



DAKOTA COACH

2015 NHSACA National COTY Candidates Selected

The 2015 NHSACA National Coach/Athletic Director of the Year Nominees were identified by the NDHSCA Executive Committee on July 28th at the NDHSCA Executive Committee Meeting.

The Nominees are identified from a roster of candidates that are submitted by NDHSCA Executive Committee members and a review of personnel from each sport roster.

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

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2014 NDHSCA Convention Report

The 2014 NDHSCA Coaches Convention was an outstanding event, as the previous 30 conventions have been. When we review the previous conventions and compare we find many similarities.

➤ We find the numbers in attendance do not reflect the quality of the coaches who are seeking additional knowledge. Whether first year coaches who are seeking permit requirements or veterans who are searching for ways to improve techniques, fundamentals, skills or teaching knowledge; one thing remains obvious, all attendees are intense in their curiosity.

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Board Receives Two Letters of Resignation

See pages 6 & 7

2015 NHSACA Hall of Fame Inductees Announced

The NDHSCA Executive Committee, by 7-0 vote, with Ralph Manley abstaining, selected two longtime North Dakota Coaches for as inductees into 2015 NHSACA Hall of Fame at the August first NDHSCA Executive Committee. NHSACA accepts two names for induction from states that pay NHSACA National Membership fees.

The 2015 NHSACA Inductees from North Dakota will be Present NDHSCA Past-President Ralph Manley, Mandan High School Swimming & Diving Coach. The second Inductee to be selected is the Late Thomas Manley (yes, Ralph's Father). Tom is longtime Fargo South and Fargo Central High School Swimming & Diving Coach and Tennis Coach.

To the knowledge of all North Dakota Coaches who are involved in NHSACA, this is the first Father-Son induction into the NHSACA Hall of Fame to be made and most certainly the only induction to be made at the same ceremony.

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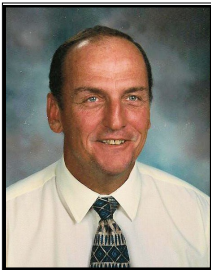
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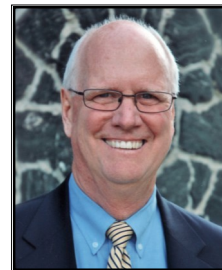
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President's Message - Fall 2014

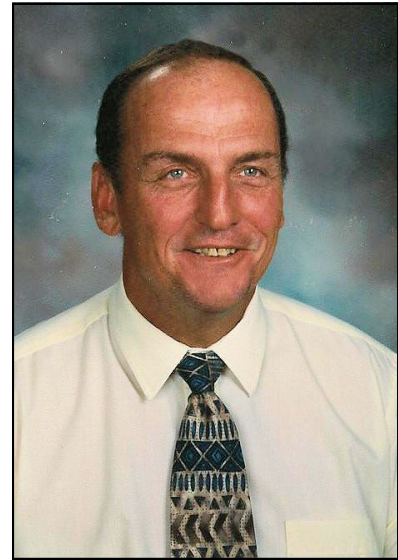
By the time you read this message in the fall issue of the Dakota Coach, the fall season of sports will be well underway, and the school year just beginning. Welcome back to a new school year and a new season full of challenges, fun, excitement, and of course, work (depending on your frame of mind). Someone once said, (don't ask me who), that if you have a job you love, you never have to "work" a day in your life. It sounds like "coaching" to me. I hope the summer months have given you time to "re-energize", pick up a few "new concepts", and get "jacked-up" for the new school year.

Thank you all who attended the NDHSCA Convention in Fargo. Annually, this is a fantastic event, filled with long-lasting memories, and an opportunity to grow. Congrats to all Hall of Fame recipients and Coach of the Year recipients, as well. Additional thanks to all who may not have been able to attend the convention, but have signed as members in the greatest coaches association in the nation.

Based on what we on the executive committee believe, largely through what coaches have told us, the convention in Fargo was a huge success. Over 350 coaches attended the convention. Coaches appreciated the clinical sessions, the awards banquet, and the chance to communicate and share their thoughts and ideas with their fellow coaches. Nothing is better than that. Those one or two little ideas or "gems" as we call them, that a coach picks up from clinic to clinic, or out in the hallway, help us all be better coaches, and in many ways, a better person.

This type of convention, with a multitude of opportunity for fun, excitement, recognition, and growth, could not be possible without the "die-hard" dedication, commitment, and passion of leadership so graciously given by people like our executives; Gelaine Orvik, John Hutchinson, and Randy Johnson. Add to that, the efforts of our executive board and all of our volunteers who have so graciously assisted in introducing speakers, helping with registration, and providing information to coaches makes for a successful event. I would also like to sincerely thank the diligent and committed efforts of our out-going President Lisa Strand. Her passion for our organization, vision in trying to make it even better, along with her sound leadership is second to none. Thanks Lisa.

"No one will care how much you know, until they know how much you care"



Mike Kuhn

As a 35 year member of this organization, and having the opportunity and privilege to attend the National High School Athletic Coaches Association convention on 4 or 5 occasions, I am so proud to say that the NDHSCA is highly respected and well represented with Dave Daugherty of Fargo and Randy Johnson of Hazen, serving on the NHSACA Executive Committee. Their service to North Dakota coaches and coaches nationwide is nothing short of strong and remarkable.

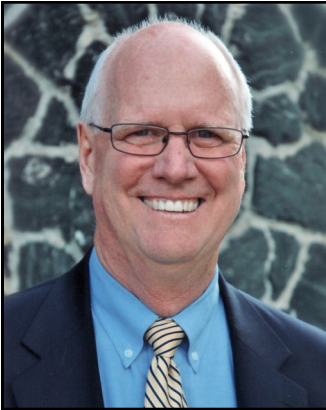
"I'm going to do my best to make a positive difference today!"

I feel truly honored to serve as your President this year. I feel blessed and thankful to Past Presidents I have worked with Dave Zittleman, Greg Grinsteinner, Ralph Manley, and Lisa Strand, who have all supplied such great insight, passion, and leadership for this organization and all coaches. My goal is to continue those attributes to the best of my ability. If you have any concerns, ideas, or need assistance in any way, please contact me or any other member of our board.

I'd also like to provide a list of reminders for all coaches to remember throughout the year (I don't know about you, but at my age, I need a "list"!!!!):

Continued on page 8

From the Executive Secretary's Desk - Gelaine Orvik



Gelaine Orvik

Another year has passed, another convention completed, and another of memberships and activities underway. It almost seems to be around and around and around!

This past three months have been a period of extreme highs and lows:

In June all of North Dakota athletics was treated to a High when Dan Carr,

Linton High School Boys' Basketball and Scott Grochow, Rugby High School Boys' Track & Field coach were named NHSACA National Coach of the Year. These are two very fine people and superb coaches. Congratulations!

Another NDHSCA passed with astounding accomplishments. Another paid membership record registration of 1307 and modern day paid convention registration of 483. Our next goal is always to break last year's record.

Today (09.23) paid membership registration stands at 909 and 349 paid convention registration. That is a great start. We urge all coaches to solicit membership from throughout their schools, especially contact new coaches.

A high point for me personally occurred when John Hutchison submitted his resignation after this 2014-2015 fiscal year. This was a high point because I have had the privilege of working with John for nearly 30 plus years. He is a great man and a marvelous friend. He is an explicit person with a perceptive attention to details. His record-keeping and solicitation over and over again for ballots to be returned for each sport's selection of NDHSCA-SUBWAY Coach of the Year and NDHSCA-POWERade Outstanding Senior Athlete is amazing. Most people would note this with sadness and melancholy, but rather than be filled with misery and woe, I am honored and blessed with his work, friendship and camaraderie. Thank you John for all you have done and do; thank you for being my friend and for your fellowship; thank you for your adding solidarity to our Association.

A low for the past six months has to be the actions and behavior of athletes from the NFL and NCAA. For Adrian Peterson to claim innocence and explanation for his beating his son to the degree that he drew blood from the lad because that is how he was treated. I am sorry! I know I was spanked regularly (because I was such a naughty boy!!!), but that is not an excuse for me to do the same--although I confess I spanked my son! And I feel shame every time I think of it. For Greg Hardy and Jonathan Dwyer to be considered anything other than bullies is ludicrous. Jameis Winston and his behavior is absolutely a black mark for every athlete and for coaches, athletics and University leadership.

Please tell me they are joking when they say they didn't know of the facts. One of the things that I generally admire about North Dakota Coaches is they know how to handle behavior and misconduct problems and follow up to make sure the guidelines and rules are followed and no one ever says, "I just don't know what to do!"

I have to think that some of the problems stem from athletes having assistance to squeeze water from a water bottle. Or having assistance to put the water bottle back in a rack. Or having uniforms laid out for athletes and the coach not knowing who receives a uniform for the "dress squad"!

Linda and I attended the movie *When the Game Stands Tall* a few weeks back and were so impressed with the philosophy that came across from Coach Ladouceur from DeLaSalle HS (CA). Yes, I know this is a movie and the writer and producer and director have some license to change the facts, but I spoke to Mike Berg (Grand Forks Central HS) whose son, Chris, was an assistant coach who for a team that was scheduled to play DeLaSalle, but the team he coached was upset and did not have the opportunity. Mike confirmed that the basics were accurate. If you have opportunity, see the movie.

Continued on next page

From The Executive Secretary's Desk (continued)

One of the many bennies that come with this position is that I receive literally hundreds of articles from great coaches, from people like Rod Olson--remember the 2012 convention speaker, from other state executive directors, from leaders across the nation. I have the great honor to read and read and read. I get to see how others see what I observe, and then I can analyze the big picture. I have spent far too much time reading about NFL and NCAA problems and problem "children" and "ineffective parenting". But then I have read about Verizon and its statement on domestic violence. I read an interesting article about Tom Brady's Resume' after his senior year of football at the University Michigan after the 1999 season. He was prepared to enter into business and accounting because he had no thought that he would ever be drafted.

Another situation that I need to deal with that most members are probably unaware of is that Joyce Holter, the *Dakota Coach* Designer, is completing this issue and this issue will be her last. She has chosen to resign. So what does the Designer do? Basically, I write every article, except for the President's Message and the Randy Johnson articles, and then every article is sent to her. She arranges them and designs them for an aesthetically pleasing appearance for each page. She inserts photos and searches for fillers from the Internet or wherever to complete each page. She proofreads as she prepares each article. She constantly sends me corrections and suggestions for each article. Joyce has been doing this since 2002 and her mark on the publication is significant. I will miss her assistance. But I am sure that we have coaches out there with journalism experience. Please contact me at gorvik@cableone.net with your note to assist.

I am running short of time! I could talk for hours and write for more. But the *Dakota Coach* needs to be placed on the Website. And thank you again Dave Zittleman for serving as our Association's webmaster. You are so timely with every request.

Remember, if you are interested in John Hutchison's Assistant Executive Secretary's position, please send a letter of application to me at gorvik@cableone.net with a cc. to President Kuhn at Micheal Kuhn@msd1.org,

If you are interested in being the designer of the *Dakota Coach*, send a letter of application to gorvik@cableone.net.

If you are interested in being NDHSCA Executive Secretary, send a letter of application to me with a cc. to Michael kuhn@msd1.org. A form will be returned to you by email.

Until December, have a great year and prepare for the rest of the season.

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Gelaine Orvik's Resignation

Fellow Coaches:

I duly accept the honor of accepting the nomination to be the NDHSCA Executive Secretary for the 2014-2015 year. I have been honored to be your Executive Secretary over the past 35 years and to be a part of the Executive Committee for the past 41 years. I have always been humbled with your trust to be the NDHSCA spokesman and leader.

I want to say a special thank you to Lisa for her leadership this past year and echo the same gratefulness to every president that has held that gavel. Without our great executives and Executive Committee NDHSCA would not be what you are honored with your participation.

*At this time I want to say although I am accepting the honor of being your leader, I am also informing you that **I will not seek and I will not accept another year's nomination for appointment for the position after the 2014-2015 Fiscal Year.***

This has been an extremely difficult decision for me to make, but after long deliberation and total support in our decision from my wonderful wife, Linda, and I feel this is the year to step down.

I love each of you as a brother and sister. I admire each of you for your contribution to the citizens of North Dakota. I thank you for accepting the honor and responsibility for what Billy Graham called "The Greatest Profession known to our people"---that is not an exact paraphrase but exactly how I feel about what you do.

God bless you and remember, I am not ill, vanishing or disappearing; I just want to enjoy my life with Linda even more.

Thank you!



Editor's Note: Gelaine Orvik has been a member of the NDHSCA Executive Committee for 42 years. He was appointed to the NDHSCA Executive Committee as editor of the NDHSCA *Dakota Coach* in 1973 when Walt Hatlestad was NDHSCA President.

He served in that role until May of 1979 when Bob King resigned from his role as NDHSCA Executive Secretary to undertake his role as NDHSAA Executive Secretary. The NDHSCA Executive Committee appointed Gelaine to be Interim Executive Secretary at that time and he was appointed to the position at the July NDHSCA Annual Business Meeting; a position he has held until his resignation on July 31, 2014. He was appointed and will complete his role through the 2014-2015 fiscal year and complete his role with the 2015 NDHSCA Coaches Convention.

While he has been NDHSCA Executive Secretary, he has also served each year on the NDHSAA Sports Review Committee. He immediately was named to the NHSACA National Board of Directors as an At-Large Representative and in 1981, he was elected as NHSACA Region 6 Representative. In 1984 he was elected NHSACA Third Vice-President and became NHSACA President for the 1987-1988 fiscal year, serving as president in the Cromwell, CT hosted National Convention.

Gelaine completed his NHSCA Executive Committee tenure in 1989. Together with Roger Stone, Dick Karlgaard, and Gene Manson, he organized, administered and hosted the 1991 NHSACA National Convention in Bismarck, ND. Since that time he has served as NHSACA National Convention Chair twice in Fargo, in 2001 and 2012. Gelaine was appointed to NHSACA Executive Director in June, 2008 and served in the capacity until June, 2010. With the completion of the 2014-2015 fiscal year, Gelaine will have completed 42 years of service to North Dakota Coaches and NDHSCA.

Gelaine's letter of resignation presented to the NDHSCA Executive Committee on Tuesday, July 29, 2014 and to NDHSCA Annual Business Meeting on July 31, 2014.

Assistant Executive Secretary's Retires



Dear NDHSCA Board of Directors:

I have really enjoyed my time as assistant executive secretary for the ND coaches for a number of years, and I feel that at the end of the 2014-15 summer convention I will resign from my position of doing the coach of the year and outstanding senior selection process.

The executive board changes by one person each year, and every person who has served their fellow coaches as an elected officer or an appointed officer has been a pleasure to work with. Everyone who is serving or who has served has done so with a passion for our organization that everyone should be allowed to experience. All of you (coaches, tournament managers, athletic directors, board members, and the NDHSAA board and staff) have given me so much more than I could ever give back. The life-long friendships that have been forged over the years just enhance the importance of relationships in our organization. To have a chance to work honoring ND coaches and athletes has been a tremendous privilege and a tremendous opportunity. Those people really are the best in the country.

Gelaine Orvik has been the face of our NDHSCA for so many years. I thank him for encouraging my involvement. His friendship is priceless.

To all of you – A Huge Thank You.

I have enjoyed, so much, my years with the NDHSCA!

May God Bless You

John Hutchison

Editor's Comment: John Hutchison has taught/coached his entire professional years at Northwood (Hatton/Northwood) High School. In addition to coaching and teaching, John has served as the school's athletic director. He was elected to the NDHSCA Executive Committee as Vice-President in 1978. He was the first President to be sent to the NHSACA National Convention. His presence and understanding of North Dakota as a national team member added to our state Association's progress.

John completed his Executive Committee's role in 1982. He rejoined the Committee as Assistant Executive Secretary in 1989 in charge of Coach of the Year. As he finishes the 2015 fiscal year, he completes his 30th year of service to NDHSCA. Thank you, John!

**30
YEARS**

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President's Message—Fall 2014 (continued from page 3)

1. Our membership has seen an increase for five years in a row (now over 1300 members). I encourage us to do our part in helping to continue that trend. Encourage all of the coaches in your programs/schools to become a part in this great organization.

2. Follow our web site at www.ndhscsca.com for all kinds of information, including messages, coaches input, membership registration instructions, and nomination forms for Assistant COTY, JHS COTY, Award of Merit, Special Recognition, Burger King Scholarships, Gelaine Orvik Scholarships, and deserving coaches for the Hall of Fame.

3. **Please** take an active role in nominating and voting for Coach of the Year candidates. Although in many sports the voting is strong, we are still finding that the voter participation in some sports is not quite where it could or should be.

4. **Please** nominate candidates for Junior High and Assistant Coaches of the Year. So many coaches at various levels, are vital to the success of our programs, and they truly deserve that recognition.

5. Know your advisory representatives for your sport. Contact them and share your concerns. They are a vital link to NDHSCA, and to NDHSAA. **Please** be "active" in that.

6. Before practice/school, tell yourself: **"I'm going to do my best to make a positive difference today! Bring your 'A' game. (Good day or bad)."**

Here is wishing you the best of luck this year. Remember to come to practice with a smile on your face, and passion in your heart. As you well know, "no-one will care how much you know, until they know how much you care", and that "no exercise is better for the human heart than to reach out to lift up another."

Have a great year, and enjoy the adventure!
President, Mike Kuhn (kuhndog)

"No exercise is better for the human heart than to reach out to lift up another"

Letter to the Editor

Randy: I want to take this opportunity to thank you and the NDHSCA Executive Board for forwarding my name for National Coach of the Year. I am awed and honored that this great organization thought to present me for this honor.

Please share this note with the Executive Board of my appreciation.

*Mike Bisenius
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Notice

Membership Registration must be completed online and credit card payment is preferred.

Any other payment method delays confirmation of "Paid Status."

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

The NHSACA National Awards Banquet will be held at the Kahler Grand Hotel in Rochester, MN on Saturday, June 20, 2015; in conjunction with the NHSACA National Coaches Convention. Tickets for the Banquet can be ordered from NHSACA on its website: hscoaches.org, by e-mail from Dave Dougherty (NHSACA Executive Director); dougherty54@ymail.com; or by USPS at NHSACA Executive Director; P.O. Box 10277; Fargo, ND 58103; 701-570-1008 (C).

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

2015 NHSACA NATIONAL COTY NOMINEES

North Dakota Nominees to National High School Athletic Coaches Association for National Coach of the Year

<u>SPORT</u>	<u>FULL NAME</u>	<u>SCHOOL</u>
Athletic Director:	Todd Olson	Fargo Public Schools
Baseball:	Jeff Fiechtner	Fargo North High School
Basketball - Boys':	Gregg Grinsteiner	Dickinson Trinity High School
Basketball - Girls':	Ron Metz	Bismarck Century High School
Cross-Country - Boys':	Rich Anderson	Griggs Country Central High School
Cross-Country - Girls':	Julie Stavn	Bismarck Century High School
Football:	Ron Wingenbach	Bismarck Century High School
Golf:	Kathy Berglund	Hazen High School
Soccer:	Nick Christensen	Fargo Davies High School
Softball:	Cindy Holt	Grafton High School
Special Sports:	David Hoff	Bottineau High School
Swimming & Diving:	Marsha Dahl	West Fargo High School
Tennis:	Chad Anderson	West Fargo High School
Track & Field - Boys':	Randy Johnson	Hazen High School
Track & Field - Girls':	Bill Jansen	Rugby High School
Volleyball:	Carolyn Olson	Grand Forks Red River High School
Wrestling:	Jeff Schumacher	Bismarck High School
Assistant COTY-Boys':	Claudia Schoelkopf	Mandan High School
Assistant COTY-Girls':	Steve Mueller	Rugby High School

NHSACA National Awards Banquet will be held at the Kahler Grand Hotel in Rochester, MN on Saturday, June 20, 2015; in conjunction with the NHSACA National Coaches Convention.

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NHSACA National Convention Report

The National High School Athletic Coaches Association Annual Convention was held in Jackson Hole, Wyoming June 14-18. June 14 and 15 were the leadership classes and June 16 through 18 was the Sport Specific Sessions. The two highlights of the convention are the Hall of Fame Luncheon and the National Coach of the Year Banquet. On Tuesday, June 17 we inducted two longtime coaches into the National High School Athletic Coaches Association Hall of Fame in **Pete Moe from Washburn and Frank Fish from Watford City**. Both were in attendance and very grateful for their award.

North Dakota had 12 of their 16 finalists present for the Coach of the Year Banquet on Wednesday, June 18. We had two winners in **Dan Carr from Linton High School for Boys' Basketball and Scott Grochow from Rugby High School for Boys' Track and Field**.

It was a wonderful evening and the Snow King Resort did an excellent job handling over 380 coaches throughout the nation who were in attendance.

North Dakota has strong representation on the National Board:

- Ralph Manley, Mandan – NHSACA Swimming & Diving Chair
- Brian Midthun, Enderlin – NHSACA Baseball Chair
- Tim Wallstrum, Kenmare – NHSACA Volleyball Chair
- Gelaine Orvik, Fargo – NHSACA Past-President
- John Hutchison, Northwood – NHSACA Past-President
- Dave Dougherty, Fargo – NHSACA Past-President and currently the Executive Director for NHSACA
- Randy Johnson, Hazen – Moved to the 1st Vice President position

It was a great convention and there were a lot of things for coaches and their families to do in Jackson Hole, Wyoming. It snowed every day, however it was a beautiful place to meet.

Next summer's convention will be held at the Kaylor Hotel in Rochester, Minnesota. This will mark the 50th year of the National High School Athletic Coaches Association. The dates are June 16 through June 20. This will be a Tuesday through Saturday.

The following year's convention will be in Louisville, Kentucky at the Galt House. The dates will be June 25 through June 29, 2016. Randy Johnson will be the National President at that convention.

Respectfully Submitted

Randy Johnson

Randy Johnson
NHSACA 1st Vice President



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Senior Athlete Awards**



**Online Membership Application and Registration Link
See page 24**

2015 NHSACA Hall of Fame Inductees Announced (Continued from page 1)

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

Ralph is still an active swimming & diving head coach at Mandan High School. He is NDHSCA Past President and NHSACA Swimming & Diving Chair. He has been inducted into the NDHSCA Hall of Fame (2012) and was selected as NHSACA Swimming & Diving National Coach of the Year (2011). He was recipient of the prestigious NISCA Outstanding Service Award at the NISCA Annual Banquet on March 30, 2013. He has been NDHSCA Swimming & Diving Coach of the Year three times. Ralph was nominated for NHSACA Swimming & Diving Coach of the Year four times.

Thomas Manley taught and coached his entire career at Fargo Central/South High School. He was named the first NDHSCA Boys' Swimming & Diving Coach of the Year in 1972. Tom was named NDHSCA Tennis Coach of the Year three times. He was also NHSACA National Coach of the Year Finalist twice. Tom (or "The Crusher" as he was affectionately called by his friends) was extremely active in state, regional and state swimming & diving activities and tennis development. He was inducted into the NDHSCA Hall of Fame in 1986, the second induction class.

The NHSACA Hall of Fame Induction will take place on Friday, June 19, 2015 at the Rochester, MN Kahler Grand Hotel at a noon Luncheon. The Kahler Grand is located at 20 2nd Avenue SW; Rochester, MN 55902. For rooms, contact the Hotel directly at (507) 280-6200 or its website at www.kahler.com. Check the NHSACA website (hscoaches.org) for ticket order information. All National Award winners truly appreciate support and attendance from friends and fellow coaches. Registration forms are also found on the NHSACA Website.



Ralph Manley



**Ralph & His Father
Thomas Manley**



**NDHSCA Convention
2015
Mandan Seven Seas Convention Center
July 28-July 31**



**Your locally owned
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are proud to sponsor the NDHSCA**



2014 NDHSCA Convention Report *(continued from page 1)*

➤ All attendees are ready for a new year and really are anticipating a re-energizing and re-kindling of coaching and teaching. In the words of our President Mike Kuhn and Immediate Past-President Lisa Strand, “Re-new” and “get Jacked”.

The Seminars were extremely informative and were anxiously anticipated by attendants. Every speaker had extremely helpful insight and information for coaches. Dean Winczewski and Mike Berg are becoming masterful experienced presenters who are ready for the next step in presenting to coaches. I have recommended them to other Coaching Executives for speaker list recommendations.

Although the Seminars were helpful and fulfilling, Wednesday’s morning FCA Breakfast session, led by Ron Backes, really was the initial session that permeating every session throughout the next three days.

Registration for the convention was much improved over the past year. The process was most helpful with Rod Hardie being present with his computer knowledge to handle the process. Whenever he met a problem, he was able to phone Jeff Becker, Sportz Ventures, (our registration system programmer) and determine directions to rectify problems. With some coaches failing to understand the need to pre-register and, most of all, register online, most conflicts were dealt with expeditiously on-site.

Most people are always very interested in our total numbers for registration (349). However, when surveying our attendance at each session often belies our registration and attendance. Since we are holding seven to eleven sessions each hour, our numbers in each sport are somewhat fewer than ten years ago when we held five or six sessions each hour.

The general session on Wednesday proved to be very educational. Dawn Kaiser from The Village exercised her motivational and organizational skills in appealing to each coach’s following the number one television drama *NCIS* motif. Even if coaches did not follow the television series, they were still treated to a scintillating discussion of the needs for a successful coach. Every coach needs to take time to tell his or her local SUBWAY® franchise for providing our session lunch. This is a provision that we enjoy only because of our SUBWAY® agreement. The 100+ coaches in attendance reflects another similarity of North Dakota Coaches through 30 years.

We have realized the need to analyze the required breakout availability for presenters. Without the use of Courts Plus, Rose Creek Golf Course and Fargo Carl Ben Eielson Middle School for basketball and/or volleyball sessions, we would not be able to facilitate our program. A huge thank you is extended to Courts Plus and Rose Creek for providing their site and services without charge. Likewise Todd Olson, Brad Larson and Dean Wilson are very helpful in orchestrating the school facilities. A Huge Thank You!

SUBWAY also provided for the second NDHSCA-Gelaine Orvik Scholarship at the Thursday night Awards Banquet for the second year for the annual scholarship. Because SUBWAY stepped forward, two \$1,000 scholarships were made available; for Jacob Holmen, Minot HS; and Paige Meyer, Fairmount HS. Jake is attending UND and Paige is attending Valley City State University. Again, thank you to SUBWAY® and congratulations to Jake and Paige.

On Wednesday evening, Universal Athletics again sponsored the “Taco Bar Social” together with their famous “Beer Can ‘Horse Races””. This is an unbelievable time for fun and hospitality. The highlight of the evening is the final race. The evening raised about \$720.00+ for the NDHSCA-Gelaine Orvik Scholarship Fund, in addition to a personal contribution from Larry Aasheim. Universal Athletics, Larry Aasheim and his North Dakota staff (Jerry, Alex, Dave and Jeremy) are astounding in their commitment to North Dakota coaches and NDHSCA. They spend a huge amount of money to make sure coaches have fun and make sure that the Scholarship Fund grows. Universal Athletics, you are fabulous!

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

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

Plans are already in the making for the 2015 NDHSCA Coaches Convention to be held at the Mandan Seven Seas Convention Center, July 28-31. ◇

Note on Longevity

The NDHSCA is in the process of getting ready for the 2015 Summer Convention. We are preparing a list of longevity winners. The years of coaching we recognize are 20, 25, 30, 35, 40, 45, 50, etc. Please send an e-mail to Randy Johnson at duck@westriv.com if you are one of these individuals. Remember, this is the number of years you have been coaching through the spring of 2015 at any level. You must be a member of the NDHSCA to be recognized, and you must be a junior high, or high school coach at the time. **Please complete your membership forms and calculate experience through the present school year.** This keeps our data base up to date.

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

Sincerely,



Randy Johnson

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	<p>NDHSCA Convention 2015 Mandan Seven Seas Convention Center July 28-July 31</p>	
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	<p>Sponsor of the Outstanding Senior Athlete Awards</p>	
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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.

Sponsor NDHSCA Coach of the Year Awards



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Coaches Association



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

Outstanding Senior Athlete Award





NEW

Camp Insurance For Members

General Liability Coverage - \$1,000,000 Limit per Member

As a membership benefit of your state coaches association you are covered for all coaching activities. General Liability provides coverage to members from claims made by negligent acts accidentally committed resulting in bodily injury, personal and advertising injury or property damage to others.

Participant /Accident Coverage - \$25,000 Excess Medical Limit

Members have the option of providing participant/accident coverage for participants attending camps. Should an accident occur during a camp this coverage could help off-set the loss suffered by families affected by such accidents.

Certificates of Insurance

Today, most schools and athletic venues require coaches to provide proof of insurance or need to be named as an additional insured prior to utilizing their facilities. Upon request, certificates of insurance are issued by Loomis & LaPann Inc.

Enrollment Procedures & Questions

For additional information on coverage's, Participant/Accident enrollment procedures and Certificates of Insurance please contact Loomis & LaPann Inc. at 800-566-6479 or visit us online at: www.loomislapann.com

Kevin Joyce kjoyce@loomislapann.com

Karen Boller kboller@loomislapann.com

Greg Joly gjoly@loomislapann.com

**100%
BEEF**



WHAT A
WHOPPER!

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NDHSCA Gelaine Orvik Scholarship Fund



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

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

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

Please Print

Person Donating _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Work Phone _____ Cell Phone _____

E-mail Address _____

Amount of Donation _____ Date _____

Thank you for your generous offer!

PLEASE RETURN THIS FORM AND DONATION TO:

NDHSCA Office
3457 26th Avenue South
Fargo, ND 58103

PLEASE DETACH THIS BOTTOM PORTION FOR YOUR TAX RECORDS

NDHSCA Gelaine Orvik Scholarship Fund

Person Donating _____

Amount of Donation _____ Date _____

NDHSCA Victory Milestones



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

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

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

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

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

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

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

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

NDHSCA Victory Milestone Record Sheet

Name _____ Date _____

E-Mail _____

High School _____

Coaching Position _____

Address _____ City/State/Zip Code _____

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

Example:

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

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

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

NEW POWERADE WITH

XION⁴

COMPLETE WITH 4 ELECTROLYTES IN THE
SAME RATIO TYPICALLY LOST IN SWEAT

● SODIUM ● POTASSIUM ● CALCIUM ● MAGNESIUM



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Outstanding
Senior Athlete Awards**



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

Larry Aasheim	Universal Athletics		Bozeman, MT
Greg Bischoff	Allard Trophy Company	Box 412	Valley City, ND
David Gress	Daktronics	331-32nd Avenue	Brookings, SD
Dave Nelson	Universal Athletics		Hillsboro, ND
Jerry Obenauer	Universal Athletics		Hazen, ND
Alex Starcevic	Universal Athletics		Larimore, ND
Brad Westrum	Gerrell's Sports Center	1004 South Washington	Grand Forks, ND

3D DIMENSIONAL COACHING™

“Coaching the Heart Behind the Jersey”

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

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



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



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

What is 3Dimensional Coaching™?

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

1st Dimension = Fundamentals (Physical)

2nd Dimension = Psychology (Mind)

3rd Dimension = Heart (Holism)

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

Why does it matter?

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

2nd Dimension issues?

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

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

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

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

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

www.fcacoachesacademy.com

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

ONLINE MEMBERSHIP REGISTRATION LINK

PLEASE TAKE NOTE!

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

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

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

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

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Sponsor NDHSCA Coach of the Year Awards



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NDHSCA ANNUAL BUSINESS MEETING

July 31, 2014; 10:45 am

Fargo Doublewood Inn Best Western Convention Center

Woodlands North Room

MINUTES

NOTE: The hyperlinks - in blue - DO NOT work in the newsletter

President Lisa Strand called the NDHSCA Annual Business Meeting to order at 10:35 am with 95 NDHSCA Members present.

The Minutes of the July 24, 2013 were reviewed. Rick Hack moved to accept the minutes as printed; Lyall Krueger seconded the motion. Motion passed without any dissenting vote.

Gelaine Orvik reviewed the NDHSCA Financial Report as printed on the distributed Agenda:

\$ 5,244.41 **FPSFCU** Checking Account Balance-June 30, 2014
\$ 98.83 **FPSFCU** Shares Account Balance-June 30, 2014
\$ 13,988.67 **FPSFCU** Gelaine Orvik Scholarship Fund-June 30, 2014
\$ 27,102.59 **FPSFCU** Money Market Share Balance-June 30, 2014
\$ 46,434.50 TOTAL CASH ON HAND

Outstanding Income: Lions' All Star Basketball (August 1, 2014 Request)
NDHSAA Convention Support (August 1, 2014 Request)

Matt Herman moved to accept the NDHSCA Financial Report as printed; Nathan Walsh seconded the motion. Motion passed without any dissenting vote.

Gelaine Orvik gave an update for the 2014 NDHSCA Coaches Convention. He noted that the numbers of the printed report on the Agenda were up-to-date through July 31, 2014.

- a. 340 NDHSCA Registrations for NDHSCA Convention (as of 07/30/2014)
- b. 379 NDHSCA Membership Registration (07/30/2014)
- c. 78 College Credit Registrations (48-2 credit registrations; 30-1 credit registrations)

Cindy Strand move to accept the report; Murph Thompson seconded the motion. Motion passed without any dissenting vote.

Gelaine Orvik gave a report on the publication and editing of the *Dakota Coach*. He noted the publication Dates and explained that no paper copies were distributed. The Communication is only available On-line. When the *Dakota Coach* is posted on the website, an E-mail is sent to all members and each school's administration of the availability.

Gelaine explained the availability of the Student Associate Membership. All Active Membership benefits are included except the liability insurance, athletic contest admission and elected or appointed offices. In 2013-2014, NDSU registered 16 students for membership. Gelaine explained that his goal is to contact each North Dakota college and university regarding membership.

Continued on next page



NDHSCA ANNUAL BUSINESS MEETING (Continued)



Gelaine Orvik reviewed the Membership Report as printed on the Agenda.

- a. 6/30/2014 Report
 - i. **1,153** paid memberships+96 Life
 - ii. 7 new Life Members in 2013-2014

He pointed out that the 1,153 paid membership is a new record for membership for the Association and that number was certainly enhanced by the 483 convention registration. Dan Imdieke moved to accept the report; Scott Grochow seconded the motion. Motion passed without any dissenting vote.

President-Elect Michael Kuhn Introduced the 2014 NDHSCA Vice-Presidential Candidates: Paul Lean, Fargo Davies HS and Ron Metz, Bismarck Century HS. Mike explained that balloting will be open at the registration desk, at the Association Annual Meeting Exit Door, and at the 1:00 pm clinic sessions. Candidates will be introduced at the beginning of the NDHSCA Coach of the Year and Hall of Fame Banquet Thursday evening and the successful candidate will be announced at the close of the Banquet.

John Hutchison reviewed the balloting process for the NDHSCA-POWERade Senior Athlete of the Year and the NDHSCA-SUBWAY Coach of the Year. He explained the effort he makes to solicit returns and the various media that are possible to return ballots. Some people are disappointed in the 60%-70% returns for football, basketball and volleyball. Nonetheless, there will be concerted effort to have a better response in the future.

John submitted his report that he would accept the appointed by the NDHSCA if they chose to do that when the NDHSCA Executive Committee met on Friday. He read his statement.

John Hutchison's Statement of Intent.doc

He emphasized that he would be willing to cooperate with anyone who would be willing to extend interest to the Executive Committee. The membership gave John a standing ovation for his commitment and service.

Randy Johnson gave a report on the 2014 NHSACA National Annual Meeting. He reviewed the involvement of the North Dakota delegation and the leadership shown by North Dakota coaches. Presently, three coaches hold NHSACA National Sports Chair positions: Brian Midthun of Enderlin, baseball; Tim Wallstrum of Kenmare, volleyball; Ralph Manley of Mandan, swimming & diving; Gelaine Orvik of Fargo, John Hutchison of Northwood and Dave Dougherty of Fargo, NHSACA Past Presidents (Dave is presently NHSACA Executive Director.); and Randy Johnson of Hazen, NHSACA First Vice-President. In 2014 NDHSCA was made proud of the naming of two NHSACA National Coaches of the Year: Dan Carr from Linton HS; Boys' Basketball and Scott Grochow from Rugby HS; Boys' Track & Field. Also, Frank Fish, Watford City HS and Pete Moe, Washburn HS were inducted into the NHSACA National Hall of Fame. Carolyn Olson moved to accept the report; Mike Sorlie seconded the motion. Motion passed without any dissenting vote.

Mike Sorlie and Mike Hendrickson, NDHSCA-Lions All-Star Basketball Co-Chairs gave a report on the selection of coaches, selection of players and game situations.

2014.07.31 NDHSCA-Lions' All-Star Basketball Report.pdf

Carolyn Olson moved to accept the report; Scott Grochow seconded the motion. Motion passed without any dissenting vote.

Continued on next page



NDHSCA ANNUAL BUSINESS MEETING (Continued)



Tim Wallstrum and Lisa Strand, NDHSCA-Optimists All-Star Volleyball Co-Chairs gave a report on the selection of coaches, selection of players and game results.

2014.07.28 NDHSCA-Optimists' All-Star VB Report.pdf

Jaimie Richter moved to accept the report; Carolyn Olson seconded the motion. Motion passed without any dissenting vote.

Bill Lorenz, NDHSCA-Shrine All-Star Football Chair gave his report on the Shrine Football game and pre-game activities. The practice for both teams as well as the housing for football was held at Mayville State University.

2014.07.18 NDHSCA-Shrine FB Executive Committee Report.pdf

Stacy Hanson moved to accept the report; Mike Hendrickson seconded the motion. Motion passed without any dissenting vote.

Randy Johnson reviewed the Longevity Award process and the contact with

Randy Johnson gave a report on the cooperative agreement between POWERade and NDHSCA. He emphasized the positive response from the POWERade people and their constant appreciation for the thank you notes they receive from athletes. All coaches and athletes are reminded to continue the thank you writing. Jon Jahner moved to accept the report; Rick seconded the motion. Motion passed without any dissenting vote.

Gelaine Orvik reported on the Burger King Agreement. He explained that Burger King provides the four \$500 scholarships that NDHSCA awards to sons and/or daughters of coaches. In addition Burger King provides \$1,000 for the NDHSCA Longevity Award program. John Walsh has agreed that the Burger King is very agreeable with this.

Gelaine Orvik also reported on the success that the **SUBWAY®** has responded to the exchanges by coaches and their organization has been only positive. Neil Ebeling, Grand Forks, will attend the banquet to assist with awards for the NDHSCA-Gelaine Orvik Scholarship and the NDHSCA- **SUBWAY®** Coach of the Year. Rick Anderson moved to accept the report; Jeremy St. Aubin seconded the motion. Motion passed without any dissenting vote.

Gelaine Orvik explained that the 2015 NDHSCA Convention will be held in Mandan with the Seven Seas Best Western Convention Center identified as the Convention Headquarters. The dates for 2015 are July 27-July 31. The plans for the 2016 NDHSCA State Coaches Convention have established the dates to be July 25-July 29. Site is to be determined but two sites have shown interest. Rick Hack moved to accept the report; Derrick Dixon seconded the motion. Motion passed without any dissenting vote.

Gelaine Orvik explained the workings of the website. Dave Zittleman has been retained to be the webmaster. He makes all changes on the website. With the new registration process, there will be more online registration for all forms and activities, including balloting for Coach of the Year and Senior Athlete of the Year, All-State, Nominations for Special Awards, and completion of other forms. The biggest advantage with the use of this process will be the auto-populating of member profile information for all forms and required information. Gelaine also explained the \$1,000,000 Liability policy that is a benefit for all NDHSCA Active Members. He emphasized that the policy is a liability policy and is not a health or accident coverage. Carolyn Olson moved to accept the reports; Matt Herman seconded the motion. Motion passed without any dissenting vote.

Continued on next page



NDHSCA ANNUAL BUSINESS MEETING (Continued)



Gelaine Orvik reviewed the NDHSCA-Gelaine Orvik Scholarship Funding and balance. The Fund Balance is printed on the Agenda. In addition to the balance coming into the Convention, we have realized a donation from Larry Aasheim, Universal Athletics; a \$720+ income from the Universal Athletics Social "Beer Can Horse Races", and donations from 2014-2015 Member Registrations. Jaimie Richter moved to accept the report; Mike Sorlie seconded the motion. Motion passed without any dissenting vote.

Gregg Grinsteiner explained the leadership for the NDHSCA Executive Committee and specifically the NDHSCA Executive Secretary. He explained on the Monday the NDHSCA Executive Committee voted unanimously to recommend to the NDHSCA Membership to nominate Gelaine Orvik for the position. Gregg moved to nominate Gelaine Orvik for NDHSCA Executive Secretary position; Dan Carr seconded the motion. President Strand asked for additional nominations. Rich Hovland moved that nominations cease and a unanimous ballot be cast for the Nomination of Gelaine Orvik for Executive Secretary; Jeremy St. Aubin seconded the motion; Motion passed without any dissenting vote.

Gelaine Orvik Retirement- NDHSCA Letterhead.doc

Lisa Strand asked for introductions of old Business; none were introduced.

President Strand asked for introductions of any other Business; none were introduced.

With no other business to introduce, President Strand asked for a motion to adjourn the meeting. Jeremy St. Aubin moved to adjourn the meeting; Dan Carr seconded the motion. President Strand declared the meeting adjourned.

◇



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Coaches Association**



North Dakota High School Coaches Association



Letters to the Editor and to NDHSCA:

Gelaine:

Please pass this note of appreciation on to the NDHSCA Board. I appreciate the relationship we had. Together we both had viable associations to work for. The scholarship donation to the NDHSCA-Gelaine Orvik Scholarship Fund made by you and Linda is most appreciated. God Bless.

Sherm (Sylling)

Gelaine:

Our contribution (enclosed check) to your scholarship fund! Wish I could be in Fargo. Thanks for the friendship and support.

Larry (Aasheim)

Universal Athletics

Dear Gelaine Orvik:

Thank you for selecting me as a scholarship winner. I will use the money to pay for my education at NDSU where I intend to major in radiology. Thanks for promoting high school athletics in our state.

Sincerely,

Katelyn Grinsteinner

Gelaine:

Thank you for all your support of North Dakota FCA! Please use this (check enclosed) to help pay for Ron Backes of FCA!

Please mail or email a receipt.

God Bless!

Mark Ouradnik

NDHSCA:

Thank you for awarding me the NDHSCA-Burger King Scholarship and investing in my future as well as letting my family and me

attend the banquet and meal on July 31st. We really enjoyed it!

Thanks again!

Cassidy Peterson

Dear Members of the Board of Directors NDHSCA:

Thank you for a wonderful evening and delicious dinner at the Induction Ceremony and giving Wiley's family the Honor to accept the award. It is a beautiful plaque and we treasure it.

I know things like this event don't just happen and a lot of work and planning went into it. I appreciate the kindness you have shown my family and me that evening. I want to especially thank Gelaine Orvik for organizing the event and staying in touch with me. The program was special and I got to meet people that told me what Wiley meant in their lives. One was a guy that was a shot putter at a meet where we were in competition and said Wiley came to shake his hand after his event...just a sample of how Wiley respected athletes.

Thank you too for the pictures. I will print copies for family members and friends.

Sincerely,

Hermelle Wilson



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 2015) _____

Number of years NDHSCA Member (as of June 2015) _____

Fee: \$300 Include the fee with this application.

**Mail fee and application to: Gelaine Orvik
NDHSCA Executive Secretary
3457 26th Avenue South
Fargo, ND 58103**

* * * * *

Lifetime Members are found the next page



Lifetime Memberships

Paid Life 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; Velva HS
Burckhard, Richard; Parshall HS
Butterfield, John; Hettinger HS
Callahan, Mike; Minnewaukan HS
Carlson, Ron; Minnewaukan HS
Carlsrud, Dave; NDHSAA
Conlon, Frank; Jamestown HS
Cornell, Rick; Grand Forks Schroeder JHS
DeCoteau, Jerome; Turtle Mountain Community HS
Dew, Jim; Valley City State College
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
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
Hausler, 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
Homer, Dennis; Midway HS
House, Leon; Mandan HS
Howell, Joe; Lisbon 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
Machver, 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, Mamey; 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

2013.10.10



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

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Dakota Coach Fall 2014

The *Dakota Coach* is the official publication of the NDHSCA and is distributed without charge to all NDHSCA members in good standing. Notes, articles, opinions, or letters to the editor are welcome if they deal with high school coaching concerns. They will be printed as space permits. Opinions and views of the authors are their own and do not always reflect the official position of the NDHSCA. Send to Gelaine Orvik - gorvik@cableone.net or to any of the members of the Executive Board.

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



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