



Dakota Coach Spring 2014

DAKOTA COACH

2014 NDHSCA Coaches Convention Planned

The NDHSCA Coaches Convention will be held July 30-13 & August 1, at the Doublewood Inn Best Western Convention Center in Fargo, ND. A room block has been reserved and will be held until July 15th with the North Dakota State reimbursement rates applying. NDHSCA is making every attempt to prepare coaches for the 2014 NDHSCA Coaches Convention and the prepared curriculum for the Convention. Attendants are reminded of the special room rates at the Doublewood Inn and the July 15th deadline for having the room block held for coaches. Make reservations early!

Some very significant changes will apply for preparation and registration for the Convention.

1. The "Permit Preparation Seminar" course work will be

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NDHSCA-Gelaine Orvik Scholarship Recipients Selected

The recipients of the 2014 NDHSCA-Gelaine Orvik Scholarships have been selected. After massive numbers of hours of evaluation and assessment, the Scholarship Evaluation Committee selected **Jacob Holmen** from Minot High School, and **Paige Meyer** from Fairmount High School to be the two beneficiaries for 2014.

The nomination form identified the criteria that would be used in the selection by the NDHSCA Scholarship Evaluation Committee: GPA, class rank percentile, athletic awards, activity awards, ACT test score, SAT test score, captain's and leadership roles, the applicant's application letter, letters of recommendation from faculty, coach and administrator.

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2014 NDHSCA Scholarship Sponsored by Burger King of North Dakota

The NDHSCA Executive Committee selected the recipients for the NDHSCA Scholarships at its recent meeting. **Cody Bedlion**, Bottineau HS, who plans to attend Crown College (St. Bonaficious, MN); **Ryne Dolleslager**, Thompson HS, who plans to attend Lake Region State College; **Katelyn Grinsteinner**, Dickinson Trinity HS; who plans to attend NDSU; and **Cassidy Peterson**, Velva HS, who plans to attend University of Jamestown will each receive a \$500.00 scholarship from NDHSCA and Burger King of North Dakota.

The scholarships will be presented to each student/athlete at the Annual NDHSCA Hall of Fame and COTY Banquet at the Fargo Doublewood Inn Best Western Convention Center on Thursday, July 31st. The four student-athletes collectively earned 51 athletic letters, 44 activity letters, and ACT scores averaged 27.5.

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NDHSCA 2013-2014 Executive Committee

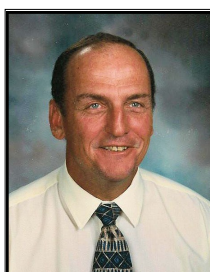


**President
Lisa
Strand**

1511 - 7th Ave NE
Thompson, ND 58278

Phone Numbers:
(c) 218-779-3404
(w) 701-599-2765
(f) 701-599-2819

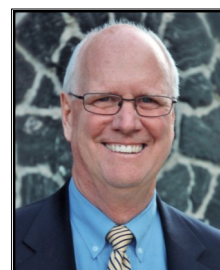
lisa.strand@sendit.nodak.edu



**President-Elect
Mike
Kuhn**

211 - 5th Avenue SW
Mandan, ND 58554

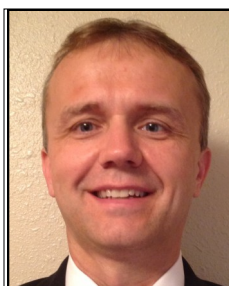
Phone Numbers:
(h) 701-663-1175
(w) 701-663-9532
(f) 701-663-0471
michael.kuhn@msd1.org



**Executive
Secretary
Gelaine
Orvik**

3457 - 26th Ave. South
Fargo, ND 58103

Phone Numbers:
(h) 701-237-9711
(w) 701-298-4275
(c) 701-367-8282
gorvik@cablone.net
gelaineo@outlook.com



**Vice
President
Andy
Braaten**

47 - 6th Street SE
Carrington, ND 58421

Phone Numbers:
(h) 701-652-2398
(w) 701-652-3136
(f) 701-652-1243
andy.braaten@sendit.nodak.edu



**Immediate
Past
President
Ralph
Manley**

514 Meadow Lane
Mandan, ND 58554

Phone Numbers:
(h) 701-222-0090
(w) 701-663-1658
(f) 701-751-6676
ralph.manley@msd1.org



**Assistant
Executive
Secretary
John
Hutchison**

Box 110
Northwood, ND 58267

Phone Numbers:
(c) 701-741-8173
(w) 701-587-5221
(f) 701-587-5423
john.hutchison@sendit.nodak.edu



**Past President
Gregg
Grinsteinner**

231 Carlson Street
Dickinson, ND 58601

Phone Numbers:
(h) 701-483-0723
(w) 701-483-6081
(f) 701-483-1450
gregg.grinsteinner@sendit.nodak.edu



**Membership
Chair
Karen
Hardie**

2472 Lilac Lane
Fargo, ND 58102

Phone Numbers:
(h) 701-237-5624
(w) 701-446-5200
(f) 701-446-5299
hardiek@fargo.k12.nd.us



**Assistant
Executive
Secretary
Randy
Johnson**

701 Hwy. Drive #9 B
Hazen, ND 58545

Phone Numbers:
(h) 701-748-5634
(w) 701-748-2345
(f) 701-748-2342
duck@westriv.com

Lions' Basketball Co-Chairs

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

Optimists' Volleyball Co-Chairs

Tim Wallstrum (h) 701-385-3376
P O Box 402 (w) 701-385-4996
Kenmare, ND 58746 (f) 701-385-4390
tim.wallstrum@sendit.nodak.edu
Lisa Strand (c) 218-779-34-04
1511 7th Ave. NE (w) 701-599-2765
Thompson, ND 58278 (f) 701-599-2819
lisa.strand@sendit.nodak.edu

Shrine Football

Bill Lorenz (h) 701-795-7818
1431 Chestnut Street (w) 701-746-2375
Grand Forks, ND 58201 (f) 701-746-2387
bill.lorenz@gfschools.org

President's Message - Spring 2014

Welcome Spring! We wish we could have welcomed spring a few weeks ago, but we welcome being able to practice and participate in sports in the great outdoors. Spring sports seasons have always been challenging in North Dakota. As we prepare to face our opponents, we also often battle Mother Nature. I applaud all the coaches and teams who have had to endure so many indoor practices or bitter cold (and snow!) activities outside. May the weather cooperate and your teams experience success as the spring season progresses!



Lisa Strand

Springtime is welcomed as the end of winter and the start of something fresh and new. As coaches, we can also look to start fresh and new. We can begin by using this time to rejuvenate our coaching tactics and philosophies. There are numerous opportunities to learn. Now is a good time to register for the summer NDHSCA Convention to be held in Fargo at the Doublewood Inn & Convention Center, July 28 to August 1, 2014. Online registration only takes a short time while the benefits of the Convention are long lasting. From the leadership seminars to sport specific training and college credit opportunities to the coaching certificate requirements offered and sharing ideas with colleagues, the NDHSCA Convention has it all! Another great opportunity is the National High School Coaches Association Con-

vention. It is an awesome event I believe everyone should experience. This summer the National Convention is to be held in Jackson Hole, Wyoming, June 14 to 18, 2014. Coaching greats and great sites! It will be amazing!

Speaking of amazing, there were some amazing performances this past sports season! The tournaments were full of buzzer-beaters, grueling matches, close races, well executed routines, and crowd pleasing goals. Congratulations to all the North Dakota State Champions, the Subway Coach of the Year recipients, the Powerade Outstanding Seniors and all those selected to the All Star and All State Teams! It may be cliché, but hard work pays off!

Congratulations to the North Dakota Hall of Fame nominees and the National Coach of the Year Finalists. Congratulations to Todd Olson, NFHS Recipient of the NIAAA Distinguished Service Award. We have so many coaches and educators that continue to make a positive difference in the lives of our youth. I am proud to be a member of the NDHSCA as it includes dedicated and outstanding leaders. One of the goals of the NDHSCA is to acknowledge those who make that difference. Please consider nominating someone from your sport or school for recognition in their field. Look on the NDHSCA web site or contact any member of the Executive Board to find out how.

I remind you to refresh and renew! Refresh your practice routines and renew your coaching philosophies. Make sure you make a positive difference and that you continue to challenge yourself to be the very best coach you can be.

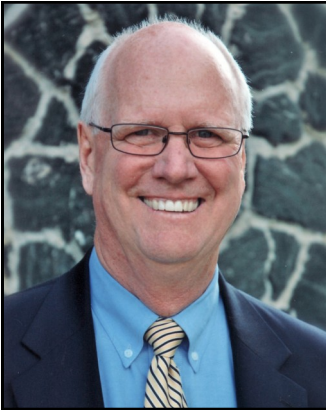
*Lisa Strand,
President NDHSCA*



**NDHSCA Convention
2014
Fargo, ND
July 28-August 1**



From the Executive Secretary's Desk



Gelaine Orvik

Preparation for the July NDHSCA State Coaches Convention is number one on our list. We have continued our efforts to prepare all those details while keeping everyone informed.

The most important message for everyone is notice the new registration process. Although last year was a big step for our coaches, making the new changes is even bigger. The registration page is simpler and certainly more user friendly. You will also note that payment is made through PayPal. If you do not have a PayPal account, you will process through the registration and enter another credit card payment source, your school's payment process or your payment by check or money order.

Another major consideration for the registration process change is that you will find the credit card fee to be reduced. You will be charged exactly \$110 for convention fee, \$65 in addition of one credit, and \$130 for the additional two-credits. No additional fees will be added to your registration charges. This is the major impetus for the NDHSCA decision to change the registration process. The NDHSCA Executive Committee has gone through the registration process using every "fictitious account" that we could think of. We all thought the process was very simple to work through. Please contact the NDHSCA Office mobile phone (701-367-8282) (gelaineo@outlook.com or gorvik@cableone.net) or Rod Hardie at 701-238-5717 (hardier@g-mail.com) for assistance.

GREAT NEWS!!!! Our numbers for the 2013-2014 membership is are exactly 1300 paid members---that includes active and associate members. In addition, our Paid Lifetime Membership increased in the past year by ten which brings our Paid Lifetime Memberships to 114. We also had 483 register for the 2013 Convention. Our two-credit registrations for the convention were 79 and out one sport-specific registrations were 36. Altogether, NDHSCA

has had a phenomenal "numbers" report. Thank you Rod and Karen for your extraordinary effort to keep our members with their current membership cards.

And how about that Dave Zittleman? What a player. He changes jobs and the Demons are fierce as ever. However, he is incensed with any behavioral reports that can tarnish the image of his school. Then, he continues to maintain our Website. Many national Associations have made comments regarding the highly professional appearance of our website. Thank you Dave. Great job. We hope you continue to sustain our amazing communication center. I am told that our next step is to develop a tweet and facebook page. I am too old for that, but that is a necessity. Thank you Dave!

We regularly have necrology reports to follow from members. Undoubtedly most have of the passing of Serge Gambucci, long-time successful hockey coach from Grand Forks Central HS. Central HS won about 15??? Consecutive state championships and the first NDHSCA Boys Hockey Coach of the Year. May he Rest in Peace.

Also, I received a message that Rockie Stavn, who is retired Bismarck Century HS boys' track & field coach and boys' cross-country coach, had major surgery. He had three-hour surgery to remove a cancerous upper gum along with some dental repair.

Julie just added, "The pathology report showed no signs of cancer in the lymph nodes, and they got all the cancer out of the mouth. Thank you sweet Jesus. He just needs to heal and pray the cancer does not return. Thanks for your thoughts and prayers." Keep him in your thoughts and prayers.

Barry McCleary, retired wrestling and football coach at Napoleon HS and Lifetime NDHSCA Member, had a hip transplant in early May. Keep working on your agility, Coach McCleary.

Continued on next page

From The Executive Secretary's Desk (continued)

Just reviewed some interesting thoughts about Division I football and the Northwestern University judicial case regarding labor unions and paying players. Personally, I am more concerned with the players getting a Degree and preparation for a useable profession.

I am as excited as anyone for athletics and preparation of high school athletes for college athletics. Further, I certainly support scholarships and opportunities, but our first responsibility is education and educate for preparation for life. Therefore, prepare to be best educator/coach possible. Attend your convention!

Don't forget to pay compliments to your president, vice-president, president-elect, and past-presidents. They have been superlative throughout the year to keep our Association moving forward with positive force constantly. Lis has been outstanding. Thank you!

**Please contact the NDHSCA
Office mobile phone (701-367-
8282) (gelaineo@outlook.com or
gorvik@cableone.net) or
Rod Hardie at 701-238-5717
(hardier@g-mail.com)
for assistance.**

Hutch and Randy are such crucial links to the success of our Association Chain. They know what needs to be done and how to accomplish every task. They are always consummate in their professional approach to coaching and our Coaches Association. Thanks, Gentlemen. Don't forget to register early! The Link is up and ready for your use!

See you in Fargo. I really think the program is unrivaled, again. Our speakers, both high school, college and university are incomparable! I challenge our coaches to register and set a new record, again. Let's go for 500! Yah!

Gelaine Orvik



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2014 NDHSCA Convention Planning (continued from page 1)

offered on Tuesday, July 29th. Only the NFHS Concussion Management Course will not be offered during the Seminar. Each registrant will need to pay an **additional \$45.00 book fee and First Aid, CPR & AED Certification Card in advance with registration**. If you do not register in advance for this class, you are not guaranteed a place in the class since books will be ordered for the pre-registered.

2. There will be four seminar tracks offered on Tuesday, "Permit Preparation Seminar", "The Beginning Coach", "Special Topics", and "Speed, Strength, & Nutrition". Registrants for these seminars and the convention can earn two NDSU graduate credits in the four days.

3. **All registration will be done on-line!** If people have a problem with the registration process, they are urged to contact their school's information technician or computer instructor. This is a new process from last year and is guaranteed to be more user-friendly. The registration fee is significantly less than last year.

4. **All Athletic Directors are reminded** to have newly hired coaches prepared for Coaches Education Permit Requirements; those requirements can be satisfied by registration for the Seminar and the convention.

5. Register Early!

In addition to the required Coaches Education Preparation Seminar, three concurrent tracks will be offered on that date for coaches who have already completed the requirements for Coaches Education Permit. All first and second year coaches in the state should enroll in the Coaches Education Preparation Seminar **or** in the Beginning Coaches Seminar. The Beginning Coaches Seminar is designed to give insight to coaches who have experience but would not be called veteran coaches.

After reviewing the evaluations from 2013, the NDHSCA Executive Committee determined to keep the golf scramble on **Tuesday evening with tee times scheduled for 2:30-5:00**. This will allow any conventioneer to participate in the golf scramble, but

will not force the majority of attendees to take a full afternoon off while the golf scramble is in session. People who are attending the seminars will have time to sign up for tee times that will overlap with conclusion of seminar sessions. All golf tee times must be secured by signing the scramble registration form at the registration desk on Tuesday, before 2:00 pm on Tuesday.

Like last year we will open our Wednesday Sessions with an FCA Breakfast for all registrants. Like last year's breakfast, FCA will have a motivational speaker who will challenge coaches, and NDHSCA provides a full breakfast. The FCA Breakfast Session begins at 7:00 am. To determine numbers for the breakfast, registrants need to declare their attendance intent before Tuesday, 5:00 pm. Admittance will require Convention name tag and a FCA Breakfast ticket that must be picked up at the registration desk. Watch for more information regarding the FCA Activity on the NDHSCA Website. It is emphasized that FCA Breakfast is a full breakfast (not continental) menu.

After the seminar day (Tuesday), the Sport Specific Clinics will begin with 15 sessions for basketball, football, track & field and volleyball. The other sport specific offerings will include cross-country, golf, softball, soccer, swimming & diving, tennis, and wrestling. Our General Motivation Session will be held on Wednesday and will be presented on the topic "Making the Call", a topic that each coach must do numerous times during the course of the season.

Another very popular activity over the past six years is the Taco Bar with the "wall-horse" Races that are sponsored by Universal Athletics. Universal Athletics also sponsors these races and the Taco Bar in other states, but the North Dakota "connection" seems to attract special Universal Athletics personnel, including the Universal Athletics' President. The Universal Athletics Social will be held on Wednesday (July 30th) evening at the Fargo Doublewood Inn in the past. **Admission requires a registration name tag.**

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2014 NDHSCA Convention Planning

NDHSCA will return to the traditional format for the convention with the NDHSCA Annual Meeting on Thursday morning. There will be five presentation sessions each day on Wednesday, Thursday and Friday.

One session in each sport will be reserved to review the developments and planning from each Advisory Committee. During the course of the sessions, NDHSCA will make every attempt to have a presentation by an assistant coach for assistant coaches (those may be concurrent with other sessions).

Specific speakers in each sport are finalized in most sports. Note the list for each sport on the website where you will find great local college and university speakers; however a great roster of high school coaches from North Dakota is scheduled.

Our present list includes:

Basketball: Travis Brewster, UND; Kyle Card, Fargo Oak Grove HS; Matt Herman, Ellendale HS; Dennis Hutter, Mayville State University; Brian Jones, UND; Bart Manson, Fargo Davies HS; Darin Mattern, Bismarck Century HS; Jim Petrik, Bismarck Shiloh Christian HS; Dave Richman, NDSU; Mike Santjer, Rugby HS; and David Smart, Ada-Borup (MN) HS.

Cross-Country: Brian Anderson, New Town HS; Darrell Anderson, Bismarck HS; Andrew Carlson, NDSU; Stu Melby, Minot State University; Jeff Morris, Perham (MN) HS; Julie Stavn, Bismarck Century HS; Kirk Zink, Hillsboro-Central Valley HS; and Dave Zittleman, Bismarck HS.

Football: Brian Dokken, Wahpeton HS; David Haugen, Pelican Rapids (MN) HS; Randy Hedberg, NDSU; Rob Jacobson, Fargo Davies HS; Merle Johnson, NDSU; Todd Johnson, Mahanomen (MN) HS; Chris Klieman, NDSU; Troy Mattern, Fargo South HS; Flint Motschenbacher, Detroit Lakes (MN) HS; Eric Olson, Milnor-North Sargent HS; Rick Pillion, Hazen HS; Kyle "Bubba" Schweigert, UND; Jason Thielges, Fargo Davies HS; Sandy Laxdal, Cavalier HS; and Kelly McCleary, Napoleon HS.

Golf: Doyle Heisler, iWanamaker Corporation; and Steve Kennedy, NDSU.

Track & Field: Ron Backes, FCA; Trevor Barry, NDSU; Ryun Godfrey, NDSU; Stevie Keller, NDSU; Don Larson, NDSU; Justin St. Clair, NDSU; and Mike Thorson, University of Mary.

Volleyball: Dennis Amundson, Minnesota State University Mankato; Brigitte Freschette, Lake Region State College; Chris Hahn, Central Cass HS; Jon Hegerle, Jamestown University; Sara Hegerle, Jamestown HS; Tom Klapp, Northern Cass HS; Amy Lyon,

(Continued from page 6)

Lisbon HS; Mark Pryor, UND; Kari Thompson, NDSU and Dan Westby, Marshall HS.

Wrestling: Christopher Bono, SDSU; Derrick Dixon, Turtle Mountain Community HS; Roger Kish, NDSU; Matt Nagel, Concordia College; and Kris Nelson, Minnesota State University-Moorhead.

Be sure to check the "ever-changing" Schedule on the NDHSCA Website (ndhsca.com). Additions and changes will be made as they develop. NDHSCA has contacted several highly-successful speakers in other sports who have not confirmed acceptance as of this writing (April 15th). Only top high school and college coaches have been invited to complete the sessions for each sport. Confirmed speakers will be injected into the schedule, as they occur.

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

The NDHSCA Convention Registration form will be found on the NDHSCA Website after May first. Please feel free to make direct fellow coaches to the online site. All head coaches should feel an obligation to include their entire staff to attend the convention for professional development and to complete Coaches Education Requirement.

All registrants are reminded that the NDHSCA Registration Fee **includes** a ticket to the July 31st NDHSCA Hall of Fame/Coach of the Year Banquet. Sleeping rooms have been blocked for NDHSCA at the Fargo Doublewood Inn Best Western (state rates apply with one rate regardless of number in the room). Hotel accommodations can be made by calling the Doublewood Inn Best Western at either 1-701-235-3333 or 1-800-433-3235. Should you have additional questions, please feel free to contact Gelaine Orvik, NDHSCA Executive Director at: 1-701-367-8282 or Email at gorvik@cableone.net. ◇

NDHSCA Fall Sports Assistant COTY

The 2013 Fall Season recipient of the Assistant Coach of the Year Award is **Rob Jacobson, Fargo Davies High School's Assistant Football Coach**. **Rob** was nominated by Jason Thielges, Fargo Davies High School's Head Football Coach.

Rob has been a coach for 31 years with his last 4 years as an Assistant Football Coach at Fargo Davies High School. **Rob** is also an Assistant Track and Field Coach. His responsibilities are primarily an Offensive Line Coach and secondary as a Defensive Line Coach. **Rob** has more than 30 All State and All Star Football players during his tenure. He has all been instrumental in coaching 9 State Champions in Track and Field. **Coach Jacobson** has been a Class B 11-Man Region 1 Football Coach of the Year and a Class B Region 1 Track and Field Coach of the Year. **Rob** shares his expertise with fellow coaches as a clinician for football and track and field at the North Dakota High School Coaches Association State Convention. He has also been named a North Dakota Middle School Teacher of the Year.



Rob Jacobson

Coach Jacobson lists being the Eastern Dakota Conference Co-Champions in football as a highlight for the season. Fargo Davies was 5th in the conference a year ago.

Jason Thielges, Head Football Coach at Fargo Davies High School, says this about Coach Jacobson: "**Rob Jacobson** is a fantastic coach. He is an incredible offensive line coach. He brings great balance of discipline, hard work, toughness, positiveness, and fun. The players he coaches love him and love working for him. **Rob** is a professional in how he approaches his work. He plans his work and works his plan. He is a great teacher of individual fundamentals, to group work, to team work and overall scheme. **Coach Jacobson** works hard during game planning and always has outstanding advice for me during a game. I don't think the Davies football program could be where it is today without his hard work and passion for the game. I have leaned on him for his experience and guidance in helping build the Davies Football Program."

Rob Jacobson of Fargo Davies High School is the North Dakota High School Coaches Association's Assistant Coach of the Year for the fall of 2013.

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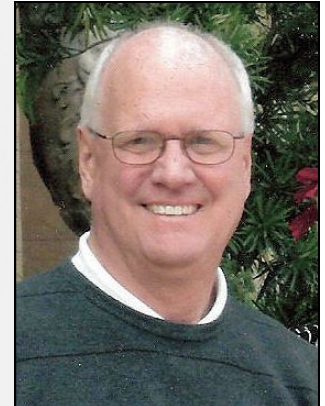


2014 Gelaine Orvik Scholarships (continued from page 1)



Orvik Track

Dedicated May 21, 2005



Other criteria for the evaluation included the necessity for the recipient to attend a North Dakota college or university and to have intention to become a high school coach. Jacob intends to attend the University of North Dakota and Paige plans to attend Valley City State University.

In 2008 the North Dakota High School Coaches Association 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. Fargo South High School named their new track in his honor in 2005.



Jacob Holmen



Paige Meyer

Holmen and **Meyer** will each receive a \$1,000 check as recipients of the NDHSCA-Gelaine Orvik Scholarship. One scholarship is made possible by contributions by coaches, friends of coaches and leaders of the profession. The second scholarship is a fruition because of a donation from **SUBWAY**.

The scholarships will be presented to the student-athletes on Thursday, July 31st during the NDHSCA Coaches Awards Banquet to be held in Fargo at the Doublewood Inn Conference Center. Tickets for the banquet may be obtained by ordering from NDHSCA on the Association's Website (ndhsca.com).

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2014 Gelaine Orvik Scholarships (continued from page 9)

Jacob Holmen will graduate first in his class of 424 with a 4.0 GPS. He scored a 28 on his ACT test. He competed in three sports throughout his high school tenure with varsity letters earned in football (4), basketball (2) and baseball (2). He was also captain of the Minot High School basketball and football teams as a senior.

Jake exhibits his "well-rounded" student with his competition in band for four years and Jazz Band for four years. He was a member of National Honor Society for three years. Jake was an active member of Immanuel Baptist Church, a Junior Rotarian and a Cleanup Volunteer during the 2011 Minot Flood.

Jake admits that athletics have been an important part of his high school experience at Minot High School, but is noted for his "healthy balance" in his daily schedule with family, academics, church and music being equated in his life.

Jake notes that some of the most influential people in his life haven his high school coaches. He points out that "these men have taught him the meaning behind high school athletics and that athletics are a wonderful place to learn lessons of life." He praises his coaches for the many tutorials they provided, and Jake stated that he "hopes to join their coaching fraternity one day."

Holmen will enroll at the University of North Dakota and will join the UND football team in the fall. He hopes to complete his degree with a major in mathematics and join the coaching brotherhood.



Paige Meyer will graduate first in her class of seven with a GPA of 3.94. She substantiates these credentials with her ACT composite test score of 26. Paige participated in basketball (4) and volleyball (3). She also was a varsity team captain for three years in basketball and one year in volleyball. In addition she was a member of the Fairmount High School band (2) and chorus (2). She also was a member of Student Council and of the publications staff.

Paige also was member of the school's "Smithonian", Yearbook (editor & president), School Newspaper, National Honor Society and National Society of HS Scholars. She was a member of her Church Youth Group, Youth Mission Trip to Kentucky, and Little Rebels Basketball & Volleyball coach. She was a volunteer for "Gearing Up for kindergarten, for Humane Society Donation Drive Leader, for city park volunteer, city holiday events volunteer, breast cancer awareness drive, "Pray for Lexi" fundraiser, Earth Day City Clean-up, and "Fill the Bus" food drive.

Paige has concluded that she has a love and passion for athletics. Although her stature may betray her abilities, she praises her basketball coaches for instilling a work ethic to supersede any inadequacies. Paige concludes that her coaches have led her to success in athletics to the degree that she is recruited to play at the college level. Her coaches have instilled self-confidence and love for athletics.

Paige also concludes her realization how coaches have instilled qualities of fire, energy, passion and love for athletics. Although she will play basketball at the collegiate level, she wants to coach volleyball. She realizes the role-modeling opportunity she has in coaching. Paige realizes some of her life's greatest lessons have been learned while playing basketball and volleyball. She yearns for the opportunity to pass the love, knowledge, dedication and passion for athletics to others.



2014 NDHSCA Burger King Scholarships (Continued from page 1)



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Cody Bedlion will graduate from Bottineau High School with a 3.96 Grade Point Average (GPA). He scored 27 on his ACT test. Cody earned 12 athletic letters in the sports of football (4), hockey (4) and track & field (4). He was a four-year member of the Bottineau High School chorus. Bedlion was a member of Student Government, class president (9th & 11th), math club (4 years), National Honor Society (3 years), FCCLA, Student Body President and Senior Class Vice-President. He was captain of his football and hockey teams. He was also a leader in his chorus and Student Government.



Cody has been commended by teachers as "Top Notch", responsible, dedicated and motivated. He has been a selfless volunteer locally, a leader in his church youth group and worked tirelessly for local food pantry. He volunteered for the Cheer Box, a program designed to provide food and gifts for the county's needy and managed the school's efforts to send holiday greetings to active duty service members throughout the

Cody is the son of Charlotte and Coach Rob Bedlion.

Ryne Dolleslager will graduate from Thompson HS with a 3.97 Grade Point Average (GPA) and ranks second in his class of 28. His Act score was 28. Ryne has earned 12 athletic letters in the sports of baseball (4), basketball (4), football (4); he also earned four letters in band, chorus and drama.

Dolleslager was a member of the National Honor Society, football team captain, baseball team captain and Junior Bank Board (2 years). He was a leader in student government.

Ryne is commended for his involvement in athletics and the fine arts. He is noted as diligent and a proud performer in athletics, on stage and in the classroom. Ryne is characterized as dedicated, compassionate and persevering. He is a volunteer and inspirational to his teammates and classmates.



2014 NDHSCA Burger King Scholarships (Continued from page 10)

Katelyn Grinsteinner will graduate from Dickinson Trinity High School with a 4.0 Grade Point Average (GPA) and ranks in the top 10% of her class of 39. Her ACT score of 27 is very impressive. She has earned 11 athletic letters in the sports of basketball (3), volleyball (4), and track & field (4). She was team captain in volleyball.

Katelyn also earned letters in band (2) and student government (4). She was assistant chaplain, class representative, prom committee member and a member of Leadership Dickinson. She holds the position of Academic Highest Honors honor roll and National Honor Society.

Katelyn is praised for her academic standards. She also received high praise for her communication skills and effective problem solving skills and implementation of plans. She is called admirable, ambitious, enthusiastic, self-confident and independent. Her track & field coach calls her dedicated, organized and reliable. She is noted as being intelligent, committed, persevering and compassionate.

Katelyn is the daughter of Carol and Coach Gregg Grinsteinner.



Cassidy Peterson will graduate from Velva High School with a 4.0 Grade Point Average (GPA) and rank first in her class of 38. Her ACT score of 28 is commendable. She has earned 16 athletic letters in the sports of basketball (4), cross-country (4), track & field (4) and volleyball (4). She was team captain in volleyball, basketball and cross-country (2 years).

Cassidy also earned letters in band (4), chorus (4), speech (3), drama (3) and FBLA (4). She was a leader in her chorus group. Her music instructor of eight years praises her for her attitude and work ethic. She is also noted for being eager, supportive and encouraging. She is cooperative and respectful. Cassidy is further praised for her pride and her magnetic leadership. She is also always kind and respected.

Cassidy is the son of Renee and Coach David Peterson.



Each of the recipients will receive a \$500.00 scholarship from John Walsh and Burger King of North Dakota at the July 31*, 2014 NDHSCA Coach of the Year and Hall of Fame Banquet in Fargo at the Doublewood Inn Best Western Convention Center.

Longevity Awards 2014

The **2014** 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 Fargo Doublewood Inn Convention Center. The banquet will be on Thursday, July 31. Please e-mail Randy Johnson, duck@westriv.com if there is a mistake on this list. Thank you.

20 years

Sean Allan; Grand Forks Central HS
John Doppler, Bismarck Hughes MS
Larry Eslick; Jamestown HS
Jerlyn Gabrielson; Flasher HS
Marla Hagler; North Star HS
Kelly Kussy; Dickinson Hagen MS
Paul Lean; Fargo Davies HS
Randy Loing; Rolla HS
Michael Mayer; Grant County HS
Jeff Meissner; Beulah HS
Rich Olson; Langdon Area HS
Cordell Sinding; Fargo North HS
Julie Stewart; Minot Bishop Ryan HS
Pat Windish; Drake-Anamoose HS

Jeremy Brandt; Beulah HS
Brent Engebretson; Velva HS
Skip Fisher; Fargo South HS
Anissa Gregor; Milnor HS
Chris Hahn; Central Cass HS
Jeff Larson; Finley-Sharon HS
Garth Limke; Hillsboro HS
Darin Mattern; Bismarck Century HS
Darryl McGillis; Turtle Mountain Community HS
Keith Meyer; Hillsboro HS
Jim Patton; Bismarck HS
Dave Stanley; Minot Erik Ramstad MS
Brain Vance; Ellendale HS

25 Years

Jeff Hagler; North Star HS
Matt Herman; Ellendale HS
David Kerlin; Devils Lake HS
Scott Miller; Dickinson HS
Tom Six; White Shield HS
Mark Unterseher; Bismarck Wachter HS
Wade Wilson; Des Lacs-Burlington HS

Joe Harder; Lakota HS
David Hoff; Bottineau HS
Ron Metz; Bismarck Century HS
Wayne Shipman; Carrington HS
Jason Smedshammer; Fargo South HS
Tim Wallstrum; Kenmare HS
Lowell Workin; Richland HS

30 Years

John Abrahamson; Dickinson HS
Randy Burwick; Hettinger HS
Michael Dwyer; Shiloh Christian HS
Kevin Froeber; West Fargo HS
Loy Ham; Beulah HS
Dean Kraft; Jamestown HS
Kim Mark; Lisbon HS
Dale Peaslee; Harvey-Wells County HS

Kathy Berglund; Hazen HS
Harry Clark; Richland HS
Steve Dunrud; Bottineau HS
Rick Hack; Ellendale HS
Dave Handt; Litchville-Marion-M HS
Tim Kraft; Central Cass HS
Joel Marshall; Hazen HS
Kent Schweigert; Bismarck Century HS

35 Years

Darrell Berglund; Hazen HS
Michael Nider; Bismarck Simle MS
Nancy Paintner; Griggs County Central HS
Julie Stavn; Bismarck Century HS
Doug Wagner; Des Lacs-Burlington HS

Mary Ann Donnay; Fargo Discovery MS
Dale Nordick; Northern Cass HS
Charles Pavlicek; Linton HS
Jeryl Thompson; Drayton HS

40 Years

Brian Anderson; New Town HS
John Hager; Bismarck Century HS
Larry Long; Velva HS

Richard Anderson; Griggs County Central HS
Richard Henderson; Fargo South HS

NDHSCA Winter Sports Assistant COTY

The 2013-2014 Winter Season recipient of the North Dakota High School Coaches Association Assistant Coach of the Year Award is **Claudia Schoellkopf, Mandan High School's Assistant Swimming and Diving Coach**. **Claudia** was nominated by Ralph Manley, Mandan High School's Head Swimming and Diving Coach.

Claudia has been a coach for 18 years with the last 14 as an Assistant Swimming and Diving Coach for Mandan High School. She is responsible for planning and supervising diving practices and competitions. **Coach Schoellkopf** keeps statistics on divers and dives throughout the season. She manages and updates the website, sets up the computer programs for their home meets and reports the results to the media. **Claudia** also judges diving competitions throughout the regular season, compiles statistics for the team's season memory book, and completes the All-American Diving Application when divers qualify. She has coached 22 first and second team All-State Members, 7 State Diving Champions, and 14 All-American Divers. Her record is 118 – 68.



Claudia Schoellkopf

Coach Schoellkopf started a diving club in 2002, which has increased the number of divers in Mandan and Bismarck. She has presented at the North Dakota High School Coaches Association Summer Convention on diving techniques. **Claudia** is a member of the St. George Memorial Episcopal Church, Bismarck Education Association, Foreign Language Association of North Dakota, North Dakota High School Coaches Association, and North Dakota United.

Coach Schoellkopf's highlights from the past year include having one state placer. A number of divers competed at the Western Dakota Association competition with four placing in the top sixteen. Two of **Claudia's** divers placed at state.

Ralph Manley, Mandan's Head Swimming and Diving Coach has this to say about **Coach Schoellkopf**: "**Claudia's** knowledge of diving techniques, along with her love for the sport and great coaching skills keep Mandan's divers at the top. She is very respected by her fellow coaches, officials, and divers in our state."

Claudia Schoellkopf of Mandan High School is the North Dakota High School Coaches Association's Assistant Coach of the Year for the winter of 2013-2014.

Continued on next page

Sponsor NDHSCA Coach of the Year Awards



NDHSCA Winter Sports Junior High COTY (Continued from page 14)

The 2013-2014 Winter Season recipient of the North Dakota High School Coaches Association Junior High Coach of the Year Award is **Rick Linback, Grand Forks South Middle School's Boys' Basketball Coach**. Rick was nominated by Terry West, Grand Forks South Middle School Athletic Director.

Rick has been a coach for 24 years with his last 15 years as an 8th Grade Boys' Basketball Coach at South Middle School. **Coach Linback** is also an 8th Grade Boys' Track and Field Coach. His responsibilities are to develop individual skills and help young people play together as a team. He is also responsible for taking care of equipment, selecting teams, issuing uniforms, helping set up games. **Rick** has been a mentor to young coaches who begin their career in the Junior High. **Coach Linback** has had a number of his players go on to star for the Grand Forks Red River Basketball Team. He has won over 70% of the games he has coached.

Terry West, Athletic Director at Grand Forks South Middle School, says this about **Coach Linback**: "**Rick Linback's** main contributions to Grand Forks Boys' Basketball are the growth in team play and a better understanding of the skills needed to be successful. **Rick** assists college students and fellow young teacher/coaches on organizing practices, developing game preparation, and how to get the best out of each of his players. This might be one of his greatest contributions to Grand Forks Basketball in his later years of coaching, developing our future coaches."

Rick Linback of Grand Forks South Middle School is the North Dakota High School Coaches Association's Junior High Coach of the Year for the winter of 2013-2014.



Rick Linback

Sponsor NDHSCA Coach of the Year Awards



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Outstanding
Senior Athlete Awards**





NDHSCA Code of Ethics



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

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



**Sponsor of the
Outstanding
Senior Athlete Awards**





Coaches Code of Conduct



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

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

New Cowboy Football Coach Says Kids Ought to Play All The School Sports

Mar 18, 2014

By Craig Blumenshine
Wyoming Chronicle Staff Writer

Tucked away in my recent interview with new University of Wyoming football coach Craig Bohl was a surprise. The question to the coach was whether he was concerned about the future of his sport. The short answer: He is.

I thought the coach might talk about the fundraising pressures of Division I athletics, or the issues surrounding NCAA conference realignments, or maybe even the highly competitive pressures of college football recruiting.

And even though he did talk about making his sport safer as important to the future of football, his quick answer to my question, without missing a beat was, "Sports specialization."

Bohl, who has done promotional work for USA Football, wonders what happened to the days of the three- or four-sport athlete. Bohl is longing for the days where boys played football in the fall, basketball in the winter and baseball when the weather warms.

"We have to get back to that," Bohl said. His point is that football players should also wrestle, play soccer or go out for track, as well as play the sports that he mentioned.

He thinks that kids deciding to play only golf, tennis or basketball at such a young age threaten his sport, football.

Jump with me to this past weekend, when the dinner table conversation with California cousins inevitably turned to youth sports. Their kids have grown up in the era of professional coaching, where, they said, kids, as young as 6 years old get to their year-round practices with their personal pitching coaches and, the same happens in other sports too, depending on where the talents are.

At 6 years old?

If young athletes aren't coached by pros, they claim, then those kids are not competitive in their sports when they are middle school-aged or older.

And the money parents throw at professional coaching will make you never look at an ATM the same again.

The dinner table chat was confirmed the next day when we saw the big, beautiful Dodge Ram truck with advertising on where to call if you want the best baseball and softball coaching for your kids in Davis, Calif., just after we saw the ads for Mike Murphy Baseball, Power Alley Baseball and South Bay Sports Training.

And what if kids can't afford that type of coaching, I wondered.

"They're not playing," was the obvious, but sad, response.

It is a different world from Wyoming, where well-meaning parents continue to coach Little League, youth soccer and other sports.

And that is also our great challenge. We should protect our youth sports.

Consider volunteering as a coach. Make sure that our sports are open to all, regardless of ability to pay. Resist the urge to decide, when your kids are 10, that they are the next tennis superstar like Pete Sampras.

As coach Bohl hopes, at least in Wyoming, our kids can continue to flourish in multiple sports. Let's take advantage.

Have a great sports week. Go Big Red!

Updated: The original post of this story said that Coach Bohl was a spokesman for USA Football. Bohl has done a promotional spot for USA Football.

◇

ONLINE MEMBERSHIP REGISTRATION LINK

Information—See page 25

Letter to the Editor

Hi Gelaine

Just want you to know that I left MaxPreps a few years ago in order to go back to work full time as an athletic director here in NY State. Parting was cordial and I look back on my time with those folks having delightful memories. Please reach out to them in Cameron Park, CA to see if they might want to send someone.

I miss my trips to North Dakota as you are a terrific group of professional educators. I wish you all the best !!

Rod

Rod Mergardt
5 Grove Road
Bedford, NY 10506
Mobile: 914-610-1369
rmergardt@aol.com
rod@bfsmail.com



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**North Dakota
High School Coaches
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Outstanding Senior Athlete Award





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

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

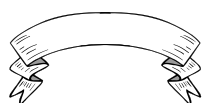
PLEASE DETACH THIS BOTTOM PORTION FOR YOUR TAX RECORDS

NDHSCA Gelaine Orvik Scholarship Fund

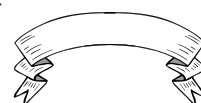
Person Donating _____

Amount of Donation _____ Date _____

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:

- 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.
 - Figure out the total number of teams you have competed against and what percentage of those teams were wins and losses.
 - 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.
 - 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
Meet 5 7 teams 5 wins 2 losses
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.	_____	_____	_____	_____	_____	_____	_____	_____



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
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
	Universal Athletics		Bismarck, ND

3D DIMENSIONAL COACHING™

“Coaching the Heart Behind the Jersey”

Research shows that coaches who coach in all 3 dimensions regularly produce athletes who:

- learn skills quicker (**more attentive**)
- achieve higher fitness compliance (**work harder**)
- experience shorter rehabilitation (**recover from injury**)
- are more adaptable to new conditions (**“on the road”**)
- possess the freedom to be creative (**“are gamers”**)
- develop deeper relationships with other players and with coaches (**learn life’s lessons**)



Dr. Jeff Duke, Ed.D.
University of Central Florida



Dr. Jeff Duke is the foremost expert regarding the cultural influence on the coaching profession in our society. He has developed and authored the “3Dimensional Pyramid of Coaching Success” concept that has revolutionized the sport coaching landscape.

What is 3Dimensional Coaching™?

The 3Dimensional Coaching™ curriculum is based on extensive research regarding different coaching philosophies and the cultural influence of coaches in the lives of the people they impact.

1st Dimension = Fundamentals (Physical)

2nd Dimension = Psychology (Mind)

3rd Dimension = Heart (Holism)

**Research shows only about 15% of coaches intentionally coach beyond the 1st Dimension*

Why does it matter?

- 70% of athletes will fail to reach their full potential on & off the field because of 2nd Dimension issues
- The social structure of our culture has drastically changed over past 20 years
- Research validates the “Coach” as the single-most influential authoritative figure in life of today’s adolescent

2nd Dimension issues?

Motivation—Do you have athletes who will seemingly quit on you in a heartbeat? How do you motivate today’s athlete to commit to a long-term process in a culture that values “immediate-gratification?”

Confidence—Do you have athletes who shrink back when the game is on the line? How do you help athletes gain/regain confidence in a culture obsessed with publicizing failure?

Emotions—Do you have athletes whose emotions get in the way of peak performance? How do you harness the power of passion and emotion in sport to enhance and not hinder athletic ability?

Team Cohesion—Do you have athletes who struggle to buy into the team concept? How do you make a team “we” in a culture that constantly sends the message that it’s all about “me?”

This web-based curriculum is brought to you by FCA and is available at:

www.fcacoachesacademy.com

► **Motivation**
► **Confidence**
► **Emotions**
► **Team Cohesion**

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



**Your locally owned
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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



North Dakota High School Coaches Association



Lifetime Memberships Paid Life Members

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; Velsa 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
Deyle, Alvina; Fargo South HS
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
Foldstad, Collette; West Fargo HS
Forsberg, Mike; Fargo Oak Grove 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
Hanson, Randy; Washburn HS
Hardie, Rodney; Fargo South HS
Hauge, John; Bottineau HS
Haugen, Derold; LaMoore HS
Haussler, Jim; Bismarck Schools
Healy, Dennis; Williston HS
Herman, Matt; Ellendale HS
Hertel, Dale; Fargo South HS
Hofer, Dr. Herb; Cankdeska Cikana CC
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
Peterson, Paul; Larimore 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
Wagner, Doug; DesLacs-Burlington 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

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Message from National High School Coaches Association—Randy Johnson



Hi from the NHSACA!

The National High School Athletic Coaches Association is getting ready for the final push to the summer convention. I invite everyone to attend. Bring your family and socialize with the National Coach of the Year Finalists as well as the Hall of Fame Inductees. What a great place for a convention. The dates are Saturday, June 14 through Wednesday, June 18. The Hall of Fame luncheon is scheduled for Tuesday, June 17. The National Coach of the Year Banquet is scheduled for Wednesday, June 18.

Congratulations to Pete Moe (Washburn High School) and Frank Fish (Watford City High School) for being inducted into the National High School Athletic Coaches Association Hall of Fame. They are outstanding coaches and even better individuals.

North Dakota is well represented on the National Board. Gelaine Orvik and John Hutchison are Past Presidents. Dave Dougherty is the Executive Director. Danell Dougherty is a big asset to this organization as well. Ralph Manley, Tim Wallstrum, and Brian Midthun are Sports Chairs. I am the 2nd Vice President. We really do have great representation nationally.

Here is the list of finalists for National High School Athletic Coaches Association Coach of the Year from North Dakota. Lorell Jungling, Ryam Brantl, Dan Carr, Brian Anderson, Scott Reichenberger, Dan Im-dieke, Dean Hashbarger, Mike Bisenius, Mike Merritt, Brent Newman, Victor Youngs, Scott Grochow, Greg Hoeckle, Lisa Strand, William Uscensky, and Mark Murdock. They are all great candidates and we wish them luck.

Please let me know if you have any questions dealing with the Summer Convention. The registration is on-line at the NHSACA website, <http://www.nhsaca.org>.

Sincerely,

Randy Johnson
NHSACA 2nd Vice President

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AND
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CHRIS CARR, PHD, HSPP



*Counseling Sport
Psychologist - Coordinator
of Sport & Psychology
Services - St. Vincent
Sports Performance -
Indianapolis, Indiana*

An internationally regarded expert in sports and performance psychology, CHRIS CARR has consulted with numerous professional sports teams and Olympic sports, as well as college/university athletics. Currently he is the Sport and Performance Psychologist and Coordinator for Sport and Performance Psychology at St. Vincent Sports Performance in Indianapolis. From 2006 to 2013 he was the consulting sports psychologist for the Indiana University.

Additionally, Dr. Carr is the consulting sports psychologist for the Indiana Pacers (NBA) and the Indiana Fever (WNBA), and has provided consultations for the Kansas City Royals (MLB) and Arizona Cardinals (NFL), among others. Past President of Division 47 (Exercise and Sport Psychology) of the American Psychological Association, Dr. Carr was recently named as an Ad Hoc Member and first psychologist on the NCAA Competitive Safeguards and Medical Aspects of Sports Committee.

Dr. Carr served as the USA Diving National Team Sport Psychologist from 2004-2008, and was in Beijing for the 2008 Summer Olympic Games as the USA Olympic Diving Team Sport Psychologist. Dr. Carr has presented nationally and internationally on psychological issues with athletes. He has worked with Purdue University, the Ohio State University, and Washington State University over the past 20 years of practice as a psychologist with athletics.

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in the elder, a part of Experience"

Francis Bacon

Spotlight in
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Dakota Coach Spring 2014

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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