. Our numbers have continued to be in excess of our membership on comparable dates from last year. Our membership registration for the most recent date is 1102 on January 1, 2013 (compared to 1044 on January 4, 2012). Again, a big "Thank you" to each of you for your registration! Also, NDHSCA has some big requests for every member: Please contact every head coach in your building to confirm their membership and eligibility for district, regional, and/or state coach of the year. Also urge every head coach of winter sports to nominate an individual for NDHSCA Assistant Coach of the Year and/or NDHSCA Junior High School Coach of the Year. We retain nominees from previous years but sometimes do not have any carryovers as candidates.

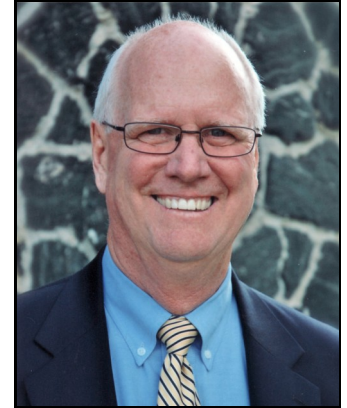
Our membership registration is

1102 on January 1, 2013

compared to

1044 on January 4, 2012

Every North Dakotan should be excited about the most recent coaching position vacancy being filled by one of our own. Paul Casey (Gus) Bradley was tapped as Jacksonville Jaguars' head football coach. Casey becomes only the second North Dakotan (I know, he was born and grew up in Zumbrota, MN) to be a head coach in the NFL---Ron Erhardt, being the first. Gus Bradley spent four years at NDSU as a defensive back, NDSU graduate assistant coach, Fort Lewis College (CO) defensive coordinator, NDSU defensive back coach and defensive coordinator, Tampa Bay Buccaneers' defensive back coach, Seattle Seahawks defensive coordinator and newly named Jacksonville Jaguars' head coach. Thank you Casey (Gus)!



Gelaine Orvik

To my knowledge North Dakota claims two NBA Head Coaches as natives: Bill Fitch (really a head coach at UND, and not a full native from North Dakota) and Phil Jackson, native of Williston and head coach for the Chicago Bulls and Los Angeles Lakers. My meager knowledge may have overlooked some individuals (and I know my readership will quickly point that out), but my error is certainly without malice for any.

Each of you would do well to research the compilation of Robert Schaible for details of North Dakota coaches and athletes. He has also researched the North Dakota Olympians. Wow! So much to do!

Obviously, each North Dakota has his or her memory and anecdote of Dr. Denis Isrow. He did so much to help NDHSCA develop its present University Credit (graduate level) for NDHSCA Coaches Convention. His persona added great credence to all of the credit development of the annual offerings of the one credit and two credit offering. He often spoke of the importance of maintaining credibility by always being honest and trustworthy. I personally learned so much from "Izzy". Dr. Isrow was recipient of the NDHSCA Award of Merit in 1985.

Continued on next page

From Your Executive Secretary (continued)

NDHSCA and NDSU will continue to offer the credit/credits as previously. Bucky Maughan will be our instructor of record. I expect that we will continue with the same duties and responsibilities for coaches/students for credits. One of the responsibilities of arrangements and developments for requesting credit is to maintain a 65%-75% advanced degree of presenters. Needless, that limits our State Championship and Coach of the Year recipients as speakers.

I just received an e-mail from Paula (Roger) Stone through Dave Michaelson. Roger has had complications with a slow growing meningioma (tumor) that is benign. The doctors do not think the tumor is causing other issues. More tests are being done as I write this with a CT and MRI angiogram. Roger and Paula will meet with his Mayo doctor on Wednesday regarding treatment of the meningioma. Keep Roger & Paula and their families in your prayers.

I want to repeat our Fall *Dakota Coach* statement regarding Coaches Education Requirement.

“As most coaches know, the Coaches Education Requirement is in effect! Beginning with 2013 every coach will be required to have accomplished specific preparation for entering the coaching profession. As a professional each coach will have completed the NFHS Fundamentals of Coaching Course (on-line, blended classroom, or while in college within the past two years), completed the NFHS Concussion Management Course and complete a First Aid Course. In addition, each coach will be required to be certified in CPR (cardiopulmonary resuscitation) and in use of AED (automated external defibrillator).”

“The coaching permit must be renewed every five years (except for the CPR requirement). Coaches who have graduated from college with a coaching minor, which includes Fundamentals of Coaching, First Aid, CPR and Concussion Management, will be given a Coaching Permit, if the coach has graduated from college within four years of the application for the permit. Each school’s activities director or high school principal is responsible for record-keeping and submission of the NDHSAA Coaches Permit Completion verification. A Permit Certificate will be sent to each coach from NDHSCA! All certified coaches with permits will be posted on the NDHSAA website.”

I urge all football coaches to contact Johnny Tusa, American Football Coaches Association, for the recent issue that NCAA Division I Board of Directors had placed on the table regarding recruitment of sophomores. Grant Teaff and the high school coaches of AFCA have been instrumental in leading to rejection of the issue on the table for consideration. Football coaches need to be cognizant of what is happening on the NCAA level as well as on the national scene.

Although I had to scrap my meeting with NO-CAD because of my complication with making airline reservations, I was informed that the Florida Activities Association has a new problem: transgender, gays and lesbians who want to compete across gender lines.

All coaches should begin planning to attend the NHSACA National Annual Meeting. North Dakota has 16 NHSACA National Coach of the Year Finalists being honored with potential of being named National Coach of the Year (note article in this issue of *Dakota Coach*). We also have a registration form in this issue (see pages 32-33). Our NHSACA National Coach of the Year Finalists deserve our support and presence. Please send me an e-mail if you register for attendance.

I want to inform football coaches of a relatively new product called the *brain pad*; this dual arch technology can reduce impact energy to the TMJ & base of the brain. We will have the product on display at the convention in July. It may be another product that is mandatory for football and hockey. Beware and be prepared!

Dr. Jonathan Geiger will be available for NDHSCA to discuss pertinent medical issues as well as steroid/human growth hormone issues. With Armstrong’s admission to doping and use of illegal substances, each coach has additional responsibility to be aware of issues.

Be sure you note the NDHSCA-Gelaine Orvik Scholarship Nomination Form in this issue of the *Dakota Coach* and also available from the NDHSCA Website.

Hope all is well as we prepare for the Winter Sports Team State Championships!

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www.ndhsca.com

2013 NDHSCA Concussion Legislation

Two Years ago, the North Dakota Legislature passed legislation that required specific recognition of and treatment for concussions in high school athletics.

The responses by coaches, athletic directors, officials, medical personnel, athletes and parents have been very satisfying. All involved entities have identified the legislation as one step in a successful beginning to protect the high school student-athlete.

The responsible groups (NDHSCA, NDHSAA, NDIAAA, NDCSSP and NDSBA) responsible for establishing Coaches' Education Requirements have established "Concussion Management" as a required course for the Requirements. Jeff Lystad, MD, from Sanford Orthopedics & Sports Medicine responded with the following statement:

The new concussion legislation, protecting school sanctioned athletics for grades 7-12, has been very successful. We are seeing much more awareness of concussion symptoms by coaches, officials, parents and the athletes themselves. The message of no return to the game or practice until evaluated and cleared by a licensed health care provider is getting across. I work very closely with injured athletes and their parents and have had very positive feedback from them regarding the recovery period and gradual return to play. No one wants to see prolonged symptoms following a concussion, and this monitored approach to management is helping minimize those symptoms.

After two years with the legislation requirements in practice, additional legislation is on the Legislative Calendar. We as coaches need to be aware of this new legislation and the effect it has on our coaching. Dr. Lystad responded with the following statement on the new legislation:

At this point, the legislation is for grades 7-12 athletes in school sanctioned sports. It is very important to extend this protection to include all youth athletes. In North Dakota alone the number of children that participate in football, hockey, soccer, basketball, volleyball, gymnastics and others for 6th grade and younger is staggering. We need to include these young athletes under this same umbrella.

We know that the developing brain in these young athletes is especially vulnerable to the effects of a concussion. By including all youth athletes [in the legislation] the state's athletic providers will help bring about a safer environment for this younger grade of kids to participate in the sports they love [without fear of those dangers that we found fit to nearly eliminate from the older athletes].

Every coach has the responsibility to know the legislation and the implications of those laws. Also, every coach needs to become aware of the effect of the new proposed legislation. The goal of every coach is to provide every athlete the safest environment possible.



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NDHSCA Vice Presidential Candidates (continued from page 1)

Andy Braaten is a graduate of New Rockford High School and Mayville State University. He is presently in his 28th year of teaching and coaching at Carrington High School, the only place he has been employed as an educator. He has always coached only girls' basketball; he spent 14 years as an assistant at Carrington High School before becoming head coach for the past 14 years.



Braaten's head coaching record in girls' basketball 227 wins with 80 losses. The Cardinals girls' basketball team won the North Dakota Class B State Championship in 2011. Andy was named Region 4 and District 7 NDHSCA Girls' Basketball Coach of the Year.

Karla Michaelson, Carrington High School Athletic Director, wrote a glowing recommendation for Andy. She notes Andy's foundation for success in coaching and athletics is dedication. Ms. Michaelson adds that determination, combined with dedication, is the formula for making athletes and coaches the best they can be.

Coach Braaten and his wife Ruth have two children: Noelle and Nikki.

Jeremy St. Aubin is a graduate of Towner HS and the University of North Dakota. He also received his graduate degree from UND. He has coached at Ashley High School (five years) and South Border High School (five years).

St. Aubin's head coaching record for his varsity girls' golf is 53-28. His varsity boys' golf record is 65-23. Jeremy was selected NDHSCA Class B Regional Boys' Golf Coach of the Year in 2006, 2007, and 2012. He was also selected as the Class B Regional Girls' Golf Coach of the Year in 2006, 2008 and 2010. In 2006, St. Aubin was awarded the NDHSCA Class B State Boys' Golf Coach of the Year.

Jeremy will serve as the Girls' Golf Class B State Manager in 2013. He serves as the Class B Girls' Golf Representative on the NDHSCA Advisory Committee to NDHSAA. Jeremy serves as Rehabilitation Director and physical therapist for several schools in South Central North Dakota. He was recognized with the "Unsung Hero Award" in 2009 as a Lions' Club member. He is a member of the local Job Development Authority and the Chamber of Commerce. Coach St. Aubin serves as Sing Leader for Zion Sunday School and is a Hunter Safety Instructor. He is served the community as Head Strength & Conditioning Coach for ten years.

Brad Webster, Ashley High School Superintendent, speaks in glowing terms as he endorses Jeremy for the NDHSCA Vice-President Ballot. Mr. Webster states that "He plays a very active role in our athletic programs and takes extra time to ensure to reinforce honesty and integrity any and every chance he gets." Mr. Webster continues in his recommendation with "(Jeremy) always tries to teach and train the kids that winning and losing is a small part of any game and give them 'the big picture' of what it is to be a part of the team."

Jeremy and his wife, Lisa, have two children: Emily and Zachary.



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



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.

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
- North Dakota Interscholastic Athletic Administrators' Association (NDIAAA) Publications Committee
- North Dakota Interscholastic Athletic Administrators' Association (NDIAAA) Secretary
- North Dakota Interscholastic Athletic Administrators' Association (NDIAAA) 2nd Vice-President
- North Dakota Interscholastic Athletic Administrators' Association (NDIAAA) First Vice-President
- North Dakota Interscholastic Athletic Administrators' Association (NDIAAA) President
- North Dakota Interscholastic Athletic Administrators' Association (NDIAAA) Past President
- Three terms as the Class A West Representative to NDIAAA
- 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.

Continued on page 9

2013 NDHSCA Hall of Fame (continued from page 8)

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.



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.

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
- 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).

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

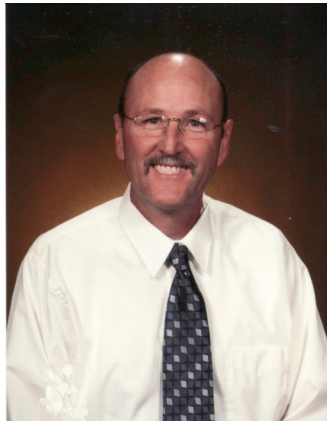
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2013 NDHSCA Hall of Fame (continued from page 9)

(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.

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.

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Dave Dougherty Scheduled for NHSACA

Two Years ago, Dave Dougherty became the President of the National High School Athletic Coaches Association by virtue of his progression through the Executive Committee chairs. At the same time, Don Prokes stepped forward to assume the Executive Director since Jerome Garry had resigned in June.

Don Prokes was very up-front with his being Executive Director and stated that he was willing to assume the role only as an interim position. He stated that his actions were purely gratuitous to have a person with experience to step forward to fill the gap until someone could be hired for “the long haul.”

Dave Dougherty, NDHSCA Past President and presently NHSACA Immediate Past President, has been asked to consider the NHSACA Leadership role by the NHSACA Executive Committee. Final approval to hire him for the position must be given by the vote of the NHSACA Board of Directors. In view of impending approval, NDHSCA asked Dave to respond to his vision for the position.

Dave’s response:

As it is with most of us in the coaching profession, I actively pursued a career in education which would allow me to teach and coach. I had the desire to serve in this profession from before my high school days. And, like most of us, while I didn’t seek service in the coaching profession, I was offered many opportunities to serve. As I began to serve my fellow coaches and the coaching profession, I developed a true passion for serving my cohorts. I believe that our coaches deserve more support, education, recognition and respect, than they receive; I have acquired positions that allow me to become an advocate for our coaches’ needs and to facilitate changes necessary for our profession.

A new opportunity came to me recently when members of NHSACA’s Executive Committee approached me about assuming the Executive Director position for NHSACA. I have spent a lot of time weighing the commitment it would take in my life, and the life of my family. After many discussions with my wife, I have decided to accept this appointment following the summer convention in Des Moines, IA, should the NHSACA Board of Directors choose to hire me for their executive. While NHSACA is the oldest national coaches association, established by coaches and for coaches in the United States, it has been facing some serious challenges for the last years. Some of these challenges include: the need to expand our member-states; the need to identify new Corporate Sponsors (we lost our previous Corporate Sponsors during the economic downturn); provide economic accountability to NHSACA’s Board of Directors; develop a stronger relationship with NO-CAD; and to re-establish the economic health of NHSACA.

These are the most vital issues facing NHSACA at this time and as Executive Director I will work with the NHSACA Executive Committee and Board of Directors to solve these issues. My number one goal is to provide for the health and growth of NHSACA today and into the future.

With that in mind, the NDHSCA Executive Committee has issued a hearty supportive handshake and arm to Dave as he assumes his quest to lead our nation’s coaches and NHSACA. Good luck, Dave!

Randy Johnson - NHSACA Third Vice-President



Randy Johnson, NDHSCA Assistant Executive Secretary, was elected to the National High School Athletic Coaches Association Third Vice-President's position at the NHSACA National Annual Meeting in July. This marks the fourth North Dakota Coach to be elected to go through the chairs to become the NHSACA President.

Randy is an unbelievable person and coach who works tirelessly for his school, his community, and NDHSCA; he will soon bring that same North Dakota work ethic to the National Association as his three predecessors. Randy follows in the footsteps of his close friend and fellow NDHSCA Executive Committee member, Dave Dougherty (2011-2012), to become NHSACA President. The first North Dakotan to be NHSACA Executive was Gelaine Orvik (1987-1988); he was followed by John Hutchison (2003-2004).

Randy has begun his 26th year as an educator and coach at Hazen High School. He presently teaches four classes of mathematics and serves as the Bison athletic director. His mathematics and computer skills and background has proven to be invaluable for others in his profession.

He has also been an extremely successful boys' basketball coach and boys' track and field coach at Hazen. He also served as an assistant boys' basketball coach (six years), an assistant boys' track & field coach (five years) and an assistant girls' basketball coach (nine years). Randy has mentored Hazen Track & Field to two State Championships and three State Runner up Titles, as well as 18 Regional Championships. His boys' basketball team has competed in one of most competitive Regionals in boys' basketball in the state. The Bison were Regional Runner-up Titlists three times.

As the assistant to the NDHSCA Executive Secretary, Randy's duties primarily include administration of the Longevity Program, recording secretary for all NDHSCA Executive Committee meetings and NDHSCA Annual Business meetings, electronic distribution of all Association communications and recording and distribution of materials at the Annual NDHSCA Convention. Randy works meticulously to maintain records and personal data for the Association.

NDHSCA Executive Committee Adopts On-Line Registration

The NDHSCA Executive Committee passed a motion at its July meeting to implement usage of online Registration beginning with the 2013-2014 Membership year. The online registration will allow coaches to have instant registration and to facilitate usage of credit cards for payment. Online registration will allow for last minute registration and will enhance ease for coaches to complete the form.



The online form will be found on the NDHSCA website and will require coaches to maintain more complete records. Registration will require the completion of information for each "box" before moving on to the next "box". In that the registrations will be an additional cost item, the membership fee will be increased from \$55 to \$60 for annual registration. The form will not be placed on the website until after the NDHSCA March Executive Committee to prevent registration complications with registration for the 2012-2013 membership. Reminders will be issued periodically by email.

-Gelaine Orvik

2013 NHSACA Hall of Fame Inductees (continued from page 1)



Rod Oksendahl is a long time football coach is North Dakota. Coach Oksendahl is a native of Maddock, ND where

graduated from high school in 1969. In 1973 he graduated from Valley City State University. He has been a head football coach for 33 years. Coach Oksendahl began his career in Wyndmere, ND where he spent three years. His next 28 years were at Cavalier (ND) High School.

Oksendahl was instrumental in building one of the strongest high school football programs in North Dakota while he was in Cavalier. During the last four years at Cavalier, his teams put together a 47 game winning streak. Presently, he is coaching the Fargo Shanley Deacons. In 2012 his Deacons played in their second State Championship game to become State Champions this year. Rod's teams have played in 11 State Championship games, winning five of them. His overall coaching record is 278-79.

Coach Oksendahl has received seven NDHSCA Coach of the Year awards and two North Dakota Associated Press High School Male Coach of the Year. He was inducted into the NDHSCA Hall of Fame in 1997 and was NHSACA National Coach of the Year Finalist in 2005. Valley City State University named him as recipient of its Distinguished Alumni Award in 2004.

Rod has coached the North Dakota Shrine All Star Football game six times, twice as head coach. He has also coached the Knights of Columbus Montana-Dakota All Star game four times, twice as head coach.

Rod and his wife, Joan, reside in Fargo, ND. They have three children: Todd, Tara (Jeremy) DuBord and Timothy (Karlee). They have two grandchildren: Mathieson and Preston DuBord.



Leland Opp is a native of Hazen, ND and was a longtime girls' track & field coach at Hazen High School.

Coach Opp started his coaching career at Hazen High School in 1986. He was the head girls' coach for 21 years after serving as an assistant coach for two years. He also was head boys' and girls' cross-country coach for eight years, head girls' basketball coach for two years and assistant boys' basketball for nine years.

Coach Opp's track & field teams have won seven State Championships and one State Runner up Title together with 20 regional titles. During his career of coaching girls' track & field, his teams defeated 4,482 teams while only 475 teams defeated Hazen. In cross-country, his teams won one State Championship title and four State Runners up Titles with a career record of 50-39. His girls' basketball teams had a 3rd place finish and one regional title in two years. His career record was 46-4.

Opp was chosen as NDHSCA Girls' Track & Field State Coach of the Year eight times and Regional Coach of the Year 17 times. He was also awarded NDHSCA State Coach of the Year in Cross-country once and Regional Coach of the Year three times. Leland's girls' track & field teams were named the North Dakota Associated Press Sportscasters and Sportswriters Female High School Team of the Year twice. He was awarded the Hazen Chamber of Commerce Community Leadership Awards twice. In 2011 Leland was named the NHSACA Girls' Track & Field National Coach of the Year and was inducted into the NDHSCA Hall of Fame.

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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 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 Duttonhefer; 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 Simpfinderfer; Beulah HS
Vickie Soholt; May-Port-C-G HS
Tyler Vander Wal; 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
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



2013 National High School Athletic Coaches Association National COTY Finalists from NDHSCA



SPORT	FULL NAME; SCHOOL	CITY, STATE
Athletic Director:	Jim Haussler; Bismarck Schools	Bismarck, ND
Baseball:	Brian Midthun; Enderlin HS	Enderlin, ND
Basketball - Girls':	Len Stanley; Mandan HS	Mandan, ND
Cross-Country - Boys':	Dave Zittleman; Bismarck HS	Bismarck, ND
Football:	Rod Oksendahl; Fargo Shanley HS	Fargo, ND
Golf:	Darrell Berglund; Hazen HS	Hazen, ND
Soccer:	Michael Breker; Fargo Shanley/South HS	Fargo, ND
Softball:	Patrick Johnson; West Fargo HS	West Fargo, ND
Special Sports:	Kent Van Ells; Dickinson HS	Dickinson, ND
Swimming & Diving:	Dick Fisher; Fargo North HS	Fargo, ND
Tennis:	Scott McPherson; Bismarck Century HS	Bismarck, ND
Track & Field-Boys':	Bob Zimney; Grand Forks Red River HS	Grand Forks, ND
Track & Field-Girls':	Michael Kuhn; Mandan HS	Mandan, ND
Volleyball:	Tim Wallstrum; Kenmare HS	Kenmare, ND
Boys' Sport Assistant:	Tim Tandeski; Grand Forks Red River HS	Grand Forks, ND
Girls' Sport Assistant:	Tim Delmore; Grand Forks Red River HS	Grand Forks, ND

These coaches are being evaluated by the NHSACA Executive Committee against seven other candidates. NDHSCA extends huge congratulations to each coach for the Finalist status. The best of luck to each coach! The NHSACA National Annual Meeting will be held on Monday through Wednesday, June 24-26 at the Holiday Inn Airport; Des Moines, IA. The NHSACA Leadership Seminar will be held June 22-23. Five graduate credits may be earned over the five day period.



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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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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.



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 _____



The NDHSCA Gelaine Orvik \$1,000 Scholarship Nomination Form



The NDHSCA-Gelaine Orvik \$1,000 scholarship honors a North Dakota High School Graduating Senior, who will attend a North Dakota College or University with the intention of becoming a High School Coach. The Scholarship will be awarded for the first time in 2013.

The NDHSCA-Gelaine Orvik \$1,000 Scholarship was established in 2008 when Joe Howell, Lisbon High School Track & Field Coach made a motion to establish the scholarship to honor Gelaine Orvik. Coach Orvik is a 35-year veteran coach who has also served the North Dakota High School Coaches Association since 1974. As a gesture to enhance his motion, Coach Howell made an initial donation of \$100 to establish this Scholarship Fund. The Scholarship Recipient will be a student-athlete who best exemplifies the values and ideals modeled by Coach Orvik, as teacher and coach; those values and ideals he expected from his athletes and students; and those values, ideals and principles he urges all coaches to portray.

The Scholarship

The NDHSCA-Gelaine Orvik \$1,000 Scholarship Fund has been enhanced by other donations from coaches, coaches' friends and sportswear companies. Extraordinary donations are made annually by coaches as they register for the Annual NDHSCA Convention and/or for Annual NDHSCA Membership. Universal Athletics has made a concerted effort to readily donate at the Annual Taco Social at the NDHSCA Convention. Some coaches have made the Scholarship Fund a recipient as a memorial for friends and relatives. SUBWAY will also make an annual \$1,000 donation for a **second NDHSCA-Gelaine Orvik \$1,000.00 Scholarship** each year.

Both NDHSCA-Gelaine Orvik \$1,000 Scholarships will be awarded annually at the NDHSCA Hall of Fame/NDHSCA Coach of the Year Banquet to graduated North Dakota High School Students who will be attending a North Dakota College or University. The \$1,000 check will be made payable to the recipient and the selected College or University.

The recipient of the scholarship will be determined by the NDHSCA Executive Committee who will serve as the evaluation committee. Factors to be considered by the evaluation committee will include, but will not be limited to, information from the Application Form:

- Academic performance (GPA)
- Class Rank
- Athletic Letter Awards
- Activity Awards
- ACT Test score
- SAT Test score (if taken)
- Captains' Role and/or Leadership Roles
- Scholarship Applicant's Application Letter
- Two Letters of Recommendation; at least one from a high school coach
- A Letter of Recommendation from a high school administrator

The NDHSCA-Gelaine Orvik Scholarship

Nomination Form

(to be sent on-line by NDHSCA Member)

The Nomination Process:

1. The nomination must be made by a NDHSCA Member. The Nomination Form must have a letter of recommendation from an athletic coach accompany the form and sent before March 10 to gorvik@cablone.net.
 - a. Letters of Recommendation must detail the coach's evaluation of the nominee's athletic ability, coachability, character, sportsmanship, leadership and citizenship.
 - b. The coach's Letter of Recommendation must also detail those values and ideals expected in athletes by Coach Orvik
 - i. Great practice habits
 - ii. 120% effort at all times
 - iii. The importance of development and accomplishment
 - iv. Willingness to sacrifice individuality for team
 - v. Team togetherness and cohesiveness
 - vi. Respect for opponents
 - vii. Honor for coaches and superiors
 - viii. Scholastic ability and achievement
 - ix. Classroom performance and conduct
 - c. The Administrator's Letter of Recommendation must verify that the student-athlete has not been suspended from any sport, activity or school during his or her attendance
2. The nominee must have high moral values, excellent academic standards and an admirable work ethic.
3. Nomination Form must be completed and sent by e-mail to gorvik@cablone.net.
4. Coaches' Letters of Recommendation and administrator's Letter of Recommendation must be sent to the NDHSCA Office by e-mail or USPS and be received on-line or postmarked before March 10.
5. An official certified transcript issued after the completion of the current school year's first semester must be sent in a sealed envelope and postmarked before March 10 or received by electronic message.
6. The Applicant's Application Letter and Application Form must be sent on-line before March 10.

Coach Gelaine Orvik

Coach Orvik led the Fargo South High School Bruins for thirty years as Track & Field head coach. During that time South High School won six outdoor state championships and three official state-sponsored indoor championships. Orvik's philosophy of Bruin's Track and Field boasts a tradition of large numbers of participants - usually about 125 boys from grades 9-12 competed each year. Every athlete knew the importance of his performance and of his teammates and made teamwork the driving force in the program. Coach Orvik orchestrated a similar program while he was head cross-country coach for the Bruins. The cross-country runners were committed to being the strongest and best prepared athletes through dedication to hard work. This preparation led the Bruins to the school's first Cross-Country State Championship in 1985.

Mr. Orvik is a graduate of Klotten (ND) High School and Mayville State University. He holds a Bachelors of Science Degree in Education with a double major in English and Physical Education. Orvik retired from teaching in 2001 after completing his 36th years as an educator (teacher/coach) in North Dakota with 33 of those years spent at Fargo South High School. Coach Orvik had a burning desire for every student, athlete, and cohort to succeed. He has led North Dakota Coaches with that same drive and enthusiasm to succeed the right way (with class and professionalism).

Numerous awards and honors have been bestowed on Mr. Orvik ranging from his, community, church, school and university. In May 2005 Fargo Public Schools named the track at Fargo South High School *Orvik Track*. The ceremony marked Gelaine's final chapter at Fargo South High as his academic and athletic achievements were summed up by the following quote. "The athletic track was named after Orvik, but his interactions with the students were his real legacy."

The NDHSCA-Gelaine Orvik Scholarship

Nomination Form

(to be sent on-line by NDHSCA Member)

Nominee's Name:

Nominee's School:

Nominee's Home Mailing Address:

Nominee's Home Phone: Nominee's Cell Phone:

Nominee's E-mail Address:

Names of Parents/Guardians:

NDHSCA will send media release to the site of your choice:

Print Site: City/State/Zip:

Print Site E-mail Address:

Nominator's Name:

Nominator's School:

Nominator's Mailing Address:

Nominator's City, State & Zip:

Nominator's Home Phone: Cell Phone:

Nominator's E-mail Address:

Reasons that you are nominating this person for this scholarship (Please use this space and an attachment if you need additional space.)

A Nominee's Application Form will be sent to the recipient for completion on-line upon receipt of this Nomination Form.



The NDHSCA Gelaine Orvik \$1,000 Scholarship Application Form



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- Activity Awards
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The NDHSCA-Gelaine Orvik \$1,000 Scholarship

Application Form

1. The NDHSCA-Gelaine Orvik \$1,000 Scholarship Application Form will be sent to the Applicant after the on-line Nomination Form has been received in the NDHSCA office
2. The Application Letter, Senior Photo, Official Transcript and Application Form must be returned to NDHSCA by e-mail **BEFORE March 10**
3. Application Form must include the following (these may be sent by separate e-mail or by USPS):
 - a. Official certified High school transcript (at end of first semester)
 - b. Two letters of recommendation from faculty members- -at least one from a coach; these may be sent to NDHSCA Office as attachments by e-mail or by USPS directly, from faculty members
 - c. One letter of recommendation from a member of the school's administration

Name:

School:

Home Mailing Address:

Home City, State & Zip:

Home phone: Cell phone: School Phone:

E-mail Address:

Names of Parents/Guardians:

Date of Graduation: Grade Point Average:

Class Rank (out of) ACT Score: SAT Score:

College/University you are planning to attend:

Please write a Letter of Application to the NDHSCA Executive Committee for their evaluation of your request to be considered for this Scholarship. This Letter of Application must be attached to the e-mail that includes your completed Application Form.

Athletics and Activities: Mark (X) activities of participation. Add a star (*) those in which leadership or captains' roles have been held. Indicate varsity letter earned by using a V in the year that letter was earned.

Athletics:

Baseball	9	<input type="text"/>	10	<input type="text"/>	11	<input type="text"/>	12	<input type="text"/>
Basketball	9	<input type="text"/>	10	<input type="text"/>	11	<input type="text"/>	12	<input type="text"/>
Cross Country	9	<input type="text"/>	10	<input type="text"/>	11	<input type="text"/>	12	<input type="text"/>
Football	9	<input type="text"/>	10	<input type="text"/>	11	<input type="text"/>	12	<input type="text"/>
Golf	9	<input type="text"/>	10	<input type="text"/>	11	<input type="text"/>	12	<input type="text"/>
Gymnastics	9	<input type="text"/>	10	<input type="text"/>	11	<input type="text"/>	12	<input type="text"/>
Hockey	9	<input type="text"/>	10	<input type="text"/>	11	<input type="text"/>	12	<input type="text"/>
Soccer	9	<input type="text"/>	10	<input type="text"/>	11	<input type="text"/>	12	<input type="text"/>
Softball	9	<input type="text"/>	10	<input type="text"/>	11	<input type="text"/>	12	<input type="text"/>
Swimming-Diving	9	<input type="text"/>	10	<input type="text"/>	11	<input type="text"/>	12	<input type="text"/>
Tennis	9	<input type="text"/>	10	<input type="text"/>	11	<input type="text"/>	12	<input type="text"/>
Track & Field	9	<input type="text"/>	10	<input type="text"/>	11	<input type="text"/>	12	<input type="text"/>

The NDHSCA-Gelaine Orvik \$1,000 Scholarship

Application Form

Volleyball	9	<input type="checkbox"/>	10	<input type="checkbox"/>	11	<input type="checkbox"/>	12	<input type="checkbox"/>
Wrestling	9	<input type="checkbox"/>	10	<input type="checkbox"/>	11	<input type="checkbox"/>	12	<input type="checkbox"/>
Cheer Team	9	<input type="checkbox"/>	10	<input type="checkbox"/>	11	<input type="checkbox"/>	12	<input type="checkbox"/>
Dance Line	9	<input type="checkbox"/>	10	<input type="checkbox"/>	11	<input type="checkbox"/>	12	<input type="checkbox"/>

Activities:

Band	9	<input type="checkbox"/>	10	<input type="checkbox"/>	11	<input type="checkbox"/>	12	<input type="checkbox"/>
Chorus	9	<input type="checkbox"/>	10	<input type="checkbox"/>	11	<input type="checkbox"/>	12	<input type="checkbox"/>
Orchestra	9	<input type="checkbox"/>	10	<input type="checkbox"/>	11	<input type="checkbox"/>	12	<input type="checkbox"/>
Debate	9	<input type="checkbox"/>	10	<input type="checkbox"/>	11	<input type="checkbox"/>	12	<input type="checkbox"/>
Speech	9	<input type="checkbox"/>	10	<input type="checkbox"/>	11	<input type="checkbox"/>	12	<input type="checkbox"/>
Drama	9	<input type="checkbox"/>	10	<input type="checkbox"/>	11	<input type="checkbox"/>	12	<input type="checkbox"/>
Student Govt.	9	<input type="checkbox"/>	10	<input type="checkbox"/>	11	<input type="checkbox"/>	12	<input type="checkbox"/>
Publications	9	<input type="checkbox"/>	10	<input type="checkbox"/>	11	<input type="checkbox"/>	12	<input type="checkbox"/>
FBLA	9	<input type="checkbox"/>	10	<input type="checkbox"/>	11	<input type="checkbox"/>	12	<input type="checkbox"/>
DECCA	9	<input type="checkbox"/>	10	<input type="checkbox"/>	11	<input type="checkbox"/>	12	<input type="checkbox"/>
Student Council	9	<input type="checkbox"/>	10	<input type="checkbox"/>	11	<input type="checkbox"/>	12	<input type="checkbox"/>

Use the space below to list other school sports, clubs, etc., if needed.

Use this space to list non-school activities, clubs, services, etc., if needed.

The NDHSCA-Gelaine Orvik \$1,000 Scholarship

Application Form

Please write an explanation of why you want to be a high school coach. This will be considered in the evaluation for this scholarship.



Complete this Application Form and return together with your Personal Application Letter by e-mail before March 10 to: gorvik@cablone.net.

Official high school transcript and letters of recommendation may be sent by separate e-mails or by USPS. All material must be sent before March 10.



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 2012-2013

Please print!

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

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

In the A column, write **H** (head coach) or **A** (assistant coach) for the appropriate sport(s). In the second column, write your **2010-2011** record. In the third column, write your **lifetime** record for that sport. Records will be maintained as much as you provide information for Victory Milestones. **If you qualify for a Victory Milestone Award, you are expected to notify NDHSCA with a full listing of your record in that sport.**

	A	11-12 record	lifetime record		A	11-12 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 2013**) _____ **Membership Fee: \$55.00**

Signature _____

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

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

Coaches are urged to photocopy additional membership forms and solicit membership of other head and assistant coaches throughout each school district. – Thank you.

Proud to be a Member of the NDHSCA

- Membership in the NDHSCA has the following benefits:
- \$1,000,000 Liability Insurance Coverage
 - Subscription to our *Dakota Coach* newsletter
 - Access to coaching openings in North Dakota
 - Reduced admission to NDHSCA/NDHSAA Clinic during the year
 - Free or reduced admission to many high school and college contests
 - UND/NDSU football tickets for allotted number of coaches in reserved section (except Hockey)
 - Eligibility for the full awards program of the NDHSCA
 - Eligibility to serve on the Sports Advisory Committee
 - Eligibility to serve on All-Star Coaching Staff
 - Contacts that will allow opinions to be heard in the governing of each sport by the NDHSCA
 - An organized group that keeps everyone in touch with developments across the state and nation
 - An organization that is concerned with offering programs that will help improve coaches
 - An organization that is attempting to maintain and improve athletic programs for North Dakota's youth.



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

Membership deadlines: Fall-October 1 Winter-February 1 Spring-May 1
Return form to: Karen Hardie; NDHSCA Membership Chair
2472 Lilac Lane , Fargo, ND 58102

NDHSCA Victory Milestones



Please help the NDHSCA keep your records current. Each coach must send their record at the completion of each season. If coaching more than one sport, complete each sport on a separate form. If you are completing the victory milestone for the first time, make sure to give your record for each year.

Report only the highest level of coaching each season. Don't add coaching seasons together (ex. if a coach is coaching both jr. high boys basketball and varsity basketball, count only the varsity basketball record for that season). If coaching both varsity girls' and varsity boys' basketball, count each season

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

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

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

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

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

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

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

NDHSCA Victory Milestone Record Sheet

Name _____ Date _____

E-Mail _____

High School _____

Coaching Position _____

Address _____ City/State/Zip Code _____

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

Example:

Meet 1	11 teams	7 wins	4 losses
Meet 2	4 teams	0 wins	4 losses
Meet 3	6 teams	6 wins	0 losses
Meet 4	5 teams	4 wins	1 loss
<u>Meet 5 7 teams 5 wins 2 losses</u>			
Totals 5 meets 33 teams 22 wins 11 losses			

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

Year	School	Sport	Varsity	JV	JH	Won/Loss	Overall Record
1.	_____	_____	_____	_____	_____	_____	_____
2.	_____	_____	_____	_____	_____	_____	_____
3.	_____	_____	_____	_____	_____	_____	_____
4.	_____	_____	_____	_____	_____	_____	_____
5.	_____	_____	_____	_____	_____	_____	_____
6.	_____	_____	_____	_____	_____	_____	_____
7.	_____	_____	_____	_____	_____	_____	_____
8.	_____	_____	_____	_____	_____	_____	_____
9.	_____	_____	_____	_____	_____	_____	_____
10.	_____	_____	_____	_____	_____	_____	_____
11.	_____	_____	_____	_____	_____	_____	_____
12.	_____	_____	_____	_____	_____	_____	_____
13.	_____	_____	_____	_____	_____	_____	_____
14.	_____	_____	_____	_____	_____	_____	_____
15.	_____	_____	_____	_____	_____	_____	_____



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



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



**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

Our Starting Lineup

Locally Owned, Community Involved

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Spicy Italian



Turkey Breast



Oven Roasted Chicken



Roast Beef



Sweet Onion Chicken Teriyaki



Italian B.M.T.



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**Your locally owned
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sponsor the
North Dakota
High School
Coaches Association**



North Dakota High School Coaches Association Official Publication

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

Send to Gelaine Orvik - gorvik@cableone.net

or to any of the members of the Executive Board.

See page 2 for e-mail and mailing addresses or phone numbers



**North Dakota
High School Coaches
Association & POWERade**

Outstanding Senior Athlete Award

