



Spring 2016

Dakota Coach



Kauri Hochhalter



Haley Hill

Gelaine Orvik and Burger King Scholarship Recipients Announced

See pages 12-14



Caleb Weisgarber



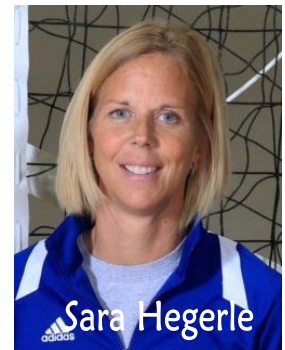
David Youngs

Change in NDHSCA Vice President Candidates

Get the details on page 7



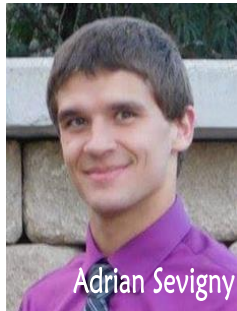
Tracey Heisler



Sara Hegerle



Aaron Sandy



Adrian Sevigny



NDHSCA @ndhsca1

NHSACA @nhsaca

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2015-2016 NDHSCA Executive Committee

	<p>President Andy Braaten</p> <p>47 – 6th Street SE Carrington, ND 58421</p>		<p>President Elect Paul Lean</p> <p>130 Eagle Street N Fargo, ND 58102</p>		<p>Executive Secretary Randy Johnson</p> <p>701 Hwy Drive #9 B Hazen, ND 58545</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>Phone Numbers: (h) 701-234-0194 (w) 701-446-5781 (c) 701-261-6581 <i>leanp@fargo.k12.nd.us</i></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>Immediate Past President Mike Kuhn</p> <p>211 – 5th Avenue SW Mandan, ND 58554</p>		<p>Assistant Executive Secretary Scott Grochow</p> <p>409 7th Avenue SE Rugby, ND 58368</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>Phone Numbers: (h) 701-663-1175 (w) 701-663-9532 (c) 701-426-8863 <i>michael.kuhn@msd1.org</i></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>Membership Chair Karen Hardie</p> <p>2471 Lilac Lane Fargo, ND 58102</p>		<p>Assistant Executive Secretary Bill Jansen</p> <p>323 6th St. SE Rugby, ND 58368</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>Phone Numbers: (h) 701-237-5624 (w) 701-446-5200 (f) 701-446-5299 <i>hardiek@fargo.k12.nd.us</i></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@gfschools.org





President's Message Spring 2016

On behalf of the NDHSCA, I would like to congratulate all the winter sports teams. **Special congratulations to the State Champions, Coach of the Year, and Senior Athlete of the Year winners!**

While the spring sports season is still in progress, it is important to look back at all of the accomplishments and efforts put forth by our student-athletes and coaches throughout the school year. The benefits of interscholastic completion help our students grow in numerous ways beyond the classroom. **Sacrifice, diligence and teamwork are life-long lessons** learned as our athletes put in the many hours of practice with their teammates to help showcase their talents in front of cheering crowds. As coaches we need to keep up the great work to help supply these lessons for our youth and to also provide support for one another.

As summer draws near, try to make attending the State Convention one of your top priorities. Randy and the rest of the Executive Committee are working very hard to make the convention agenda as terrific as it has been in the past. The convention will be held at the Baymont Inn in Fargo on July 26-29. We have a strong base as membership numbers show, and we need to continue to grow as a profession. Part of that growth is **recruiting a new member to belong to NDHSCA**. Bring some fellow coaches with you to Fargo!

In closing, good luck with the rest of the 2015-2016 school year and spring sports. Here's hoping for great spring weather so athletes can compete as their maximum potential. See you at the State Convention in Fargo!



NDHSCA President,

Andy Braaten

COACH QUOTE:

I BELIEVE IN YOU. These four words can mean the difference between a fear of failure and the courage to try. – Mike Krzyzewski



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





From the Executive Secretary's Desk

– Randy Johnson

Congratulations to the 2015-2016 Winter NDHSCA-Subway Coach of the Year Winners, the NDHSCA-POWERade Senior Athlete of the Year Winners, and all the State Champions. Your hard work has been rewarded with another outstanding accomplishment. Cherish the moment for life.

The 2016 North Dakota High School Coaches Association State Convention will be held at the Fargo Baymont Inn and Suites. The dates of the convention are July 26 through July 29. Please plan to attend. Registration will be on-line around the middle of May. Be sure to visit our website, www.ndhsca.com, to register.

Please read the article in this Dakota Coach dealing with some specifics on the State Convention. The speakers are in place. We will be putting an updated schedule on-line as changes occur. The schedule will be temporary until two weeks before convention. We hope everything is final at that time.

Here are some special notes about the upcoming State Convention. We will have almost all sessions at the hotel. Here are some reasons. This allows all coaches an opportunity to visit the exhibitors. They are vital to our success. They need to see coaches. We also have to be careful with demonstrators at the gym. If a NCAA coach is presenting, he or she cannot have any high school players as demonstrators. This would be a violation of NCAA rules. We do not want to jeopardize any program.

Volleyball will start with a unique schedule on Wednesday. We have a special speaker coming in so we will adjust the schedule to start at 9:00. They will have four straight sessions with five minute breaks listening to **Cathy Noth**. This will allow us time to transport her to the airport for her return flight. Please keep your eyes peeled for more information.

Swimming and diving has a special invitation to the Minnesota State University – Moorhead pool on Thursday morning from 7:00 to 9:00 am. **Coach Todd Peters** will be covering some “Training Techniques for Swimmers.” He will actually do a presentation on Wednesday afternoon at the hotel on designing an Aquatics Center and visit on his presentation at the pool on Thursday morning. This will be an exciting time for the swimming and diving coaches.

We congratulate Nick Walker on his new position coaching the college level athlete at Dickinson State University. Nick was one of our candidates for the Vice Presidency. According to our By-Laws, Nick will not be able to run for this position since he is not at the High School, or Junior High level. **Sara Hegerle**, Jamestown High School Head Volleyball Coach will be the other candidate on the Vice President Ballot. She will run against **Tracy Heisler**, Grand Forks Red River Head Girls' Track and Field coach. Thank you Tracy and Sara. Good luck to both of you in the race for the NDHSCA Executive Board. Good luck Nick in your new endeavor. We are sure you will be successful.

Our condolences go to the Dave Dougherty family in the loss of his mother, LaDonna, this past month. It was unexpected. Please keep his family in your prayers.

The National High School Athletic Coaches Association will have it National Convention in Louisville, Kentucky this summer. The dates of the convention are June 25 through June 29. The convention will take place at the Galt House. I encourage people to take a summer vacation and attend this convention. Louisville is an outstanding city and have great hospitality.

In closing, I wish everyone a wonderful finish to the school year. Good Luck to all Spring Sport Teams as the Regional and State Tournaments come around. We will see you in Fargo come July!

Randy Johnson
NDHSCA Executive Secretary Randy Johnson



Dakota Coach Spring 2016

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



Greetings from the National High School Athletic Coaches Association!

The NHSACA is in the final stages preparing for the National Convention this summer in Louisville, Kentucky. It will be an outstanding conference. The Kentucky Coaches Association is going above and beyond to help make this a convention to remember!

Please remember the NHSACA has a Twitter Account. Follow everything at **#nhsaca**. The National High School Athletic Coaches Association is attempting to “tweet” at least once a week and sometimes it will be three times a week. Find out what is going on at the National level as the information is posted.

Have you checked out the **NHSACA website** lately? Go to www.nhsaca.org to view all the information dealing with this National Organization. There is a lot of information on the website. We are hoping to expand it even more as information becomes more available.

North Dakota is well represented at the National level. The list of North Dakota representation follows:

Ralph Manley – Swimming Sport Chair
Brian Midthun – Baseball Sport Chair
Tim Wallstrum – Volleyball Sport Chair
Gelaine Orvik – Past President
John Hutchison – Past President
Dave Dougherty – Executive Director and Past President
Randy Johnson – President

You can see the representation is large. North Dakota is heard and respected at the National level. If you are interested in becoming involved at the National level please contact me and we will discuss the possibilities.

Please consider attending our National Convention in Louisville, Kentucky. The dates of the convention are June 25 through June 29. **Dan Imdieke and Bob Zimney will be inducted into the NHSACA National Hall of Fame** on Tuesday, June 28. We have 18 finalists (listed later in the Dakota Coach) who will vie for the National Coach of the Year in their respective sport on Wednesday, June 29. Please look for a media release to see if North Dakota has any National Winners.

In closing, please enjoy the rest of spring and have a wonderful summer. Hope to see you in Louisville!



Sincerely,

Randy Johnson
NHSACA President

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NHSACA NATIONAL HALL OF FAME



Bob Zimney

INDUCTEES

Bob and Dan will be inducted to the National High School Athletic Coaches Hall of Fame on Tuesday, June 28 in Louisville, Kentucky.

Congratulations Dan and Bob!



Dan Imdieke

NDHSCA Executive Committee voted unanimously at the Summer Meeting to induct two longtime North Dakota Coaches into the 2016 NHSACA Hall of Fame. NHSACA accepts two names for induction from states that pay NHSACA National Membership fees.

The 2016 National High School Athletics Coaches Association inductees from North Dakota will be NDHSCA Past President **Bob Zimney**, track and field coach from Grand Forks Red River High School and **Dan Imdieke**, football and wrestling coach from Linton High School. We are proud to honor these deserving NDHSCA inductees.

COACH QUOTE:

They call it coaching, but it's teaching. You do not just tell them- you show them the reasons.

-Vince Lombardi



Dakota Coach Spring 2016



CONGRATULATIONS

NDHSCA-NHSACA Coach of the Year Finalists

<u>Sport</u>	<u>Coach or Athletic Director</u>	<u>School</u>
Athletic Director	Jim Haussler	Bismarck Public Schools
Basketball – Boys'	Steve Miller	Bismarck High School
Basketball – Girls'	Mike Forsberg	Fargo Oak Grove High School
Cross Country – Boys'	Darrell Anderson	Bismarck High School
Cross Country – Girls'	Sean Allan	Grand Forks Central High School
Football	Rod Oksendahl	Fargo Shanley High School
Golf	Perry Platz	Kindred High School
Soccer	Michael Breker	Fargo Shanley High School
Softball	Patrick Johnson	West Fargo High School
Special Sports	Kent Van Ells	Dickinson High School
Swimming & Diving	Jake Solper	Minot High School
Tennis	Scott McPherson	Bismarck Legacy High School
Track & Field – Boys'	Bob Zimney	Grand Forks Red River High School
Track & Field – Girls'	Mike Kuhn	Mandan High School
Volleyball	Tim Wallstrum	Kenmare High School
Wrestling	Derrick Dixon	Turtle Mountain Community High School
Assistant COTY – Boys'	Rod Hardie	Fargo North High School
Assistant COTY – Girls'	Tim Delmore	Grand Forks Red River High School

These finalists will be honored at the NHSACA National Coach of the Year Banquet on Wednesday, June 29 at the Galt House in Louisville, Kentucky.

They are among the eight finalists for the National Coach of the Year.

The winner will be named that evening.

NDHSCA Vice President Candidates

Nick Walker, Bismarck Century Girls' Track and Field Coach, has informed the North Dakota High School Coaches Association Executive Board of a career change. Coach Walker has accepted a coaching position at Dickinson State University. We would like to wish Nick the best of luck. We are sure he will be successful at the University just as he was at the high school level.

The NDHSCA Executive Board has made the following nominations for Vice President. The candidates are **Tracey Heisler**, currently the Head Girls' Track and Field Coach at Grand Forks Red River High School and **Sara Hegerle**, currently the Head Volleyball Coach at Jamestown High School.

Tracey Heisler



Tracey is a graduate of Lisbon, ND High School. She received her undergraduate degree from Mayville State University and her graduate degree from the University of St. Thomas. Coach Heisler is a 16 year coaching veteran. In those 16 years, she has been the

State Track and Field Coach of the Year twice. She is currently on the State Track and Field Advisory Board and the National Track and Field Advisory Board.

Coach Heisler has also coached basketball. Tracey and her husband Rob have three children: Nathan, Alex, and Emmy

Sara Hegerle



Sara is a graduate of Moorhead High School in Moorhead, MN. She received her undergraduate degree from the University of Jamestown. Coach Hegerle is a 25 year coaching veteran. The last five years as the head coach of

Jamestown High School Volleyball team. She has been named the West Region Coach of the Year three times.

Coach Hegerle also coached Track and Field in Minnesota for two years. Sara and her husband Jon have three children: Josie, Grace, and Edie.

The balloting will be conducted at the Annual Coaches Convention held this summer at the Fargo Baymont Inn and Suites, July 26 through July 29.





NDHSCA Coaches Convention Planned



The NDHSCA Coaches Convention will be held July 26-29, 2016 at the Baymont Inn & Suites in Fargo, ND. A Room block has been reserved and will be held until July 15th with the North Dakota State rate applying. NDHSCA is making every attempt to prepare coaches for the 2016 NDHSCA Coaches Convention and the prepared curriculum for the Convention. Attendants are reminded of the special room rates at the Baymont Inn & Suites and the July 15th deadline for having the room block held for coaches. Make reservations early!

Here are some key points in preparation and registration for the Convention.

1. The "Permit Preparation Seminar" course work will be offered on Tuesday, July 26th. Only the NFHS Concussion Management Course will ***not*** be offered during the Seminar. Each registrant will need to pay an **additional \$45.00 book fee and First Aid, CPR & AED Certification Card in advance with registration. If a person only needs to update their First Aid, CPR & AED Certification it will be \$10.00.**
2. There will be four seminar tracks offered on Tuesday, "Permit Preparation Seminar", "Coaching & Conflicts", "Special Topics", and "Speed, Strength, & Nutrition". Registrants for these seminars and the convention can earn two NDSU graduate credits in the four days.
3. **All registration will be done on-line!** If people have a problem with the registration process, they are urged to contact their school's information technician or computer instructor.
4. **All Athletic Directors are reminded** to have newly hired coaches prepared for Coaches Education Permit Requirements; those requirements can be satisfied by registration for the Seminar and the convention.

Register Early!

In addition to the required Coaches Education Preparation Seminar, three concurrent tracks will be offered on that date for coaches who have already completed the requirements for Coaches Education Permit. There will be some dynamic sessions. Please register early.

The NDHSCA Executive Board has decided to not have the golf scramble this year. Instead they will work to have a reduced rate for golfers to enjoy some convention golfing. The golf sessions will be held at Oxbow due to the construction at Rose Creek. Please keep your eyes peeled to the website, www.ndhsca.com, for more information.

This year we will open our Wednesday Sessions with an FCA Breakfast for all registrants. We are hoping to have a motivational speaker at this breakfast. The **FCA Breakfast Session begins at 7:00 am.** To determine numbers for the breakfast, registrants need to declare their attendance intent before **Tuesday, 5:00 pm.** Admittance will require Convention name tag and a FCA Breakfast ticket that must be picked up at the registration desk. Watch for more information regarding the FCA Activity on the NDHSCA Website. It is emphasized that FCA Breakfast is a full breakfast (not continental) menu.

Dakota Coach Spring 2016

After the seminar day (Tuesday), the Sport Specific Clinics will begin with sessions for basketball, football, track & field and volleyball. The other sport specific offerings will include cross-country, golf, baseball, softball, swimming & diving, tennis, and wrestling.

Another very popular activity over the past years is the Taco Bar with the “wall-horse” Races that are sponsored by Universal Athletics. Universal Athletics also sponsors these races and the Taco Bar in other states, but the North Dakota “connection” seems to attract special Universal Athletics personnel, including the Universal Athletics’ President. The Universal Athletics Social will be held on Wednesday (July 27th) evening at the Fargo Baymont Inn & Suites. **Admission requires a registration name tag.**

NDHSCA will return to the traditional format for the convention with the NDHSCA Annual Meeting on Thursday morning. There will be five presentation sessions each day on Wednesday, Thursday and Friday. One session in each sport will be reserved in order to review the developments and planning from each Advisory Committee.

Specific speakers in each sport will be finalized in most sports soon. Note the list for each sport on the website where you will find great local college and university speakers; however a great roster of high school coaches from North Dakota is also scheduled.

Our present list includes:

Basketball: Dave Richman, NDSU; Jayden Olson, NDSU; Eric Henderson, NDSU; Matt Murken, MSU; Rick Newman, University of Mary; Jill Devries, Valley City State University; and High School Basketball Coaches from North Dakota

Cross-Country: Marv Roeske, Concordia; Lisa Herman, Fargo Davies; Ryan Milner, MSUM; Laura Tweeten, Washburn; Brian Anderson, New Town; Andrew Carlson, NDSU; Scott Reichenberger, Bismarck HS; Dennis Newell, University of Mary

Football: Paul Rudolf, UND; Shawn Kostich, UND; Eric Schmidt, UND; Chris Kleiman, NDSU; Jamar Cain, NDSU; Conor Riley, NDSU; Kyle Bakken, Concordia College; Aaron Willits, Concordia College; Brian Misto, Concordia College; and High School Football Coaches from North Dakota

Golf: John Dahl, Oxbow; Matt Cook, Rose Creek; Kris Kroetsch, Fargo CC; Ryan Nielson, Hillsboro; and Perry Piatz, Kindred

Track & Field: Stevie Keller, NDSU; Don Larson, NDSU; Daniel Gorris, NDSU; Justin St. Clair, NDSU; Nick Walker, Bismarck Century; Tim Tandeski, Red River; John Tuchscherer, Dickinson; Tim Jacobson, Bismarck Century; Jeremy Schroeder, University of Mary; Rory Biel, Fargo Davies; Steve Mueller, Rugby; Dennis Newell, University of Mary; and Tim Delmore, Red River

Volleyball: Cathy Noth, Madison; Jon Hegerle, Jamestown University; Adam Longmore, VCSU; Other University and High School Coaches

Wrestling: Roger Kish, NDSU; Mandy Anthony, Track Wrestling; Luke Mellmer, Mandan; Mark Lardy, Bismarck High; Kris Nelson, MSUM; Josh Kerbaugh, Carrington

Swimming & Diving: Todd Peters, MSUM; Jeff Hegle, St. Cloud; Brent Newman, Grand Forks

Be sure to check the “ever-changing” Schedule on the NDHSCA Website (www.ndhsca.com). Additions and changes will be made as they develop. NDHSCA has contacted several highly-successful speakers in other sports who have not confirmed acceptance as of this writing (April 15). Only top high school and college coaches have been invited to complete the sessions for each sport. Confirmed speakers will be injected into the schedule, as they occur.

Dakota Coach Spring 2016

NDHSCA encourages every coach to go to the North Dakota High School Coaches Association website, www.ndhsca.com, for further information, registration forms, hotel information, and other pertinent information related to the NDHSCA Coaches Convention. All coaches are also encouraged to share this information with all fellow coaches, grades 7-12, in their school system. The opportunities for professional development, graduate credit, and networking with outstanding coaches nationwide will be phenomenal.

The NDHSCA Convention Registration form will be found on the NDHSCA Website around May 10. Please feel free to direct fellow coaches to the online site. All head coaches should feel an obligation to include their entire staff to attend the convention for professional development and to complete Coaches Education Requirement.

All registrants are reminded that the NDHSCA Registration Fee ***includes*** a ticket to the July 28th NDHSCA Hall of Fame/Coach of the Year Banquet. Sleeping rooms have been blocked for NDHSCA at the Fargo Baymont Inn & Suites (state rates apply with one rate regardless of number in the room). Hotel accommodations can be made by calling the Fargo Baymont Inn & Suites at either 1-701-235-3333 or 1-800-433-3235. Should you have additional questions, please feel free to contact Randy Johnson, NDHSCA Executive Director at: 1-701-870-1064 or Email at duck@westriv.com.

Award of Merit Recipients Announced

The North Dakota High School Coaches Association Executive Committee voted to present the following individuals with an Award of Merit plaque at this summer's State Convention.

Dom Izzo – WDAY

Chris Aahrus – Jamestown Sun

Tom Mix – Forum Sports and now NDHSAA

Don Larson – NDSU Track and Field Head Men's Coach

Special Recognition Recipients Announced

The North Dakota High School Coaches Association Executive Committee voted to present the following individuals with a Special Recognition plaque at this summer's State Convention.

Dan Reinboldt – Track and Field Official from Bismarck

Bruce Evenson – Track and Field Official from Bismarck

Terry Zander – Track and Field Official from Bismarck

Phil Kambeitz – State Wrestling Head Table Worker from Bismarck

More information on these outstanding recipients will be written in the Summer Dakota Coach. Please check the NDHSCA website for the Summer Dakota Coach issue containing the full story.

2015-16 Winter Season Junior High Coach of the Year Award



The 2015-2016 Winter Season recipient of the North Dakota High School Coaches Association Junior High Coach of the Year Award is **Jared Scheeler**, Dickinson Trinity Junior High Boys' Basketball Coach. **Jared** was nominated by Gregg Grinsteinner, Dickinson Trinity Head Boys' Basketball Coach.

Jared has been coaching for three years. He is responsible for all aspects of the game. This includes transportation to away contests as well as developing practice plans to improve performance. **Coach Scheeler** teaches the fundamentals while reinforcing the importance of the team game. His main focus is to develop players so they are able to contribute at the next level.

Gregg Grinsteinner, Dickinson Trinity's Head Boys' Basketball Coach, has this to say about **Coach Scheeler**. "Every player **Jared** coaches knows they are important to him. He teaches them the fundamentals and most importantly demands respect and discipline of everyone."

Jared and wife DeAnn have three children: Abigail, Annabel, and Jack.

2015-16 Winter Season Assistant Coach of the Year Award

The 2015-2016 Winter Season recipient of the Assistant Coach of the Year Award is **Brian Hornecker**, Minot High Boys' Basketball Coach. **Brian** was nominated by Dean Winczewski, Minot High's Head Boys' Basketball Coach.

Brian has been coaching for 30 years with 28 of them as an assistant boys' basketball coach. **Coach Hornecker** has also coached baseball, girls' basketball, and track & field. He is responsible for working with the post players during practice, preparing the junior varsity for practice situations against the varsity, and prepares players for the next level. **Brian** schedules eating establishments, hotels, and assists in fundraising efforts. His Junior Varsity teams have won 36 games the last two seasons with only five losses. **Coach Hornecker's** highlights from this past season include West Region Champions and the North Dakota Class A State Champions in basketball.



Dean Winczewski, Minot High's Head Boys' Basketball Coach, has this to say about **Coach Hornecker**. "**Brian** is a tireless worker. He is driven to succeed however will not sacrifice what he believes nor will he place a job in front of his family."

Brian and his wife Janet have two children: Ryne and Alexa.

2016 Gelaine Orvik Scholarship Winners



Adrian Sevigny

The recipients of the annual **NDHSCA-Gelaine Orvik \$1,000 Scholarship** have been announced. After evaluation and assessment, the selection committee identified **Aaron Sandy from Minot Bishop Ryan High School and Adrian Sevigny from Grand Forks Red River High School** as beneficiaries. The Scholarships will be presented to the two young men at the NDHSCA Annual Awards Banquet, which will be held at the Fargo Baymont Convention Center on Thursday, July 28th.



Aaron Sandy

The Scholarship was established in 2008 when Joe Howell, Lisbon High School Track & Field Coach made a motion to establish the scholarship to honor Gelaine Orvik. Coach Orvik is a 35-year veteran coach who has also served the North Dakota High School Coaches Association since 1974. The requirements for the Scholarship Recipient are that he or she will be a student-athlete graduate from a North Dakota High School and will attend a North Dakota College or University. The final requisite is that the student/athlete intends to pursue the profession of interscholastic coaching.

The nomination form identifies the criteria used for consideration for selection: GPA, class rank percentile, athletic awards, activity awards, ACT test scores, Sat test scores, captain's and leadership roles, the application letter from the applicant, and the recommendation letters from faculty, coach and administration. Both recipients intend to coach and have enrolled at North Dakota State University.

Scholarship recipients are those who best exemplify the values and ideals modeled by Coach Orvik, as teacher and coach; those values and ideals he expected from his athletes and students; and those values, ideals and principles he urges all coaches to portray.

The NDHSCA-Gelaine Orvik \$1,000 Scholarship Fund has been developed by other donations from coaches, coaches' friends and sportswear companies. Extraordinary donations are made annually by coaches as they register for the Annual NDHSCA Convention and/or for Annual NDHSCA Membership. Universal Athletics has made a concerted effort to readily donate at the Annual Taco Social at the NDHSCA Convention. Some coaches have made the Scholarship Fund a recipient as a memorial for friends and relatives. SUBWAY will also make an annual \$1,000 donation for a second NDHSCA-Gelaine Orvik Scholarship.

This first selection of the NDHSCA-Gelaine Orvik Scholarship has been a learning progress for all, but a labor of love and excitement. The nomination form identified the criteria that would be used in the selection by the NDHSCA Scholarship Evaluation Committee as listed above. Other criteria for the evaluation included the necessity for the recipient to attend a North Dakota college or university and to have intention to become a high school coach.

Burger King Scholarship Winners

The NDHSCA Executive Committee selected the recipients for the NDHSCA Scholarships at its recent meeting. **Haley Hill, Mott-Regent HS**; who plans to attend Bismarck State College; **Kauri Hochhalter, Carrington HS**; who plans to attend the University of North Dakota; **Caleb Weisgarber, Washburn HS**; who plans to attend the University of Mary; and **David Youngs, Fargo South HS**; who plans to attend Concordia College will each receive a \$500.00 scholarship from NDHSCA and Burger King of North Dakota.

The scholarships will be presented to each student/athlete at the Annual NDHSCA Hall of Fame and COTY Banquet at the Fargo Baymont Inn & Suites Convention Center on Thursday, July 28th. The four student-athletes collectively earned 37 athletic letters, 33 activity letters, and ACT scores averaged 26.25. Two of the recipients had a class rank in the top 7% of their respective schools.

Haley Hill will graduate from Mott-



Regent High School with a 3.98 Grade Point Average (GPA). She scored 26 on her ACT test. Haley earned 7 athletic letters in the sports of basketball (3), volleyball (2) and track & field (2). She was a member of Future Business Leaders of America, Student Council, Choir, Robotics, and Science Olympiad.

Haley has been commended by teachers as being truthful, responsible, and highly determined. Hill is the local Future Business Leaders of America President and was the North Dakota Region III Vice President in 2014-2015. **Haley** is the daughter of Adam and Lori Hill.

Kauri Hochhalter will graduate from



Carrington HS with a 3.94 Grade Point Average (GPA) and ranks sixth in his class of 43. Her Act score was a 26. Kauri has earned 10 athletic letters in the sports of track & field (4), basketball (3), and volleyball (3). She is a member of Student Council, Sources of Strength, and National Honor Society.

Hochhalter was a class officer for student council, basketball and volleyball captain, as well as the National Honor Society Secretary. She was a leader at Carrington High School.

Kauri is commended for her ambition and volunteering in the community. She is noted for hard work, talent, and intelligence. Kauri goes above and beyond to be the best. **Kauri Hochhalter** is the daughter of Marty and Jan Hochhalter.

Caleb Weisgarber will graduate from



Washburn High School with a 4.0 Grade Point Average (GPA). His ACT score of 29 is very impressive. He has earned 16 athletic letters in the sports of basketball (4), football (4), baseball (4), and track & field (4). He was team captain in basketball, football, and track & field.

Caleb was also active in Band, Coal Country Leadership Academy, Drama, Dollars for Scholars, and Student Council. He has been a leader at Washburn High School.

Caleb Weisgarber is praised for his work ethic and independent thinking skills. He excels both in athletics and academics. His basketball coach praises him for his ability to balance athletics and academics. He is noted for being a polite individual.

Caleb is the son of Lee and Annette Weisgarber.

David Youngs will graduate from



Fargo South High School with a 3.94 Grade Point Average (GPA). His ACT score is a 24. He has earned four athletic letters in the sport of Tennis. David was named the North Dakota High School Coaches Association POWERade Senior Athlete of the Year this past fall in tennis. He has

been a captain of the tennis team the last two seasons.

David Youngs was involved in Band, Jazz Band, Student Council, Fellowship of Christian Athletes, Bruin Ambassadors, Academic Knowledge Bowl, and National Honor Society. He has been a leader in the National Honor Society and the Bruin Ambassadors.

Youngs is noted for being a fantastic independent learner. Other students enjoy working with him because of his positive attitude. He is an exceptional member of the Bruin Community with his spirit, thoughtfulness, and generous well-being.

David is the son of Victor and Melissa Youngs.

Each of the recipients will receive a \$500.00 scholarship from John Walsh and Burger King of North Dakota at the July 28th NDHSCA Coach of the Year and Hall of Fame Banquet in Fargo at the Baymont Inn & Suites Convention Center.



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



*"One important key to success
is self-confidence.*

*An important key to
self-confidence is preparation."*

-Arthur Ashe

Longevity Information For 2016 Recognition

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 complete 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 let them know if you have any questions.

The 2016 Coaching Longevity list is printed on page 19 of this issue.

Please check the list for accuracy!



Proud sponsor of NDHSCA COTY Awards



Lifetime Membership

To purchase a Lifetime Membership the prospective coach must have been:

- A North Dakota High School Coaches Association Member for 20 years
- An active high school coach for at least 25 years either in North Dakota or another state

Notes on Lifetime Membership

- Lifetime Membership may be purchased for a one-time fee of \$300. In order to become a Lifetime Member the person must be a member which is \$60. The lifetime Membership fee would be \$360 total.
- Lifetime Membership will carry all Active Membership benefits including \$1,000,000 Liability Insurance coverage
- A Lifetime Member relinquishes voting and office holding privileges if a member is no longer an active coach. If they are active in coaching, voting and office holding privileges continue.



2015-2016 NDHSCA-SUBWAY Coaches of the Year



<u>SPORT</u>	<u>F.NAME</u>	<u>L.NAME</u>	<u>SCHOOL</u>
Boys' Class A Tennis	Victor	Youngs	Fargo South HS
Girls' Class A Golf	Eric	Sanders	Grand Forks Red River HS
Boys' Class A Soccer	Creighton	Bachmeier	Minot HS
Boys' Class A Cross Country	Richard	Dafoe	Grand Forks Red River HS
Girls' Class A Cross Country	Sean	Allan	Grand Forks Central HS
Boys' Class B Cross Country	Brian	Anderson	New Town HS
Girls' Class B Cross Country	Kirk	Zink	Hillsboro/Central Valley HS
Girls' Class A Swim & Dive	Celestine	Richardson	West Fargo HS
Nine Man Football	John	Freeman	Richland HS
Class A Football	Robert	Goll	Park River HS
Class AA Football	Jim	Dooley	Beulah HS
Class AAA Football	Jeremy	Newton	West Fargo Sheyenne HS
Girls' Class B Volleyball	Tera	Paulson	Hankinson HS
Girls' Class A Volleyball	Melissa	Wilson	Fargo Davies HS
Boys' Class B Wrestling	Joshua	Kerbaugh	Carrington HS
Boys' Class A Wrestling	Luke	Mellmer	Mandan HS
Girls' Class A Gymnastics	Kent	Van Ells	Dickinson HS
Boys' Class A Hockey	Tim	Capouch	West Fargo HS
Boys' Class A Hockey	Troy	Miller	West Fargo HS
Girls' Class A Hockey	DeWitt	Mack	Mandan HS
Boys' Class A Swim & Dive	Dick	Fisher	Fargo North HS
Girls' Class B Basketball	John	Zenz	Watford City HS
Girls' Class A Basketball	Tim	Jacobson	Fargo Shanley HS
Boys' Class A Basketball	Darin	Mattern	Bismarck Century HS
Boys' Class B Basketball	Rick	Smith	Four Winds HS

Thank you to Subway for sponsorship of the Coach of the Year Awards!



**Sponsor of the
Outstanding
Senior Athlete
Awards**

**Winter 2015-16 NDHSCA-POWERADE Outstanding
Senior Athlete Award Winners**

<u>SPORT</u>	<u>ATHLETE</u>	<u>SCHOOL</u>	<u>HEAD COACH</u>
A Boys' Tennis	David Youngs	Fargo South HS	Victor Youngs
A Girls' Golf	Jennifer Marsh	Fargo Davies HS	Eric Sanders
A Boys' Soccer	Thomas Pflipsen	Fargo South HS	Amer Vatres
A Boys' Cross Country	Sam Clausnitzer	Bismarck HS	Darrell Anderson
A Girls' Cross Country	Grace Roehl	Grand Forks Central HS	Sean Allan
B Boys' Cross Country	Joe Chase	New Town HS	Brian Anderson
B Girls' Cross Country	Kate Fox	Southern McLean HS	Laura Tweeten
A Girls' Swim & Dive	Breah Anderson	Fargo North HS	Talia Butrey
9 Man Football	Jalen Pfeifer	North Prairie HS	Terry Motl
A Football	Levi Cudmore	Park River/Fordville/Lankin HS	Robert Goll
AA Football	Carson Zarak	Wahpeton HS	Brian Dokken
AAA Football	Ben Bolinske	Minot HS	Barry Holmen
B Girls' Volleyball	Betsy Asp	Hankinson HS	Tera Paulson
A Girls' Volleyball	Katie Scherr	Bismarck Century HS	Jamie Zastoupil/Sara Bohrer
B Wrestling	Michael Kelly	Oakes HS	Cory Schall
A Wrestling	Taylor Nein	Bismarck HS	Mark Lardy/Jeff Schumacher
A Gymnastics	Acacia Fossum	Dickinson HS	Kent Van Ells
A Boys' Hockey	Brock Montgomery	Grand Forks Red River HS	Bill Chase
A Girls' Hockey	Mariah Marsh	Mandan HS	DeWitt Mack
A Boys' Swim & Dive	Kyler Alme	Bismarck Century HS	Dennis Kemmesat
B Girls' Basketball	Rylee Nudell	Maple Valley HS	Jeff Miller
A Girls' Basketball	Sarah Jacobson	Fargo Shanley HS	Tim Jacobson
A Boys' Basketball	Dalton Feeney	Bismarck Century HS	Darin Mattern
B Boys' Basketball	Brody Nieuwsma	Strasburg HS	Brent Kleinsasser



**Congratulations
to the POWERADE
Outstanding Senior
Athletes**



NDHSCA 2016 Longevity Awards

The 2016 list for Coaching Longevity is printed below. Individuals wishing to receive plaques will be announced at the 2016 North Dakota High School Coaches Association Summer Convention to be held at the Fargo Baymont Inn & Suites Business Center. The banquet will be on Thursday, July 28. Please e-mail Bill Jansen william.jansen@k12.nd.us or Scott Grochow scott.grochow@k12.nd.us if there is a mistake on this list. Thank you.

20 years

Kyle Card, Oak Grove
Steve Chuppe, Bismarck Century
Chris Clements, Bismarck Legacy
Steve Cottingham, Underwood
Jan Hochhalter, Carrington
Wilford Counts, Dunseith
Larry Derr, Glenburn
Chris Eckart, Hillsboro
Heidi Eckart, Hillsboro
Mary Fike, Fessenden-Bowdon
Brian Filibeck, Beulah
Jason Fritz, Bismarck Wachter
Mike Gaukler, Hankinson

Chris Gleason, Milnor
Thomas Gray, Dickinson
Jason Gregory, Grand Forks
Dean Johs, Mandan
Dennis Kemmesat, Bismarck Century
Bart Manson, Fargo Davies
Darin McKinnon, West Fargo
Vyrn Muir, Grand Forks Red River
Brent Nelson, Minot
Kent Nepl, Benson County
Brent Newman, GF Central and Red River
Scott Nustad, Bismarck
Scott Peterson, Our Redeemer's

David Silbernagel, Kidder County
Chad Slyter, Shanley
Keenan Spiess, Fargo Davies
Jeff Stewart, Rugby
Brad Strand, Fargo
Scott Strenge, Wyndmere
Barbara Sweet, Lisbon
Randy Votava, Grand Forks South
Nathan Walsh, Central Valley
Missy Wilson, Fargo Davies
Dan Wolf, West Fargo
Andre Zimiga, Fargo Davies

25 Years

Michael Babinski, Warwick
Bruce Bender, New England
Jay DeCann, West Fargo
Mary Jo Grover, Griggs County Central
Marty Hochhalter, Carrington

Scott Milbrandt, Kindred
Kerry Oberlander, Bismarck Simle
Todd Olson, Fargo
Dave Schill, Hillsboro
Jason Schwartz, Minot

Mark Slotsve, Williston
Wade Storey, Fargo South
Sherri Surerus, Lisbon
Brad Townsend, Bismarck Century
Laura Tweeten, Washburn

30 Years

Kathy Berglund, Hazen
Andy Braaten, Carrington
Marsha Dahl, West Fargo
Dave Handt, Litchville-MM

Kevin Hoherz, Beulah
Jim Jonas, West Fargo
Lyll Krueger, Surrey
Perry Piatz, Kindred

Jeffrey Schumacher, Bismarck
David Sluke, Grafton
Peter Stenberg, Minot
John Zenz, Watford City

35 Years

Brian Anderson, New Town
Janet Erhardt, Center-Stanton
Jeff Fiechtner, Fargo North
Mark Frost, Hope-Page
Vicki Fruetel, Manvel

Jay Gibson, West Fargo
Gerald Holinka, Dickinson Hagen
Tim Jacobson, Fargo Shanley
Harvey Kruckenberg, Fargo South
John Marsh, Concordia College

Larry Omdahl, Park River-Fordville-Lankin
Wayne Stegman, Drayton
Doug Wagner, Des Lacs-Burlington
David Wisthoff, Glenburn

40 Years

Dennis Hammer, Edinburg
Richard Henderson, Fargo South
Dan Imdieke, Linton

Peter Moe, Washburn
Gary Schauer, South Border
Len Stanley, Mandan





North Dakota High School Coaches Association

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

Sponsor Membership

Sports Advisory Committee Membership



NDHSCA Paid Lifetime Memberships

Aardahl, Vern; Milnor HS
Amundson, Greg; Mandan HS
Anderson, Brian; Watford City HS
Anderson, Darrell; Bismarck HS
Anderson, Darryl; Mandan HS
Askvig, Curtis; Surrey HS
Benson, Ron; Mott-Regent HS
Berg, Mike; Grand Forks Central HS
Berglund, Darrell; Hazen HS
Berglund, Kathy; Hazen HS
Bettenhausen, LeRoy; Watford City HS
Brackenbury, Wayne; Mohall-L-Sherwood HS
Brenner, Henry; ND School for the Deaf
Buen, Gene; Velva HS
Burckhard, Richard; Parshall HS
Butterfield, John; Hettinger HS
Callahan, Mike; Minnewaukan HS
Carlson, Ron; Minnewaukan HS
Carlsrud, Dave; NDHSAA
Conlon, Frank; Jamestown HS
Cornell, Rick; Grand Forks Schroeder JHS
DeCoteau, Jerome; Turtle Mountain Community HS
Deutsch, Nancy; Watford City HS
Dew, Jim; Valley City State College
Deyle, Alvina; Fargo South HS
Disher, Ken; Minot HS
Dixon, Derrick; Turtle Mountain Community HS
Dockett, Dwight; Hope-Page HS
Dolan, Michelle; Ray HS
Dwyer, Michael; 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
Kosel, Todd; Edgeley HS
Krosbakken, Jerry; Fargo North HS
Larson, Nancy; DesLacs-Burlington HS
Lehman, Cory; Fargo South HS
Leier, Dwight; Maddock HS
Limke, Greg; West Fargo 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; Discovery MS
Strand, Fred P; Hatton-Northwood HS
Suelzle, Tom; Watford City HS
Thompson, Jeryl; Drayton 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





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

Looking for photos for future issues!

Please send any past or present photos with relevant information to

Lisa.Strand@tps-k12.org

Please be sure to include names of those pictured (individuals and teams). No professional photos will be used without permission. There are no guarantees that your photo(s) will be used. Placement in the Dakota Coach will be determined by space available and editor's discretion!

Thank you!



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



**Sponsor of the
Outstanding
Senior Athlete
Awards**





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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Coach of the Year Awards

Dakota Coach Spring 2016

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.



Sponsor NDHSCA Coach of the Year Awards

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

Camp Insurance For Members

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

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

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

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

Certificates of Insurance

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

Enrollment Procedures & Questions

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

Kevin Joyce kjoyce@loomislapann.com

Karen Boller kboller@loomislapann.com

Greg Joly gjoly@loomislapann.com



**SPONSOR OF THE
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SENIOR ATHLETE
AWARDS**

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 was the 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.**

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
 Randy Johnson, Executive Secretary
 701 Highway Drive Apt 9B
 Hazen, ND 58545

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 Randy Johnson or to any of the members of the Executive Board. See page 2 for e-mail and mailing addresses or phone numbers.



SUBWAY™

Sponsor of NDHSCA

Coach of the Year Awards and NDHSCA Gelaine Orvik Scholarship



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