



Dakota Coach

Gelaine Orvik and John Hutchison Retire



After 37 years of service to NDHSCA, Executive Secretary Gelaine Orvik (left) has retired. John Hutchison (right), Assistant to the Executive Secretary has also retired after 30 years of service to our organization. Together they made the North Dakota Coaches Association the “Greatest in the Nation”. They have also represented North Dakota in the National High School Athletic Coaches Association and earned the respect and admiration of coaches throughout the United States. We salute you, John and Gelaine, for your many years of dedication to the North Dakota High School Coaches Association and to the Great State of North Dakota! Thank You!

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2015-2016 NDHSCA Executive Committee

 <p>President Andy Braaten</p> <p>47 – 6th Street SE Carrington, ND 58421</p> <p>Phone Numbers: (h) 701-652-2398 (w) 701-652-3136 (f) 701-652-1243 <i>andy.braaten@sendit.nodak.edu</i></p>	 <p>President Elect Paul Lean</p> <p>130 Eagle Street N Fargo, ND 58102</p> <p>Phone Numbers: (h) 701-234-0194 (w) 701-446-5781 (c) 701-261-6581 <i>leanp@fargo.k12.nd.us</i></p>	 <p>Executive Secretary Randy Johnson</p> <p>701 Hwy Drive #9 B Hazen, ND 58545</p> <p>Phone Numbers: (h) 701-748-5634 (w) 701-748-2345 (c) 701-870-1064 <i>duck@westriv.com</i></p>
 <p>Vice President Eric Olson</p> <p>121 Maplewood Drive Gwinner, ND 58040</p> <p>Phone Numbers: (h) 701-678-6842 (w) 701-678-2492 (c) 701-730-2018 <i>eric.olson@k12.nd.us</i></p>	 <p>Immediate Past President Mike Kuhn</p> <p>211 – 5th Avenue SW Mandan, ND 58554</p> <p>Phone Numbers: (h) 701-663-1175 (w) 701-663-9532 (c) 701-426-8863 <i>michael.kuhn@msd1.org</i></p>	 <p>Assistant Executive Secretary Scott Grochow</p> <p>409 7th Avenue SE Rugby, ND 58368</p> <p>Phone Numbers: (h) 701-776-5201 (w) 701-776-6854 (c) 701-771-2709 <i>scott.grochow@k12.nd.us</i></p>
 <p>Past President Lisa Strand</p> <p>1511 – 7th Ave. NE Thompson, ND 58278</p> <p>Phone Numbers: (h) 701-599-2620 (w) 701-599-2765 (c) 218-779-3404 <i>lisa.strand@tps-k12.org</i></p>	 <p>Membership Chair Karen Hardie</p> <p>2471 Lilac Lane Fargo, ND 58102</p> <p>Phone Numbers: (h) 701-237-5624 (w) 701-446-5200 (f) 701-446-5299 <i>hardiek@fargo.k12.nd.us</i></p>	 <p>Assistant Executive Secretary Bill Jansen</p> <p>323 6th St. SE Rugby, ND 58368</p> <p>Phone Numbers: (h) 701-776-7758 (w) 701-776-5201 (c) 701-351-0844 <i>william.jansen@k12.nd.us</i></p>

Lions' Basketball Co-Chairs

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

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

Optimists' Volleyball Co-Chairs

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

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

Shrine Football

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

President's Message Fall 2015

Welcome back to a new school year. The excitement and anticipation of the fall athletic season is upon schools across the great state of North Dakota. The recently completed NDHSCA convention was a tremendous success. Congratulations to all the award winners including the recent Hall of Fame inductees. Thank you to all who were in attendance.

We cannot give enough thanks to two gentlemen who have given their many talents and a great amount of their time so that coaches in North Dakota can seek improvement. **Gelaine Orvik and John Hutchinson** have set a standard in professionalism that will last generations. Coaches now and in the future should be thankful of the commitment to the organization shown to us by these two men. It is our challenge to uphold these standards as we move on. The NDHSCA will need a team effort and plenty of support from all the coaches to continue being the strong organization that Gelaine and John have helped build.

North Dakota was very well represented at the National High School Athletic Coaches Association convention in Rochester MN in late June. Congratulations to Randy Johnson as he will serve as the NHSACA President. Coaches from all over the country will benefit from his leadership.

I consider it to be a great honor to begin my term as the NDHSCA president. Thanks to Mike Kuhn and the leadership he has provided during the past year. I am fortunate to have a superb executive board during my term. We have a very strong membership in the NDHSCA. Please help us continue to grow in the upcoming year. Encourage non-member coaches to become members in their profession's association. As with any professional association, there is strength in numbers.

As president, I issue the challenge for all coaches to be all-around educators of your student-athletes. Many of you may have your athletes in your classroom and can reach them in different



ways. If not, use your field, court, pool, course, or mat as the extension of the classroom. Teach them the skills needed for the sport along with lessons needed for life.

The opportunity to affect the lives of young student athletes through our involvement in the NDHSCA is very significant. Whether it is information obtained at a convention, an article from the *Dakota Coach*, or awarding a scholarship to a deserving young person, becoming a member is an excellent way to have a positive affect on our youth.

Keep in mind that our website at www.ndhsca.com is a great place to obtain membership forms, junior high and assistant coach of the year nomination forms, scholarship forms, and applications for the advisory committees. Also, if you feel there is someone in your community who deserves to be recognized for their achievements there are awards of merit and special recognition award nomination forms on this website as well.

I would like to wish everyone the best of luck in their respective athletic seasons and have a marvelous school year!

Andy

Andy Braaten

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From the Executive Secretary's Desk – Randy Johnson



Welcome to the 2015-2016 school year. Hopefully this summer has allowed you the opportunity to recharge your batteries and be ready for another outstanding year. The fall sports are underway. Good luck to all teams, coaches, and players.

Another outstanding convention is in the books! The NDHSCA has received a number of positive comments dealing with this year's convention. Thank you! A special appreciation goes to Larry Aasheim and his Universal team for sponsoring the social on Wednesday night. It was a job well done. Everyone seems to enjoy themselves with the taco bar and horse races. The highlight of the convention is always the Coach of the Year/Hall of Fame Banquet on Thursday night. Congratulations to the Darrell Berglund, Dan Carr, Denny Dinius, and Greg Hoeckle for being the latest inductees into the Hall of Fame. I would also like to congratulate all Coach of the Year winners and scholarship winners.

Thank you to Gelaine Orvik and John Hutchison for all your years of service to the coaches of North Dakota. You truly have been the backbone of our organization. The North Dakota High School Coaches Association is one of the strongest in the country. It is your leadership that has helped this all be possible. Even though your phone numbers are on speed dial, please enjoy your retirement!

I give my gratitude to President Mike Kuhn and Past President Ralph Manley for all the leadership and expertise they have provided this association. Their work ethic has been exceptional. These two individuals have shown professionalism, strong character and wisdom for fellow coaches to model. Thank you Mike and Ralph!

The Dakota Coach has a new Editor! Lisa Strand is taking this over. I know she will do a wonderful job. It is a ton of work and takes many hours to put together. I am glad the association has an individual with a background to create a sharp, impressive newsletter. Thank you Lisa! If anyone has an article they feel would be good to publish in the Dakota Coach, please feel free to send it to Lisa or me. Keep in mind we are always looking for good stuff to publish.

In closing, I appreciate the vote of confidence from our membership in allowing me to be the Executive Secretary of this wonderful organization. Gelaine, John, Rod, and Karen are assisting to make this transition very smooth for Scott, Bill and I. There is a definitely a learning curve. Feel free to contact us with any questions you may have concerning the association. We will do our best to keep this organization the nation's greatest!

Executive Secretary Randy Johnson

COACH QUOTE: People want to believe you are sincerely interested in them as a person. Not just for what they can do for you.
-John Wooden-

Message from the President of the National High School Athletic Coaches Association; NHSACA President, Randy Johnson from Hazen, ND

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

The Hall of Fame Luncheon was Friday, June 19. **Ralph Manley** and the late **Thomas Manley** were North Dakota's latest entries in the National Hall of Fame. Congratulations to Ralph and his father on their induction. This is the first time in NHSACA history a father and son were inducted into the Hall of Fame at the same time and in the same sport. It was an outstanding afternoon once again. If you ever have a chance to attend such an event, I encourage it.

The Coach of the Year Banquet took place on Saturday, June 20. North Dakota had two finalists named National Coach of the Year: **Kathy Berglund** from Hazen High School in Golf and **Carolyn Olson** from Grand Forks Red River High School in Volleyball. Congratulations Kathy and Carolyn! North Dakota is very proud of you.

This marked NHSACA's 50th year. It was a very good convention with a lot of entertainment and sites to see.

North Dakota has strong representation on the National Board:

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

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

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

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

The 2017 National Convention site has not been determined yet. We are looking at the Quad Cities in Illinois. More information will be available at a later date.

Respectfully Submitted,

Randy Johnson, NHSACA President



Sponsor NDHSCA Coach of the Year Awards

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After discussion with the All Star Chairpersons and coaches of the sports in which All Star games are played, the following revisions were approved beginning with the 2016 All Star games/matches.

NDHSCA ALL-STAR PLAYER GUIDELINES

1. Written authorization from the player's parents or guardians must be submitted with the player's acceptance to participate in training exercises and the games.
2. All players must bring their high school physical card, a copy of the physical card, or a letter from their doctor and present it to the All Star contest officials when they report to their training sites the first day in order to practice with the team.
3. The players must have graduated from high school before June 15 of the current school year.
4. **If a player plans to play College/University athletics, it is the player's responsibility to check with their College/University Coach for clearance to participate in the All-Star Contest.**
5. Players must reside within the state of North Dakota or meet the residence requirements of the NDHSAA.
6. All players must pay their own transportation costs to and from camp.
7. All practice equipment must be furnished by the players.
8. Players are required to stay in the housing provided by the sponsors.
9. Players are required to attend all events scheduled by the sponsors.
10. Players must arrange through the coaches for any free time.
11. Players' vehicles **MAY NOT BE USED** while in training camp.
12. Players **MUST** be at **ALL** scheduled practices to be considered a playing member of the All Star team and are not allowed to participate in other organized athletic events during the training period. This includes being present at check-in at the beginning of the All Star event. If an issue arises that requires a player to miss practice due to some immediate family problem, the player must clarify the reason with the All Star chairperson prior to the start of the All Star event. **FAILURE TO DO SO MAY RESULT IN DISMISSAL FROM THE ALL STAR TEAM. PLAYERS WILL NOT BE ALLOWED TO PARTICIPATE IN OTHER ACTIVITIES AT ANY TIME.**
13. The use or possession of tobacco, alcohol, drugs, or controlled substances is forbidden. Any player using or possessing these items at any time from the **BEGINNING OF THE FIRST ALLOWABLE PRACTICE FOR FALL SPORTS, SET UP BY NDHSAA, UNTIL THE COMPLETION OF THE ALL STAR GAMES, WILL NOT BE ALLOWED TO PARTICIPATE AND WILL NOT BE CONSIDERED FOR SELECTION.** Players **MUST ADHERE** to the spirit and letter of these rules.
14. All players shall be in their rooms and lights will be out by 11:00 p.m., except on the nights of games.
15. Dorm or housing rules shall be strictly enforced.
16. No one except All Stars shall be permitted in the All Star rooms; visitors, parents, & friends should be met in lobby.
17. College coaches, high school coaches, and friends not connected with the actual coaching or supervision of the All Star team shall be permitted to contact any player **ONLY WITH THE PERMISSION OF THE ALL STAR COACHES!**
18. Any action/behavior, by the player, which the NDHSCA All Star Chairman or All Star Committee considers as an inappropriate representation of an All Star player will be grounds for immediate dismissal from the team.
19. Any player who has been suspended from high school or from an athletic team during his or her senior year by respective high school will be dismissed from the All Star team.

Revised: July 2015

NDHSCA and NHSACA have adopted new resolutions which read:

2015 NDHSCA – NHSACA Resolutions

Whereas we can no longer tolerate domestic violence since it is increasingly brought to our attention by the news media.

Therefore, the NDHSCA - NHSACA resolves that we educate student athletes so they do not become involved in domestic violence themselves or ignore it in others.

Whereas multi-sport participation has been shown to enhance grade point average, reduce injuries from muscle and joint over use, decrease burn out and leads to total body development.

Therefore, the NDHSCA - NHSACA encourages coaches to support multi-sport participation by student athletes.



NDHSCA Longevity Report

The NDHSCA is in the process of getting ready for the 2016 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 Scott Grochow at Scott.Grochow@k12.nd.us, or Bill Jansen at William.Jansen@k12.nd.us if you are one of these individuals. **Remember, this is the number of years you have been coaching through the spring of 2016 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 remember to fill out your membership forms through the next year. This keeps our data base up to date.

We will run a compile list in the Winter, Spring, and Summer Dakota Coach. Please see if your name is on the list. Scott and Bill will e-mail coaches from the data base next spring asking them their wishes for a Longevity Plaque. Please contact Scott Grochow or Bill Jansen if you have any questions.

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NDHSCA ANNUAL BUSINESS MEETING

July 30, 2015; 10:45 AM

Mandan Baymont Inn & Suites Convention Center

Nautilus/Cutty Sark Rooms

MINUTES

President Mike Kuhn called the NDHSCA Annual Business meeting to order at 10:50 with 105 NDHSCA members present.

The minutes of the July 31, 2014 NDHSCA Annual meeting were reviewed. Kaycee Grochow moved to accept the minutes as printed; Tom Six seconded the motion. Motion passed without any dissenting vote.

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

- a) \$ 729.60 FPSFCU Checking Account Balance – June 30, 2015
- b) \$ 98.83 FPSFCU Shares Account Balance – June 30, 2015
- c) \$15,870.92 FPSFCU Gelaine Orvik Scholarship Fund – June 30, 2015
- d) \$34,231.80 FPSVCU Money Market Share Balance – June 30, 2015

\$50,931.15 TOTAL CASH ON HAND

Outstanding Income: Lions' All Star Basketball (August 1, 2015 Request - about \$3,500.00)
SUBWAY June first installment
NDHSAA Convention Support (August 1, 2015 Request - \$2,000.00)

Jeremy St. Aubin moved to accept the NDHSCA Financial Report as printed; Dave Zittleman seconded the motion. Motion passed without any dissenting vote.

Gelaine Orvik gave a report on the on-line registration process. We had a few bugs early, however it did go smoothly in the end. He also gave an updated convention report:

387 – NDHSCA convention registrations as of July 30
Over 130 – NDSU College Credit registrations

Gelaine gave a report on last year's membership.

1,225 ----- Paid Memberships
358 ----- Convention Registrations
131 ----- College Credits
10 ----- New Lifetime Members
\$1,732.00 -- Gelaine Orvik Scholarship Donations

He pointed out the 1,225 members is new record for membership. Mr. Orvik was also very grateful to the members for all their donations to the scholarship fund. Mike Kamrath moved to accept the report; Nathan Walsh seconded the motion. Motion passed without any dissenting vote.

President-Elect Andy Braaten introduced the 2015 NDHSCA Vice President candidates: Eric Olson, Milnor-North Sargent High School and Tim Wallstrum, Kenmare High School. Andy explained balloting is open at the registration desk and at the 1:00 session. Candidates will be introduced at the

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beginning of the NDHSCA Coach of the Year and Hall of Fame Banquet Thursday evening with the successful candidate announced at the close of the Banquet.

Randy Johnson gave a report on the Dakota Coach. NDHSCA lost its editor after the fall issue. The appreciation for Joyce Holter's work was given. Randy took over the creation of the Dakota Coach for this year. He apologized for the lateness of the issues. It is a timely task. The Executive Board will discuss the position of Dakota Coach Editor on Friday in hopes of having a replacement. Carolyn Olson moved to accept the Dakota Coach report; James Haak seconded the motion. Motion passed without any dissenting vote.

President Kuhn stated the All-Star guidelines would be discussed at the advisory meetings and any issues members have with these guidelines should be brought to the chairs, or the Executive Board. The Executive Board will act on the suggestions at the Friday meeting.

John Hutchison reported on the balloting process for POWERade Senior Athlete of the Year and Coach of the Year. He commended the coaches for increased participation in voting this year. He feels the e-mail lists he receives from the state assists in this manner. John thanked the coaches of North Dakota for supporting him all these years and the enjoyment he had being the Assistant Executive Director.

Dave Dougherty reported on the recent National High School Athletic Coaches Association Convention held in Rochester, Minnesota at the Kahler Grand Hotel from June 16 through June 20. North Dakota has a strong presence at the National Level. Dave Dougherty – Executive Director and Past President, Randy Johnson – President, Gelaine Orvik – Past President, John Hutchison – Past President, Brian Midthun – Baseball Chair, Ralph Manley – Swimming Chair, and Tim Wallstrum – Volleyball Chair are part of the Board of Directors. The Coach of the Year Finalists from North Dakota were Claudia Schoellkopf, Mandan – Boys' Assistant Coach, Jeff Fiechtner, Fargo North – Baseball, Gregg Grinsteinner, Dickinson Trinity – Boys' Basketball, Julie Stavn, Bismarck Century – Girls' Cross Country, Kathy Berglund, Hazen – Golf, David Hoff, Bottineau – Special Sports, Marsha Dahl, West Fargo – Swimming, Chad Anderson, West Fargo – Tennis, Randy Johnson, Hazen – Boys' Track and Field, Bill Jansen, Rugby – Girls' Track and Field, Carolyn Olson, Grand Forks Red River – Volleyball, and Jeff Schumacher, Bismarck – Wrestling. Congratulations to National Coach of the Year Winners – Kathy Berglund, Hazen for Golf and Carolyn Olson, Grand Forks Red River for Volleyball. North Dakota also had two Hall of Fame inductees in Ralph Manley and the late Thomas Manley. This is the first time ever a father/son have entered the Hall of Fame together. Congratulations to the Manley Family! Next year's convention will be at the Galt House in Louisville, Kentucky on June 25 through June 29, 2016. Dan Imdieke moved to accept the report; Gregg Grinsteinner seconded the motion. Motion passed without any dissenting vote.

Due to the absence of Mike Sorlie and Mike Hendrickson, Lions Basketball Chairs as well as Bill Lorenz, Shrine Football Chair, Gelaine gave their report as follows below.

Lion's All Star Basketball Report

The Selection Committees for the 2015 Lion's All-Star Class B Teams were: Boys: Kyle Card, Bryce Laxdal, Dan Carr, Jeff Hagler, Brian Nieuwsma, Mike Santjier, Jeremy Brandt, and Randy Cranston. Girls: Brenda Dahlgren, Jason Brend, Dan Welder, Sherri Miller, Jim Petrik, Julie Stewart, Carter Fong, and John Zenz. The selection process went well. All of the Region Representatives did a great job in getting their info in

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on time. The selection meetings were held on the Saturday of the State Tournament. Each meeting took around 3 hours to complete, with breakfast being served. Class A selection process is done differently and is working well. I thought that the selected players did a good job of getting their information in on time. There were a few that were a little slow, but I was able to contact their coaches or AD at their school, and that usually got things back on track. The Class A Girls and Class B Girls met in Bismarck on Friday, July 11th. The Bismarck Lion's organized the meeting at the Expressway Inn. Lunch was provided and I felt as though the meeting ran smoothly. Uniforms were handed out at this time, as well. I helped get the teams situated for their first practice at Bismarck High School later that afternoon.

Coaches: Class B Boys: Mike Santjier and Rick Smith
 Class A Boys: Dean Winczewski and Darin Mattern
 Class B Girls: Julie Stewart and Perry Platz
 Class A Girls: Ron Metz and Kent Ripplinger

The games in Bismarck were won by the Class B Girls with a score of 62-39 and by the Class A Boys with a score of 93-75. The games in Fargo were a bit more competitive, with the Class B Girls winning 62-57 in a nail biter, and the Class A Boys getting an overtime victory with a score of 95-85.

Shine Football All Star Report

The 2015 Shrine Football Games were played at the Alerus Center in Grand Forks on Saturday, July 18th. The 11-man West team won the first game 16-14 over the East squad. The 9-man East team beat the East team 38-35. These were two well-played games with the athletes competing until the final horn. The week started with 126 players and 16 coaches checking into the dorm on the campus of Mayville State University. Once again, MSU was a very gracious host. The housing, dining, and practice facilities were able to handle our large group. Everyone that was involved was very accommodating. The community of Mayville was also very welcoming by allowing us to use various facilities throughout the city. Our players were able to use the water-park, movie theatre, and City Park on different nights. On Friday our athletes held a mini-camp for Shrine Hospital patients in conjunction with our media day. Everyone did an outstanding job and the athletes put smiles on all the patients' faces. The players also attended sessions about the purpose and goals of the Shrine Hospital. Hospital employee's traveled to Mayville to put on different presentations. This was an excellent opportunity for the athletes to hear about the benefits that the hospital provides. Preparations for the 2016 game have already started. The tentative date for the 2016 game is July 10th. The committee is also planning on having all four teams and coaches practice at Mayville State University again. In visiting with numerous players and coaches everyone had a great experience during the week leading up to the game and on game day.

Lisa Strand gave the following Optimist All-Star Volleyball Report.

Optimists All Star Volleyball Report

The 2014 All Star Volleyball match was a success. As in the past, player selection started at the region level with each of the 8 regions submitting names to be placed on a ballot. Coaches were given the opportunity to select players and alternates at the coaches' meeting held Saturday morning during the State A & B Volleyball Tournament. Class A and Class B coaches vote for players from their respective levels to fill an East Roster and a West Roster of 12 players each (6 Class A and 6 Class B on each team). Players from the ballot not selected are ranked as alternates. The players chosen were contacted by Tim Wallstrum and an invitation to play was offered. Most were very excited for the opportunity to play. The process went well, with a few choosing to decline for various reasons and the alternate list was used. The cooperation of the head coach of the player selected is necessary to help get all the information needed by the Optimists and Tim

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Wallstrum to complete team selection. Players reported at 1:00 pm on Friday, June 19th to the Candlewood Suites in Fargo, ND. There they were welcomed by Optimist Lori Dekeyser, Lisa Strand, and the coaches of this year's teams. Coaches are selected by finish at the State Tournament, one from the east and one from the west in Class A and Class B respectively. The rooms were assigned, uniforms handed out and an ice-breaker game was played. After which, they were transported to Fargo North High School for their first practice. The first match was held on Monday, June 22 at Fargo North High School. It was a fast paced, exciting duel going the full 5 sets. The East team held off a comeback from the West by winning 3 sets to 2 with match scores of 25-27, 25-23, 23-25, 23-25, 17-15. The teams then traveled to Bismarck High School for their final match. Again, it was a thrilling match, in which the East came out on top winning the first 3 sets and the final 4th set which is played regardless of who wins the first three. This rule was put in place to ensure all athletes would be given more equal opportunity to compete in the matches. The scores of that match were 25-22, 25-22, 27-25, and 25-22. 2015 All Star Volleyball Coaches:

East Team: Curtis Johnson, Fargo South
Tara Paulson, Hankinson

West Team: Jay Schobinger, Dickinson High
Kara Nunziato, Our Redeemers

Scholarship Recipients: Lydia Hansen from Oakes and Taylor Hewson of New England

Thank you to the coaches and all those involved in making the matches a success, from the officials and line judges, to the announcers, custodial crew and concession workers, we appreciate all your time and energy. Special thanks to Brooks Dockter of Fargo North High School for hosting practices and making sure the teams and coaches had everything they needed. Also thank you to Travis Christensen, Activities Director at Fargo North for his help in organizing the June 22nd match. Thank you to Jessica Nichols of Bismarck High and Dave Zittleman, Athletic Director, for organizing the match held on June 23rd in Bismarck. We also extend a big THANK YOU to the Optimists, especially to Lori Dekeyser who has been very involved in making these matches a success year after year.

Carolyn Olson moved to accept all three All Star Reports as printed, Rachel Land seconded the motion. Motion passed without any dissenting vote.

Randy Johnson presented the Longevity Awards Report and an update on the POWERade Cooperative Agreement. He mentioned the importance of filling out the on-line membership correctly so the proper longevity awards can be given. Randy e-mails potential award winners asking if they wish to receive a plaque and if they will be present at the banquet. The Association does not mail out longevity plaques. Those asking for plaques will be expected to pick up a longevity slip and give it to the President-Elect. Those picking up a slip will be called at the banquet.

Randy also presented information dealing with the POWERade Cooperative Agreement. Things are going well. It is important coaches and athletes continue to write letters to the sponsors of this award. It goes a long way in securing the money for the next year. Kaycee Grochow moved to accept the longevity and POWERade Cooperative Agreement, Michelle Dolan seconded the motion. Motion passed without any dissenting vote.

Gelaine reported on the agreement with Burger King and SUBWAY. Everything is going well with both contracts. SUBWAY does not want the amount they contribute disclosed to the membership. This is part of our agreement. We should receive both checks for their sponsorship in the mail shortly. Linette Irwin moved to accept both reports, Carolyn Olson seconded the motion. Motion carried without any dissenting vote.

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Executive Secretary Gelaine Orvik announced the 2016 Convention will be held at the Fargo Baymont Inn and Suites Convention Center on July 26 through July 29. A contract has not been signed for 2017, however the Executive Committee will be looking at a proposal on Friday from the Mandan Baymont Inn and Suites Convention Center.

Dave Zittleman gave a report on the website. He works to update the information as it comes in. It is important if the membership would like something on the website, please visit with Dave. He will check with the Executive Committee on this and go from there.

Gelaine Orvik reported on the Liability Insurance coverage from membership. He stated for the membership to remember this is liability. He also mentioned the insurance also covers the classroom and potential harassment issues.

Executive Secretary Orvik reported on the Gelaine Orvik Scholarship Fund. He thanked the membership for their help in building this fund. It is awesome to have the opportunity to give two scholarships out to individuals interested in going into coaching. Gelaine is thrilled to help people be a part of the greatest profession around.

Ralph Manley thanked Gelaine and John for all their years of service to the North Dakota High School Coaches Association. He mentioned the Executive Committee has reviewed all the applications and makes the recommendation to have Randy Johnson as the Executive Secretary for this next year. Ralph moved to have Randy Johnson as the Executive Secretary, Pete Moe seconded the motion. President Kuhn asked for other nominations three times and hearing none called for the vote. Motion passed without any dissenting vote.

Nathan Walsh motioned for adjournment. President Kuhn declared the meeting adjourned.





NDHSCA CONVENTION PHOTOS



Pictured here (left to right) is South Dakota's Virg Polak, Gelaine Orvik, John Hutchison, and Jerry Miller, also of South Dakota. The South Dakota boys brought retirement laughs and gifts as they "Roasted" Gelaine and John during the 2016 Summer Coaches Convention.



John Hutchison and Gelaine Orvik in discussion at the NDHSCA Convention Banquet



Left to Right: Alexis Piatz, Gelaine Orvik Scholarship Recipient (with Gelaine Orvik), Burger King Scholarship Recipient, Kadie Anderson, Blaise Stanley, Burger King Scholarship Recipient with President Michael Kuhn.



Scenes from the NDHSCA Convention Banquet enjoyed by all in attendance.

FORMS AVAILABLE ONLINE

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

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Sports Advisory Committee Membership



Dakota Coach Fall 2015



NDHSCA PAID Lifetime 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
Berglund, Darrell; Hazen HS
Berglund, Kathy; Hazen HS
Bettenhausen, LeRoy; Watford City HS
Brackenbury, Wayne; Mohall-L-S HS
Brenner, Henry; ND School for the Deaf
Buen, Gene; Velva HS
Burckhard, Richard; Parshall HS
Butterfield, John; Hettinger HS
Callahan, Mike; Minnewaukan HS
Carlson, Ron; Minnewaukan HS
Carlsrud, Dave; NDHSAA
Conlon, Frank; Jamestown HS
Cornell, Rick; Grand Forks Schroeder JHS
DeCoteau, Jerome; Turtle Mountain Community HS
Deutsch, Nancy; Watford City HS
Dew, Jim; Valley City State College
Deyle, Alvina; Fargo South HS
Disher, Ken; Minot HS
Dixon, Derrick; Turtle Mountain Community HS
Dockter, Dwight; Hope-Page HS
Dolan, Michelle; Ray HS
Dwyer, Mike; Shiloh Christian 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, Karen; Fargo North HS
Hardie, Rodney; Fargo North 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
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
Imdieke, Dan; Linton HS
Jaeger, Kerry; Grand Forks Red River HS
Jensen, Julie; Kindred HS
Jeske, James; Killdeer HS
Johnson, Harlan; Parshall HS
Johnson, Wayne; Rolette HS
Jung, Greg; Dickinson HS
Kaiser, Tim; Wahpeton MS
Kjelgaard, Harold; Fargo Discovery JHS
Kleveland, David; Central Valley HS
Knutson, Al; Williston HS
Krosbakken, Jerry; Fargo North HS
Larson, Nancy; DesLacs-Burlington HS
Lehman, Cory; Fargo South HS
Leier, Dwight; Maddock HS
Loberg, Myron; Devils Lake HS
Lockwood, Ed; Fargo Public Schools
Lyon, Jerry; Minot HS
MacIver, 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
Stibbe, Peggy; Fargo Discovery MS
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
Wisthoff, David; Glenburn HS
Zimney, Bob; Grand Forks Red River HS



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NDHSCA Membership Continued



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
 Kuhn, Michael; Mandan 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

Bilkre, Marcy; Minot HS

Farrell, Chipper, Minot HS

King, Bob; Valley City HS

Orvik, Gelaine; Fargo South HS

CORRESPONDENCE

Dear Mr. Orvik,

In July, my family and I attended the NHSACA banquet where I received one of the Burger King scholarship awards. I sent my thank you off to Mr. John Walsh for sponsoring the scholarship, but I also wanted to say thank you to you and your organization as well. My parents had a nice evening and it was a memorable night for our family.

Both of my parents are teachers, so education is a priority at our house. Thank you for contributing to the noble task of advancing someone's education. I am fortunate to be a recipient.

Respectfully,
 Blaise Stanley

Coach Orvik,

I wanted to say thank you for the opportunity to speak at the clinic. It helps me gather my thoughts and makes me think why I do what I do and will anyone want to hear about what I'm doing. It forces me to reflect. Although it requires some work I like that it makes me better more than I think it helps anyone else. Always keep me in the back of your mind for future clinics.

Thanks,
 Rollie

Rollie Swedberg
 Sheyenne PE Teacher
 WF District Strength Coach



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.



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Dakota Coach Fall 2015

ONLINE MEMBERSHIP REGISTRATION LINK

PLEASE TAKE NOTE!

Convention and Membership Registration is on-line only. Visit our website www.ndhsca.com. **NDHSCA encourages the payment by credit card. This is the fastest and easiest way to get your membership card.** If you are paying for Membership by School Check and/or Purchase Order, be sure to confirm such membership application with an e-mail to Randy Johnson at duck@westriv.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.

NOTE: Personal check payments 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.



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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.

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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 2015). 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.**

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Home Phone _____ Work Phone _____ Cell Phone _____

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PLEASE DETACH THIS BOTTOM PORTION FOR YOUR TAX RECORDS:

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- 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.

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1st Dimension = Fundamentals (Physical)

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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?”

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-
- ▶ 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 Randy Johnson 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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NDHSCA Gelaine Orvik Scholarship**



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