



DAKOTA COACH

NHSACA Hall of Fame Inductees

2014 From North Dakota

NDHSCA Executive Committee voted unanimously to induct two longtime North Dakota coaches into the NHSACA National Hall of Fame. NHSACA accepts two names for induction from states that pay NHSACA National Membership fees.

The 2014 NHSACA inductees from North Dakota will be Pete Moe longtime football coach and athletic director from Washburn High School. The second inductee will be Frank Fish, retired head wrestling coach from Watford City High School.

Both Pete and Frank are still active coaches in their communities. Pete retired as head football coach but remains a middle school football coach and athletic director. Frank retired from head wrestling coach but remains an active assistant wrestling coach in Watford City HS.

Continued on page 10

NHSACA COTY Inductees

2014 From North Dakota

The NDHSCA Executive Committee identified nominees for the NHSACA National Coach/Athletic Director of the Year at its July NDHSCA Executive Committee Session in Mandan at the Seven Seas Best Western Conference Center. The Nominees are identified by roster of candidates that are submitted by NDHSCA Executive Committee members and a review of personnel from each sport roster.

The nominees are ultimately selected as the most viable candidates to be selected as National Finalist and National Coach of the Year based on longevity, won-lost percentage, state/regional competition championship-regional titles, professional contributions to coaching and/or athletics, and professional awards earned.

Please turn to page 18 for list of nominated coaches.

2013 NDHSCA Coaches Convention Review

The 2013 NDHSCA Coaches Convention proved to be an outstanding event in every way. We knew we had a good undertaking when our numbers for pre-registration kept growing and growing! The registrations for the Required Coaches Education "Fundamentals Seminar" were increasing beyond our wildest dreams.

Although the Seminar kept growing, other obstacle kept growing also. We increased from one section for "Fundamentals of Coaching" to three sections. Fortunately, we were able to divide the seminar numbers (239) in half with Group A of 120 going to the First Aid section for the first two sessions and Group B of 119 going to the "Fundamentals of Coaching" with three instructors (Pete Moe, Brad Foss and Jim Roaldson) having about 40 in each classroom for the first two sessions.

Continued on page 7

INSIDE THIS ISSUE:

Executive Committee	2
President's Message	3
Executive Secretary's Desk	4-6
Convention Review	7-9
Longevity Notice	8
Hall of Fame Inductees	10
NHSACA Letter	11

7 Secrets to Coaching	13
Learning From Army Rangers ..	14
Things from Texas	15
Orvik Scholarship Form	16
Forms Available	17
National Coaches of the Year ...	18
Victory Milestones Form	19

Online Registration Link	20
Coaches Code of Ethics	21
Coaches Code of Conduct	22
Life Membership Form	23
Life Members Listing	24
Sponsor Membership Form	25
Back Page	26

NDHSCA 2013-2014 Executive Committee

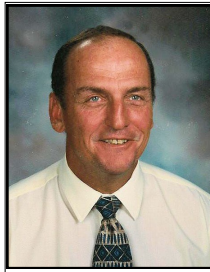


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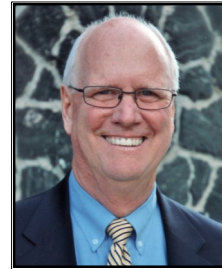
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President's Message - Summer 2013

The 2013-2014 athletic season is upon us. I hope you enjoyed some vacation time this past summer and are rejuvenated and ready to lead the student athletes in your respective sports. Thank you to all who attended the annual NDHSCA Coaches Convention. Thank you to Gelaine Orvik, Randy Johnson, and John Hutchison for all their hard work in putting together another outstanding convention and awards banquet. Thanks also to the volunteer staff that worked to get everyone registered and pointed in the right direction. The Convention runs smoothly because of the combined efforts of all. Be sure to mark your calendar for July 28 to August 1, 2014 for next year's NDHSCA Coaches Convention to be held in Fargo.

I am proud to say North Dakota is well represented at the national level with Dave Dougherty of Fargo serving as the National High School Athletic Coaches Association Executive Director and Randy Johnson of Hazen serving as 2nd Vice President in the NHSACA. Congratulations to both of them for their appointments in service to North Dakota and to coaches nationwide. The National Convention is set to be held in Jackson Hole, Wyoming in June of 2014.

It is a great honor to serve as your President this year. I am grateful to Ralph Manley, Past President, for his leadership and kindness. Along with all the members of the Executive Board that have helped prepare me for this role. It is a pleasure to work with



Lisa Strand

such an outstanding group and for such a high quality organization.

While membership in the NDHSCA is strong, our goal is for all coaches to become members. I encourage you to promote membership of coaches at all levels and in all schools. With the implementation of the Coaches Permit, we have taken another professional step forward. Ensuring our athletes have qualified coaches will help give them the most positive experience when competing in high school athletics.

Be sure to visit our website at ndhsca.com. You will find a great amount of information. Membership forms, scholarship forms, junior high and assistant coach of the year nomination forms and applications for serving on sports advisory committees are all found at the NDHSCA website. Also if there is someone in your community who deserves to be

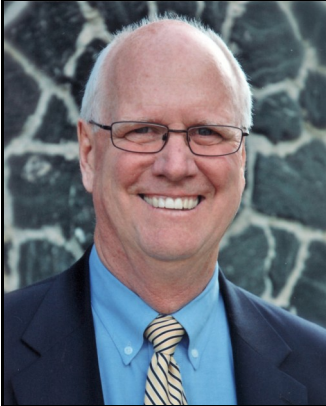
recognized for their achievements, forms for special recognition and award of merit forms are also available. Those chosen are honored at the Annual Awards Banquet held in conjunction with the Coaches Convention. If you haven't attended one of these banquets, or haven't attended recently, I highly encourage you to do so. It is awe inspiring. From the Hall of Fame recipients to the scholarship winners and the Coach of the Year recipients and others recognized, it is phenomenal (The food is just a bonus!). It is a wonderful way to show your support for your fellow coaches and others who have given so much to high school athletics.

If you are in need of assistance or have any questions, feel free to contact me or any member of your Executive Committee. Best of luck to all coaches as you step up as professionals in your respective venues. We coach for many reasons. The biggest is to provide a positive, healthy experience for our athletes. Whether we are new to this or have been around for a while, the reason we do what we do is for our student athletes. Be professional in your actions and character. Comply with all NDHSAA rules and be a positive role model for all.

Thank you and enjoy your year!

Lisa Strand

From the Executive Secretary's Desk



Gelaine Orvik

As I begin this column, I have so many thoughts to share; I do not know where to begin. I think I will begin with thank you!

- Thank you, Ralph Manley! Your leadership this past year has been superb. He has been astute as he stepped forward to be the executive in charge. Oftentimes we take some aspects of the operation of our Association for granted. Ralph never leaves the details for chance. He has always exhibited his leadership in North Dakota or in Des Moines, IA. When a thank you or comment was in order, he was there and always made us proud as coaches and for coaches. He truly was a President for all of us! Thanks, Ralph!
- Thank you, Dave Dougherty! I am certain that NHSACA will be a better organization under your tutelage. He follows a long line of leaders, but he is certain to step to the front in his success. I cannot imagine a stone unturned as he assumes leadership for our National Association Brother to NDHSCA. Dave and Danell began their task long before responsibility for the position began. He is never too proud to search for ideas and suggestions from all those who were before him. Dave, Thank you and Good luck!
- John Hutchison; thanks! He continues to provide the work and leadership that are so important to our Association. His timeliness and punctuality with Coach of the Year and Outstanding Senior Athlete balloting are superb. NDHSCA will be hard pressed to ever replace such governance. John's willingness to attack any obstacle for the Association is often without recognition but is never overlooked. John has always been an anchor for NDHSCA who looks at the Big Picture and is unwavering in his support for what is good for all of North Dakota coaches, athletics and NDHSCA.

- Randy Johnson continues in his leadership for NDHSCA and for NHSACA. He sustains the principals and guidelines that NDHSCA has established and followed for years. Randy never seeks individual or committee gratification. His strategies are always within the parameters for the continued success of coaches, sports and NDHSCA. Thank you Randy and Good Luck as you move into your NHSACA Presidential role.
- Dave Zittleman! He is incomparable. Since his election to the NDHSCA Executive Committee, he has provided extraordinary leadership, knowledge and "sense of fair-play". NDHSCA has retained Dave as the Association's Webmaster because he has the ability of making adjustments and changes while we are in conversation. (He can multi-task!) In addition to his "techie" contributions, he has a sense of right and wrong together with a competitive spirit that is incomparable. We have been truly blessed by his service on the Executive Committee; we hope he will continue as our Webmaster for eternity. Thank you, Dave!

After this weekend, I continue to be filled with pride that I live in North Dakota: How can any Roughrider State athletic/coaching resident not puff up after the two universities made a mark with their football success. I had opportunity to travel to Grand Forks on Thursday evening to view the state's UND football game.

After the first UND touchdown, I turned to my traveling friend, mouth agape and my eyes the size of silver dollars. Wow! Is that possible? A 75-yard touchdown on a "go" pattern but more spectacular was that the pass was right on the button. Then after the defense forced a punt, we watched a nearly perfect punt return of 64 yards for another

Continued on next page

From The Executive Secretary's Desk (continued)

touchdown. The breathtaking observance was not over; in my mind an equal astounding performance led to the third touchdown when there was a pass of 55-yards in the air that was right on the money to the 10-yard line. OMG!

Friday I was fortunate enough to continue my autumn extravaganza. I watched the Fargo South-Mandan football game in 90-degree sunshine. And a great game! Then I drove to Fargo Davies to observe the visiting Century Patriots invade the Eagles home field. Another great high school football game!

I confess that I departed just before the fourth quarter to hustle to watch our NDSU Bison triumph over the last year's Big Twelve Champions, Kansas State Wildcats. And What a Game! I couldn't be prouder! To me the most overwhelming part of the game was the 18-play, 8 minute-30 second final drive that was a true **North Dakota State University Bison Football Drive!** It was nothing fancy; it was just good, old smash-mouth football by good, old work boys - - - kind of plaid shirt and blue jeans type of football! At least that is what I saw! And no one was prouder!

Congratulations to the UND and Bison Football Teams and their leaders! Coach Bohl and Coach Mussman continue to be spectacular coaches and astounding leaders of young men. North Dakota coaches and NDHSCA are amazed with these overwhelming virtuosos. Thanks for being on our teams!

And now the sad side of my message! I received a message of the passing of our friend Dennis "Smokey" Johnson. He was a true competitor and someone who was always willing to share with his family, his faculty, other coaches and friends. "Smokey" spent one year on the Fargo South Staff while I was there, and he always added some inspiration to our discussions. Our hearts go out to his wife Eileen and his children Carla and Craig. May they be assured of the

reverence and honor the coaches of North Dakota had for "Smokey"!

Last week I received an E-mail message from Stephen Carnal that "Dar Gorder has passed"! A true friend and a loyal Grover, Darwin passed after a sudden change in his health. Darwin has been an Oak Grove Grover forever.

I still remember when he played amateur basketball, and I never made an officiating call that was to his liking. Yet when I officiated at Oak Grove, he was a true gentleman and led his team to a State Championship with a perfect record in 1969. He spent 45 years at Oak Grove and supervised over 2,000 events where he assured fair play and good sportsmanship. The coaches of North Dakota extend their love and support to his wife Kay Ruth and his children Darcy and Scott. May they be assured of our esteem and respect for Dar.

I had a visit with Ken Towers, Red River HS boys' basketball extraordinaire from the late '60's & '70's. He just recently escaped catastrophe when he had successful carotid artery surgery to prevent heart attack. The doctors confirmed that the heart shows no heart damage. This followed heart surgery on Gloria, his wife. However, his wife was hospitalized after surgery on April 17th for 100 days with a severe staph infection. Our best to Ken and Gloria as they recover! I know that Ken is on his way as he attended the UND football game on August 29th.

I just noticed that the 2020 Olympics will return to Tokyo. I believe that is 56 years ago when the last summer Olympics were there. I also noticed that wrestling has been reinstated into the games. I hope that the letter writing campaign and email campaign that was an insurgent to have the sport returned. Imagine the audacity of removing one of the original sports of the games!

Continued on next page 6

From The Executive Secretary's Desk (continued)

How about a long hard cheer for the latest overcoming the odds and discrimination! A 65-year old (age) woman (gender) swims the 90 miles? Atlantic from Cuba to Miami! Now, I know that there are those out there questioning the authenticity of the swim because of possible assistance or (heaven forbid) having a ride! However, I just admire anyone who is in the water that length of time! I am not giving her any break to an accomplishment of this magnitude. I just admire the guts to try that.

We are in the midst of several reports of bullying and hazing by athletic teams. Folks, there is no room for abusive behavior towards our competition for any reason. That does not mean that we should not constantly strive for perfection in performance. However, we do not have right or privilege to "stick it to someone" or to do that extra dance or celebration in front of our opponent. We as coaches have an obligation to expect and demand appropriate behavior from our athletes at all times.

Just recently we were "treated" to another slam by our friendly *Forum* feature writer, Helmut Schmidt. The response to his reading the research by Dr. Brad Strand on Gamesmanship was astounding. Only briefly

did he allude to anything NDHSCA is doing to make corrections to behaviors and practices in Gamesmanship. The most alarming perception from the research is that student-athletes have a distorted idea of what is acceptable and what is to be done on the field. Brad and I visited on the research before the *Forum* article appeared and we both concurred on the expected distortion by the student-athlete. More to follow on this topic in December!

I hope all coaches feel at ease to contact me or any of the NDHSCA Executive Committee with suggestions. The Committee meets the first Sunday in November. Do you have an agenda topic suggestion? Send an e-mail. Do you have a 2014 NDHSCA Speaker suggestion, please send an e-mail with contact information for your suggestion. Nothing should inhibit anyone to make a proposal!

Good Luck to all fall season coaches and athletes! We look forward to seeing many of you soon at the Fall Season State Competition.

◇

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2013 NDHSCA Convention Review (continued from page 1)

Then when the third session began, Group A moved to the “Fundamentals of Coaching” instructors’ three classrooms and the three sections of Group B moved to the First Aid classroom for two sessions. That arrangement provided all 239 registrants with their First Aid requirement and two of the three hours provided for “Fundamentals of Coaching”.

As the seminar sections took a break for the noon luncheon with Mike Tully providing his luncheon presentation “How to Motivate without Driving them Crazy”, the afternoon sessions for Required Coaches Education “Fundamentals Seminar” had three hours to complete the third session with the “Fundamentals of Coaching” instructor and three hours for enrollees to complete CPR/AED certification.

In retrospect, organizing and administrating the section was the most demanding aspect of the NDHSCA Convention. Some coaches did not realize that they needed to pay the \$45 supplies and materials fee for the session to be placed on the roster. Secondly, some coaches did not sign the roster to receive their CPR/AED certificate. This accentuated an organizational demand for NDHSCA as well as the need for “better communications” to all enrollees for their duties and responsibilities.

When the sport-specific sessions began on Wednesday, the total numbers enrolled for the convention only served the need to analyze the required breakout availability for presenters. The convention organization made every attempt to utilize Mandan Middle School, three blocks down the hill, for at least one sport for each session. However, we had ten sport-specific presentations scheduled for some hourly sessions. We tried our best to be very creative in our scheduling, but know that some coaches did not recognize the restrictions under which we labored.

A change to the convention that was developed was to provide a noon luncheon for attendees of the Wednesday Association Annual Business Meeting. NDHSCA cooperated with our latest Premier Sponsor, SUBWAY, to provide a Sub Sandwich and beverage. This allowed for a time saver for attendees and an opportunity to spotlight SUBWAY.

A second lunch was provided to attendees of the Thursday General Session that featured Spencer Wood delivering an enticing presentation on “Mental Skills and Toughness for the 21st Century”; a truly phenomenal speaker.

SUBWAY also provided for the second NDHSCA -Gelaine Orvik Scholarship at the Thursday night Awards Banquet. Because SUBWAY stepped forward, a \$1,000 scholarship was made available for Wyatt Aberle, Lisbon HS and Brad Conant, Fargo Oak Grove HS. A huge thank you to SUBWAY for its cooperation and congratulations to Wyatt and Brad!

On Wednesday evening, Universal Athletics again sponsored the “Taco Bar Social” together with their famous “Beer Can ‘Horse Races’”. This is an unbelievable time for fun and hospitality. The highlight of the evening is the final race that raised almost \$2,500.00 for the NDHSCA-Gelaine Orvik Scholarship Fund. Larry Aasheim and his North Dakota staff (Jerry, Alex, Dave and Jeremy) are astounding in their commitment to North Dakota coaches and NDHSCA. They spend a huge amount of money to make sure coaches have fun and make sure that the Scholarship Fund grows. Universal Athletics, you are fabulous!

We had another change in our schedule that we will re-evaluate for 2014. The Annual Golf Scramble was moved from Wednesday afternoon to Tuesday afternoon due to repeated requests by coaches who wanted to put in a full day of clinic sessions but the schedule facilitated the golf scramble.

Continued on next page 8



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2013 NDHSCA Convention Review (continued from page 7)

We also had a convention evaluation form placed in each packet and requested over and over for coaches to be sure to file the post-convention evaluations at the registration desk. The results of compilation of the evaluations are provided in this issue of the *Dakota Coach* but do not conclusively give the NDHSCA Executive Committee a direction for the golf scramble in the future.

With the adjusted structure in the schedule of the Convention, NDHSCA also experimented in providing light lunches for Wednesday NDHSCA Annual Business Meeting attendees and for Thursday General Session attendees. Wednesday's luncheon was provided by a new NDHSCA Premier Sponsor, SUBWAY.

The NDHSCA Convention attendees are provided with a form to suggest speakers for future conventions. NDHSCA also solicits suggestions from all other members. Simply send a message to Gelaine Orvik, NDHSCA Executive Secretary by E-mail with the name and pertinent contact information of any suggestion.

NDHSCA is always facing the requirement from NDSU Distance and Continuing Education for at least 75% of the presenters over any given session to have an advanced degree. This is the criteria that NDHSCA uses in determining some of the speakers for each sport and for each session.

Plans are already in the making for the 2014 NDHSCA Coaches Convention to be held at the Fargo Doublewood Inn, July 29-August 1.

Convention Evaluation Form RESULTS

Please Refer to Page 9

Note on Longevity

The NDHSCA is in the process of getting ready for the 2014 Summer Convention. We are preparing a list of longevity winners. The years of coaching we recognize are 20, 25, 30, 35, 40, 45, 50, etc. Please send an e-mail to Randy Johnson at duck@westriv.com if you are one of these individuals. Remember, this is the number of years you have been coaching through the spring of 2014 at any level. You must be a member of the NDHSCA to be recognized and you must be a junior high, or high school coach at the time. Please remember to fill out your membership forms through the next year. This keeps our data base up to date.

We will run a compile list in the Winter, Spring, and Summer *Dakota Coach*. Please see if your name is on the list. I will e-mail coaches from the data base next spring asking them their wishes for a Longevity Plaque. Please let me know if you have any questions.

Sincerely,



Randy Johnson

2013 NDHSCA Convention Evaluation Results

Please evaluate the 2013 North Dakota High School Coaches Association Annual Convention. **There will be a box at the registration desk on Friday.** This is separate from the NDSU evaluation. The rating scale for each question is as follows:

N = No Opinion 1 = Poor 2 = Below Average 3 = Average 4 = Above Average 5 = Excellent

1. Evaluate the on-line registration process.

N-16 1-2 2-5 3-10 4-9 5-11

2. Evaluate the registration area and personnel.

N-0 1-0 2-0 3-1 4-13 5-39

3. Evaluate the organization of the convention:

N-0 1--0 2-1 3-12 4-18 5-22

4. Evaluate having golf on Tuesday instead of Wednesday:

N-9 1-3 2-1 3-2 4-2 5-3

5. Evaluate the FCA Breakfast:

N-37 1-1 2-0 3-0 4-2 5-12

6. Evaluate the General Session.

N-0 1-0 2-0 3-6 4-14 5-27

7. Evaluate the food functions, Tuesday luncheon, Wednesday luncheon, and Thursday Coach of the Year/ Hall of Fame Banquet:

N-0 1-0 2-0 3-6 4-15 5-28

8. Individual written comments have been compiled for NDHSCA Executive Committee and are available to individual members upon request.

NHSACA Hall of Fame Inductees

(Continued from page 1)

The NDHSCA Executive Committee evaluates nominees for the inductions based on professional service, longevity, win-loss percentages, awards, professional leadership and personal endorsements.

The NHSACA Hall of Fame Induction will take place on Tuesday, June 15, 2014 at the Snow King Lodge at a noon Luncheon. Tickets may be procured by the online form on the NHSACA Website (nhsaca.net). All National Award winners truly appreciate support and attendance from friends and fellow coaches. Registration forms are also found on the NHSACA Website.

NDHSCA 2014

**Convention Dates
July 29–August 1**

Fargo

**ONLINE MEMBERSHIP
REGISTRATION LINK**

Information

See page 20

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!

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Greetings from the NHSACA Executive Board!

The 2013 National High School Athletic Coaches Association Convention held in Des Moines, Iowa on June 22-26, 2013 was a huge success. I want to thank President Jerry Horton from Iowa for hosting a wonderful event. Here are some items North Dakota can be very proud of:

- Leland Opp, Hazen HS and Rod Oksendahl, Cavalier HS and Fargo Shanley HS were inducted into the National Hall of Fame.
- Dave Zittleman, Bismarck HS was named National Coach of the Year in Boys' Cross Country.
- Richard (Dick) Fisher, Fargo North HS was named National Coach of the Year in Swimming and Diving.
- North Dakota had 16 out of a possible 19 finalists for a National Coach of the Year.
- North Dakota and the North Dakota High School Coaches Association is represented by five members on the National High School Athletic Coaches Association Board of Directors.
 - Gelaine Orvik – Past President
 - John Hutchison – Past President
 - Dave Dougherty – Immediate Past President and will take over as the Executive Director starting September 1
 - Ralph Manley – Swimming and Diving Sport Chair
 - Randy Johnson – Elevated from 3rd Vice President to 2nd Vice President

Next year's convention will be held in Jackson Hole, Wyoming from June 16-18, 2014. What a wonderful site to have a convention. Take a vacation during this time and head out to Jackson. You will have a wonderful time.

The biggest challenge the NHSACA has is securing sound financial backing with sponsorships. If you have any potential takers, please let Dave Dougherty, or myself know. We are willing to listen and seek potential sponsors.

The NHSACA is in need on Sports Chairs. If anyone is interested in their respected discipline, please send me an e-mail at duck@westriv.com. We need hard-working, responsible people to fill these positions. It is an outstanding organization and does a lot to help the coaches of our Great Nation.

Wishing the best of luck this sports season,

Randy Johnson
NHSACA 2nd Vice President

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Turkey Breast



Oven Roasted Chicken



Roast Beef



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Seven Secrets to Coaching Introverts

A few years ago I was coaching my son in high school football. He was a typical coach's kid. He was smart, technically sound and knew what everyone was supposed to do on any given play or situation. However, as a "Type A" person and coach, I was frustrated with my son's lack of ability to open his mouth and lead others. I remember saying something brilliant to him during a practice one day:

Needless to say, he wasn't the first introverted athlete I had coached like that... not to mention my relationship with my son was not being enhanced by my tirades. One definition of an introvert is a person that turns their thoughts inward; a person that recharges with introspection. So many of us who are leaders and coaches assume that everyone we lead is an extrovert like us; however there are some great athletes and employees who are introverts.

My experience with my son made me realize that I was ill-equipped as a leader and coach, in fact I was missing vital coaching tools in my tool box. Below is a list of 7 principles that I have learned from others over the years that has helped me understand, motivate and properly coach someone who is an introvert. Enjoy:

- They love doing the drill after everyone else.
- In time they may lead vocally, but pressuring them to do so will hinder their performance.
- After teaching them in a group, make time to teach them new skills in a one on one setting
- The more you respect their communication style the more they will begin to realize how much you care.
- Be prepared to let them think. You will get the answer you want, but it will not be instantaneous.
- As they open up and begin to verbalize, do not interrupt them. Keep building trust, they won't abuse the privilege of speaking like an extrovert.
- It is not our job as coaches and leaders to change people, our job is to help them grow and mature. Focus on helping them grow, not on making them an extrovert.

You may be asking, why write an article on introversion? Because, I believe I may have damaged many relationships over the years, and perhaps stifled many people's potential due to my ignorance. My hope is that if you are an extrovert that you will join me in this journey of adding wisdom to your toolbox of increasing our understanding of coaching all personalities. If you are an introvert, I hope you will be encouraged by this article and cut me and the extroverts some slack as we try to overcome our wiring.

Be a Difference Maker and a Legacy Builder Today!

Make it a Great Day!

Coach O'

This article was lifted from Coach Rod Olson's monthly E-mail "Coffee with Coach O"

Thank you, Coach!

Learning from the Army Rangers, Navy SEALs and Peyton Manning

What if you could spend a day with the leaders of the Army Rangers, next a day with the leaders of the Navy SEALs in Coronado, CA then be a fly on the wall in an informal meeting with Peyton Manning? Do you think you might pick up just a few nuggets of wisdom from these elite leaders?

I am grateful for the opportunity to have visited with these groups.

Below are just a few of the gold nuggets I picked up on my journeys this past month. Hopefully these will impact you and encourage you as a leader, coach and parent.



As I found myself at the edge of a 75 foot rock faced cliff, I had a decision to make: Succumb to my feelings of fear and doubt or trust the facts and training that I had received earlier and repel down the cliff as instructed. It had been a long time since I had been on the player's side of things and this cliff was forcing me to put my "leadership" teachings to the test. Army Ranger leaders have their soldiers focus on the facts and not how they feel when performing difficult tasks. If we hope to accomplish the 'hard' or coach others to overcome, we must focus on the facts of a situation and not our feelings. **"You are prepared for this, you may not feel' completely sure about it, but it is time for you to trust your training and go for it."**



"If we can't trust you as a man, we will not be able to trust you as a soldier," stated the veteran SEAL instructor. "They are not separate." When I heard this it reaffirmed to me the importance of how we teach coaches to focus on development, specifically development of the person not just the athlete, employee or student. As I looked up following our conversation with the instructor I saw a sign hanging above a door - "Be Someone Special". The SEAL instructors believe it is their calling to develop special people that do uncommon things. If we hope to develop elite athletes, employees or students we must develop the person simultaneously. **"Excellence, selflessness, and discipline are ways of life, not something you can turn on and off; it must be lived and coached daily."**



As Peyton entered the baseball manager's office (with whom I was visiting), the manager said, "Rod, years ago, Peyton came to take batting practice here and he is the only celebrity that has ever asked me if I could take him underneath to the batting cages for a short coaching session prior to him taking batting practice on the field that afternoon. That tells you a bit about who Peyton is."

Peyton Manning's preparation skills are well documented, just as we see in the quote above; however, as I sat in the office with him that day, another quality jumped out - Court Awareness! If we say someone has great court awareness they are labeled as someone with great vision that sees and hears everything around them. As I listened to Peyton, his awareness of his surroundings and others was palpable. He acknowledged others in the room and included us in the conversation. He honored the differences and similarities of baseball and football, and most importantly he didn't do or say anything inappropriate. Great leaders understand that players with great court awareness are also very mature. We find that today's athlete, employee and children have very poor 'court awareness' both on the field and in life. **Court awareness can be taught if it is intentionally sought.**

This article was lifted from Coach Rod Olson's monthly E-mail "Coffee with Coach O" Thank you, Coach!

THINGS I LEARNED WHILE VISITING IN TEXAS

A possum is a flat animal that sleeps in the middle of the road.

There are 5,000 types of snakes and 4,998 of them live in Texas.

There are 10,000 types of spiders. All 10,000 of them live in Texas, plus a couple no one's seen before.

If it grows, it'll stick ya. If it crawls, it'll bite cha.

Onced and Twiced are words.

It is not a shopping cart, it is a buggy!

Jawl-P? means, Did you go to the bathroom?

People actually grow, eat and like okra.

'Fixinto' is one word. It means I'm planning to do that.

There is no such thing as lunch. There is only dinner and then there's supper.

Iced tea is appropriate for all meals and you start drinking it when you're two. We do like a little tea with our sugar. It is referred to as the Wine of Texas.

Backwards and forwards means I know everything about you.

The word 'jeet' is actually a question meaning, 'Did you eat?'

You don't have to wear a watch, because it doesn't matter what time it is, you work until you're done or it's too dark to see.

You don't PUSH buttons, you MASH em.

Ya'll is singular. All ya'll is plural.

All the festivals across the state are named after a fruit, vegetable, grain, insect, or animal.

You carry jumper cables in your car – for your OWN car.

You only own five spices: salt, pepper, mustard, Tabasco and ketchup.

The local papers cover national and international news on one page, but require 6 pages for local high school sports, the motor sports, and gossip.

You think that the first day of deer season is a national holiday.

You know what a hissy fit is and you don't have em, you pitch em

Fried catfish is the other white meat.

We don't need no dang Driver's Ed. If our mama says we can drive, we can drive!

You understand these jokes and forward them to your Texas friends and those who just wish they were from TEXAS.



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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 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 _____



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



2014 National High School Athletic Coaches Association National COTY Nominees from NDHSCA



The following roster has been sent to NHSACA and forms have been sent to the candidates:

SPORT	FULL NAME;	SCHOOL	CITY, STATE, ZIP
Athletic Director:	Lorell Jungling;	Mandan HS	Mandan, ND
Baseball:	Ryam Brantl;	Thompson HS	Thompson, ND
Basketball - Boys':	Dan Carr;	Linton HS	Linton, ND
Basketball - Girls':	Ron Metz;	Bismarck Century HS	Bismarck, ND
Cross-Country - Boys':	Brian Anderson;	New Town HS	New Town, ND
Cross-Country - Girls':	Scott Reichenberger;	Bismarck HS	Bismarck, ND
Football:	Dan Imdieke;	Linton HS	Linton, ND
Golf:	Lynn Gress;	Bismarck Century HS	Bismarck, ND
Soccer:	Dean Hashbarger;	Fargo South HS	Fargo, ND
Softball:	Mike Bisenius;	Grand Forks Red River HS	Grand Forks, ND
Special Sports:	Mike Merritt; F	argo South HS	Fargo, ND
Swimming & Diving:	Brent Newman;	Grand Forks Schools	Grand Forks, ND
Tennis:	Victor Youngs;	Fargo South HS	Fargo, ND
Track and Field-Boys':	Scott Grochow;	Rugby HS	Rugby, ND
Track and Field-Girls':	Greg Hoeckle;	Carrington HS	Carrington, ND
Volleyball:	Lisa Strand;	Thompson HS	Thompson, ND
Wrestling:	Kayle Dangerud;	West Fargo HS	West Fargo, ND
Boys' Sport Assistant:	William Uscensky;	Minot HS	Minot, ND
Girls' Sport Assistant:	Mark Murdock;	Bismarck Century HS	Bismarck, ND

2014 NHSACA National Coach of the Year Awards Banquet is held in Jackson Hole, WY on Wednesday; June 16, 2014. The Awards Banquet is held together with the NHSACA National Annual Meeting on June 14-16 at Snow King Lodge.

NDHSCA Victory Milestones



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

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

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

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

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

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

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

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

NDHSCA Victory Milestone Record Sheet

Name _____ Date _____

E-Mail _____

High School _____

Coaching Position _____

Address _____ City/State/Zip Code _____

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

Example:

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

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

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

ONLINE MEMBERSHIP REGISTRATION LINK

PLEASE TAKE NOTE!

If you are making Membership Registration on-line, your ***membership registration must be completed and paid for*** before appropriate season deadline to eligible for post season awards:

- Postmarked envelope with check or paid by credit card, on or before October first for Fall Season Sports
- Postmarked envelope with check or paid by credit card, on or before February first for Winter Season Sports
- Postmarked envelope with check or paid by credit card, on or before May first for Spring Season Sports

If you are paying for Membership by School Check and/or Purchase Order, be sure to confirm such membership application with an e-mail to gorvik@cablone.net before respective deadline dates.

Membership Application and Registration includes payment **before** season application deadline



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Sponsor NDHSCA Coach of the Year Awards



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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.



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 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
Dolan, Michelle; Ray HS
Fish, Frank; Watford City HS
Fjeld, Greg; Minot HS
Flaagan, Craig; Fargo South HS
Flyberg, Brian; Linton HS
Folstad, Collette; West Fargo HS
Foss, Bradley; Watford City HS
Gabielsen, 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
Hausler, Jim; Bismarck Schools
Healy, Dennis; Williston HS
Herman, Matt; Ellendale HS
Hertel, Dale; Fargo South HS

Hoffer, Dr. Herb; Cankdeska Cikana
Holinka, Gerald; Dickinson Trinity 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
MacIver, 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
Grinsteiner, 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

Updated 9/12/2013



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

2013-2014 NDHSCA SPONSOR MEMBERS

Greg Bischoff	Allard Trophy Company	Box 412	Valley City, ND
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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
	Universal Athletics		Bismarck, ND

Dakota Coach Fall 2013

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 Email and mailing addresses or phone numbers.



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