



Dakota Coach

NHSACA National Hall of Fame Inductees from North Dakota

By virtue of North Dakota being a member of the National High School Athletic Coaches Association, two Hall of Fame Inductees are given recognition. The following narrative was prepared by John Hutchison, NHSACA Past President and NDHSCA Past President and NDHSCA Assistant Executive Secretary:

Our next inductions are rather unique in that they are a father and son, both from North Dakota and both being inducted into the National High School Athletic Coaches Association Hall of Fame in the same class. Those two coaches are Thomas Manley, swimming & diving coach and tennis coach from Fargo Public Schools and Ralph Manley, swimming & diving coach from Mandan High School.

Coach Tom, passed away in 2003, and his award is being accepted today by his daughter Kathryn and son Ralph. When Ralph was growing up and following his dad around the pool, they became known as “Big Splash” and “Little Splash.” Tom began his career at Fargo Central High School in 1954 as their tennis coach and swimming & diving coach, and he then moved to Fargo South High School after a fire destroyed Fargo Central in 1966. He was the only coach that the Fargo South Bruins had until 1984 when he was replaced by his son.

Tom was known as the “father of North Dakota Swimming” because his was the only swimming & diving team in North Dakota; therefore, his competition was with neighboring Minnesota High Schools. He served his fellow coaches as the Swimming & Diving chair for the National High School Athletic Coaches Association during the 80’s, and on the North Dakota Swimming & Diving Advisory Committee.

Continued on Page 4

2015 NHSACA National Coach of the Year Recipients from North Dakota



Kathy Berglund



Carolyn Olson

North Dakota send 12 National Coach of the Year Finalists to the NHSACA National Coach of the Year Banquet in Rochester, Minnesota. Two of the Finalists were recognized as NHSACA National Coach of the Year. They were Kathy Berglund, Hazen High School Golf Coach, and Carolyn Olson, Grand Forks Red River High School Volleyball Coach.

The following was the NHSACA National COTY Finalist narrative that was prepared by John Hutchison, Northwood HS and NDHSCA Assistant Executive Secretary, NDHSCA Past-President and NHSACA Past-President.

Kathy Berglund is the golf coach from Hazen High School in Hazen, North Dakota. Coach Berglund is a 19-year coaching veteran with a 708-16 win/loss record in multi-team events. She coordinates the North Dakota Class B Region 5 boys’ and girls’ golf tournaments and has been the North Dakota Region 5 tournament manager seven times.

Kathy has been a NDHSCA Golf Advisory Committee member for four terms, and she has

Continued on Page 4

Inside this Issue

Executive Committee.....	2	Forms.....	11
President’s Message.....	3	Lifetime Membership.....	12
Convention Overview.....	4	NDHSCA Code of Ethics.....	13
Award of Merit.....	6	Coaches Code of Conduct.....	14
Spring Assistant COTY.....	7	On-Line Registration.....	15
Spring Junior High COTY.....	7	Camp Insurance.....	16
NHSACA COTY Finalists.....	8	Coaching Permit Requirements.....	17
Longevity List.....	9	Gelaine Orvik Scholarship Fund....	18
NHSACA Message.....	10	Three Dimensional Coaching.....	19
Register for Convention on-line – Register Now!		Dakota Coach Publication.....	20

2014-2015 NDHSCA Executive Committee

 President Mike Kuhn 211 – 5 th Avenue SW Mandan, ND 58554 Phone Numbers: (h) 701-663-1175 (w) 701-663-9532 (c) 701-426-8863 <i>michael.kuhn@msd1.org</i>	 President-Elect Andy Braaten 47 – 6 th Street SE Carrington, ND 58421 Phone Numbers: (h) 701-652-2398 (w) 701-652-3136 (f) 701-652-1243 <i>andy.braaten@sendit.nodak.edu</i>	 Executive Secretary Gelaine Orvik 3457 – 26 th Ave. S Fargo, ND 58103 Phone Numbers: (h) 701-237-9711 (w) 701-367-8282 (c) 701-367-8282 <i>gelaineo@outlook.com</i>
 Vice President Paul Lean 130 Eagle Street N Fargo, ND 58102 Phone Numbers: (h) 701-234-0194 (w) 701-446-5781 (c) 701-261-6581 <i>leanp@fargo.k12.nd.us</i>	 Immediate Past President Lisa Strand 1511 – 7 th Ave. NE Thompson, ND 58278 Phone Numbers: (h) 701-599-2620 (w) 701-599-2765 (c) 218-779-3404 <i>lisa.strand@tps-k12.org</i>	 Assistant Executive Secretary John Hutchison Box 110 Northwood, ND 58267 Phone Numbers: (h) 701-741-8173 (w) 701-741-8173 (c) 701-741-8143 <i>john.hutchison@sendit.nodak.edu</i>
 Past President Ralph Manley 514 Meadow Lane Bismarck, ND 58504 Phone Numbers: (h) 701-222-0090 (w) 701-751-6501 (c) 701-426-9316 <i>ralph.manley@msd1.org</i>	 Membership Chair Karen Hardie 2471 Lilac Lane Fargo, ND 58102 Phone Numbers: (h) 701-237-5624 (w) 701-446-5200 (f) 701-446-5299 <i>hardiek@fargo.k12.nd.us</i>	 Assistant Executive Secretary Randy Johnson 701 Hwy Drive #9 B Hazen, ND 58545 Phone Numbers: (h) 701-748-5634 (w) 701-748-2345 (c) 701-870-1064 <i>duck@westriv.com</i>

Lions' Basketball Co-Chairs

Michael Sorlie (h) 701-678-3823
 PO Box 5 (w) 701-678-2492
 Gwinner, ND 58040 (f) 701-678-2311
michael.sorlie.1@sendit.nodak.edu

Mike Hendrickson (h) 701-293-3108
 1408 – 57th Avenue S (w) 701-446-2043
 Fargo, ND 58104 (f) 701-446-2399
hendrim@fargo.k12.nd.us

Optimists' Volleyball Co-Chairs

Tim Wallstrum (h) 701-385-3376
 PO Box 402 (w) 701-385-4996
 Kenmare, ND 58746 (f) 701-385-4390
tim.wallstrum@sendit.nodak.edu

Lisa Strand (c) 218-779-3404
 1511 – 7th Ave. NE (w) 701-599-2765
 Thompson, ND 58278 (f) 701-599-2819
lisa.strand@tps-k12.org

Shrine Football

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

President's Message – Summer 2015

What a great spring, and what a great year! Another school year, and another year of sports seasons are in the books. Time seems to fly by pretty fast, when you're having fun! I haven't seen too many spring seasons like the one we just experienced. It was absolutely awesome to experience, and be a part of, the largest athletic spectacle we have, in the State Track and Field Meet in Bismarck. Two days of very cooperative weather, loads of the state's best athletes (Class A and B), and a ton of superb performances to match. It doesn't get any better than that, even if you're not a track and field coach!

With the close of the spring season, I'd like to congratulate all the teams for their efforts and performances, state champions, Coach of the Year and Senior Athlete of the Year recipients, and all officials and workers behind the scenes that make these events and opportunities possible. On that note, I'd like to give a huge thank you to Jim Haussler, the Activities Director of Bismarck Public Schools, for all the work he has done over the years, in hosting and managing a ton of high school events, be they local, regional, or state-wide contests. Jim has retired as the Activities Director, after years of sincere, passionate, and dedicated service to high school athletics, activities, and kids. He leaves some huge shoes to fill, but I give sincere gratitude for all he has done, and wish him and his family the very best.

I'd also like to congratulate all the finalists, and in some cases the winners of the National Coach of the Year honors, that will be awarded/announced at the NHSACA Convention held in Rochester, MN (June 16-20). In addition to that, I'd like to congratulate Ralph Manley and his father Thomas (who by many of his peers is called the "Father of High School Swimming") for being inducted into the National High School Athletic Coaches Hall of Fame. From what I understand, they are the first father/son team to be inducted into the Hall of Fame at the same time. Although Ralph's father passed away in 2003, I'm sure he is taking this all in with a great sense of pride, thanks, and compassion.

The North Dakota High School Coaches Association is one of the biggest and strongest coaches' organizations in the country. We are well represented, and have been for some time, through the efforts of Gelaine Orvik, John Hutchison, Dave Dougherty, and Randy Johnson. They have always given their best to support our coaches, our athletes, and give recognition to those coaches that have not only been successful, but those who practice our code of ethics.

With summer upon us, many coaches are involved in camps of all sorts, and many coaches are following the advice of Past President Lisa Strand, who said last year, that this is a time to relax, renew, and re-energize. Sound and wise advice. We as coaches need that, yet at the same time, it is also a time to evaluate what we have done this past season or year, set or adjust our

goals, and set up a plan of action to accomplish those goals. Many, if not all of us, think of things like "what can I do to be a better coach, how can I be more effective in encouraging more kids to participate, what can I do to do a better job of motivating kids to be the best they can be (personally and athletically), or how can I do a better job of showing our athletes that I REALLY DO CARE ABOUT THEM???" In a big way, we need to challenge ourselves in doing what we tell our student/athletes to do. We tell them **setting a goal is not the main thing, it's the preliminary thing. It's deciding and planning how you will go about achieving it and staying with the plan that is the key.** Having said that, there is a tremendous opportunity for all of us to get some insight, ideas, techniques, and answers to our questions, and have some fun in the process, coming up in July.

The NDHSCA Convention will be held at the Baymont Inn Conference Center in Mandan, from July 28-31. This convention will provide outstanding presenters in sport specific areas, overall strength training, prevention and care of injuries, nutritional guides, sports vendors, we offer an opportunity for college credits, and we meet the criteria for coaches' certification. In addition to that, there is nothing more fun than bumping elbows and sharing ideas with our peers. North Dakota is blessed to have an abundance of fantastic coaches with many positive ideas that can be shared. I think all of us know, there is a great deal that can be learned in that situation. In 36+ years, I don't think there has ever been a year, when I've walked away from the convention without a "gem", or two that I could use in our program. Please register on line on the NDHSCA website, and I challenge all of you to "bring in a new member" from your staff. They will never regret it.

In this, my last President's message, I want you to know that I feel blessed to be a member of the NDHSCA, and I am very humbled and honored to have had the opportunity to be the President this past year. I have learned a ton. I give sincere and passionate thanks to our members of the Executive Board, Past Presidents, and our entire membership for their support, wisdom, advice, and passion for coaches and athletes. Huge thanks to Gelaine and Hutch, for decades of service, leadership, and support. They have been a gigantic part in making the organization one of the largest and strongest in the nation. It is because of knowing them personally, bonding with them, and being a part of the NDHSCA, which has made me a better person, a better teacher, a better coach, and a better friend. I don't know if it can get any better than that.

Hope to see all of you at the convention July 28-31 in Mandan! Thanks to all, and God Bless.



President Kuhn

**North Dakota High School Coaches Association
Annual Convention
July 28 – July 31, 2015
Mandan Baymont Inn & Suites Convention Center**

Convention Overview

**Visit our website for up-to-date schedule
www.ndhsca.com**

- Tuesday -** Registration open at 7:15
College Credit Registration at 7:45 – Cutty Sark
Seminar Sessions starting at 8:00
Golf Scramble at Prairie West – Start at 2:30
- Wednesday -** Registration opens at 7:30
FCA Complimentary Breakfast at 7:00
Sport Specific Sessions starting at 8:00
Convention Social Sponsored by Universal Athletics
- Thursday -** Registration open at 7:30
Sport Specific Sessions starting at 8:00
NDHSCA Annual Business Meeting at 10:45
NDHSCA Awards Banquet Reception at 5:15
NDHSCA Hall of Fame & COTY Banquet at 6:00
- Friday -** Registration open at 7:30
FCA Gathering at 7:00
Sport Specific Sessions starting at 8:00

Register now for convention: www.ndhsca.com

See you in Mandan!!

NHSACA Hall of Fame Induction Continued from Page 1

His swimming & diving teams won 233 dual meets, one conference championship, many top three finishes at the state meet, and a great many individual state champions. As a swimming & diving coach he was able to look at one state meet in particular and see 7 of the 10 coaches in that state meet as his former athlete or assistant coach.

As a tennis coach, his teams won 205 dual and triangular meets; and they won 10 state championships over a span of four decades. He has been inducted into the Fargo South Hall of Fame, the North Dakota High School Coaches Hall of Fame, and has been given honorary membership in the Minnesota High School Swim Coaches Association. He was twice named NDHSCA Swimming & Diving Coach of the Year. Today he is our newest inductee into the National High School Athletic Coaches Association Hall of Fame; from North Dakota, Coach Tom Manley! His award today is being accepted by his daughter and son; Kathryn and Ralph.



Ralph Manley

The second part of this induction is for Ralph Manley, swimming & diving coach at Mandan High School in Mandan, ND. Ralph and his wife Colleen have three children: Rachel, Curt, and Breanna. Ralph had the privilege of swimming for his father while in high school, and the apple didn't fall far from the tree as he is the son of parents; both were teacher/coaches.

Ralph Manley began his coaching tenure at Fargo South High School as an assistant swimming & diving coach for his father in 1978. He continued in that role for six years before he became a head coach after his father retired. That position he held for two years before moving to Mandan where he has been the head boys' swimming & diving coach since 1986, and the head girls' swimming & diving coach since 1993.

He has served the North Dakota swimming & diving coaches as a part of the advisory committee for 25 years, has served on the NDHSCA Executive Committee and was their president in 2012; he has been the NHSACA national swimming & diving chair for the past 10 years.

Coach Manley's dual meet record in girls' swimming & diving is 166-69 and his multi-team meet record is 92-57. His multi-team meet record is 875-379. As a head coach, his Mandan Braves have been the western conference runner up six times, they have won four state championships, and they have been the state runner up twice. He was also an assistant for four state titles and three state runner up finishes.

Manley's boys swimming & diving teams have a 197-110 dual meet record, a multi-team record of 343-189 and multi-team meet record is 1083-407. They have earned 14 Western Conference runner up finishes and three championships. They have also won three state titles and have finished as state runner up twice. He has been a regional coach of the year six times for boys and three times for girls. He has been named a NDHSCA state coach of the year a total of three times. He was a five time National High School Athletic Coaches Association national finalist and in 2011 was named NHSACA National Swimming & Diving Coach of the Year. Today he is our newest inductee into the National High School Athletic Coaches Association Hall of Fame. From North Dakota, Hall of Fame inductee Ralph Manley.

NHSACA National Coach of the Year Continued from Page 1

managed the North Dakota State Tournament once. Her girls' have won seven state titles, have finished as the state runner up nine times, and have won 18 regional titles. Her husband coached golf for 33 years, her daughter has coached golf for nine years, and her son is a PGA Class A head golf professional at Bismarck Hawktree Course. Berglund has been named NDHSCA Regional Coach of the Year 13 times and from there was named NDHSCA State Coach of the Year 11 times. She has been a finalist for NHSACA National Coach of the Year three times. Congratulations to the 2015 NHSACA National Golf Coach of the Year, Kathy Berglund from Hazen High School.

Carolyn Olson is from Grand Forks Red River High School. Coach Olson has been the volleyball coach for the Red River Roughriders for 19 years after spending three years in Williston North Dakota, one year in Montana, and two years in Minnesota to complete her 25 year career to date. Her girls' volleyball teams have over 550 wins and 190 losses under her leadership.

Those wins include six North Dakota State Championships, three North Dakota State Runner up finishes, and eight East Regional championships. She has served her fellow coaches and her sport in North Dakota as a NDHSCA Advisory Committee Member for three years and has been the organizer for NDHSCA Coaches Convention Speakers for over 15 years. She has been a speaker at both the North Dakota Coaches Convention and the South Dakota Coaches Convention.

Carolyn has served on the North Dakota High School Coaches Association Executive Committee and spent one year as its President. Coach Olson is a seven time North Dakota Coaches High School Coaches Association Coach of the Year recipient, and seven times she was the East Regional Coach of the year. She has been privileged to coach in NDHSCA-Optimists All-Star Volleyball matches eight times. Ms. Olson has been nominated for NHSACA National Volleyball Coach of the Year by NDHSCA three times and advanced to be NHSACA National Coach of the Year Finalist every time. Congratulations to the 2015 NHSACA National Volleyball Coach of the Year, Carolyn Olson from Grand Forks Red River High School.

2015 NDHSCA Award of Merit

The 2015 NDHSCA Award of Merit Recipients were identified by the NDHSCA Executive Committee at its March Committee meeting. **Jim Haussler, Bismarck Public Schools Activities Director and Mark Ouradnik, FCA State Director** will join **Larry Aasheim, Universal Athletics President** (who was named as a recipient in 2014, but was unable to attend the July NDHSCA Coaches Convention) to receive the award at the 2015 NDHSCA Coaches Convention to be held in Mandan at the Baymont Inn on July 30th.

James Haussler is a 1973 graduate of Monango (ND) High School; he received his BA degree from Jamestown College with a double major in History/Political Science and Health, Physical Education and Recreation (HPER). He earned his Master Degrees in Educational Administration and HPER from South Dakota State University and his Doctorate in Educational Administration from the University of North Dakota.

Jim has coached boys' basketball, boys' track & field and football. He began his administrative experience in Bismarck in 1984. In 1992 he was named Bismarck Public Schools Activities Director and retired from that position in early May of this year.

In 1996 and 2006, he was named NDHSCA Class A Athletic Director of the Year. Haussler was also named NDHSCA West Region Class A Athletic Director of the Year on four occasions. In 1997, he was selected as Class A Athletic Director of the Year by the Principals' Association in North Dakota. He was NHSACA National Athletic Director of the Year Finalist in 2004, 2007, 2010 and 2013. In 2013 he was inducted into the North Dakota Track & Field Hall of Fame. He was also inducted into the NDHSCA Coaches Hall of Fame in 2013.

Jim has managed approximately 200 NDHSAA regional and state events. Presently, Haussler serves as Past President of the North Dakota Interscholastic Athletic Administrators Association (NDIAAA). He has also served in a number of other officer roles. He is Past President of the Western Dakota Association (WDA). He has also served in other officer roles. Jim has been Chairman of the Bismarck Community Bowl Authority (BCBA) since its inception (1997).

Haussler has been a leader in hosting the North Dakota State Track and Field Coaches, a management that all track and field coaches especially appreciate. He has been unwavering in his objective to make the North Dakota High School Track and Field Meet the best High School Meet in America.

Haussler also has provided services to the following organizations:

- National Interscholastic Athletic Administrators' Association (NIAAA)
- North Dakota Interscholastic Athletic Administrators' Association (NDIAAA)
- North Dakota Interscholastic Athletic Administrators' Association (NDIAAA) Board of Directors for 16 years
- North Dakota Interscholastic Athletic Administrators' Association (NDIAAA) Publications Committee
- North Dakota Interscholastic Athletic Administrators' Association (NDIAAA) Secretary
- North Dakota Interscholastic Athletic Administrators' Association (NDIAAA) 2nd Vice- President
- North Dakota Interscholastic Athletic Administrators' Association (NDIAAA) First Vice-President
- North Dakota Interscholastic Athletic Administrators' Association (NDIAAA) President
- North Dakota Interscholastic Athletic Administrators' Association (NDIAAA) Past President
- Three terms as the Class A West Representative to NDIAAA
- North Dakota High School Coaches Association (NDHSCA) - - - Lifetime Member
- Good Shepherd Lutheran Church
- North Dakota Council of Educational Leaders (NDCEL)
- North Dakota Officials Association (NDOA)

Jim and his wife, Julie, a teacher at Mandan Middle School, have five children: Jeremy, Jon, Jamie, Tessa and Cara. They also have five grandchildren: (Madison, Jaxson, Cooper, Colt and Hadley).

Mark Ouradnik served as North Dakota State Fellowship of Christian Athletes Director for 14 ½ years. He and his bride, Barb, have moved to Livermore, Colorado. He is a native of Larimore community and 1973 Larimore High School graduate. Mark led FCA from a struggling entity of a handful of Huddle groups throughout the state to an explosion of nine College/University Huddles, 46 High School Huddles, six Middle School Huddles and ten prospect Huddles. North Dakota FCA Huddle Membership has grown to 1039 Members with over 100 North Dakota FCA Coaches leading the ministry efforts.

North Dakota FCA has also expanded their camp ministry under Mark's direction including the 8th annual Coed youth golf camp at Bully Pulpit, where last year FCA teamed up with Dakota Junior Golf Association and attracted 39 campers and eight adult coaches. There is no doubt that this camp experience was born out of Mark's love of the game of golf, and he hopes to expand the FCA Golf Ministry in Colorado someday.

Originally, Mark covered the entire state of North Dakota prospecting and developing Huddle Groups and Huddle Leaders. At retirement he had developed two additional staff members: Nate Safe and Ev Nelson. Mark is confident that the FCA ministry is in strong hands with Nate and Ev, and will prayerfully watch and enjoy seeing FCA continue to grow in ND under their leadership.

Dakota Coach Summer 2015

He and his bride, Barb, recently moved to Livermore, Colorado, where they will be able to pursue their passion for outdoor activities, including hiking, camping, and exploring. Mark's plans are to continue part time with the FCA ministry in Northern Colorado. Mark and Barb have two sons: Tony and Alex; both will be graduating from college this year.

Jim Haussler will receive his Award of Merit at the 2015 State Track & Field Meet at the Bismarck Community Bowl. Mark Ouradnik will receive his Award of Merit at the 2015 NDHSCA Coaches Convention that will be held at the Mandan Baymont Inn Convention Center. The Awards Banquet will be held on Thursday, July 30th.



Proud Sponsor of the NDHSCA Coach of the Year Awards

Spring Assistant Coach of the Year

The 2015 Spring Season recipient of the North Dakota High School Coaches Association Assistant Coach of the Year Award is **Bradley Townsend, Bismarck Century Assistant Girls' Track and Field Coach**. **Brad** was nominated by Nick Walker, Bismarck Century's Head Girls' Track and Field Coach.

Brad has been coaching for 24 years with the last 13 at Century High School as an assistant Girls' Track and Field Coach. He is the jump coach, coaching the High Jump, Long Jump, and Triple Jump. **Coach Townsend** is responsible for coaching 81 State Qualifiers with 53 State Placers out of that group. The Century Girls' Track and Field Team in undefeated the last five years. He has been a part of nine State Championships.

Coach Townsend's highlights from this past season include an undefeated regular season, winning the West Region and State Championships. He had two high jumpers qualify, five long jumpers qualify with three placers at 2nd, 7th, and 8th. **Brad** also had two triple jumpers qualify with them placing 4th and 8th.

Nick Walker, Century's Head Girls' Track and Field Coach says this about **Coach Townsend**. "**Brad** success in track and field speaks for itself. The girls absolutely love jumping for him. His calm demeanor and attention to detail set him aside from the rest."

Bradley Townsend of Bismarck Century High School is North Dakota High School Coaches Association's Assistant Coach of the Year for the 2015 Spring Season.



Brad Townsend

Spring Junior High Coach of the Year

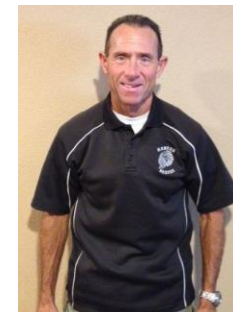
The 2015 Spring Season recipient of the North Dakota High School Coaches Association Junior High Coach of the Year Award is **Kevin Richardson, Mandan Middle School's Junior High Track and Field Coach**. **Kevin** was nominated by Mike Kuhn, Mandan's Head Girls' Track and Field Coach.

Kevin has been coaching for 11 years at Mandan Middle School. He is the Head Middle School Girls' Track and Field Coach. **Coach Richardson** is responsible for recruiting 6th, 7th, and 8th grade girls to give track and field a try. His objective is to prepare the athletes for competition at the high school level. He coaches the sprinters, hurdlers, distance runners, and relays.

Coach Richardson's highlights from this past season is seeing his athletes set new Middle School Records in seven of the 16 events. He had eight athletes move up to compete at the high school level. Three of those athletes qualified for the State Track and Field Meet and placed. **Kevin's** 7th Grade Hurdler was the only Middle School hurdler to run the 100 meter and 300 meter hurdles at State.

Mike Kuhn, Mandan's Head Girls' Track and Field Coach has this to say about **Coach Richardson**. "**Kevin** is an outstanding coach. He coaches with passion and truly loves kids. **Coach Richardson** does everything a head coach would ask for from any Junior High, or Assistant Coach."

Kevin Richardson of Mandan Middle School is North Dakota High School Coaches Association's Junior High Coach of the Year for the 2015 Spring Season.



Kevin Richardson

Register now for the NDHSCA Convention: www.ndhsca.com

Dakota Coach Summer 2015

NHSACA Coach of the Year Finalist from North Dakota

Chad Anderson; West Fargo HS
Kathy Berglund; Hazen HS ****
Marsha Dahl; West Fargo HS
Jeff Feichtner; Fargo North HS
Gregg Grinsteinner; Dickinson Trinity HS
David Hoff; Bottineau HS
William "Bill" Jansen; Rugby HS
Randy Johnson; Hazen HS
Carolyn Olson; Grand Forks Red River HS ****
Claudia Schoellkopf; Mandan HS
Jeff Schumacher; Bismarck HS
Julie Stavn; Bismarck Century HS
**** NHSACA Coach of the Year Winners

Tennis
Golf
Swimming
Baseball
Boys' Basketball
Special Sports
Girls' Track & Field
Boys' Track & Field
Volleyball
Assistant Boys' Sports
Wrestling
Girls' Cross Country



Proud Sponsor of the NDHSCA Coach of the Year Awards

	Sponsor of the Outstanding Senior Athlete Awards	
---	---	---

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

**2015 NDHSCA Convention Mandan Seven Seas Convention Center
July 28 – July 31
Register now for convention at www.ndhsca.com**

Dakota Coach Summer 2015



2015 Longevity List

The **2015** list for **Coaching Longevity** is printed below. Individuals wishing to receive plaques will be announced at the 2015 North Dakota High School Coaches Association Summer Convention to be held at the Mandan Seven Seas Convention Center. The banquet will be on Thursday, July 30. Please e-mail Randy Johnson, duck@westriv.com if there is a mistake on this list. Thank you.

20 years

Gregory Brown; Watford City HS
Kim Forness; Shiloh Christian HS
Chad Kainz; Hope-Page HS
Peggy Stibbe; Fargo Discovery MS

Robert Bubach; Leeds HS
Marlen Haugen; Central Cass HS
Bill Lorenz; Grand Forks Central HS
John Ward; Hazen HS

Sherry Currie; Park River HS
Curtis Johnson; Fargo Shanley HS
Eric Nygaard; Mayville-P-CG HS

25 Years

Kevin Anderson; Fargo Washington MS
Kevin Bratland; Enderlin HS
Noel Eckroth; Wahpeton HS
Brad Fitzgerald; St. John HS
Arnold Grady; Parshall HS
Perry Hanson; Bismarck HS
Cindy Iwen; Enderlin HS
Paul Lean; Fargo Davies HS
Scott Roehrich; Valley City HS
Jay Schobinger; Dickinson HS
Lisa Strand; Thompson HS
Lee Weisgarber; Underwood HS

Curtis Askvig; Surrey HS
Dan Carlson; Grand Forks Central HS
Lynne Enget; Stanley HS
Mark Gibson; Bismarck HS
Jay Grover; Griggs County Central HS
Sara Hegerle; Jamestown HS
Mike Kamrath; Washburn HS
Daniel Olson; Dickinson HS
Tyler Schlecht; Enderlin HS
Tom Six; White Shield HS
Rollie Swedberg; West Fargo HS
Terry West; Grand Forks Central HS

Darrin Boehm; West Fargo HS
James Dooley; Beulah HS
Skip Fisher; Fargo South HS
Robert Goll; Park River HS
David Gumke; Watford City HS
Greg Hoeckle; Carrington HS
Greg Ladouceur; Grand Forks RR HS
Kent Ripplinger; Grand Forks RR HS
Jay Schneider; Devils Lake HS
Rick Sondrol; Central Valley HS
Scott Thorson; TGU-Towner HS

30 Years

Gerard Cederstrom; Minot HS
Mike Finneseth; Fargo South HS
Mike Holm; Tioga HS
William Jansen; Rugby HS
Paula Person; West Fargo HS
Rick Scherr; Carrington HS
HSBernie Wasser; Minot HS

Cameron Dockter; Fargo South HS
Scott Grochow; Rugby HS
Barry Holmen; Minot HS
Greg Jung; Dickinson HS
Peggy Person; Lewis & Clark-Berthold HS
Jerome Slag; New Salem HS

Jeff Feichtner; Fargo North HS
Jane Hart; Langdon HS
Tim Jacobson; Fargo Shanley HS
Michael Kelly; Fargo South
Tim Tandeski; Grand Forks RR

35 Years

Darrell Anderson; Bismarck HS
Craig Brenner; Edmore HS
Rick Henry; Larimore HS
Steve Long; Mandan HS
Mark Stack; Fargo Carl Ben Eielson MS
Davy Zinke; Barnes County North HS

Gary Ballard; Turtle Lake HS
Billie Ann Caya; Bismarck HS
Leon Kary; Mandan HS
Keith Meyer; Hillsboro HS
Michael Timm; Midkota HS

Jon Bertsch; Harvey-Wells County HS
Joan Halland; Kindred HS
Gib Kjelden; Devils Lake HS
Brian Midthun; Enderlin HS
Daryl Watson; Cavalier HS

40 Years

Ken Disher; Minot HS
Rod Oksendahl; Fargo Shanley HS

Gary Jackson; North Border HS
Chuck Gad; West Fargo HS

Gary Myhre; Rugby HS

45 Years

Chuck Gad; West Fargo HS

Jerry Perdeams; South Heart HS



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





**Sponsor of the
Outstanding
Senior Athlete
Awards**



Sponsor NDHSCA Coach of the Year Awards

9 

Executive Secretary
Gelaine Orvik (h) 701-237-9711
3457 26th Avenue South (w) 701-367-8282
Fargo, ND 58103 (cell) 701-367-8282
gorvik@cableone.net

Assistant Executive Secretary
John Hutchison (cell) 701-741-8173
PO Box 110 (h) 701-741-8173
Northwood, ND 58267 (w) 701-741-8173
john.hutchison@sendit.nodak.edu

Assistant Executive Secretary
Randy Johnson (h) 701-748-5634
701 Highway Drive Apt. 9B (w) 701-748-2345
Hazen, ND 58545 (f) 701-748-2342
duck@westriv.com

Membership Chairperson
Karen Hardie (h) 701-237-5624
2472 Lilac Lane (w) 701-446-5200
Fargo, ND 58102 (f) 701-446-5299
hardiek@fargo.k12.nd.us



President
Mike Kuhn (h) 701-663-1175
211 5th Avenue SW (w) 701-663-9532
Mandan, ND 58554 (c) 701-426-8863
michael.kuhn@msd1.org

President-Elect
Andy Braaten (h) 701-652-2398
47 6th Street SE (w) 701-652-3136
Carrington, ND 58421 (f) 701-652-1243
andy.braaten@sendit.nodak.edu

Vice President
Paul Lean (h) 701-234-0194
130 Eagle Street North (w) 701-446-5781
Fargo, ND 58102 (c) 701-261-6581
leanp@fargo.k12.nd.us

Immediate Past President
Lisa Strand (h) 701-599-2620
1511 7th Ave NE (w) 701-599-2765
Thompson, ND 58278 (c) 218-779-3404
lisa.strand@sendit.nodak.edu

Past President
Ralph Manley (h) 701-222-0090
514 Meadow Lane (w) 701-751-6501
Bismarck, ND 58504 (c) 701-426-9316
ralph.manley@msd1.org

Greetings from the National High School Athletic Coaches Association!

The National High School Athletic Coaches Association held its National Summer Convention at the Kahler Grand Hotel in Rochester, Minnesota from Tuesday, June 16 through Saturday, June 20. Tuesday and Wednesday were Sports Medicine Leadership classes with Mayo Clinic. The sessions were outstanding. These were some of the top presenters in the country taking time out of their busy schedule to help America's coaches become more advanced in treatment and prevention of injuries. Thursday through Saturday marked the Sport Specific sessions. The Coach of the Year Finalists amongst others had an opportunity to share what made their program a success. Ben Uttech, a former professional football player for the Indianapolis Colt was a General Session speaker. He had quite a message. The room was silent and listened to his story about brain injuries. Ben discussed the importance of understanding how serious they really are. Take time to study this portion for the safety of the athletes.

The Hall of Fame Luncheon was Friday, June 19. Ralph Manley and the late Thomas Manley were North Dakota's latest entries in the National Hall of Fame. It was an outstanding afternoon once again. If you ever have a chance to attend such an event, I encourage it.

The Coach of the Year Banquet took place on Saturday, June 20. North Dakota had two finalists named National Coach of the Year. Kathy Berglund from Hazen High School in Golf and Carolyn Olson in Volleyball. Congratulations Kathy and Carolyn! North Dakota is very proud of you. This marked NHSACA's 50th year. It was a very good convention with a lot of different entertainment and sites to see.

North Dakota has strong representation on the National Board:

- Ralph Manley, Mandan – Swimming Chair
- Brian Midthun, Enderlin – Baseball Chair
- Tim Wallstrum, Kenmare – Volleyball Chair
- Gelaine Orvik, Fargo – Past President
- John Hutchison, Northwood – Past President
- Dave Dougherty, Fargo – Past President and currently the Executive Director for NHSACA
- Randy Johnson, Hazen – Current President

We are a strong state nationally. This has all been made possible by the leadership of Gelaine Orvik and John Hutchison. Gelaine is well known and very well respected at the National level. He has always done his best to assist every coach from North Dakota as well as the Nation. John is the voice of NHSACA. He writes and narrates the Hall of Fame and Coach of the Year BIOS. Thank you Gelaine and John for all your work.

Dave Dougherty has been the Executive Director for a couple of years now. He and his wife Danell have spent countless hours getting the National organization back on its feet. Please take some time to thank them for all they do to help the National High School Athletic Coaches Association.

The 2016 National Convention will be in Louisville, Kentucky at the Galt House. The dates are June 25 through June 29, 2016. Randy Johnson will be the National President at that convention. Be sure to visit the National High School Athletic Coaches Association website for more details: www.hscoaches.org. This will be quite a convention. I encourage to try to attend.

Respectfully Submitted

Randy Johnson
NHSACA President



10





Forms

Available on the NDHSCA website

Search “NDHSCA” or enter

www.ndhsca.com

All State Football Nominee

Assistant Coach of the Year

Junior High Coach of the Year

Award of Merit Recommendation

Hall of Fame Nomination Form

Lifetime Membership Application Instructions

NDHSCA Gelaine Orvik Scholarship Fund

Gelaine Orvik Scholarship Application

Victory Milestones

Senior Scholarship Application – Burger King \$500

Shrine Football Nominee

Special Recognition

Sponsor Membership

Sports Advisory Committee Membership



Dakota Coach Summer 2015

NDHSCA Lifetime Memberships

NDHSCA PAID Lifetime Memberships

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
Berglund, Darrell; Hazen HS
Berglund, Kathy; Hazen HS
Bettenhausen, LeRoy; Watford City HS
Brackenbury, Wayne; Mohall-L-Sherwood HS
Brenner, Henry; ND School for the Deaf
Buen, Gene; Velva HS
Burckhard, Richard; Parshall HS
Butterfield, John; Hettinger HS
Callahan, Mike; Minnewaukan HS
Carlson, Ron; Minnewaukan HS
Carlsrud, Dave; NDHSAA
Conlon, Frank; Jamestown HS
Cornell, Rick; Grand Forks Schroeder JHS
DeCoteau, Jerome; Turtle Mountain Community HS
Deutsch, Nancy; Watford City 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
Folstad, Collette; West Fargo HS
Forsberg, Mike; Fargo Oak Grove HS
Foss, Bradley; Watford City HS
Gabrielsen, Thomas; Grand Forks Red River HS
Gadberry, Ron; Hillsboro HS
Gordon, Randy; Dickinson Trinity 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; LaMoure 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
Holmen, Barry; Minot HS
Hornecker, Brian; Minot HS
Horner, Dennis; Midway HS
House, Leon; Mandan HS
Howell, Joe; Lisbon HS
Howson, Jim; Hatton 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
Jung, Greg; Dickinson HS
Kaiser, Tim; Wahpeton MS
Kjelgaard, Harold; Fargo Discovery JHS
Kleveland, David; Central Valley HS
Knutson, Al; Williston HS
Krosbakken, Jerry; Fargo North HS
Larson, Nancy; DesLacs-Burlington HS
Lehman, Cory; Fargo South HS
Leier, Dwight; Maddock HS
Loberg, Myron; Devils Lake HS
Lockwood, Ed; Fargo Public Schools
Lyon, Jerry; Minot HS
Maclver, Philip; Wahpeton JHS
Mack, Bruce; Surrey HS
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
Miller, Steve; Bismarck 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
Manley, Ralph; Mandan 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
Strand, Lisa; Thompson 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

Blikre, Marcy; Minot HS
Farrell, Chipper; Minot HS

King, Bob; Valley City HS
Orvik, Gelaine; Fargo South H





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

	<p>Sponsor of the Outstanding Senior Athlete Awards</p>	
---	--	---

Sponsor NDHSCA Coach of the Year Awards



	<p>Your locally owned Burger King Restaurant proud to sponsor the NDHSCA</p>	
---	---	---



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



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



Dakota Coach Summer 2015

ONLINE MEMBERSHIP REGISTRATION LINK

PLEASE TAKE NOTE!

Convention and Membership Registration is on-line only. Visit our website www.ndhsca.com. NDHSCA encourages the payment by credit card. This is the fastest and easiest way to get your membership card. 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 Gelaine Orvik, gelaineo@outlook.com, before the respective dates. Your *membership registration must be completed and paid for* before appropriate season deadline to be eligible for post season awards:

- October 1 for Fall Season Sports
- February 1 for Winter Season Sports
- May 1 for Spring Season Sports

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

If you are paying by personalized check, your payment must be postmarked before the dates listed above. Membership cards will be mailed once payment is received. Reminder – Credit Card payment is the fastest way to receive your card.

Lifetime Members: Remember to log on to the NDHSCA Registration Link each year and check lifetime member. Please update your data. Once this is complete a new membership card will be mailed.



Sponsor NDHSCA Coach of the Year Awards



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



Sponsor of the
**Outstanding
Senior Athlete Awards**





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



**Sponsor of the
Outstanding
Senior Athlete Awards**



COACHES CERTIFIED PERMIT REQUIREMENTS

Beginning the fall of 2013 all coaches who work with student-athletes in grades 9-12 must be certified.

To become certified a coach must complete the requirements for a NDHSAA Coaching Permit.

CERTIFIED PERMIT REQUIREMENTS

- Complete the National Federation of State High School Associations (NFHS) Fundamentals of Coaching on-line course or have completed a coaching fundamentals course while in college.
- Complete the NFHS Concussion Management Course.
- Complete a First Aid Course
- Complete Cardiopulmonary Resuscitation (CPR) certification and Automated External Defibrillator (AED) usage every two years.

PERMIT PROCESS

- Activities Director, High School Principal or Superintendent of Schools will:
 - o Collect the necessary information for each of their school's respective coaches and submit the NDHSAA Coaches Permit Form indicating coaches who have completed all necessary requirements for the permit.
- NDHSAA:
 - o Will post all certified coaches on the NDHSAA web site and forward list to the North Dakota High School Coaches Association (NDHSCA).
- NDHSCA:
 - o Will complete a certificate (Permit) suitable for framing and send it to the respective coach or school.

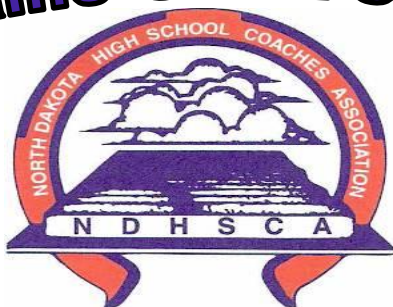
PERMIT RENEWAL PROCESS

- Each coach must be certified in CPR, Concussion Management, up-to-date on all appropriate rules clinics and complete at least two of the requirements below. (Must complete **two** of the following within five years of receiving coaching permit)
 - o Attend one ND High School Coaches Association Conventions over five years.
 - o Complete five hours of training at a national, state or local coaching clinic.
 - o Complete one sport-specific course from the NFHS.
 - o Complete one of the elective courses from NFHS such as: Engaging Effectively with Parents, Teaching Sport Skills, Teaching and Modeling Behavior, or The NCAA Eligibility Course.

PLEASE NOTE

- The coaching permit must be renewed every five years.
- Coaches who graduated from college with a coaching minor which included Fundamentals of Coaching, First Aid, CPR/AED and Concussion Management within five years of the application for the permit will be given a Coaching Permit.
- Non-completion of certification, the respective school will receive a warning for the first offense. Subsequent offenses will result in a \$200 fine for the school for each violation.
- The present cost for Fundamentals of Coaching is \$35, the cost for a first aid course is approximately \$35 per person online, (may be less expensive locally), CPR certification costs vary, and the Concussion Management course is free.

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 NDHSCA Executive Secretary (1979 to present). 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 us 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, fellow coaches or someone else who 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

Donor _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Work Phone _____ Cell Phone _____

E-mail Address _____

Amount of Donation _____ Date _____

Thank you for your generous Donation!

PLEASE RETURN THIS FORM AND YOUR DONATION TO:

ND High School Coaches Association
3457 26th Avenue SW
Fargo, ND 58103

PLEASE DETACH THIS BOTTOM PORTION FOR YOUR TAX RECORDS

NDHSCA Gelaine Orvik Scholarship Fund

DONOR'S NAME: _____

Amount of Donation _____ Date _____

3D DIMENSIONAL COACHING™

“Coaching the Heart Behind the Jersey”

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

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



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



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

What is 3Dimensional Coaching™?

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

1st Dimension = Fundamentals (Physical)

2nd Dimension = Psychology (Mind)

3rd Dimension = Heart (Holism)

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

Why does it matter?

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

2nd Dimension issues?

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

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

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

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

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

www.fcacoachesacademy.com

-
- ▶ **Motivation**
 - ▶ **Confidence**
 - ▶ **Emotions**
 - ▶ **Team Cohesion**

Dakota Coach

The *Dakota Coach* is the official publication of the NDHSCA and is distributed without charge to all coaches by website; www.ndhsca.com. 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 or to any of the members of the Executive Board. See page 2 for e-mail and mailing addresses or phone numbers.



SUBWAY™

Sponsor of NDHSCA

**Coach of the Year Awards and
NDHSCA Gelaine Orvik Scholarship**



Your locally owned
Burger King Restaurants
Are proud to sponsor the
**North Dakota High School
Coaches Association**



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

Outstanding Senior Athlete Award



Our Starting Lineup

Locally Owned, Community Involved

SUBWAY

play hard. eat fresh.



Tuna



Oven Roasted Chicken



Turkey Breast & Black Forest Ham



Roast Beef



Spicy Italian

Proud Sponsor



Our Team Supports Yours



Sweet Onion Chicken Teriyaki



Turkey Breast



Italian B.M.T.

SUBWAY CATERS™
Bring us to your team party.



Ordering's easy at
877-360-Cater (2283)
or **subway.com**

Catering orders must be placed 24 hours in advance.

©2013 Doctor's Associates Inc. SUBWAY™ is a registered trademark of Doctor's Associates Inc.

All clip-related trademarks are owned by Frito-Lay North America, Inc.