



# DAKOTA COACH

## 2014 NDHSCA Hall of Fame

NDHSCA Executive Committee announces the inductees to the 2014 NDHSCA Hall of Fame as determined at its recent NDHSCA Executive Committee Meeting. The inductees will be recognized and receive awards during the 2014 NDHSCA Coaches Convention, held on July 29-August 1, 2014 in Fargo. The Hall of Fame Awards will be presented at the Annual Banquet on Thursday, July 31<sup>st</sup> at 6:00 PM at the Fargo Doublewood Inn Western Conference Center. The recipients for the 2014 induction will be **Scott Grochow**, Head Football Coach and Boys' Track & Field Coach at Rugby High School; **Gary Schauer**, Assistant Girls' Basketball Coach and Head Boys & Girls Track & Field Coach at Kulm High School; and the **Late Wiley Wilson**, Head Football, Basketball and Boys'

Continued on page 8

## Vice Presidential Candidates NDHSCA

The North Dakota High School Coaches Association's Executive Committee has made nominations for balloting for the Association's Vice President. The balloting will be conducted at the Annual Coaches Convention that will be held in Fargo, July 29<sup>th</sup> through August 1<sup>st</sup>.

The two candidates will be **Paul Lean**, who is presently boys' track & field head coach at Fargo Davies High School. The second candidate is **Ron Metz**, who serves as girls' basketball head coach at Bismarck Century High School.

**Paul Lean** is a graduate of Fargo South High School, with his undergraduate degree and graduate degree from North Dakota State Uni-

Continued on page 7

## Todd Olson Honored by NIAAA

The National Interscholastic Athletic Administrators Association (NIAAA) honored Todd Olson, Director of Student Activities for the Fargo Public Schools, with their Distinguished Service Award on Tuesday, December 17 at the Anaheim Convention Center in Anaheim, CA. The North Dakota Interscholastic Athletic Administrators Association nominated Olson for the National Award. Nine athletic administrators nationwide will be recognized at this year's conference (NDHSAA "Website").

Although he is a relative newcomer, having been an athletic administrator for only eight years, Todd Olson, CMAA, is quickly becoming a leader in the field as the director of student activities for the Fargo (ND) Public Schools.

Continued on page 20

**See the list of the 2014 National High School Athletic Coaches Association National COTY FINALISTS from NDHSCA on page 12**

### INSIDE THIS ISSUE:

Executive Committee .....	2
President's Message .....	3
Executive Secretary's Desk.....	4-6
Vice Pres Candidates (cont'd).....	7
Hall of Fame Inductees (cont'd).....	8-10
Longevity Notice.....	11
COTY Finalists .....	12
Region 6 Rep Letter .....	13

Code of Ethics & Conduct .....	14-15
Forum Article .....	16-17
Kentucky High School .....	17
National Convention Letter.....	18
Camp Insurance .....	19
Todd Olson (continued) .....	20
Orvik Scholarship Form.....	21
Victory Milestones Form .....	22

Sponsor Form .....	23
Drug & Violence Pages .....	24-25
Online Link .....	26
Life Membership Form .....	27
Life Members Listing .....	28
Forms Available.....	29
Jackson Hole Convention .....	30-31
Back Page .....	32

# NDHSCA 2013-2014 Executive Committee

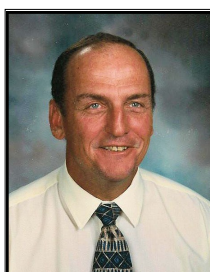


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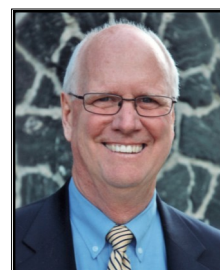
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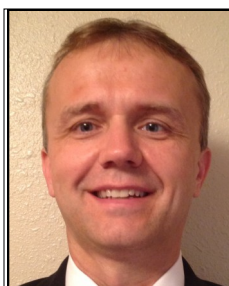
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## President's Message - Winter 2014

Congratulations to our Fall State Champions, Coach of the Year recipients, Powerade Outstanding Seniors and all other award winners. It was a very successful fall filled with many outstanding athletic performances. I'm sure we'll see many more in the months to come as we get into the Winter sports seasons here in the great state of North Dakota!

I sincerely hope you had a wonderful 2013 and are ready for 2014. I usually don't make New Year's Resolutions, but I do look for ways to improve. We as coaches should be continually striving to improve. We have a duty to be professional and respectful as we lead our athletes in practice and contests. The implementation of the coaching permit has helped to teach us or remind us of these duties. Make a resolution to improve in at least one area as a coach and leader this year. Just as we ask our athletes to work on their weaknesses, we need to challenge ourselves to work on ours.

One place to start is by making plans to attend the NDHSCA Convention this summer to be held in Fargo at the Doublewood, July 28-August 1, 2014.



**Lisa Strand**

The Convention features excellent coaching seminars and speakers as well as the famed Universal Athletics Social. Check online at [www.ndhscsca.com](http://www.ndhscsca.com) for the North Dakota Coaches Convention registration forms and information. Another opportunity is the National High School Athletic Coaches Association Convention to be held in Jackson Hole, Wyoming, June 14-18, 2014. Registration can be found at [www.nhsaca.org](http://www.nhsaca.org). Hotel reservations for the Snow King Resort can be made online at the same time.

I encourage you to be active in your Association. Along with the convention, make it a point to attend the sport specific meetings held during each State Tournament. Get involved by taking part in the discussion or volunteering to serve on your respective sports advisory committee. Ask questions, give advice, or just listen and learn. We can all find ways to improve upon our coaching and our colleagues are excellent resources.

Good Luck to all as the winter sports season gets into full swing. We look forward to the upcoming competitions and ensuing State Tournaments.

Enjoy the winter and make a resolution to improve!

*Lisa Strand*

### Sponsor NDHSCA Coach of the Year Awards

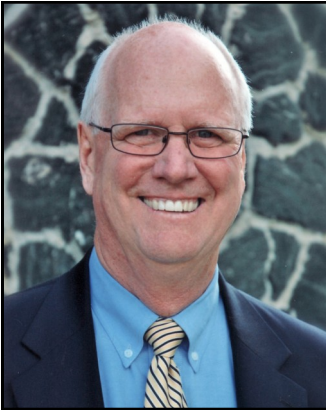


**NDHSCA Convention  
2014  
Fargo, ND  
July 28-August 1**





## From the Executive Secretary's Desk



**Gelaine Orvik**

I survived the Cold of December! Wow! Brings back memories of Rugh Township in Nelson County and growing up where we walked two miles to school, uphill both ways through waist deep snow, with no mittens because we were so poor!

Linda and I have really had a marvelous start. We have done virtually anything we wanted to do and gone where we wanted to go. We are still not too old. We hope all our coaches have had a similar start.

In our first edition of *Dakota Coach*, I alluded to a great start for the two North Dakota Division I Universities. Just when we were experiences awe-inspiring athletic performances, we had two coach resignations at UND (Mussman and Harden). In the midst of the march to a "Three-Peat" Coach Bohl resigns to move to Wyoming.

Unfortunately for North Dakota, Brent Vigen---North Dakota's "Favorite Son"---left to accompany Bohl. Congratulations to Coach Bohl and his staff and the NDSU Bison for the "Thundering Herd's Third"! Likewise Congratulations to Coach Bohl and his staff for all they left our North Dakota Coaches, "The Best to Them" from this observer. Likewise Congratulations to Coach Mussman and his staff; to Coach Hardee and his staff. We coaches have gleaned much from their annual presence.

On the **more** positive side, NDHSCA and members are treated to an awesome selection of Kyle "Bubba" Schweigert as the head coach for UND football. He brings with him Coach Schmidt (Mandan HS) and Paul Rudolph (Minot State University) as well as others.

Chris Kleiman, newly appointed NDSU Bison Football Coach, retains a great relationship with NDHSCA and North Dakota Coaches. His staff presently includes Tim Polasek, Matt Entz, Jamar Cain and Randy Hedberg (Parshall HS, Minot State/St. Cloud State/Southern Illinois). In addition Kleiman has retained Nick Goesser and Conor Riley from the 2013 staff.

Both staffs show great respect for involvement by NDHSCA and North Dakota Football Coaches. NDHSCA looks forward to continued cooperation with the staffs.

Messages that I have received from longtime North Dakota friends and longtime friends of all coaches have been very optimistic in their statements to coaches. Russ Schmeichel has shared this note:

Thanks for asking. Time is flying. It has been nine weeks already since the open heart surgery. I feel great- I did see my heart Doctor today for a re-check (All is well!). The only bad thing is I developed A-Fib (Atrial Fibrillation) the 3rd day after surgery. They have me on Atenolol and Warfarin medication so I can stay healthy. I am working out 2-3 hours a day (biking, light lifting, walking, and swimming). -Russ Schmeichel

**Keep on Keeping On, Russ!**

On New Year's Day, I received a message from Karen Roesler to inform me that our friend and professional, Julie Stavn, lost her mother. We certainly ask for all coaches to remember Julie and her family in her time of sadness and hope that Julie and her family cherish the great lady they called Mother.

North Dakota Track and Field and track and field coaches lost one of its greats earlier this month when Arnie Bakke passed away. Arnie was an established coach (at Wildrose, ND; 1951 Class C Basketball State Championship) and administrator (Grand Forks Central HS). Likewise he was a superb track and field official and long-time starter for the North Dakota State Track and Field Meet. He had an uncanny sternness yet kindness with athletes. Of course, one of his trademarks off the oval was that certain something that he always chewed on! May God allow Arnie the starter's role in that race in heaven; it will be a good and fair start.

I spoke to Jerry Sheldon (retired Fargo Schools AD, Fargo North HS & Agassiz JHS administrator, Fargo North HS Football Coach, Ellendale HS Coach and Karlstad (MN) HS Coach) this morning. His cancer treatment at Roger Maris Center has progressed very well, and he said that his very optimistic at this time with his recovery. He gets his progress report in three months to determine how successful treatments have been. As I visited with Jerry, I confirmed he has not lost his sense of humor or his deep convictions for life, family, friends and his profession. Keep Jerry in your prayers and thoughts.

Roger Stone (Dickinson & Harvey HS FB Coach) sent a greeting at Christmas time and gave an update on his status. He is truly optimistic and jokes that his doctor keeps giving him the okay to drive school bus.

Roger is a great friend,

Continued on next page

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

coach and person. Give him a much deserved "Attaboy" when you see him.

Marle Thorstad, my predecessor at Fargo South High School Track & Field, has a Caring Bridge Account; please go there for his status. He was at Mayo Clinic for surgery for Pancreatic Cancer on January 9<sup>th</sup>. It was a very difficult surgery will require an extended recovery time. Check the CaringBridge account for more update.

I am certain that many people wonder how those old folks, like Orvik, can keep busy and/or waste their time. Well, I can confirm that this year I have been one step ahead of the normal year. At this time I have secured and twelve of our fourteen speakers for Football for our annual NDHSCA Coaches Convention. In addition, we have four of our five cross-country speakers confirmed. Although we have contacted nine speakers for volleyball, we have received tentative confirmation from only four speakers. Now, I think that is pretty darn good!

I received a note from John Pouzzner, former NHSACA National Tennis Chair, NHSACA National Coach of the Year and great friend to all Tennis Coaches. He is presently President of Florida HS Tennis Coaches Association. He conveys a proposal to having a National High School All Star Event.

Obviously I am obligated to keep all our coaches informed of happenings throughout the nation, but I also am responsible for the state coaches, whether one sport or all sports! I cannot endorse activities or endeavors that would be contrary to the guidelines and objectives of the Association. I keep telling other state Coaching Leadership that North Dakota is successful because

1. We have 18 separate sports with two genders in eight sports
2. Most coaches are involved in at least two sports
3. 80%-90% of our head coaches are very cognizant of the needs, desires and concerns of the significant fall, winter and spring season
4. Likewise our coaches have a consensus of the conflicts that occur when a sport strikes out to be self-sufficient without regard for other sports
5. The development of Regional and National competition at the expense of another competition in

our school does not ride well

6. Most coaches want athletes to be active in at least two sports and hopefully three or four

Therefore, I try diligently to reflect the desires, objectives and goals of NDHSCA whenever decisions are made that may affect any sport without total impartiality.

Incidentally, President Lisa Strand and I will represent NDHSCA at the Fall Sports NDHSAA Athletic Review to review NDHSCA Advisory Committee recommendations. Whenever possible, we contact Advisory Committees to verify discussions and rationale of the committees. We want to understand what the recommendations and if those ideas affect other sports.

Nate Safe, Ev Nelson, Mark Ouradnik and Graham Gibbs sent a proposal out to involve basketball coaches in a program called "Samaritan's Feet". This is a project that has been developed to provide

shoes for third world population. When I sent the material out, I did not receive any response; therefore I told those involved to make an issue for basketball coaches at the Convention this summer. Apparently, I was not very clear in my comments and what was involved.

Gene Roebuck, along with his wife, Carolyn, were honored at halftime of the Women's Basketball Game on Saturday, December 15<sup>th</sup>. The honor was to establish a scholarship endowment in his name to support tuition and fees for UND women's basketball student-athletes. Coach Roebuck retired from UND after the 2012 season with over 700 wins to his credit. In his 25 years of coaching, Roebuck led UND into a national powerhouse that generated 13 conference titles, 21 postseason appearances and three NCAA Division II National Titles. Congratulations, Gene Roebuck!

I received discussion as to holding a "tryout camp" as a means for selection for the NDHSCA-Lions All-Star Basketball players. Maybe a statement of why players are selected for NDHSCA All-Star games will provide explanation to the selection process, whether basketball, football or volleyball:

Continued on next page 6

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

a) Players are selected on the basis of local (district, conference and region) observation.

b) Players are selected with each player's coach's endorsement of each player's coachability, as well as talent.

c) Players need endorsement from each school's administration.

d) The present selection process does not eliminate players from selection because of a family's financial status.

You will notice that I have included two items in this issue for the NHSACA National Annual Meeting to be held in Jackson Hole, WY; in June. We urge all NDHSCA National Coach of the Year Finalists (found on front page) to attend. We also urge all friends of National Finalists and National Hall of Fame Inductees to attend and support them. What a great event for North Dakota Coaches!

We remind all coaches to remember **SUBWAY**, POWERade and Burger King as they travel with their teams and when they travel personally. Both make our Association more viable and productive. **SUBWAY** makes our second NDHSCA-Gelaine Orvik Scholarship a reality and makes our complete Coach of the Year Awards possible.

POWERade allows NDHSCA to provide the beautiful awards for Longevity and provides financial sup-

port for our complete POWERade Senior Athlete of the Year program---an award and recognition for **every** sport.

Burger King provides financial support for the **four-\$500 NDHSCA-Burger King Scholarships** for the sons and daughters of our coaches. Without this financial support, NDHSCA would have to reduce the number and the amounts of these scholarships.

These three corporations---local, regional and national---are vital to operational capital for provisions for NDHSCA. Keep them in mind and thank them personally by simply saying "I am a coach and a member of NDHSCA; we appreciate all you do for the operation of our recognition programs." Whenever I say I have the clerk/manager say that they we appreciate the comment."

We remind you to begin your planning for NDHSCA Coaches Convention to be held in Fargo at the Doublewood Inn, July 29<sup>th</sup> through August 1<sup>st</sup>. We will have our on-line registration up and available on April first-15<sup>th</sup>. Remember, your convention attendance will suffice for your Coaches Education Renewal Requirements.

Thank you to our NDHSCA Executive Committee for all they do individually and collectively for our Association. We wish each of you a Happy New Year!

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### Sponsor of the Outstanding Senior Athlete Awards



Sponsor NDHSCA Coach of the Year Awards



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**Burger King Restaurants**  
are proud to sponsor the NDHSCA





## Vice Presidential Candidates—NDHSCA 2014 (continued from page 1)

versity. He has taught and coached at Connell Middle School in San Antonio, TX; New Rockford High School; Fargo Discovery Junior High School, Fargo South High School and, presently, at Fargo Davies High School. He has coached volleyball, girls' basketball, soccer, tennis, boys' cross-country and boys' track & field. His present position is assistant boys' cross-country and head boys' track & field coach.

As a head coach, **Coach Lean** has coached his boys' track & field teams to 136 victories in 185 meets. He has led his boys' cross-country teams to 13 victories in 27 meets. Paul has been named East Region Boys' Track & Field Coach of the Year twice and NDHSCA State Boys' Track & Field Coach of the Year in 2003. He has served as NDHSCA Convention audio/visual equipment coordinator when the convention has been held in Fargo.



**Paul Lean**

**Lean** has coached his boys' track & field teams to state championships twice (2000 as an assistant coach and 2003 as a head coach). He has served his profession as a member of the NDHSCA Track & Field Advisory Committee to NDHSAA, twice. Paul has been a member of the Fargo Public Schools' Coaches Council. He was selected as the San Antonio Independent School District "New Teacher of the Year" in 1992. He was also North Dakota Special Olympics Track & Field Meet Starter in 2009-2012.

**Paul** has been endorsed as a candidate for NDHSCA Vice President by Fargo Davies High School Principal, Troy Cody. Mr. Cody expressed, "Paul brings a wealth of experience along with a perspective that would serve your organization well. I trust that his credentials will be attractive to your organization's membership." Paul and his wife, Teri, have three children: Sadie, Noah and Ingrid.

**Ronald Metz** is a graduate of Carson High School and the Dickinson State University. He has coached at Upham High School (3 years), Lemmon (SD) High School (11 years), Bismarck High School and Century High School (7 years-presently).

**Metz's** head coaching record for his girls' basketball 223-97.

His Century Patriots have won three State Championships (2010, 2012, and 2013). He was named South Dakota Section 4 Girls' Basketball Coach of the Year in 1997 and 1998. Ron was selected as NDHSCA Class A Girls' Basketball Coach of the Year in 2010, 2012 and 2013. He was also selected to be SDHSCA North All-Star Team head coach in 2002. Coach Metz served as NDHSCA-Lions All-Star coach in 2009, 2010, 2012 and 2013.



**Ronald Metz**

**Coach Metz** has served his sport and Association as Class A Girls' Representative to the Girls' Basketball Advisory Committee (2010-2013). He has also been a presenter at the NDHSCA Coaches Convention three times.

**Ron** has been endorsed as a candidate for NDHSCA Vice President by Steve Madler, Bismarck Century High School Principal. Mr. Madler states, "Ronald has always displayed a high degree of integrity, responsibility, and ambition. Whether it has been his involvement in education or his involvement in extra-curricular activities, he has definitely materialized as a leader rather than a follower."

**Ron** and his wife, Jill, have two daughters: Rani (husband, David and a grandson, Ryken) and RiAnne, Emily and Zachary.

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**ONLINE MEMBERSHIP  
REGISTRATION LINK  
Information**

**See page 26**

## 2014 NDHSCA Hall of Fame (continued from page 1)

Track & Field Coach at Carpio High School and Minot Model High School and Assistant Football Coach (1968), Head Men's & Women's Track & Field Coach and Head Men's & Women's Cross-Country Coach at Minot State University.

**Scott Grochow** is a 1981 graduate of Anamoose (ND) High School; he received his BS degree from Minot State University. He obtained his Master Degrees from Minot State and University of Mary.

In 1986

**Scott** began his teaching career at Turtle-Lake Mercer High School where he Assistant football coach, Junior High boys' basketball coach and Head girls' track & field coach. In 1987 he moved to Rugby and launched his "permanent" coaching positions of Assistant football

(1987-1990), Head football (1990 to the present); Assistant boys' basketball (1987-1994 and 2007-2010); Assistant boys' track & field 1987-1994); and Head boys' track & field (1995-present). He has also served as Athletic Director (1999-present).

As a head coach, **Scott's** football teams have been very successful. His teams have been Regional Runner up Titlists four times (1998, 1999, 2004 and 2010); Rugby High School has been Region Champions five times (1986, 2000, 2001, 2005 and 2006). The Panthers have been NDHSAA State Runnerup Titlists in 1986, 1998 and 2000. Likewise **Coach Grochow** has led his boys' track & field team to Regional Runnerup title in 1995 and to 21 Regional Championships (1991-1994 and 1996 to the present). The Panthers have won three NDHSAA State Championships (1992, 1996 and 2009). To accompany those titles, **Scott's** teams have won 126 football games during his tenure as a head coach. His track & field teams have won 212 multi-team meets.



**Scott Grochow**

**Scott** has been extremely active as a professional in his service to sports, coaching and athletics. He has served on the NDHSCA Football Advisory Committee to NDHSAA for three terms; likewise he has served on the track & field Advisory Committee for four terms. While in Rugby he has been District Chair four times. He was elected as the NDHSCA President for the 2005-2006 school year. To complete his role as President, he served the NDHSCA Executive Committee for a five year period (2003-2008). During that period and since his Committee role, **Grochow** has been very active in serving and promoting his Professional Association.

**Coach Grochow** has been selected by his peers as NDHSCA Regional Football Coach of the Year five times and went on to be selected as NDHSCA State Football Coach of the Year twice (1998 and 2000). He has also been selected by his peers as NDHSCA Regional Track & Field Coach of the Year 12 times and went on to be selected as NDHSCA State Track & Field Coach of the Year three times (2005, 2010 and 2011). His District athletic directors selected him as District AD of the Year four times. He advanced in the NDIAAA process to be Regional AD of the year three times. **Scott** has advanced to be selected NHSACA Coach of the Year National Finalist in Boys' Track & Field in 2011.

**Grochow** has served NDHSCA-Shrine Football head coach once and has served as an Assistant Coach three times. He has also served as Mon-Dak Football Assistant Coach twice in 1998 and 2007.

**Scott** and his wife, Kerry (also a teacher at Rugby Schools), have two children: Kaycee and Mitch. **Grochow** was nominated for NDHSCA Hall of Fame by Gelaine Orvik.

Continued on page 9

**NDHSCA  
2014  
Convention Dates  
July 29—August 1**



## 2014 NDHSCA Hall of Fame (Continued from page 8)

**Gary Schauer** is a graduate of Ashley HS and Dickinson State University.

He has coached girls' basketball for 34 years (25 years as a head coach at Esmond HS, Bismarck HS and Langdon HS, five years as an assistant at Ashley HS and Edgeley-Kulm HS and three years as a junior high school coach at Langdon JHS). **Gary** has coached girls' track & field for 37 years (25 years as a head coach at Bowdon



**Gary Schauer**

HS, Esmond HS, Ashley HS, Langdon HS and Edgeley-Kulm HS; and 12 years as an assistant at Bismarck HS and Langdon HS). as an assistant coach at Bowdon HS, Esmond HS and Bismarck HS; and also one year of junior high school boys' basketball). **Schauer** has been head boys' & girls' cross-country for three years and head football coach for four years.

He has coached boys' basketball for 24 years (10 years as a head coach at Bowdon HS, Ashley HS and Langdon HS; and 13 years as an assistant coach at Bowdon HS, Esmond

HS and Bismarck HS; and also one Year of junior high school boys' basketball). **Schauer** has been head boys' & girls' cross-country for three years and head football coach for four years.

**Coach Schauer** has served athletics, coaches and sports as a member of the NDHSCA Executive Committee with a culmination of his service as NDHSCA President in 1993-1994. He was a member of the Langdon Eagles Club. **Gary** has always been a member of the Lutheran Church in the community where he taught and coached. Presently he is a member of Zion Lutheran Church in Ashley, where his wife, Linda, is the pastor.

**Schauer** has coached in five NDHSCA-Lions' All-Star Basketball Games (1984, 1985, 1992, 2000 and 2005). He has served on the NDHSCA-Lions' All-Star Basketball Selection Committee twelve times. He has

also been a member of the NDHSCA Girls' Basketball Advisory Committee to NDHSAA for one term (3 years).

**Gary** has coached his teams to 12 Central North Dakota Conference titles while at Esmond HS (6 titles in girls' basketball and 6 titles in girls' track & field). He also coached his teams to 13 District Titles (11 titles in girls' basketball and two titles in boys' basketball). **Schauer** coached teams won nine Regional Runner up titles (seven in girls' track & field, one in girls' basketball and one in boys' basketball). His teams also won 14 Regional Titles (10 in girls' basketball, 1 in boys' basketball, two in girls' track & field and one in girls' cross-country). **Coach Schauer** has coached three Girls' Basketball State Runner up titles and one Cross-Country State Runner up championship. He also coached a Girls' Basketball State Championship team at Bismarck HS in 1992 and at Langdon HS in 2006.

**Coach Schauer** was selected as East Region Girls' Cross-Country Coach of the Year in 1998 and Girls' Track & Field Coach of the Year several times. He was selected Boys' Basketball Regional Coach of the Year in 1995 and five Regional Girls' Basketball Coach of the Year Awards (1983, 1984, 1989, 1990, 1990 and 1999). **Gary** was also named NDHSCA Girls' Basketball State Coach of the Year three times (2001, 2006 and 2009). He was nominated and advanced to NHSACA Girls' Basketball Coach of the Year National Finalist three times.

**Schauer** has coached a total of 101 seasons; 67 as a head coach (3 cross-country, 4-football, 10-boys' basketball, 25-track & field, and 25-girls' basketball); 30 seasons as an assistant coach (13-boys' basketball, 12-girls' track & field and 5-girls' basketball); and four seasons as a junior high school coach (1-boys' basketball and 3-girls' basketball). His varsity won-lost coaching record in girls' basketball is 439-137 (his total wins for girls' basketball is 526 victories). He has a total boys' basketball coaching victory mark of 277.

**Gary** and his wife, Linda, have two children: Christy and Eric. Gary also has a daughter Heidi. Michael Dietz nominated Gary for the NDHSCA Hall of Fame.

Continued on page 10

## 2014 NDHSCA Hall of Fame (Continued from page 9)

**Wiley Wilson** is a graduate of Stanton High School and earned his Bachelor's Degree from Dickinson State College in 1957. He was granted his Masters of Science Degree from UND in 1972. He served as head football, boys' basketball and boys' track & field coach at Savage HS (MT), Carpio HS and Minot Model HS before he became assistant football coach (1968), men's track & field and cross-country coach (1969-1997) and women's cross-country and women's track & field coach (1983-1997) at Minot State University. His tenure totals are 40 years as a coach, 38 years as a coach in North Dakota with nine years at the high school level.

**Coach Wilson** coached his Savage High School football team to conference titles in 1957 and 1958; and to a regional runner up title in 1957 and regional championship in 1958. He continued his winning ways by leading Carpio High School to conference and district titles in 1963, 1964 and 1965. He led his Minot Model High School basketball team to a district title in 1966 and the track & field teams to conference, district and state championships in 1967 and 1968.

**Wiley** moved on to Minot State University where his track & field teams won five men's Conference Outdoor Track & Field Titles and one men's Indoor Track & Field Title; his teams also won three men's cross-country titles. Meanwhile his women's track and field teams won two conference indoor titles and two conference outdoor titles.

**Wilson's** head coaching record was 123 victories in high school boys' basketball and 45 high school football victories. Minot Model HS won 15

multi-team track & field meets while Minot State University won 46 multi-team cross-country meets and 148 multi-team track & field meets under **Wiley's** leadership.

**Coach Wilson** was selected as the first Class B Boys' Track & Field Coach of the Year in 1968. He was honored by his peers as NAIA District 12 Men's Indoor Track & Field Coach of the Year in 1993 and NDCAC "Honor Award for Track & Field" in 1997. He has been inducted into the Minot State University Athletic Hall of Fame on three occasions:

**Individually inducted -September 26, 1998**

**1977 Men's Track & Field Team - September 30, 1995**

**1987 Women's Track & Field Team - September 25, 2010**

In addition he has had seven individual Cross-Country and Track & Field athletes that he coached have been inducted to date. He has had 16 Cross-Country and Track & Field athletes have been inducted to date and were multi-sport athletes.

Additional College Honors include:

**19 Individual cross-country runners qualified for NAIA Nationals**

**2 Cross-country NAIA Academic All-Americans**

**60 Individual outdoor track & field athletes qualified for NAIA Nationals**

**10 Outdoor track & field NAIA All Americans**

**257 Individual conference champions (cross-country, indoor & outdoor track & field)**

**72 Individual District Champions (cross-country, indoor & outdoor track & field)**

**4 Team District Champions (cross-country and outdoor track & field)**

**Resurrected Men's Cross-Country in 1969**

**Started Women's Cross-Country in 1983**

The Late **Wiley Wilson** and his wife, Hermelle, have two children: Charmayne DelaBarre and Doctor Jack Wilson; they have four grandchildren and three great grandchildren. His grandson, Andy DelaBarre, is head football coach and principal at LaMoure High School. ♦



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## Longevity Awards 2014

The **2014** list for **Coaching Longevity** is printed below. Individuals wishing to receive plaques will be announced at the 2014 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](mailto: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  
Jeff Larson; Finley-Sharon HS  
Darin Mattern; Bismarck Century HS  
Darryl McGillis; Turtle Mountain Community 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  
Kelly Kussy; Dickinson Hagen MS  
Garth Limke; Hillsboro HS  
Michael Mayer; Grant County HS  
Jeff Meissner; Beulah 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  
Jason Smedshammer; Fargo South HS  
Tim Wallstrum; Kenmare HS  
Lowell Workin; Richland HS

Joe Harder; Lakota HS  
David Hoff; Bottineau HS  
Ron Metz; Bismarck Century HS  
Tom Six; White Shield HS  
Mark Unterseher; Bismarck Wachter HS  
Wade Wilson; Des Lacs-Burlington HS

### 30 Years

John Abrahamson; Dickinson HS  
Randy Burwick; Hettinger HS  
Michael Dwyer; Shiloh Christian HS  
Dave Handt; Litchville-Marion-M HS  
Tim Kraft; Central Cass HS  
Joel Marshall; Hazen HS  
Kent Schweigert; Bismarck Century HS

Kathy Berglund; Hazen HS  
Harry Clark; Richland HS  
Rick Hack; Ellendale HS  
Dean Kraft; Jamestown HS  
Kim Mark; Lisbon HS  
Dale Peaslee; Harvey-Wells County HS

### 35 Years

Darrell Berglund; Hazen HS  
Michael Nider; Bismarck Simle MS  
Nancy Painter; Griggs County Central HS  
Julie Stavn; Bismarck Century 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  
Richard Henderson; Fargo South HS

Richard Anderson; Griggs County Central HS  
Larry Long; Velva HS



## 2014 National High School Athletic Coaches Association National COTY FINALISTS from NDHSCA

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

These 18 coaches are being evaluated by the NHSACA Executive Committee against seven other candidates in his/her sport. NDHSCA extends huge congratulations to each coach for the Finalist status. The best of luck to each coach! The NHSACA National Annual Meeting will be held on Monday through Wednesday, June 14-18 at the Snow King Resort; Jackson Hole, WY. The NHSACA Leadership Seminar will be held June 14-15. Five graduate credits may be earned over the five day period. The 2014 NHSACA National Coach of the Year Awards Banquet is held on June 18, 2014.



## ***Greetings from NHSACA Region Six Representative***

On behalf of the National High School Athletic Coaches Association (NHSACA) I would like to wish the dedicated coaches of North Dakota the warmest and best wishes to the year 2014. As the NHSACA Region 6 Director, I thought I would give you a brief update on the happenings of NHSACA while challenging you to give your very best to the students you serve.

As we turned the calendar to 2014, the official evaluation and scoring of NHSACA National Coach of the Year process is under way. Within NHSACA's Region 6, six of the eight states are currently members of NHSACA – with North Dakota in good standing. The state of North Dakota had an outstanding group of nominees across all sports. The region finalists will be announced later this winter. National Hall of Fame inductees and the Coach of the Year honors will be announced in June in Jackson Hole, WY. If you're considering a summer family vacation, combined with coaching professional development, please consider the 2014 NHSACA National Convention.

As the University of Nebraska Baseball coach, Jamestown native, Darin Erstad constantly challenges and questions student-athletes across Nebraska: "Are you all in?" Coaching can be viewed the same way by asking yourself and your peers: "Are you all in?" Coaches who are committed to constantly improving and serving their student-athletes by giving their very best are critical as educational based athletics continue to face challenges. Please know coaches that you make such a difference in so many lives. Make sure you make a positive difference and that you continue to challenge yourself to be the very best coach you can be.

May the year 2014 bring you the vision and energy to give your student-athletes the very best by asking yourself, "Am I all in?"

Darin Boysen  
NHSACA Region 6 Director  
Executive Director, Nebraska Coaches Association



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## ***NDHSCA Code of Ethics***



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

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



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## ***Coaches Code of Conduct***



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

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

# On the edge of sports ethics: NDSU professor studies questionable plays

FARGO – Should a coach order a player to “attack” a pre-existing injury of the top scorer on the other team?

In North Dakota, 5.6 percent of high school coaches in a North Dakota State University study said yes. Meanwhile, 17.6 percent of North Dakota high school athletes in a similar study say that’s fine – a twist on the adage of “no pain, no gain.”

In football, 9.6 percent of coaches surveyed say it’s OK for a lineman to deliberately try to inflict pain on an opposing player to intimidate him, while 28.9 percent of athletes said that’s acceptable.

And in ice hockey, 23.3 percent of surveyed coaches would send in a player to intimidate opponents and protect his own players, while 56 percent of athletes surveyed said that’s acceptable.

The studies done by NDSU professor Bradford Strand offer a snapshot view of the moral reasoning and ethics in high school sports today – at least, in North Dakota.

“Gamesmanship Beliefs of High School Coaches,” recently published in an international journal, surveyed 256 coaches across North Dakota on 25 sports ethics scenarios.

“Gamesmanship of High School Athletes,” published in 2010, included responses from 273 athletes in grades 9-12 at 16 schools on the same scenarios.

“All the questions we posed in there are pretty much legal, although questionable for sure,” Strand said Friday.

Gamesmanship is defined in the studies as the art or practice of winning games by questionable means without actually breaking the rules.

People take for granted the bromide that sports teaches character, but just playing football, basketball, baseball or any sport doesn’t make a young man or woman a better person, Strand said.

“You have to very intentionally coach the good attributes” and model good behavior as a coach for the worthy life lessons to take hold, he said. Otherwise, there’s a disconnect, and a moral muddle.

In almost all cases, the surveyed coaches had a much-lower tolerance for acts that some would say skate on the edge of ethical.

For example, in baseball, if a key player for Team X is hit by a pitch, only 4.4 percent of coaches said that if they were Coach X, they would order their pitcher to throw at an opposing hitter. But 16.5 percent of athletes would say that’s OK.

Less than a half percent of coaches said it would be OK for a player to do a showboat dance in front of an opponent’s bench after scoring, whereas 18.7 percent of players are fine with it.

None of the coaches said it was OK to use profanity or personal insults to motivate players, while 15 percent of players said that was acceptable.

The gap in the responses brings up the question: What are coaches actually teaching their players?

Did coaches who took the survey know the answers expected of them but perhaps act differently on the playing field or court?

Or do other factors shape young athletes’ views when they suit up to play?

Strand said “you have to trust the results,” adding that all of the coaches who completed the study were members of the state’s high school coaches association.

At the same time, knowing what to do, and actually doing something in the heat of a game can be two different things.

“The coaches may not know it, but there may be a disconnect” in what they do in trying to win, Strand said. “Actions speak louder than words.”

Strand, who has served as president of the American Alliance for Health, Physical Education, Recreation and Dance, said low percentages or not, some of the coaches’ answers are disturbing.

“It’s still disappointing to see that some of these coaches still think it’s OK” to go after an injured player to win a game, he said. “That still needs to be addressed.”

But coaches and players don’t operate in a vacuum.

Continued on page 16

## On the edge of sports ethics: NDSU professor studies questionable plays (Continued from page 16)

Turn on a popular sports show almost any night of the week and a questionable play – an illegal hit in football, a bean ball in baseball or softball, a blown line call in tennis that a player can overrule – will be rerun time and again.

The media focus, particularly on top-flight college and professional athletes, can get young people to believe that cheating, or cutting corners on the rules, “happens a lot,” Strand said.

“And we haven’t even talked about parents” whose zeal to see their children win overcomes their good sense, he said.

In the surveys, just 1.2 percent of coaches felt it was acceptable for parents to scream instructions at their own child during a game, while 19.5 percent of the athletes saw it as acceptable.

No surveyed coach agreed with having a parent at a soccer game insult players if they made mistakes, while 9.1 percent of the athletes accepted it as part of the game.

“It’s the parents, it’s the media, it’s the expectations of the fans, it’s (bad behavior of some) college and profes-

sional athletes,” Strand said, that coaches have to also overcome.

He said the gap in what is acceptable for coaches and athletes presents an opportunity for coaches to look for ways to instill a better sense of sportsmanship in their young charges.

At the same time, all is not lost.

The majority of the young athletes in almost all of the scenarios knew acceptable behavior from that which is morally questionable.

And that’s a bright spot that shouldn’t be forgotten, Strand said.

“Most of athletes are morally reasoned or ethical, maybe not quite as reasoned as the coaches,” but they know right from wrong, he said.

Helmut Schmidt, Published September 02 2013  
Readers can reach *Forum* reporter Helmut Schmidt at (701) 241-5583

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### “KHSAA Is Walking Away from Their Responsibility”

This may be the ultimate example of preaching to the choir, but the Kentucky High School Athletic Association has deemed it necessary that I repeat it: the point of high school sports is to prepare and educate young people for the rest of their lives.

We felt that statement was necessary to reissue following the KHSAA's recent proclamation banning post-game handshake. The state of Kentucky has apparently had problems policing (among players and coaches) this post-game ritual, so now they are attempting to absolve themselves of that responsibility altogether by issuing a directive to all schools not to shake hands following games (but adding that if you do, the KHSAA is forewarning each coach that it then becomes their responsibility should anything bad happen).

That sound you hear is the Kentucky high school sports bureaucracy walking away from responsibility.

Instead of realizing they had a problem on their hands and taking the appropriate actions to fix it, they put up a piece of red tape, washed their hands and walked away. If the objective of high school sports is for young students to learn about life, it's up to coaches, teachers and administrators to teach.

Football is just a sport and honestly, it's just a small piece of who we all are; but ask any former player and many will tell you they learned a lot about life from their coaches who instilled respect and accountability in them. Coaches teach their players to give it all they have up until the last whistle; and then you shake hands with the opposing team and you move on.

Sadly, Kentucky students will now skip that middle part.

By Michael Berg; Former Head Football Coach, Grand Forks Central High School



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## Greetings from the NHSACA!

The National High School Athletic Coaches Association is gearing up for its summer convention. It is scheduled for Jackson Hole, Wyoming. The dates are Saturday, June 14 through Wednesday, June 18. The leadership classes will be held on Saturday and Sunday following by the sport specific session held on Monday through Wednesday. The Hall of Fame luncheon is scheduled for Tuesday, June 17. The National Coach of the Year Banquet is scheduled for Wednesday, June 18. We should know the finalists from North Dakota by the middle of February.

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.

I invite everyone to attend the National Convention this summer. Bring your family. It is in a great vacation area. This is one time you would be able to stay in Jackson during the summer for a reasonable cost. The Wyoming Coaches have a lot of exciting activities scheduled. It should be an enjoyable time.

North Dakota has two more members on the Board of Directors. They are Tim Wallstrum, NHSACA Volleyball Chair and Brian Midthun, NHSACA Baseball Chair. Welcome aboard.

Thank you Dave and Danell Dougherty for all your hard work to assist the NHSACA! You are outstanding. The organization is much stronger with your leadership.

Please let me know if you have any questions dealing with the Summer Convention. Information will be out shortly on how to register. It will be on-line with the link being on the NHSACA website, <http://www.nhsaca.org>.

Sincerely,

*Randy Johnson*

Randy Johnson  
NHSACA 2<sup>nd</sup> Vice President

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# **NEW**

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### **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](http://www.loomislapann.com)

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## Todd Olson, NFHS Receives NIAAA Distinguished Service Award

(Continued from front page)

Olson assumed leadership of Fargo Athletics in 2013 after seven years as athletic director of the Grand Forks (ND) Public Schools.

At Fargo, Olson is responsible for activity programs in three high schools and three middle schools. He handles a \$4.5 million budget serving 11, 000 students.

Olson started his education career as a mathematics instructor at Grand Forks Central High School in 1991. He then became the head basketball coach in 1993 and coached the Grand Forks Central Knights to a Class A State Championship in 1996. He was selected NDHSCA Class A Boys Basketball Coach of the Year and the Associated Press Male Sport Coach of the Year in 1995 and 1996. Olson was also named the NDHSCA East Region Coach of the Year in 1995 and 2004.

As athletic director of Grand Forks Public Schools, Olson was responsible for the athletic programs at two high schools and four middle schools. He also oversaw the \$2 million renovation of the district's Cushman Track and Field Complex. Grand Forks had 25 teams win state championships and had 86 individual championships during Olson's tenure of athletic director.

Olson was named the Class A Athletic Administrator of the Year for 2009-2010 and the East Region Athletic Administrator of the Year twice (2005-2006 and 2009-2010).

Olson previously served as president of the North Dakota High School Coaches Association (NDHSCA) and the North Dakota Interscholastic Athletic Administrators Association (NDIAAA). He is currently president of the North Dakota High School Activities Association (NDHSAA) Board of Directors as well as a member of its realignment committee. He is also presently the NDIAAA Spring Conference Chair and a member of the State LTI faculty.

At the nation level, Olson has attended the National Athletic Directors Conference every year since 2006, and in 2011, he joined the NIAAA Certification Committee. In addition, he has been North Dakota's representative to the NIAAA Delegate Assembly and has completed 18 LTI courses (*Interscholastic Athletic Administration*; Winter 2013).



**Todd Olson**



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# NDHSCA Gelaine Orvik Scholarship Fund



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

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

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

## Please Print

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

Address \_\_\_\_\_

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

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

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

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

**Thank you for your generous offer!**

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

NDHSCA Office  
3457 26<sup>th</sup> Avenue South  
Fargo, ND 58103

-----  
**PLEASE DETACH THIS BOTTOM PORTION FOR YOUR TAX RECORDS**

# NDHSCA Gelaine Orvik Scholarship Fund

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

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

# 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





Is drug addiction  
affecting someone  
you know or love?

**Call Toll Free:  
1-877-430-6809**

Drug Addiction affects millions of people a year regardless of age, ethnicity, or socioeconomic status. Drug addiction is a serious problem in the United States and you are not alone in feeling confused about what to do. Addiction can destroy the relationship between family and friends and, if left unhandled long enough, can destroy the addict's sanity along with their will to live.

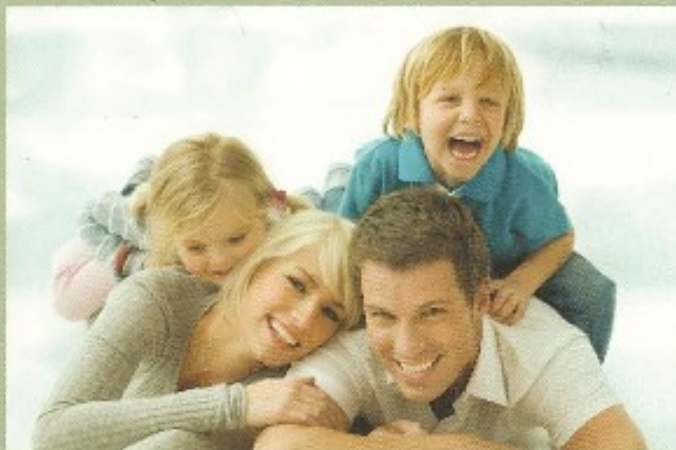
Inside every addict exists a powerful desire to stop the destructive behavior that is tearing apart their life and the lives of those they love. Addicts simply have no idea how to do this though. Instead they are overwhelmed with the compulsion to continue using drugs and/or alcohol to escape the reality of the hopelessness which has become their life. People addicted to drugs or alcohol are not usually rational enough to seek out treatment on their own. It is up to YOU to help them.

If someone you know or love is suffering from drug or alcohol addiction, the only wrong thing you can do is to do nothing. Call **1-877-430-6809** NOW or visit us on the web at [www.drugtreatmentservices.net](http://www.drugtreatmentservices.net). Our experienced Rehabilitation Specialists will guide you every step of the way to getting the help your loved one so desperately needs. We are a non-profit social betterment group dedicated to freeing people from the grasp of addiction. All consultation services are free and confidential. It is our mission to save families being torn apart by the devastation of drug and alcohol addiction.

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**Call Now and save  
someone you love.**

**1-877-430-6809**

[www.drugtreatmentservices.net](http://www.drugtreatmentservices.net)







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Dear Gelaine,

Imagine this: you're walking through a beautiful, green forest, and suddenly, you come face to face with an enormous bear. Not a sweet little teddy bear. But an angry 800 pound carnivore.

Your heart beats faster, your muscles tense, and you're flooded with adrenaline that gives you the physical strength to deal with danger.



*What if that bear is waiting for you when you get home from school every day? Or the bear is always around the corner at recess?*

Children who live with “the bear”, meaning violence and trauma at home, at school or in their communities, experience the same fight-or-flight response. And for some of them, it happens every single day. Two of every three children – literally millions of children in the US - are affected by and exposed to violence and trauma.

An astonishing 75-90% of the children in the juvenile justice system have experienced trauma in their lives. And a new CDC study showed that if trauma continues throughout a child's life, it accumulates – with toxic levels of stress – and long-term consequences, such as heart attacks, diabetes and depression.

**Futures Without Violence knows that addressing childhood trauma and violence will require a bold new initiative in 2014.**

Together we can help protect and heal these children and give them back their childhoods. Your support for Futures Without Violence reaches adults who can help the children who are traumatized, and implement the programs that we know can prevent violence. As a community, we can push for sound, effective policies and get laws passed so these programs can help every child who needs them, in every community.

Thank you for your support throughout the year, and I wish you a safe and healthy holiday season.

With respect,

Esta Soler  
Founder and President

## 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@cableone.net](mailto:gorvik@cableone.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 26<sup>th</sup> 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

Available on the NDHSCA Website

**Search “NDHSCA” or enter  
*www.ndhsca.com***

All State Football Nominee

Assistant Coach of the Year

Award of Merit Recommendation

Hall of Fame

Junior High Coach of the Year

Lifetime Membership Form

Membership Form

NDHSCA Gelaine Orvik Scholarship Fund

Victory Milestones

Senior Scholarship - Burger King \$500

Shrine Football Nominee

Special Recognition

Sponsor Membership

Sports Advisory Committee Membership

# JACKSON HOLE, WYOMING

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June 14 - 18, 2014

The National High School Athletic  
Coaches Association  
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The Wyoming Coaches Association  
[WWW.NHSACA.ORG](http://WWW.NHSACA.ORG)



## NHSACA Announces Educational Opportunities for 2014

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**June 14 - 15, 2014**

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- Leadership in Teams
- Effective Leadership Skills
- Communication Skills
- Creating Leadership Mission and Values
- Understanding Performance Enhancement
- Sport Psychology Skills 101
- Application of Sports Psychology Skills
- Action Planning

### Sport Specific Seminars:

**June 16 - 18, 2014**

University of Sioux Falls:  
3 Graduate Credits

**\$300 if Registered by March 1 -**  
**\$350 after March 1**

**Learn from the top High School Coaches in  
the country**

### **BOTH Leadership & Sports Specific:**

University of Sioux Falls:  
5 Graduate Credits - **in 5 days**

**\$500 if Registered by March 1 -**  
**\$600 after March 1**

### 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.

*"Wyoming - Forever West"*

\* Each session will include, didactic instruction, small group, and large group discussions. Each participant will have a class manual and will be given a personal journal which will be incorporated during the class and for future growth



## JACKSON HOLE, WY

"FOREVER WEST"

### LEARN BY TRAVELING

"Travel, in the younger sort, is Education;  
in the elder, a part of Experience"

Francis Bacon

Spotlight in  
Jackson Hole, WY  
- June 14 - 18, 2014



REGISTER AT  
[www.nhsaca.org](http://www.nhsaca.org)

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Check it out at: [www.nps.gov/yell](http://www.nps.gov/yell)

#### SNOW KING CONCIERGE:

There are literally thousands of activities to do in the Jackson Hole area. Contact the Snow King Concierge for discounts available for anything from Horse Back Riding, Whitewater Rafting, Scenic Float Trips, Wildlife Safari, Golfing, Fishing, Rodeos, Aerial Trams, Dinning, Chuckwagon Dinner, Theater, Bird Watching, Mountain Biking, Alpine Slide

Check it out at:  
[www.snowking.com/Activities\\_Concierge.aspx](http://www.snowking.com/Activities_Concierge.aspx)

#### IT'S EDUCATION FOR THE WHOLE FAMILY:

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Check it out at:  
[www.jacksonholechamber.com](http://www.jacksonholechamber.com)

#### WHY JACKSON?

Jackson, Wyoming - Who needs a theme park? With its charming Old West town center worthy of a movie set and ringed by awe-inspiring mountain ranges and national parks, Jackson beats pre-packaged fun hands down. But beyond the obvious wonders of hiking, wildlife, and the town's intriguing shops and restaurants, the Jackson Hole area provides a myriad of opportunities for family adventure from Wild West encounters to outdoor thrills to cultural and learning based activities.



"Wyoming - Forever West"



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Turkey Breast



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

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



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NDHSCA Gelaine Orvik Scholarship**



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