



DAKOTA COACH

Frank Fish and Pete Moe Are Inducted into NHSACA National Hall of Fame

On June 17th, 2014 Coach Frank Fish and Coach Pete Moe were inducted into the National High School Coaches Hall of Fame.

Coach Fish has coached wrestling in ND longer than any current or past coach in the history of North Dakota wrestling. He began as head coach in 1965 and continued that position until 1988. After a three year "retirement", he accepted the position of assistant coach in 1991 and continues today for a total of 46 years as a wrestling coach.

He is a graduate of Mandan High School and was a member of their first wrestling team. He graduated from Dickinson State in 1965. His college team was named to the Dickinson State Hall of Fame for winning 39 consecutive dual meets. At that time it was an NAIA national re-

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NHSACA National Coaches of the Year from North Dakota

The NHSACA National Coach of the Year Banquet was held on June 18, 2014, at the Snow King Resort in Jackson, Wyoming. North Dakota proudly had 12 NHSACA National COTY Finalists attending the ceremony with a large contingency of friends and family accompanying the recipients. When the snow had cleared (literally) two Finalists were named beneficiaries of National Coach of the Year Award: **BOYS' BASKETBALL COACH OF THE YEAR: Dan Carr, Linton High School (Boys' Basketball)** and **BOYS' TRACK AND FIELD COACH OF THE YEAR: Scott Grochow, Rugby High School (Boys' Track & Field)**.

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2014 NDHSCA Convention Ready

The planning and arrangements for the 2014 NDHSCA Convention are nearly totally final. The site is the Fargo Doublewood Inn; the dates are July 29-August 1. The speakers for the week are fabulous. Coaches always find this week as a time to regenerate and relax and also to have last venture to be prepared for the 2014-2015 season.

The seminar tracks are very educational on Tuesday. Ron Backes, former Olympian and University of Minnesota shot putter, is the luncheon speaker. He will introduce a new program of "The 3 D's of Coaching; Motivating the 21st Century Athlete". Athletic directors and veteran coaches should remind first year coaches of the availability of the track for Coaches Permit preparation that is available during one of the seminar tracks. We as head coaches also need to guide new assistants to this course accessibility.

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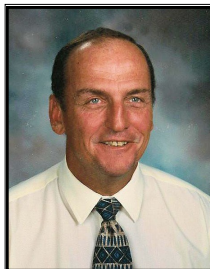


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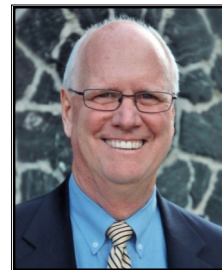
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President's Message - Summer 2014

Summer! Time for the 3 R's. Yes, I know that school is out for summer, but I'm referring to the Coaching 3 R's of summer: Relax, Renew and Re-energize. Take time to enjoy the nice summer weather and relax for a bit. Renew your relationships with family and friends. Lastly, get a fresh outlook on your program, re-energize yourself, and put new life into your program. Just as we evaluate our athletes, we need to take a look at ourselves and our motivations. What do we need to do to re-energize? Maybe we just need to relax and renew to bring new energy into our lives. Summer is a good time to do what it takes to be ready to start fresh with a new season in the 2014-15 school year.

The end of the 2013-14 school year brought us some weather challenges. Mother Nature sure didn't want us to have too many outdoor events this spring. I applaud all the spring sport coaches for keeping their athletes motivated and preparing them to perform at their optimum levels. Congratulations to all those coaches and athletes with a special congratulations to the State Champions, Coach of the Year recipients, and Senior Athlete of the Year Award winners.



Lisa Strand

As I write this, I'm looking forward to attending the National High School Athletic Coaches Association convention in Jackson Hole, Wyoming. We have many North Dakota coaches that have been nominated for honors during the week of June 16 – 19. It is always a great experience to attend that convention. I encourage every coach to attend the national convention whenever possible. If you can't get to the national convention, be sure to attend the NDHSCA convention every summer. This year it will be in Fargo at the Doublewood Convention Center from July 28 – Aug. 1, 2014. Come for the whole convention, or just for a few days. I guarantee you will go away re-energized!

Each year I feel the school year seems to pass faster and faster. This year as President of the NDHSCA it was no different. Last July, I was handed the gavel by Ralph Manley at the convention to take my place as President. This July, I will hand the gavel to Mike Kuhn as becomes the President of your association. Thank you to the members of the Executive Board, to Gelaine Orvik, Randy Johnson, John Hutchison, Karen Hardee and Linda Orvik for all your help and encouragement. It was a blessing to work with such a great group of people!

Thank you again for the opportunity to serve as President of your association. I will heed my own advice and continue to work the 3 R's into my summer plans. I've already done some relaxing, found more time to renew ties with friends and family and I'm ready to re-energize at the State and National Coaches Conventions. Have a great summer!

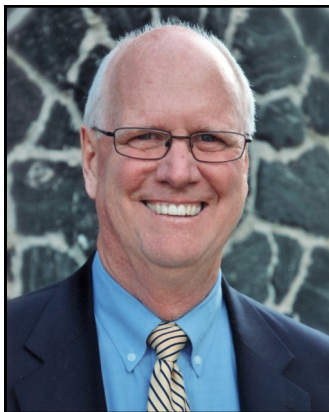
*Lisa Strand,
President NDHSCA*



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

*Important
DATE!*

From the Executive Secretary's Desk



Gelaine Orvik

We think the preparations for the actual 2014 NDHSCA Coaches Convention is complete, but as usual some unforeseen preparations change and need adjustment. We see an absolutely phenomenal convention schedule for all coaches and for all sports.

A number of items need your attention.

Registration is through an alternate registration process. We think this is an absolutely fabulous arrangement, but as always, we have some glitches.

Never try to enter your membership number. This is your first year on the system, although you are a 10 or 20 year veteran to the Association. Just skip the membership number blank.

Although you may be a lifetime member, answer the second question (Are you already a registered member ([for the 2014-2015 school year]) on the registration page with "no".

The next question is what is your Membership Level (High School, Junior High, College, Life or Associate)? When you answer that question, your membership fee automatically attached.

Continue to go through the registration process, and be certain that you complete each question or line that contains an asterisk (*).

The total amount you owe for the registration and fees is auto-populated as you progress through the registration.

We hope that everyone pays with a credit card. This is a totally painless procedure for the coach and no fee attaches for the process. This is **unlike** last year's registration where many people were surprised with a 5.5% usage fee.

We remind coaches that failure to register online and before July 20th only causes complications and "wait lines".

If you choose to pay by check by mail, is acceptable (although not the expedient process), be sure to send your check (payable to NDHSCA) directly to Rod/Karen Hardie; 2472 Lilac Lane; Fargo, ND 58102.

If you use credit card for registration, you will receive your Membership Card/Receipt at the convention. If you register for membership only, you will receive your Membership Card/Receipt by return E-mail.

We returned from another NHSACA National Convention and had a fabulous time in Jackson, WY. Great view, great food, great friends, great hosts, great food, great extra-special awards and great food. Of course a special moment was the induction of Frank Fish and Pete Moe into the NHSACA National Hall of Fame.

Then on Wednesday evening, our state was again a leader in the field (in this case, on the slopes), when Dan Carr and Scott Grochow were identified as NHSACA National Coach of the Year in their respective sport of Boys' Basketball and Boys' Track & Field. Wow! What a Celebration! Congratulations to them.

North Dakota was extremely proud of the administration of the National Convention under the watchful eye of Dave Dougherty. Of course we all told him that it was okay, except that Danell made the week superlative! Way to go Dave & Danell.

Randy Johnson ascended from his role as 2013-2014 NHSACA 2nd Vice-President to 2014-2015 NHSACA President-Elect. Randy continues to dazzle the nation with his expertise, knowledge and leadership. Great work, Randy!

When we arrived home, we were greeted with great registration and Rod & Karen with total control of the registration process. Great work, folks. We remind everyone to try their best to contact Rod and/or Karen with all questions pertaining to membership. Obviously, I will answer them also, but we need to work expeditiously to involve our entire NDHSCA Executive Committee to handle their portfolio.

We had a slight problem over the course of the year when some sports and some people have not been cooperative. Ralph Manley gave me another great statement as an impetus for our Association and for each individual sport. "Remember each coach represents his/her individual sport as well as the Association. Whenever a coach sits back and refrains from involvement, he/she is letting his compromising that sport as well as our Association." Great thought, Ralph. When we are submissive to the needs for our sport, we relinquish all credibility of our goals.

Jim Haussler uses a similar reflection when he responded to his coaching staff, "You expect your athletes to make every sacrifice and evidence to make themselves

Continued on next page

From The Executive Secretary's Desk (continued)

better athletes; are you doing all you can to demonstrate your message?"

Every coach and athletic director needs to confirm a commitment to being a better coach and director throughout the school year as well over the summer.

Throughout the year, I regularly receive messages from friends, cohorts, professionals and others on ideas for development and motivation. I am convinced that the best ideas for both of these come from coaches right here in "good old North Dakota"! Thanks to you all!

On June 22nd, we traveled to Valley City to express our appreciation and thanks to Sherm Sylling as he retired from his role as NDHSAA Executive Secretary. I am sure that each of us have had a marvelous experience because of Mr. Sylling's leadership. I made a few comments to Sherm from your Association. I accentuated the great respect we had for him and his adamant stress that "no change will be implemented in a sport's guidelines without going through the Sport's Advisory Committee or the sport's leadership. I also challenged Matt Fetsch to reach out to coaches and to Advisory Committees to continue this superb cooperation and working relationship. Thank you again, Sherm! Congratulations again, Sherm. "You Done Good!"

We want to remind all past NDHSCA Hall of Fame Inductees of the Luncheon for 2014 Inductees at the Doublewood Inn on Thursday, July 31st. This is your opportunity to visit and share with the newest class. We just want to urge you to contact the NDHSCA Office (701-367-8282) or (gorvik@cablone.net) so adequate meals and seating are prepared. Congratulations to the new Inductees and Congratulations to all past Inductees as well.

Right now, our registration is flying on! However, we do not have adequate enrollment in all college credit sessions to hold one of the classes. If you have a new assistant or junior high coach, urge him or her to register for the Permit Preparation Class or the Beginning Coaches Class. We surely do not want to cancel

any classes. Also, although last year was our initial class for Permit Preparation, many people took the AED/CPR Certification prior to the 2013 Convention. This needs re-certification every second year. Do not be tardy in your CPR Certification.

I received about 2,000 names from Brenda Schell, NDHSAA, for Permit Certificates to be sent. I promise that will be a task for post-convention. Congratulations again on the Permit Education Completion and your receiving the Certification. We hope NDHSCA will always be helpful in providing additional and continual preparation for your coaching.

I surely do not want to leave the year without saying publicly what a great NDHSCA President we have had during the past year. President Strand continues with the superb articulation by NDHSCA as she fills every void that occurs. Lisa has continued to understand the view of the overall Athletic Program that NDHSCA organizes and directs. Thanks, Lisa!

We hope to see every member at the convention. Although, I do not know what we would do with 1321 registrations at the Fargo Doublewood Inn!?! Yes, NDHSCA has established another record enrollment for membership, for the fifth year in a row! Great Work, North Dakota Coaches. We hope we are constantly caring for every coaches' needs. A great "Attaboy" and "Attagirl" to the Hardie couple. Thanks!

We hope to see each of you in Fargo at the Doublewood Inn the last week of July! If you have any questions, contact me at the NDHSCA Office (gorvik@cablone.net) or at (701-367-8282). As we prepare for our 2014-2015 Seasons, do well!

◇

*We have established
another record
enrollment for the
fifth year in a row!
Membership now at
1,321!*

Sponsor NDHSCA Coach of the Year Awards



NHSACA National Hall Of Fame (continued from page 1)

cord. In 1988 he received the Dickinson State University Blue Hawk Athletic Boosters' club Outstanding Career Achievement Award.

During his 23 years as head coach in Watford City his teams won three consecutive state championships, and they were state runners up five times, finished third four times and fourth twice. His teams also won 264 dual meets including a streak of 97 wins, one tie and no losses over a six year span; they won 59 tournament championships that included 17 regional titles. Coach Fish and his assistants coached 29 individual state champions, 90 state place winners. Since becoming an assistant, his teams have claimed 15 more state individual state champions, 65 more place winners, as well as winning more than 300 more dual meets.

He was named NDHSCA coach of the year twice, and he was a three time National Coach of the Year nominee.

He was instrumental in bringing state seeding to the state wrestling tournament. He was initiated USA-AAU cultural exchange by taking wrestling teams to Germany and bringing Japanese wrestlers to North Dakota. He has been president of the North Dakota Wrestling Coaches five years and a member of the wrestling Advisory board to the state activities association for five years.

He is a member of the North Dakota Wrestling Coaches Hall of Fame and the North Dakota High School Coaches Association Hall of Fame. In 2014 he is inducted into the National High School Athletic Coaches Hall of Fame.

Coach Frank Fish from Watford City and his wife of 50 years Sally have four children: Laura, Mary, Janet, and Terry.

Coach Peter Moe from Washburn High School, Washburn High School his wife Barb have two adult children: Erik and Kristin.

Coach Pete Moe began his coaching career in 1976 in Lancaster, MN. He was there for two years serving as the schools head football and head boys' basketball coach. In 1978 he moved to Washburn, ND, where he was head football coach and head boys' track and field coach. During his tenure in

Washburn, he served as an assistant track coach for seven years, as assistant boys' basketball coach for 19 years, and filled in one year as head girls' basketball coach. He stepped down from the head football coach position after the 2011 season, but continued to be involved as the junior high football coach the past two years. He has also served as the Athletic Director at Washburn since 1998.

In 1999 he was named ND Class A football coach of the year, and in 2005 he was named ND Athletic Director of the year. Later in 2007 he was named ND Drivers' Education Teacher of the year. Pete is a past president of both the ND High School Coaches Association and the ND High School Athletic Administrators Association. In 2004 he was awarded the National Interscholastic Athletic Administrators Association Award of Merit for the state of North Dakota. He has been active in teaching coaches education classes at the annual coaches convention.

Coach Moe was a finalist for the American Football Coaches Association's Power of Influence Award in 2011. In 2010 he was inducted into the ND Coaches Association Hall of Fame, and in 2014 he is inducted into the National High School Athletic Coaches Association Hall of Fame.



Frank Fish



Pete Moe



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



NHSACA National Coaches of the Year from North Dakota (Continued from page 1)

Coach Carr is a 34 year coaching veteran. After three years in Belgrade, MN, he has spent the last 31 years in Linton where his teams have a 643 and 197 win-loss record with three state championships (back to back in 1984 and 1985) and one runner up finish; they have qualified for the state tournament 10 times. In 30 of 31 years Coach Carr's teams have qualified for the region tournament. Twice they have had undefeated seasons.



Daniel Carr

He is a seven time regional coach of the year and a two time state coach of the year. He has been inducted into the Mayville State University Coaches Hall of Fame. This is his third time as a finalist for National High School Athletic Coaches Association Coach of the year.

Dan and his wife Anne have four children; Kyle, Katie, Lacey and Megan

Coach Grochow has been the head boys' track 7 field coach for 29 years at Rugby High School, with 20 years as head coach, where his boys' track and field team has a multi-team record of 4,876 and 1,012 win-loss record.

He has served his fellow North Dakota coaches as a member of their coaches' association executive Committee for five years where he was president for in 2005-2006. He has been a track and field advisory committee member for 16 years. He has also served as the Rugby High School athletic director for 15 years.

His boys' teams have won 22 regional track titles that include every year from 1995 to the present! They have been state runner up team twice, and they have three state titles to their credit, with the last coming in 2010. He is a 12 time North Dakota regional coach of the year, and a three time state coach of the year honoree. He will also be inducted into the North Dakota High School Coaches Association Hall of Fame in 2014.



Scott Grochow

Scott and his wife Kerry have two children: Kaycee and Mitch.

Congratulations Coach Carr & Coach Grochow



**Sponsor of the
Outstanding
Senior Athlete Awards**



NDHSCA Spring Assistant COTY

The 2014 Spring Season recipient of the North Dakota High School Coaches Association Assistant Coach of the Year Award is **Steven Mueller, Rugby High School's Assistant Track and Field Coach**. Steven was nominated by Scott Grochow, Rugby's Head Track and Field Coach and Bobby Hoffner, Benson County's Head Track and Field Coach.

Steven has been coaching track and field for 14 seasons at Rugby High School. He is responsible for coaching all boys and girls in the high jump, long jump, and triple jump. **Coach Mueller** designs the workouts for strength and conditioning of these events. He has coached over thirty athletes in the long, triple, and high jump at the state meet. **Steven** has coached two state long jump champions and four state high jump champions.

Coach Mueller is a five-time President Circle and seven-time Senior Partner Level recipient of Nodak Mutual Insurance Company. He is also a three-time Director of the Year for the Rugby Chamber of Commerce. **Steven** has presented at the North Dakota High School Coaches Association State Convention twice and tends to coach numerous athletes from surrounding towns as well. He is a member of the Rugby Eagles Club, Rugby Chamber, member of the Convention and Visitors Bureau, and the Theater Lyric Board.

Scott Grochow, Rugby High School's Head Boys Track and Field Coach has this to say about **Coach Mueller**. "**Steven** is an outstanding coach. He studies his area of expertise and shows great passion for track and field. He has helped Rugby jumpers be the best they can be and always seems to have success at the State Level." Bobby Hoffner, Benson County's Head Track and Field Coach says this about **Coach Mueller**. "In all the years I have coached, I have never met a coach who represents the epitome of sportsmanship combined with a love of the sport and a knowledge in his field that is unrivaled like that of **Steven Mueller** of Rugby High School. At a typical track and field meet, you would not know **Steven** is a Rugby coach. He is always active in coaching any athlete who seeks help, regardless of talent, ability, or what school they may be from."

Steven and his wife Trica have three children, Paige, Johnathan, and Timothy. **Steven Mueller**, of Rugby High School, is the North Dakota High School Coaches Association's Assistant Coach of the Year for the spring of 2014.



Steven Mueller

Sponsor NDHSCA Coach of the Year Awards



2014 NDHSCA Coaches Convention @ Fargo Doublewood Inn; July 28-August 1

Noon Monday; July 28 Fargo Doublewood Inn NDHSCA Executive Committee Meeting In Executive I

7:15-11:00 Tuesday; July 29-Fargo Doublewood Inn Registration in the Woodlands Foyer

7:45 Registration for College Credit (2-Credit Classes) in Chestnut Room

<i>Time</i>	<i>SPORT</i>	<i>F.Name</i>	<i>L.Name</i>	<i>School</i>	<i>SPEAKER'S TOPIC</i>
T	8:00	Justin	Fletschock	NDHSAA	"Ten Most Critical NDHSAA Topics for New Coaches"
T	8:00	Curt	Jones	West Fargo HS	"Why We Play the Games"
T	8:00	Randy	Johnson	Hazen HS	"Role Modeling in Coaching"
T	8:00	Dan	Hutchison	Perform-X Training Systems, Inc"	Optimizing Weight Room: Layout & Space"
T	9:00	Mike	Berg	GF Central HS	"I Have the Job; Now What Do I Do?"
T	9:00	Pete	Moe	Washburn HS National Federation	"Fundamentals of Coaching"
T	9:00	Dave	Dougherty	NHSACA	"White House Concussion Summit"
T	9:00	Patrick	Metzger	Central Cass HS	"Squirrel Strength; Raising the Bar"
T	10:00	Dean	Winczewski	Minot HS	"Starting a Program and Replacing a Legend"
T	10:00	Barb	Moe	Bismarck-Mandan Security Permit Prep Session on CPR, AED and First Aid Certification	
T	10:00	Justin	Fletschock	NDHSAA	"Special Topics for Coaches from NDHSAA"
T	10:00	Jim	Kramer	NDSU	"Designing Strength Programs"
T	11:00	Mike	Berg	GF Central HS	"Coaching Boys into Men"
T	11:00	Pete	Moe	Washburn HS National Federation	"Fundamentals of Coaching"
T	11:00	Colleen	Heimstead	NDSU	"NCAA Initial Eligibility and Recruiting Regulations"
T	11:00	Jim	Kramer	NDSU	"Avoiding Muscle Cramps; Hydration & Salt"
T	Noon	Ron	Backes	FCA	"Motivating 21st Century Athlete-An Introduction to 3D Coaching"
T	1:30	Dan	Carlson	GF Central HS	"Identifying Success in Your Coaching"
T	1:30	Barb	Moe	Bismarck-Mandan Security Permit Prep Session on CPR, AED and First Aid Certification	
T	1:30	Todd	Olson	Fargo Public Schools	"Why We Play the Game"
T	1:30	Dan	Hutchison	Perform-X Training Systems, Inc.	"Applications for Speed, Strength & Power"
T	2:30	Gelaine	Orvik	NDHSCA/Life Member	"Serving My Profession by Being a Professional"
T	2:30	Pete	Moe	Washburn HS National Federation	"Fundamentals of Coaching"
T	2:30	Mike	Berg	GF Central HS	"You Might Be a Coach; But Are You a Leader?"
T	2:30		TBA		"Topic to be Determined"
T	3:30	Dean	Winczewski	Minot HS	"Keeping What's Important Most Important"
T	3:30	Barb	Moe	Bismarck-Mandan Security Permit Prep Session on CPR, AED and First Aid Certification	
T	3:30	Gelaine	Orvik	NDHSCA/Life Member	"Professionalism in Coaching"
T	3:30	Dan	Hutchison	Perform-X Training Systems, Inc.	"Sport-Loading: Application & Progressions"
T	3:30		Tee Time @ Registration Desk		before going to the course: only Convention Registrants

Wednesday; July 29

<i>Time</i>	<i>SPORT</i>	<i>F.Name</i>	<i>L.Name</i>	<i>School</i>	<i>SPEAKER'S TOPIC</i>
W	8:30	Bart	Manson	Fargo Davies HS	"Basketball Sets & Drills"
W	8:30	Andrew	Carlson	NDSU	"Cross-Country Training"
W	8:30	David	Haugen	Pelican Rapids (MN) HS	"Pelican Rapids Multiple Formation Offense"
W	8:30	Doyle	Heisler	Wanamaker Corp.	"Using the iWanamaker"
W	8:30	Todd	Peters	MSUM	"Motivating Swimmers during Practice"
W	8:30	Ron	Backes	FCA	"Coaching the Rotational Shot Put"
W	8:30	Dan	Westby	Marshall HS	"Serving & Passing---Two Practice Staples"
W	8:30	Chris	Bono	SDSU	"Planning your Season"
W	9:45	Dennis	Hutter	Mayville State	"Individual Development Workout Drills"
W	9:45	Darrell	Anderson	Bismarck HS	"Plan to Win"
W	9:45	Bubba	Schweigert	UND	"UND Defense"
W	9:45	Matt	Cook	Rose Creek Golf Pro	"Full Swing – From Set-up to Finish"
W	9:45	Kevin	Gall	Jamestown University	"Mental Game, Indoor Practice & Beginning a Program"
W	9:45	Tom	Uvaas	Fergus Falls (MN) HS	"Fergus Falls Swimming Program"
W	9:45	Mike	Thorson	University of Mary	"Training the Long & Short Hurdlers"
W	9:45	Brigitte	Freschette	Lake Region State	"Consistency in Coaching"
W	9:45	Kris	Nelson	MSUM	"Takedowns," and "Escapes/Reversals/Counters"

2014 NDHSCA Coaches Convention @ Fargo Doublewood Inn; July 28-August 1

10:30 General Session; Dawn Kaiser, The Village Family/lunch

“Building Effective Teams”

<i>W</i>	1:00	Basketball	Darin	Mattern	Bismarck Century HS	"Patriot Player Development"
<i>W</i>	1:00	Cross-Country			Advisory Committee	Review, Suggest and Plan Annual Advisory Committee
<i>W</i>	1:00	Football	Chris	Klieman	NDSU	"Bison Defense"
<i>W</i>	1:00	Golf	Steve	Kennedy	NDSU	"Drills to Put Pressure on Players in Practice"
<i>W</i>	1:00	Softball	Mike	Oehlke	Kindred HS	"Skills & Fundamentals"
<i>W</i>	1:00	Swimming & Diving	Jennifer	Johnson	Fargo Davies HS	"Building a Program and Workout Design"
<i>W</i>	1:00	Volleyball	Dan	Westby	Marshall HS	"Putting Together a Championship Practice"
<i>W</i>	1:00	Wrestling	Chris	Bono	SDSU	"Practice Planning"
<i>W</i>	2:15	Basketball	Dave	Richman	NDSU	"Limiting Turnovers; Cutting Offense"
<i>W</i>	2:15	Cross-Country	Dave	Zittleman	Bismarck HS	"Summer Training-In Season Training-Winter Training"
<i>W</i>	2:15	Football	Randy	Hedberg	NDSU	"QB Play: Understanding Defensive Football & QB Mechanics"
<i>W</i>	2:15	Golf	Dean	Kraft	Jamestown HS	"Drills and Games for on and around the Green"
<i>W</i>	2:15	Softball	Scott	Kost	Central Cass HS	"Topic to be Determined"
<i>W</i>	2:15	Swimming & Diving			Advisory Committee	Review, Suggest and Plan Annual Advisory Committee
<i>W</i>	2:15	Tennis	Vic	Youngs	Fargo South HS	"High School Tennis"
					"Topic to be Determined"	
<i>W</i>	2:15	Track & Field	Stevie	Keller	NDSU	"Common Faults in Vaulting"
<i>W</i>	2:15	Volleyball	Kari	Thompson	NDSU	"Designing & Adapting Drills to Fit Needs to Maximize Time"
<i>W</i>	2:15	Wrestling	Kris	Nelson	MSUM	"Riding/Nearfalls/Pins"
<i>W</i>	3:30	Basketball	David	Smart	Ada-Borup (MN) HS	"Competitive Drills"
<i>W</i>	3:30	Football	Rob	Jacobson	Fargo Davies HS	"Being an Assistant FB Coach at Fargo Davies HS"
<i>W</i>	3:30	Softball			Advisory Committee	Review, Suggest and Plan Annual Advisory Committee
<i>W</i>	3:30	Swimming & Diving	Skip	Fisher	Fargo South HS	"Bruin Girls' Swimming & Diving"
<i>W</i>	3:30	Tennis			Advisory Committee	Review, Suggest and Plan Annual Advisory Committee
<i>W</i>	3:30	Track & Field	Mark	Murdock	Bismarck Century HS	"Coaching the Discus"
<i>W</i>	3:30	Volleyball	Dan	Westby	Marshall HS	"Drills for Teach VB Movement"
<i>W</i>	3:30	Wrestling	Chris	Bono	SDSU	"Weight Loss in Wrestling"

W **6:30 Taco Bar Social (Sponsored by Universal Athletics) --- All Registrants Invited**

Thursday; July 31

	Time	SPORT	F.Name	L.Name	School	SPEAKER'S TOPIC
<i>R</i>	8:00	Basketball	Mike	Santjer	Rugby HS	"Up Tempo Practice Drills"
<i>R</i>	8:00	Football	Brian	Dokken	Wahpeton HS	"Huskie Run Game & OL Drills"
<i>R</i>	8:00	Swimming & Diving	Jake	Solper	Minot HS	"What is Your Coaching Style?"
<i>R</i>	8:00	Tennis	Chad	Anderson	West Fargo HS	"Individual & Team Drills Used in Tennis Practice"
<i>R</i>	8:00	Track & Field	Trevor	Barry	NDSU	"Teaching the High Jump from the Beginning"
<i>R</i>	8:00	Volleyball	Dennis	Amundson	Minnesota State University Mankato	"BEAR Training---Fundamental Movement"
<i>R</i>	8:00	Wrestling	Matt	Nagel	Concordia College	"Single Leg Attacks"
<i>R</i>	9:15	Basketball	Travis	Brewster	UND	"Team Cultural Success"
<i>R</i>	9:15	Cross-Country	Stu	Melby	Minot State Univ.	"Iron & Running and Water, Sleep & Running"
<i>R</i>	9:15	Football	Eric	Olson	Milnor-North Sargent HS	"Learning How to Coach on the Run"
<i>R</i>	9:15	Football (9-Man)	Sandy	Laxdal	Cavalier HS	"3-5 Defense Concept and Blitz Package"
<i>R</i>	9:15	Golf	Jeremy	St. Aubin	South Border HS	"South Border Golf & Mistakes We Make"
<i>R</i>	9:15	Swimming & Diving	Bryan	Walls	GF Red River HS	"Grand Forks Distance Program"
<i>R</i>	9:15	Tennis	Jerry	Caulfield	Courts Plus	"Topic to be Determined"
<i>R</i>	9:15	Track & Field	Scott	Grochow	Rugby HS	"Panther Warmup and Workouts"
<i>R</i>	9:15	Volleyball	Jon	Hegerle	Jamestown College	"Little Things That Made a Big Difference in 2013"
<i>R</i>	9:15	Volleyball	Sara	Hegerle	Jamestown HS	"Little Things That Made a Big Difference in 2013"
<i>R</i>	9:15	Wrestling	Matt	Nagel	Concordia College	"Defense to Leg Attacks"

10:30 NDHSCA MEMBERS' BUSINESS MEETING (with lunch)

2014 NDHSCA Coaches Convention @ Fargo Doublewood Inn; July 28-August 1

Noon 2014 NDHSCA Hall of Fame Inductees Luncheon (Past Presidents & Former Hall of Famers INVITED)

R	1:00	Basketball	Kyle	Card	Fargo Oak Grove HS	"Practice Planning/Drills & Summer Shooting"
R	1:00	Cross-Country	Jeff	Morris	Perham (MN) HS	"The Perham Distance System"
R	1:00	Football			Advisory Committee	Review, Suggest and Plan Annual Advisory Committee
R	1:00	Golf	John	Starkey	Napoleon HS	"Basics of the Golf Swing from Clyde Harmon"
R	1:00	Softball	Chad	Slyter	Fargo Shanley HS	"Developing a Mound Presences, Ball Location & Pitch Selection"
R	1:00	Tennis	Chad	Anderson	West Fargo HS	"Sports Psychology Used in Tennis"
R	1:00	Track & Field	Everett	Gebhart	Sioux Falls Washington (SD) HS	"The 'B-Provisional Qualifying for State' in SD"
R	1:00	Volleyball	Dennis	Amundson	Minnesota State University Mankato	"Essential Daily Setter Drills"
R	1:00	Wrestling			Advisory Committee	Review, Suggest and Plan Annual Advisory Committee
R	2:15	Basketball	Matt	Herman	Ellendale HS	"Random Thoughts from a Has Been Who Never Was"
R	2:15	Cross-Country	Julie	Stavn	Bismarck Century HS	"Philosophy of Patriot Cross---Some Random Thoughts!"
R	2:15	Football	Jason	Thielges	Fargo Davies HS	"Some of the Best Things @ Davies HS"
R	2:15	Golf			Advisory Committee	Review, Suggest and Plan Annual Advisory Committee
R	2:15	Swimming & Diving	Claudia	Schoellkopf	Mandan HS	"Teaching Diving at Mandan HS"
R	2:15	Tennis	Pat	Colbert	USTA Northern Section	"Serve & Return of Serve; Foundations for the Game"
R	2:15	Track & Field	Everett	Gebhart	Sioux Falls Washington (SD) HS	"Q & A on SD State Qualifying Provisional"
R	2:15	Volleyball	Dennis	Amundson	Minnesota State University Mankato	"Vision Training in Practice Situations"
R	2:15	Wrestling	Derrick	Dixon	TMCHS	"Behind the Scenes at NFHS Wrestling Rules Committee Annual Meeting"
R	3:30	Basketball	Jayden	Olson	NDSU	"Developing a Culture of Toughness; Player Development"
R	3:30	Cross Country	Brian	Anderson	New Town HS	"Training Ideas for a Mixed Squad"
R	3:30	Football	Barry	Holmen	Minot HS	"Topic to be Determined"
R	3:30	Softball	Mike	Loll	Hankinson-Fairmount HS	"Implementing a Mental Program & Using QAB"
R	3:30	Swimming & Diving	Jim	Kindschi	retired	"Judging Diving – An Official's Perspective"
R	3:30	Tennis	Pat	Colbert	USTA Northern Section	"The Transition Game; Getting to the Net"
R	3:30	Track & Field			Advisory Committee	Review, Suggest and Plan Annual Advisory Committee
R	3:30	Volleyball	Chris	Hahn	Central Cass HS	"20 Commandments for Successful Volleyball"

R 5:15 NDHSCA COTY & Hall of Fame Awards Social

R 6:00 NDHSCA COTY & Hall of Fame Awards Banquet

Friday; August 1

Fargo Doublewood Inn

	Time	SPORT	F.Name	L.Name	School	SPEAKER'S TOPIC
F	7:00	FCA Bible Study	Mark	Ouradnik	FCA	Bible Study & Continental Breakfast
F	8:00	Basketball	Maren	Walseth	NDSU	"Topic to be Determined"
F	8:00	Football	Merle	Johnson	NDSU	"Topic to be Determined"
F	8:00	Track & Field	Greg	Hoeckle	Carrington HS	"Psychology Behind Carrington HS Track & Field Athletes"
F	8:00	Volleyball	Tom	Klapp	Northern Cass HS	"Positioning Strategies & Defense for Success"
F	9:15	Basketball	Dan	DeWitt	Mayville State	"Perimeter Player Development--on Court"
F	9:15	Football	Todd	Johnson	Mahnomen (MN) HS	"Mahnomen's '3-5 Defense: How and Why We Teach This"
F	9:15	Track & Field	Don	Larson	NDSU	"Training the Sprinters (100 & 200)"
F	9:15	Volleyball			Advisory Committee	Review, Suggest and Plan Annual Advisory Committee
F	9:15	Wrestling	Roger	Kish	NDSU	"Steve Monk's Techniques at NDSU"
F	10:30	Basketball			Advisory Committee	Review, Suggest and Plan Annual Advisory Committee
F	10:30	Football	Troy	Mattern	Fargo South HS	"Fargo South's Vertical Passing Game"
F	10:30	Track & Field	Steven	Mueller	Rugby HS	"Coaching the Jumps-Pre-season/In-season/Drills & Conditioning"
F	10:30	Volleyball	Amy	Lyon	Lisbon HS	"Tryouts without Cutting Parent & Athlete Communications"
F	10:30	Wrestling	Roger	Kish	NDSU	"Drills at NDSU with Steve Monk"
F	11:45	Basketball	Jim	Petrik	Shiloh Christian HS	"Pressure Defense and Zone & Man Offensive Specials"
F	11:45	Football	Flint	Motschenbacher	Detroit Lakes (MN) HS	"Laker Power Read and New Program Developments"
F	11:45	Football (9-Man)	Kelly	McCleary	Napoleon HS	"Topic to be Determined"
F	11:45	Track & Field	Rich	Hovland	Bismarck Century HS	"Horizontal Jumps – Triple Jump"
F	11:45	Volleyball	Adam	Longmore	Valley City State	"The Importance of Serving & Its Unique Skill in VB"
F	1:00	Basketball	Brian	Jones	UND	"Phoenix Transition: Its Options (P & R Motion)"
F	1:00	Football	Rick	Philon	Hazen HS	"Hazen Football"
F	1:00	Track & Field	Ryun	Godfrey	NDSU	"Training the Short Middle Distance-400-800-1600"
F	1:00	Volleyball	Mark	Pryor	UND	"Changing Practice & Training Focus as the Season Progresses"

2014 NDHSCA Convention Ready (continued from page 1)

The golf scramble will be held on Tuesday; tee times are 3:30 until 5:00 pm. The scramble is held at Rose Creek, but tee time registration takes place at the registration desk.

Universal Athletics will host the social again on Wednesday, July 30th at 6:30. Although the afternoon sessions are completed at 4:30, everyone is urged to come to the Taco Bar Social for exuberant fun, renewed friendships, enduring games and “fulfilled” coaches. Larry Aasheim together with his North Dakota staff of Dave Nelson, Alex Starcevic, Jerry Obenauer, Jeremy Campbell and Chris Peters really know how to host a “bash”. Come and enjoy!

Also on Wednesday, the convention will feature an exciting motivational speaker. Dawn Kaiser will prove to be enlightening, entertaining and engaging. She noted as an “inspirational educator, writer, blogger, speaker, leader and positive-thinker extraordinaire”. Her inspiring presentation on Wednesday morning will conclude with a light lunch provided by **SUBWAY®**, a stellar NDHSCA sponsor. However, coaches are reminded that the lunch is available **only** to General Session attendees.

Nine exhibitors have registered to date. These firms are vital to us coaches and to our sports world. We have a duty and responsibility to cultivate co-operations with all. Take time during breaks to make concerted endeavors to establish relationships for the year.

One of the efforts made in convention arrangement this year was to move the dates to the last week of July. This was to access Division I coaches. Our efforts were rewarded with securing basketball coaches Maren Walseth, NDSU; David Richman, NDSU; Kevin Brewster, and UND; Brian Jones, UND. Coaches will also have opportunity to meet and re-connect with football coaches Randy Hedberg, NDSU; “Bubba” Schweigert, UND; and Chris Klieman, NDSU. College and university volleyball coaches include Kari Thompson, NDSU; Mark Pryor, UND; Adam Longmore, Valley City State; Dennis Amundson, Minnesota State University-Mankato; Jon Hegerle, Jamestown University; and Brigitte Freschette, Lake Region State. Don Larson and Ryun Godfrey,

NDSU cross-country and track & field staff will present for their high school cohorts.

In addition to these college and university coaches’ presentations, outstanding and successful high school coaches in all sports from throughout North Dakota, South Dakota and Minnesota. Each of these come with high recommendations from several coaches in each sport. The goal of the convention administration is to have the most attractive staff in every sport for every attendee to “lock into”.

Naturally, the highlight of the Annual Hall of Fame and Coach of the Year Banquet on Thursday evening with the social at 5:15 and the banquet dinner beginning at 6:00. Following the dinner, the annual awards will be presented as we honor the 41 COTY recipients and three Hall of Fame honorees. In addition, three assistant COTY and one JHS COTY will join the group of beneficiaries. Six North Dakota student-athletes will receive scholarships and other special awards will be presented.

Registrants will find additional assistance for the registration process in the “Executive Secretary’s Column.” All registrants are urged to register early and pay by credit card. This makes the registration process much expedient and complete. In addition this year’s registration costs are much more practical. The fee that appears on the last page is what is charged to your credit card. The credit card transaction fee is included in the registration fee **instead of being added** to the final registration fee.

All North Dakota coaches are urged to attend the 2014 Convention; you will have a fabulously informative educational experience. See you in Fargo at the Doublewood Inn the last week of July (July 29-August 1)!!!

**Online Membership Application and Registration Link
See page 22**

Letters to the Editor

Gelaine (& NDHSCA)

I am writing to express my deepest appreciation of our great Association of coaches and the commitment that has been exhibited all these years. There have been many that have served and made our Association a very reputable and respected organization. Thank you all!

The NDHSCA, on a personal note, has given and offered a sense of support and security throughout my 37 years of coaching. It brought me in contact and served as a very important tool of communication with other coaches. It gave me support to know that all coaches were experiencing the same issues and helped me to keep going. It helped so much to know that all coaches held a high standard of morals and ethics and still tried to win a few games.

North Dakota is and should always be proud of the NDHSCA and what it stands for. It supports our coaches to bring out the best of our athletes, not in wins and losses, but in respect for the game, sportsmanship, and development of good productive citizens.

Even though I have retired from coaching and have pursued another career after 37 years, I am proud to want to stay in this great profession as a lifetime member of our organization, the NDHSCA. It makes me proud of the professionalism and respectability that the profession of coaching gives me and how much the Association has helped me and my family become better people. I will keep supporting and respecting the profession of coaching, forever.

Proud Member and Coach,

Randy Gordon

Killdeer HS, 1977-1986

Dickinson Trinity HS, 1986-2014

Hello to NDHSCA:

Thank you for selecting me as a recipient of your NDHSCA-Gelaine Orvik Scholarship. It will greatly help me next year when attending Valley City State University. I will be double-majoring in elementary education and special education and minoring in Coaching. I will also be playing on the women's basketball team. Thanks again for choosing me!

Paige Meyer

Fairmount-Campbell-Tintah HS

Gelaine & Executive Committee,

Thank you so much for the nomination to the NHSACA Hall of fame. The induction ceremony in Jackson Hole was an awesome experience and certainly a day I will never forget.

Peter C. Moe, CMAA

Athletic Director
Washburn High School



Your locally owned
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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.



**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.

Sponsor NDHSCA Coach of the Year Awards



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North Dakota High School
Coaches Association



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

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:

- 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.	_____	_____	_____	_____	_____	_____	_____



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

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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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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



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Available on the NDHSCA Website

**Search "NDHSCA" or enter
*www.ndhsca.com***

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



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