



Dakota Coach

Vice President Candidates

The North Dakota High School Coaches Association’s Executive Committee has made nominations for balloting for the Association’s Vice President. The balloting will be conducted at the Annual Coaches Convention that will be held in Mandan, July 28th through July 31st.

The two candidates will be **Eric Olson**, who is presently football coach at Milnor-North Sargent High School. The second candidate is **Tim Wallstrum**, who serves as volleyball coach at Kenmare High School.

Eric Olson is a graduate of Maddock High School with his

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2015 NDHSCA Hall of Fame

NDHSCA Executive Committee announces the inductees to the 2015 NDHSCA Hall of Fame as determined at its recent NDHSCA Executive Committee Meeting. The inductees will be recognized and receive awards during the 2015 NDHSCA Coaches Convention, held on July 28-July 31, 2015 in Mandan. The Hall of Fame awards will be presented at the Annual Banquet on Thursday, July 30 at 6:00 PM at the Mandan Baymont Inn & Suites Conference Center. The Recipients for the 2015 induction will be **Darrell Berglund**, Retired Boys Basketball, Golf, and Football Coach at Hazen

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2014 Assistant & Junior High COTY



Rod Hardie

The 2014 Fall Season recipient of the Assistant Coach of the Year Award is **Rod Hardie**, Fargo North High School’s Assistant Boys’ Cross Country Coach. **Rod** was nominated by Gary Mailloux, Fargo North High School’s Head Boys’ Cross Country Coach.

Rod has been coaching for 38 years with his last 10 years as an

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2014-2015 NDHSCA Executive Committee

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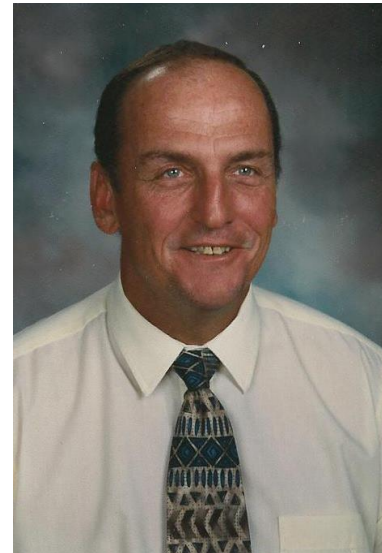
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President's Message – Winter 2014-2015

Wow! What a great fall season we experienced in good old North Dakota. Abnormally great fall weather, but as usual, great athletic activities, and fantastic performances from athletes and coaches alike. I had the opportunity to see the state cross country meet in Minot in late October, and experienced a fantastic weather day (the best that most coaches can remember), and the athletes responded with superb performances. It was awesome to see.

Congrats to all fall athletes and coaches for their performances. Special congratulations to all athletes who received All-Conference and All State Awards, along with the POWERade Senior Athletes of the Year nominees and winners. In addition Congratulations to all Subway Coach of the Year Award recipients both at the regional and state level.

As the winter season of activities are beginning, I wish you and your teams the best of luck and good health. We as coaches, no matter what our tenure, must “practice what we preach”, when it comes to “doing our best, having passion with the pursuit of our goals, and constantly trying to challenge ourselves to do something to make us better people, athletes, and coaches.” Coaches know they can make a huge difference in people’s lives. The key for us, as coaches, is for us to keep that concept in the forefront of our mind. With all that we have to deal with, we may often forget that with some of our athletes, we may be the only “bright spot or encouraging person in their lives”, that they have a chance to see daily (sad to say but true). You will hear it, or see it from me numerous times, but our student athletes need to see, know, and feel, that we truly do CARE about them. That should be #1 in Coaching/Teaching 101. If they don’t feel or perceive that, it won’t matter how much you know, what kind of degree or accolades you have, or anything else for that matter. Passion and Caring is the key. From there, athletes will



Mike Kuhn

“A coach is someone who will make you do what you don’t want to do, so that you can be everything you wanted to be.”

come to know and understand that “A Coach is someone who will make you do what you don’t want to do, so that you can be everything you wanted to be.”

With the new session of athletic activities starting, I encourage all coaches to remember a Code of Conduct/Code of Ethics protocol. Lead by example. It is important to treat officials with respect, whether you agree or not. At the same time, I think all of us know how difficult it to find “new blood” and numbers in our officiating crew. I wonder why that is?? Just a thought, and a reminder, it would also be a great help if high school coaches would encourage young student athletes (especially seniors), to take a shot at officiating as they get into their college years. So often coaches are encouraging college competitive participation in sport, which is fine; but...there is an additional opportunity that also “pays money.” We need more officials, and that means we need new young officials. They will not do that if they feel they are going to be “abused”.

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From the Executive Secretary's Desk – Gelaine Orvik



Time always seems to fly! I never seem to complete my tasks in the time allotted! At our November NDHSCA Executive Committee meeting we always talk intensely about publication dates and

completing tasks on time. I always set out with the best intentions, but somehow get way-laid by E-mails, Thanksgiving dinner celebrations, Christmas parties, buying Christmas gifts, concerts with dinners, and also some eating events. No wonder everyone calls me "Porky"!

Jeff Fiechtner, baseball advisory committee member, has contacted me regarding including baseball in the summer clinic. The NDHSCA Executive Committee is strongly in favor of making those arrangements, but as I told Jeff, we need some commitment from baseball coaches to attend.

This follows two athletic directors who asked me last summer why baseball sessions were not offered at the convention. Everyone needs to know that sports clinic sessions will be offered for any sport whenever coaches want presentations. Of course, to repeat, offering the sessions and including college credit includes expectations and commitment from coaches to attend.

Once a week I receive a stirring and stimulating article from *Future without Violence*. Brian O'Connor from *Coaching Boys into Men* is a part of the organization. He has been very instrumental in cooperating and providing materials to Mike Berg, Bill Lorenz and Bob Zimney for what they do in using a short period of practice time to talk about some very vital concepts regarding respect and honor for others, especially ladies and girls. Brian O'Connor is anxious to follow the presentations that we have at our Tuesday

Coaches Convention. He may find opportunity to join us in Mandan in July.

We have at least two sad occasions this past season when two giants in the coaching profession passed away. Who does not have a special place in his or her heart for Jack Lynch? Jack was a longtime Bismarck HS track & field and cross-country coach. He was also a permanent fixture as a basketball official.

Personally, I worked several state tournaments with him and enjoyed every minute. After our mutual retirements, we would visit about rules, enforcement of rules, and lack of teaching athletes about the rules. I had a special place for Jack at State Track & Field meets when he would shout "Hello, Geraldine!" with a voice that everyone must have heard. I will miss his presence at the finish line, but I am sure that I will hear his voice blare his greeting from above! Jack, enjoy every event as you watch from the Big Oval in the Sky!

Because of a severe respiratory and sinus infection, I was unable to attend the 2014 State Volleyball Tournament---the first in about ten years. One of the highlights of recent volleyball tournaments has been the FCA breakfast for all teams and officials. The breakfast and personal comments made by key people has always been one of the greatest events of many that Mark Ouradnik organizes. This year Randy Nelson, Shanley High School athletic director, gave a ten minute presentation about faith and commitment.

As most know, Randy was diagnosed with cancer this past summer and underwent chemo and radiation treatment during the late summer and fall. I was fortunate enough to receive a copy of Randy's comments. Some words will stay with me forever when he said, "Don't feel sorry for me! I have been battling cancer, but don't feel sorry for me. When you

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pray, pray for everyone who has cancer and pray for all their families....Take one day at a time; take one play at a time; take one set at a time...and enjoy every day....Each day is a gift; enjoy every moment.” That was a great inspirational message!

And then ten days later, Randy had passed away. What an unbelievable message he left with those young people! Randy, enjoy every moment, every day and every experience! And smile at all those who are carrying your message forward.

On January 14th we leave for Annapolis, MD for the Annual National Organization of Coaches Association Directors (NOCAD) meeting. We enjoy this conference so much; I borrow and steal so many ideas from other state executive directors to make NDHSCA a better organization. Each year we exchange ideas and bring back the best. We also have an opportunity to meet other executive directors, some fulltime and some part time. We hope you always understand the importance of meeting other people who have a common ground with you.

Our year is almost half over. We look forward to the end of this month when we learn of the NHSACA National Coach of the Year Nominees from North Dakota who have moved on to be NHSACA National Coach of the Year Finalist. That is always exciting and fulfilling. Please take time to congratulate those people. Surround your friends and cohorts and urge them to attend the NHSACA National Annual Meeting where the National Coach of the Year is announced. The 19 Nominees were identified in the Last *Dakota Coach* issue. Before the next *Dakota Coach* issue is published in late April, the Finalists will be publicized.

Michael Kuhn has been a superb leader over the past year. As most know, Kuhn can be very articulate and is never threatened by opposition to his view. At the same time he

has the capacity to be an extraordinary “entertainer”. He has been very perceptive and understands the Association. He constantly brings the Executive Committee to reality and direction when he asks, “Is that our objective, guidelines and goals? Is that in our constitution and by-laws?” I have learned an entirely new leadership from Mike. Thank you Mike.

Randy Johnson continues to wear so many hats! He has been very instrumental in the development of the NHSACA. He has prepared the NHSACA Website and asks for suggestions. His assistance to Dave Dougherty is incomparable. Randy continues to place our Association and professionalism foremost in his work. He has taken on another role as the Design Editor for the *Dakota Coach*. Thank you, Randy. Obviously, you will sense a change since the recent of Joyce Holter, who did such a marvelous job for the last ten years. However, do not expect Randy and me to have the same aesthetic sense that Joyce had. That is not an insult nor criticism of Randy or the work he does; just a statement that he, I and Joyce are different with different skills and different senses. Nonetheless, note the changes and then understand that our publication is a “work in progress.” We hope to have another marvelous publication and very “newsy” each quarter.

Remember that anyone who wants to apply for the NDHSCA Executive Secretary Position needs to send a letter of application and complete the Application Form found on pages 18, 19, & 20 to President **Michael Kuhn:** (Michael.Kuhn@MSD1.net) and NDHSCA Executive Secretary **Gelaine Orvik:** (gorvik@cableone.net). All Applications must be received before April 15, 2015!

All North Dakota coaches and sports enthusiasts should be aware of the athlete from North Dakota who has been named the recipient of the Heisman! Not exactly the Heisman, but the same for Women’s Track &

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Field. Laura Roesler received the Bowerman Award for Women's Track and Field which is comparable to the Heisman for Football, as the best athlete in that sport for the year.

From Flotrack interview & USATF:

In 2014 Roesler won six out of the seven collegiate 800 meter finals, including the indoor and outdoor NCAA championships, she entered this season. (Her only loss at any distance this year came when she dropped out at the MPSF indoor meet.) She's one of the fastest collegians ever. Her 2:00.54 at Mt. SAC is the fastest in NCAA regular season history.

She joked "I want to thank Coach Mauricia [Powell] and Coach Johnson. I know that you had to put up with a lot with me, but...we're here now" to huge laughs from the crowd.

Roesler [won the fan vote](#) this summer. She joins the ranks of former winners of The Bowerman that includes decathlon world record holder and Olympic gold medalist Ashton Eaton, 1500 meter world champion Jenny Barringer (Simpson), Olympic 10k silver medalist Galen Rupp, 2013 100-meter hurdles world champion Brianna Rollins and 2012 Olympic high jump bronze medalist Derek Drouin.

In addition to her individual exploits, Roesler was a key cog on a 4x400 meter relay squad that clinched an NCAA indoor championship for Oregon and finished third at the outdoor national meet. She blew away the competition in both NCAA 800 finals, winning by 1.68 seconds indoors and 1.70 seconds outdoors. That outdoor national championship margin of victory is the biggest since 2001.

Obviously all of North Dakota is proud of Laura Roesler and I have a more of a personal attachment with my close ties to Karen & Lynn and her siblings, who affectionately call me "Grandpa Gelaine". Congratulations to the Roesler Family.

I had a great conversation with Jerry Popp, former coaching great from Bowman HS and now at Willmar (MN) HS. He shared the success of his teams but also alluded to the prowess of his sons' teams at Waseca (MN) HS and Wayzata (MN) HS. He boasted of the success that they also had at the Foot Locker National Meet. Always great to swagger of the success of our North Dakota Citizens.

We look forward to the 2015 NDHSCA Coaches Convention that will be held in Mandan at the Baymont Inn and Suites,

formerly the Seven Seas. Be sure to book rooms early; we never know how rooms are sought by Western Dakota workers.

Assistant Executive Secretary Appointment Made

The NDHSCA took action at the November Executive Committee meeting to prepare for the replacement of John Hutchison, Assistant Executive Secretary, in charge of Coach of the Year Selection and Senior Athlete of the Year Selection. The timing was such for the replacement to shadow John's activities in the selection process over the winter and spring athletic seasons.

After evaluation of the applications, Gelaine Orvik moved to nominate Scott Grochow and Bill Jansen, both from Rugby HS, to co-chair the Assistant Position; Randy Johnson seconded the motion. Motion passed by E-mail ballot.



Scott Grochow

Bill Jansen

Scott Grochow has coached and been athletic director for 29 years. He has been a head coach for 25 years at Turtle Lake/Mercer HS and Rugby HS. Scott has coached football, boys' basketball, boys' track & field and girls' track & field.

Coach Grochow has served his profession as football advisory committee (3 terms) and track & field advisory committee (4 terms). He has also been NDHSCA President and spent a 5 year term on the NDHSCA Executive Committee.

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Hall of Fame Inductees continued from Page 1

High School; **Dan Carr**, Head Boys' Basketball Coach and Head Boys & Girls Golf Coach at Linton High School; **Denny Dinius**, Boys Track & Field Coach and Football Coach at Langdon High School; and **Greg Hoeckle**, Boys Track & Field Coach and Assistant Football Coach at Carrington High School

Darrell Berglund is a graduate of Enderlin High School; he received his BS Degree from Valley City State University. He began his coaching tenure at Hankinson High School in 1979 before moving to Hazen High School in 1981 where he remained through the remainder of his coaching profession. While at Hazen he coached football, basketball and golf; he was head golf coach and assistant boys basketball during his thirty-three years in Hazen.

Darrell's boys golf teams were perennial powers; the Bison won seven Regional Runnerup Titles, nine Regional Championships, four NDHSAA Class B Boys Golf State Runnerup Titles and three State Championships during his leadership. **Coach Berglund** led his team golf teams to 64 dual and triangular victories. His teams also won 220 multi-team meets.

Berglund has acquired numerous awards during his thirty years of coaching. He was selected NDHSCA-SUBWAY® Regional Coach of the Year in Class B Boys Golf ten times (1992, 1993, 1994, 2003, 2004, 2005, 2008, 2009, 2010 and 2011). He was selected by his peers as NDHSCA-SUBWAY® Class B Boys Golf State Coach of the Year seven times (1993, 1994, 2003, 2005, 2008, 2009 and 2010).

Berglund was selected National Federation High School Coaches Association State Coach of the Year in Boys Golf in 2005. He was also selected as National High School Coaches Association National Boys Golf Coach of the Year in 2010. Darrell has advanced to National High School Athletic Coaches Association Golf Coach of the Year Finalist twice (2010 and 2013).

Coach Berglund has been very active in his profession. He has managed the Class B Golf State Tournament twice (1994 and 2003). He has served two terms on the NDHSCA Golf Advisory Committee to NDHSAA. The first term was 1992-1994; his second term was 1996-1998. He served as golf facilitator and golf scramble manager for NDHSCA in 2008, 2010, 2011, 2012 and 2013. He has spoken at the NDHSCA Coaches Convention several times and at the NHSACA National Coaches Convention in 2010 and 2013.

Darrell and his wife, Kathy, have two children: Sara and Jordan. **Darrell** was nominated for NDHSCA Hall of Fame by Randy Johnson.



Darrell Berglund



Dan Carr

Dan Carr is a graduate of Verndale (MN) High School; he earned an Associate Degree from Central Lakes Community College and his BS Degree from Mayville State University. He earned his MS Degree from North Dakota State University. Dan began his professional coaching career at Mayville State University as assistant men's basketball coach. He moved to Belgrade (MN) High School and was head boys basketball coach and head track & field coach. In 1981 Coach Carr became head boys basketball coach at Linton High School where he remains today, except for a one year stay at

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NDSU as Graduate Assistant while he worked on his MS Degree.

However, **Dan** has added head girls golf to his duties as head coach also. His coaching has 37 year span with two years as a college coach. He has guided the Lions boys' basketball to 664 victories during his 35 year tenure. Girls Golf victories have never been recorded in Linton's Athletic History.

Coach Carr been a leader in his profession as Class B Representative to the NDHSCA Advisory Committee to NDHSAA (1996-1999). He has served as NDHSCA-Lions All-Star Basketball regional player selection committee for eight years. Dan has been District NDHSCA-SUBWAY® Chairman for four years and Regional NDHSCA-SUBWAY® Coach of the Year Selection Chairman for three years. He has served as Conference Scheduling Committee Chairman for three years. Carr has been a clinician for the NDHSCA Coaches Convention twice. He has also been a clinician for the NHSACA National Coaches Convention four times.

Carr has coached his Linton basketball teams to 20 Conference Titles and 17 District Titles. Linton boys basketball teams have also been Region Runnerup Titlists eight times and Regional Champions eleven times. The Linton Lions boys basketball have also been NDHSAA State Runnerup Titlists once (1987) and State Champions three times (1984, 1985 & 2009). In 2014 the Lions lost to Fargo Oak Grove HS, the eventual state champions, in the semi-finals. Dan's coaching has also included his girls' golf leadership. He has mentored his golf teams to ten Conference Titles and eight Regional Championships.

Dan Carr's coaching has resulted in his being selected NDHSCA-SUBWAY® boys' basketball District Coach of the Year thirteen times and NDHSCA-SUBWAY® Regional Coach of the Year seven times. He has also been named NDHSCA-SUBWAY® Boys' Basketball State Coach of the Year twice (1984 and 2005). He was selected for these awards by his peers at each of the levels.

Dan's 1984-1985 team earned him High School Male Team Coach of the Year by the North Dakota Sportswriters and Sportscasters Association. Dan has coached the NDHSCA-Lions All-Star Basketball team four times (1984, 1985, 1987 & 2009). He was named National Federation State Coach of the Year in 2003 and 2007. Dan was nominated for National High School Athletic Coaches Association (NHSACA) boys' basketball Coach of the Year in 2004, 2008, 2011 and 2014. He was chosen by the NHSACA Selection Committee as NHSACA boys' basketball COTY Finalist in each of those four years. He earned NHSACA Boys' Basketball National Coach of the Year in 2014.

Coach Carr has also been named NDHSCA-SUBWAY® Girls' Golf Regional Coach of the Year six times and NDHSCA-SUBWAY® Girls' Golf State Coach of the Year in 1995. Carr was named to the Mayville State University High School Hall of Fame in 2013.

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

Denny Dinius is a graduate of Hebron High School and Dickinson State University. He began his coaching profession as a football, wrestling and track & field coach at Marshall County Central (MN) High School in 1973. In 1975 he moved to Langdon High School for his current employment as football coach and track & field coach for the past 40 years, with a total of 42 years in the teaching and coaching career.

Dinius has led his football team to Conference Titles in 1975 and 1976. His boys' track & field teams were NDHSAA Regional Runnerup Titlists three times and Regional Champions 13 times. The Langdon Cardinals were NDHSAA State Runner up Titlists in 2003.

Denny coached football teams won 49 games. His track & field teams won 322 multi-team meets.

Coach Dinius has been a true professional as he has been active in the coaching field. He has served one term as NDHSCA Track & Field Advisory Committee to

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NDHSAA. He also served as Athletic Administrator Liaison to the NDHSAA Board of Directors. He has also been a member of the NDIAAA Executive Board, NDIAAA Vice-President, NDIAAA President and NDIAAA Past-President.

Dinius earned the NDIAAA State Award of Merit in 1996. He was inducted into the NDIAAA Hall of Fame in 1998. He was named District Athletic Director of the Year ten times. He was also named NDHSCA-SUBWAY® Regional Athletic Director of the Year in 1984 and 1992; he was also NDHSCA-SUBWAY® State Athletic Director of the Year in 1984. Denny was NDHSCA-SUBWAY® Regional Track & Field Coach of the Year ten times and NDHSCA-SUBWAY® State Track & Field Coach of the Year in 1989, 2002 and 2003.

Denny and his wife, Carol, have seven children: Jeremy, Josh, James, Jenny, Jon, Julie and Jacelyn.



Denny Dinius



Greg Hoeckle

Greg Hoeckle has coached at Carrington High School his entire 24 year professional career. He has served as head boys & girls Track & Field coach his entire tenure. He also served as head football coach for four years (2004-2007), in addition to being assistant football coach on two stints: 1990-2003 and 2013-present time). He also coached 7th grade boys basketball (1990-2000) and 6th grade girls' basketball (2008-2012).

Hoeckle is a graduate of Pingree/Buchanan High School and Valley City

State University. He and his wife, Brenda, have three children: Taylor, Taryn and Thomas.

Greg has coached his girls' track & field teams to three NDHSAA Regional Runner up Titles (1998, 2001, & 2004). His boys' track & field teams have secured seven Regional Runner up Titles. His girls' track & field teams have won twelve Regional Championships while the Cardinals' boys' teams three Championships (1994, 1995 & 2000). The Carrington girls' track & teams have won two NDHSAA State Runner up Titles (1998 & 2015) and nine NDHSAA State Championships.

Coach Hoeckle coached his football teams to nine victories, while he was head coach. But the girls' track & field teams have earned 209 multi-team victories; likewise his boys' track & field teams have been as successful with 180 victories.

Hoeckle has been active for his profession by serving twice on the NDHSCA Boys' Track & Field Advisory Committee to NDHSAA (1996-2000 and 2010-2014). He has been a speaker at the NDHSCA Coaches Convention and at the NHSACA National Coaches Convention.

Greg's track and field teams have led to Coach Hoeckle being selected as NDHSCA-SUBWAY® Boys' Track & Field Regional Coach of the Year eleven times and

Greg's track and field teams have led to Coach Hoeckle being selected as NDHSCA-SUBWAY® Boys' Track & Field Regional Coach of the Year twice and NDHSCA-SUBWAY® Girls' Track & Field Regional Coach of the Year nine times. In addition, he was selected NDHSCA-SUBWAY® Boys' Track & Field State COTY in 1995 and NDHSCA-SUBWAY® Boys' Track & Field State COTY six times (1999, 2002, 2011, 2012 & 2013). Greg was nominated for National High School Athletic Coaches Association Coach of the Year by the NDHSCA Executive Committee and selected as NHSACA Girls' Track & Field National COTY in 2014.

President's message continued from page 3

I have been a member of the NDHSCA 35 years. I honestly feel that it has not only made me a better coach (win or lose), but also a better person. I have learned so much from this organization, and had the chance to bump elbows and share thoughts with who I think are the best people in the world; my fellow coaches. Please encourage all of your staff to become a member of this fantastic organization which will pay huge dividends to them. I challenge all of us to gather at least one new member.

By the time you read this in the Dakota Coach, you and your families have shared Thanksgiving, Christmas, and have given thanks for many things. On a personal behalf and on behalf of the NDHSCA I wish you and your families a most blessed, happy and healthy holiday season with the best of health and success in the upcoming year. I don't know if you are into New Year's Resolutions, but here is an idea or thought: "You can't live a perfect day without doing something for someone who can't repay you".

Please visit our website for all kinds of information at www.NDHSCA.com and if you have any concerns or input/articles that you would like us on the Executive Board to address/publish please contact one of our members. Happy Holidays and best of luck!

Mike Kuhn-President
Aka kuhndog

"You can't live a perfect day without doing something for someone who can't repay you."



Letters to the Editor

Gelaine:

I would like to thank you and the rest of the NDHSCA board for the nomination as coach of the year not sure it is deserved but it is much appreciated! While a lot of my time now gets devoted to USA Hockey, that opportunity came about because of my involvement in the NDHSCA. I spend a tremendous amount of time traveling all over the country speaking to youth coaches- - I love it. I know I very much appreciate what the NDHSCA has done for me and value the educational opportunities it affords all coaches in our state.

Thanks!

David Hoff

Gelaine:

Thanks so much for the Hall of Fame induction and making that evening so special. Also, thanks so much for taking the time to be at my retirement celebration. It meant a lot to me. Your kind words at the celebration were greatly appreciated.

Gelaine, the work of the [North Dakota High School Coaches Association] makes our Association the most special and well-organized coaches group in the nation. [Our State] has a special talent at that.

Sincerely,

Coach Gary Schauer

Dear Mr. Orvik and NDHSCA Board Members:

My name is Alivia Fraase and I was the recipient of the 2014 NDHSCA-POWERade Outstanding Senior Athlete of the Year Award in Class A Volleyball, this November. Thank you to the Board for making this special accolade possible. I am very humbled, and it has been a highlight of my personal volleyball career as well as being State Champions in volleyball this year!

Thanks again!

Sincerely,

Alivia Fraase



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



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undergraduate degree from Valley City State University. He also earned an Associate degree from Minot State University in Bottineau. He has coached at Milnor-North Sargent for 15 years. He spent one year as an assistant girls' basketball coach before becoming the head girls' basketball coach for three years. Since that, he has spent two years as junior high football coach at Milnor-North Sargent and ten years as the head coach. He also has coached Legion and Babe Ruth baseball in Milnor.

As a head coach, **Coach Olson** has coached his football coach to 57 victories in 97 contests. He was selected as NDHSCA-SUBWAY® Class A Regional Coach of the Year in 2008 and in 2013. He was ultimately named NDHSCA-SUBWAY® Class A State Coach of the Year in those two years.

Eric has served his profession as a member of the NDHSCA Football Advisory Committee to NDHSAA. He has served as NDHSCA Class A All-State Football Selection Committee Chair for three years. Coach Olson has also been a speaker at the NDHSCA Coaches Convention on three occasions.

Coach Olson has led his team to a Region 1 Team Championship in 2008 and 2013. His teams made Dakota Bowl Appearances in 2010 and 2013. Milnor-North Sargent has made Playoff Appearances in eight of his ten years as a head coach.

Olson has coached in three Shrine Football Classics and one Badlands Bowl Game. He has also been a baseball umpire for 12 years and was selected to umpire four State Legion Baseball Tournaments.

Eric has been endorsed as a candidate for NDHSCA Vice-President by his school's Certified Athletic Administrator, Michael Sorlie. Mr. Sorlie expressed support in Eric's leadership with his comments regarding his organizational skills, "Mr. Olson has done a nice job of staying organized regarding his team, whether it's pre-season planning, in-season coaching, post-season awards, or off-season training." Sorlie also praised Coach

Olson for ". . . tries to teach his players a variety of life lessons, such as respect, responsibility and teamwork."

Coach Olson and his wife, Brook, have two children: Kinsey and Connor.



Eric Olson

Tim Wallstrum is a graduate of Kenmare High School and the University of North Dakota. He is also a graduate of the North Dakota Highway Patrol. Tim has been the head volleyball coach at Kenmare High School for 27 years.

Wallstrum's head coaching record for his volleyball is 766-248. His Kenmare Honkers have won two State Championships (2007 and 2009). He was named NDHSCA-SUBWAY® District 12 Coach of the Year three times and Region 6 COTY eight times; he was selected as NDHSCA-SUBWAY® State COTY in 1992 and 1996. Tim has been named NHSACA National COTY Finalist twice (2010 and 2013).

Coach Wallstrum has served the sport of volleyball and coaches as the present co-chair of the NDHSCA-Optimists All-Star Volleyball. He has also been a member of the NDHSCA Volleyball Advisory Committee to NDHSAA. Tim has been a Region six representative for All-Star volleyball for ten years. He has also been NDHSCA-Optimists All-Star Volleyball Coach five times. Currently Coach Wallstrum serves as the volleyball chair for the National Athletic High School Coaches Association (NHSACA).

Continued on page 12

continued from page 11

Tim has been endorsed as a candidate for NDHSCA Vice President by Kenmare

Athletic Administrator, Janis Gerding. Ms. Gerding states, "Tim is well-respected in the volleyball community throughout the state and at a national level." Gerding praises Tim when she states, "Tim has never given me any reason to doubt his judgment, both on and off the court. I've never seen him lose his composure, even in difficult game situations and with challenging parental discussions." She concludes, "He demonstrates a good work ethic, good leadership abilities and a high moral standard. . . .I give Tim my highest recommendation for he is one incredible coach and individual."

Tim and his wife, Ruth, have three children: Kira, Grey and Beca.



Tim Wallstrum

NDHSCA Vice President Candidates

Eric Olson – Milnor-North Sargent HS

Tim Wallstrum – Kenmare HS

NDHSCA State Convention

July 28 – July 31, 2015

**Mandan Baymont Inn & Suites
Conference Center**

Assistant COTY continued from page 1

Assistant Boys' Cross Country Coach at Fargo North High School. **Rod** has also worked as an Assistant Track and Field Coach and a Head Cross Country Coach. His primary responsibility is to work with the junior varsity and junior high runners. He also organizes several special events during the first two weeks of the season. **Rod** has coached 21 All State competitors at Fargo North in the past ten years. He has also coached nine State Champions between Fargo North and Fargo South High School. **Coach Hardie** was voted as an Assistant Track and Field Coach in 2003. He was also a North Dakota Coach of the Year 3 times as a head coach and a finalist for the National High School Athletic Coaches Association National Coach of the Year in the sport of Cross Country twice. His highlights for this past year is third place in the Eastern Dakota Conference Meet, two All Conference Runners, and one All State Runner as an 8th grader. **Rod** has been a member of the North Dakota High School Coaches Association for 38 years. He is currently working with membership. **Coach Hardie** has also worked with the Fargo Coaches Council, the North Dakota High School Activities Association Cross Country Advisory, and is a member of Hope Lutheran Church in Fargo.

Gary Mailloux, Head Boys' Cross Country Coach at Fargo North High School, say this about **Coach Hardie**: "**Rod Hardie's** enthusiasm and tireless effort is contagious. He provides valuable guidance and encouragement for the newcomers as well as insightful tips and strategies for the veterans. In my view, **Rod** and I have a coaching partnership, relying on the strengths of one another and not being caught up with the titles of Head or Assistant Coach."

continued on page 13



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Dakota Coach Winter 2014-2015

continued from page 12

Rod and his wife Karen have three children: Ilissa, Evan, and Elizabeth.

Rod Hardie of Fargo North High School is the 2014 North Dakota High School Coaches Association's Fall Assistant Coach of the Year.

2014 Fall Junior High COTY

The 2014 Fall Season recipient of the Junior High Coach of the Year Award is **Jeremy Cebula**, Grand Forks South Middle School 8th Grade Football Coach. **Jeremy** was nominated by Terry West, Grand Forks South Middle School Athletic Director.

Jeremy has been coaching for 12 years with is last six years as Grand Forks South Middle School's Head 8th Grade Football Coach. **Coach Cebula** has also coached basketball, wrestling, soccer, and track and field. He is responsible for planning and implementing daily practice plans, supervising two assistant coaches, inventory, and managing football equipment at South Middle School. His career record is 59 wins with 24 losses. His highlights for this past season are winning the city championship, improvement of all athletes on and off the field, and implementing a new offense to fit their skill set. **Jeremy** volunteers at the FCA Football Camp and is a member of the Calvary Lutheran Church.

Terry West, Athletic Director at Grand Forks South Middle School, has this to say about **Coach Cebula**: "**Jeremy Cebula** has dedicated himself to the improvement of our student athletes on and off the field. He puts his player's development as a team at the front of his coaching style. **Coach Cebula's** players have grown as individuals with improved skill development during their year under his leadership.

Jeremy and his wife Krista have three children: Isabella, Hudson, and Finnegan.

Jeremy Cebula of Grand Forks South Middle Scholl is the 2014 North Dakota High School Coaches Association's Fall Junior High Coach of the Year.



Jeremy Cebula

*NDHSCA Fall Assistant Coach of the Year
Rod Hardie – Fargo North HS*

*NDHSCA Fall JH Coach of the Year
Jeremy Cebula – Grand Forks South MS*

NDHSCA State Convention
July 28 – July 31, 2015
Hall of Fame/COTY Banquet
Thursday, July 30 – 6:00 PM
Mandan Baymont Inn & Suites
Conference Center



Sponsor NDHSCA Coach of the Year Awards



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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
Barry Holmen; Minot HS
Greg Jung; Dickinson HS
Peggy Person; Lewis & Clark-Berthold HS
Jerome Slag; New Salem HS

Cameron Dockter; Fargo South HS
Jane Hart; Langdon HS
Tim Jacobson; Fargo Shanley HS
Michael Kelly; Fargo South
Tim Tandeski; Grand Forks RR HS

Jeff Feichtner; Fargo North HS
Mike Holm; Tioga HS
William Jansen; Rugby HS
Paula Person; West Fargo HS
Rick Scherr; Carrington HS
Bernie Wasser; Minot HS

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



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Greetings from the National High School Athletic Coaches Association!

The National High School Athletic Coaches Association is getting ready for another summer convention. This year's location is Rochester, Minnesota. The Kahler Grand Hotel is where the event will be held. The dates are a little different from previous. It will run from Tuesday, June 16 through Saturday, June 20. Tuesday and Wednesday will be leadership classes focused on Sports Medicine since the Kahler Grand Hotel is right across the street from Mayo Clinic. Thursday, Friday, and Saturday will be sport specific sessions. The big event on Friday will be the Hall of Fame Luncheon. The convention will come to a close on Saturday with the Coach of the Year Banquet. I encourage North Dakota Coaches to attend this conference. You have an opportunity to acquire five semester hours of credit through the University of Sioux Falls. It is within driving distance for everyone. If you have never been to a National High School Athletic Coaches Association Convention, I encourage you to attend this one. It is our 50th year and we hope to have some special events during these five days.

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 – 1st Vice President

We are a strong state nationally. This gives you an outstanding opportunity to enjoy a National Convention and become involved. North Dakota hopes to have a number of finalists for the National Coach of the Year. It would be great to have you in attendance. Be sure to visit the National High School Athletic Coaches Association website for more details: www.hscoaches.org.

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.

Respectfully Submitted

Randy Johnson
NHSACA 1st Vice President





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 Winter 2014-2015

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; Velve 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 HS
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 HS

Assistant Executive Secretaries

Rugby HS boys' track & field have won 22 Regional Championships. Those teams have also accumulated two State Runner up Titles (2009 & 2012) and three State Championship Trophies (1992, 1996 and 2010).

Scott's leadership have resulted in his being selected State Football Coach of the Year and State Boys' Track & Field Coach of the Year. In 2014 he was selected as NHSACA National Coach of the Year for boys' track & field.

Bill Jansen has been coach and athletic director for a total of 30 years. He has been a head coach for 23 years. He has served as a coach at Valley City HS, Bisbee-Egeland HS, Cando HS, Cando/Bisbee-Egeland/Munich/Edmore HS and Rugby HS. Bill has coached cross-country, girls' track & field, boys' track & field, volleyball, football, and girls' basketball. He has been a head coach in boys' & girls' cross-country and boys' & girls' track & field.

Bill has been accorded Regional Coach of the Year in girls' cross-country, boys' cross-country and girls' track & field. He has also been named state coach of the year in boys' cross-country and girls' track & field. Bill was nominated for NHSACA National coach of the year for girls' track & field twice and was selected as National Finalist in 2012.

Bill's girls' track & field teams have won 11 regional titles and two state championships (2009 & 2011). His boys' cross-country teams have won four regional titles and two state championships (2009 & 2011). Jansen's girls' cross-country teams have won two regional titles and one state championship (2010).

Coach Jansen has served his profession as a member of the NDHSCA Cross-Country Advisory Committee (2002-2006).



NDHSCA EXECUTIVE SECRETARY APPLICATION

In view of the retirement of Gelaine Orvik from the NDHSCA Executive Secretary leadership role, the membership is being notified of the vacancy.

Anyone who wishes to make application for the position is being requested to complete the *Executive Secretary Application Form*. The form is attached in as a Word document and a PDF document.

If you choose to complete the Word document, be sure the **OVERTYPE** choice is viewable at the bottom of the Word Application Form. Then complete the Application by completing the blank lines, save the document and return it as an attachment to NDHSCA President Mike Kuhn (Michael.Kuhn@msd1.org) **and** NDHSCA Executive Secretary Gelaine Orvik (gorvik@cablone.net).

If you choose to complete the PDF document, download and print the attachment. Complete the Application Form---in longhand and save as a document on your computer. Then return as an attachment to NDHSCA President Mike Kuhn (Michael.Kuhn@msd1.org) **and** to NDHSCA Executive Secretary Gelaine Orvik (gorvik@cablone.net).

Applications and accompanying letter of recommendation from administrator or employer must be received by NDHSCA President and NDHSCA Executive Secretary **before** April 15, 2015.

Remember that anyone who wants to apply for the NDHSCA Executive Secretary Position needs to send a letter of application and complete the Application Form found on pages 19 & 20 to President Michael Kuhn: (Michael.Kuhn@MSD1.net) and NDHSCA Executive Secretary Gelaine Orvik: (gorvik@cablone.net). All Applications must be received before April 15, 2015!

Dakota Coach Winter 2014-2015

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



Website: www.ndhsca.com

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Past President
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 ralph.manley@msd1.org

NDHSCA EXECUTIVE SECRETARY APPLICATION FORM:

NAME: _____ **HOME PHONE:** _____

SCHOOL: _____ **SCHOOL PHONE:** _____

E-Mail Address: _____ **CELL PHONE:** _____

HOME ADDRESS: _____

CITY, STATE & ZIP: _____

Coaching Experience: [one line for each sport] (example: VB, GBB, BT&F 1997-2009)

<u>School:</u>	<u>Sports</u>	<u>Years</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

#of years of Coaching Experience: _____

#of years as Head Coaching Experience: _____

Total # of years as a coach and/or athletic director: _____

Coaching Honors:

	Year: _____
	Year: _____
	Year: _____
	Year: _____

Dakota Coach Winter 2014-2015

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 Hazen, ND 58545 (f) 701-748-2342
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Website: www.ndhsca.com
DUAL MEMBER



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

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 Andy Braaten (h) 701-652-2398
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 Carrington, ND 58421 (f) 701-652-1243
andy.braaten@sendit.nodak.edu

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Immediate Past President
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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

Regional or State Team Titles you have coached:

Year: _____

Year: _____

Year: _____

Year: _____

Year: _____

Contributions to the Coaching Profession:

Year: _____

Year: _____

Year: _____

Year: _____

Year: _____

_____ Signature _____ Date

The following administrator approves and confirms the accuracy of the preceding NDHSCA Executive Secretary Position. In addition the administrator endorses the applicant's responsibility, maturity, enthusiasm and adherence to rules.

_____ Administrator _____ Date

(signature)

Said administrator will also send a letter of endorsement/recommendation to verify support of said applicant; send letter before April 15, 2015. Please send letter directly to E-mail to gorvik@cableone.net or by "snail-mail" to:

Gelaine Orvik, Executive Secretary
North Dakota High School Coaches Association
3457 26th Avenue South
Fargo, ND 58103

Please return this application form together with a personal letter of application **BEFORE** April 15, 2015.



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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Sponsor NDHSCA Coach of the Year Awards



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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.



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Dakota Coach Winter 2014-2015

ONLINE MEMBERSHIP REGISTRATION LINK

PLEASE TAKE NOTE!

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.

Scholarship Information

Very important for all coaches! Notice a significant difference between the **Burger King Scholarship** and the **NDHSCA-Gelaine Orvik Scholarship!**

- **The Burger King Scholarship** is available for high school seniors who are a son or daughter of an Active Member of NDHSCA
- **The Burger King Scholarship** must be applied for by the son or daughter **before** March 15th.;The Application form is found online.
- The **NDHSCA-Gelaine Orvik Scholarship** is available to *any graduated high school senior who will attend a North Dakota college/university and plans to be an athletic coach*
- The **NDHSCA-Gelaine Orvik Scholarship** applicant must first be nominated for the scholarship by an Active Member of NDHSCA.
- After the nomination is received, the nominee will be sent an Application form from NDHSCA that must be completed and returned **before** March 15th!



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



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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 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.



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



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Outstanding Senior Athlete Award



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