



Summer 2016

# Dakota Coach

## 2016 Award of Merit Recipients Announced

These individuals will receive their awards at the NDHSAA Coaches Convention Banquet in July in Fargo.



**Dom Izzo**  
WDAY



**Don Larson**  
NDSU Head Mens'  
Track and Field Coach



**Chris Aahrus**  
Jamestown Sun



**Tom Mix**  
Forum Sports  
& Now NDHSAA

**Check out the Convention Schedule & all the Great Speakers on page 14!**



**NHSACA**  
@nhsaca

**NDHSCA**  
@ndhsca1

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# 2015-2016 NDHSCA Executive Committee

	<p><b>President Andy Braaten</b></p> <p>47 – 6<sup>th</sup> Street SE Carrington, ND 58421</p>		<p><b>President Elect Paul Lean</b></p> <p>130 Eagle Street N Fargo, ND 58102</p>		<p><b>Executive Secretary Randy Johnson</b></p> <p>701 Hwy Drive #9 B Hazen, ND 58545</p>
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	<p><b>Vice President Eric Olson</b></p> <p>121 Maplewood Drive Gwinner, ND 58040</p>		<p><b>Immediate Past President Mike Kuhn</b></p> <p>211 – 5<sup>th</sup> Avenue SW Mandan, ND 58554</p>		<p><b>Assistant Executive Secretary Scott Grochow</b></p> <p>409 7<sup>th</sup> Avenue SE Rugby, ND 58368</p>
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## Lions' Basketball Co-Chairs

**Michael Sorlie** (h) 701-678-3823  
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Gwinner, ND 58040 (f) 701-678-2311  
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## 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  
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## Shrine Football

**Bill Lorenz** (h) 701-795-7818  
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Grand Forks, NE 58201 (f) 701-746-2387  
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## President's Message Summer 2016

Congratulations to all spring sports teams and special congratulations to the State Champions, Senior Athletes of the Year and Coach of the Year winners. Thank you to Powerade and Subway for their continued support of the SATY and COTY awards. All of the efforts and successes of our athletes and coaches are appreciated by our communities throughout the state.

Gelaine and Hutch decided to retire from the NDHSCA board last summer. The strong NDHSCA foundation built by these two gentlemen along with their great teaching surely helped the transition. Having Gelaine and John there as a support, as questions arose throughout the year, was a definite comfort to all of us. So thanks again, Gelaine and Hutch.

Convention is soon approaching, so I encourage all coaches in the state to attend. Randy was worked tirelessly on putting together a superb list of speakers to make it a great week. Thanks to Randy and all the "behind the scenes" workers for their efforts. Go to NDHSCA.com to register and to find updated information.

As coaches we all have our stories as we work with athletes and teams. In the media we hear of the upsetting issues between parents, players and coaches. Here's a **positive** one for you. This past winter as our team was struggling, I decided to shake up the lineup. It was toughest on a senior captain as she was shaken the most, but she continued to work hard at practice and adjusted to her new role during games. After a couple games, her parent, came up to me and said "**Coach, we support your decision**", and she talked about how the change strengthened her relationship with her daughter. Well to make a long story short, after some illness and injury the senior was back in the lineup, she played well in districts and regions and found herself in the lineup at the state tourney. After the season, I asked her if I could tell her story because it reminded me about the Jimmy V "never give up" attitude needed in sports and life. With her quiet smile she said, "Sure".

As my term as NDHSCA President comes to a close after convention, I would like to thank Randy, Scott and Bill and the others on the Executive Committee as they lead our organization. It was been a challenging year as we knew it would be with Gelaine and John leaving, however we are continuing to serve the coaches of North Dakota.

Well, with that, it will be soon time to hand the gavel to Mr. Paul Lean as your next NDHSCA president. Please support Paul as he leads the Executive Committee through the next year. I am confident Paul will do a super job. Have a great summer everyone and see you in Fargo.



*NDHSCA President,*

*Andy Braaten*

### COACH QUOTE:

Coaching is all about having someone believe in you and encourage you, about getting valuable feedback, about seeing things from new perspectives and setting your sights on new horizons. – author unknown



## From the Executive Secretary's Desk – *Randy Johnson*

The 2016 North Dakota High School Coaches Association State Convention is less than a month away. It 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 is on-line only.** Be sure to visit our website, [www.ndhsca.com](http://www.ndhsca.com), to register. There is also a tentative schedule posted on our website. We will try to keep this updated as the time comes closer to the convention.

Congratulations to all the NDHSCA-Subway Coaches of the Year, the NDHSCA-POWERade Senior Athletes of the Year, and all State Champions! This has been an exceptional year. We look forward to making a number of special presentations at the NDHSCA Hall of Fame/Coach of the Year Banquet on July 28. Please plan to attend this rewarding event.

As stated in the Spring Dakota Coach, we will have almost all sessions at the hotel. This is to allow coaches to visit the vendors more often. **We need coaches in the vendor room.** Please take time out of your schedule to see them. They are vital to our success.

Volleyball coaches are reminded they will have 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 coaches please remember about your special invitation to the Minnesota State University – Moorhead pool on Thursday morning from 7:00 to 9:00. Coach Todd Peters will be covering some "Training Techniques for Swimmers." He will do a presentation on Wednesday afternoon at the hotel on designing an Aquatics Center and also discuss what he has planned on Thursday morning. This will be an exciting time for the swimming and diving coaches.

Once you have an opportunity to read this, the National High School Athletic Coaches Association will be having its National Convention in Louisville, Kentucky this summer. North Dakota is fortunate to have a number of coaches you are finalists for the National High School Athletic Coaches Association "National Coach of the Year." The coaches representing our state have put in countless hours teaching our youth. Please congratulate them when you have a chance. The list will occur later in the Dakota Coach. North Dakota hopes to come back with some **National Winners!**

The NDHSCA strongly supports multi-sport athletes. It is our job as coaches to promote all programs in our school. It is amazing how we can encourage high school athletes to compete in other sports other than the one we supervise. If you look at athletes from North Dakota who went on to be successful at the University level as well as the professional level, all of them competed in multiple sports during high school. We know the name Carson Wentz. What about others like Jim Kleinsasser, Darin Erstad, and Travis Hafner. Did you look at their high school careers? Every one of them were three or four sport athletes! I know there are a lot more names, however these are a few well-known names from the last fifteen years.

Finally, I would like to thank the Executive Board for all their work this past year. They have made this job rewarding and easier. I would also like to thank Gelaine Orvik and John Hutchison for their assistance in helping us through this changing time. Most of you have found out we are slowly making changes. We will continue to work for the coaches of North Dakota. Please feel free to contact any of us if you need assistance. We are here to serve and assist you. Enjoy your summer and we will see you in Fargo come July!



**Randy Johnson**  
**NDHSCA Executive Secretary**

**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 National Convention will be in session starting Saturday, June 25. It will run through Wednesday June 29 with the highlighted event being the National Coach of the Year Banquet. The site is Louisville, Kentucky at the Galt House. 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. Found 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](http://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.

Congratulations once again to Dan Imdieke and Bob Zimney with their induction 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 if North Dakota has any National Winners.

In closing, please enjoy your summer.



*Sincerely,*

*Randy Johnson  
NHSACA President*



# NHSACA NATIONAL HALL OF FAME



**Bob Zimney**

## INDUCTEES

**Dan Imdieke and  
Bob Zimney**

are the newest inductees to the  
National High School Athletic  
Coaches Hall of Fame!  
Congratulations Bob and Dan!



**Dan Imdieke**

The 2016 National High School Athletics Coaches Association inductees from North Dakota are 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.



# Special Recognition Recipients

**Awards to be presented at  
the NDHSCA Convention  
Banquet July 28<sup>th</sup> in Fargo.**



**Terry Zander**  
Track and Field  
Official from  
Bismarck



**Dan Reinboldt**  
Track and Field  
Official from  
Bismarck



**Phil Kambeitz**  
State Wrestling  
Head Table  
Worker from  
Bismarck



**Bruce Evanson**  
Track and Field  
Official from  
Bismarck



# CONGRATULATIONS



## NDHSCA-NHSASA Coach of the Year Finalists

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

**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.**

# 2015-16 Spring Season Junior High Coach of the Year Award

The 2016 Spring Season recipient of the North Dakota High School Coaches Association Junior High Coach of the Year Award is **Brenda Bernhardt**, Rugby Junior High Track and Field Coach. **Brenda** was nominated by Scott Grochow and Bill Jansen, Rugby's Head Track and Field Coaches.

**Brenda** has been coaching for fifteen years with ten of those years as Rugby's Junior High Track and Field Coach. She has also coached Volleyball and Girls Basketball. **Coach Bernhardt** is responsible for the Junior High Program in Rugby. She has had a record of 92 wins and 21 losses over the past fifteen years. **Brenda** plans practice and conducts specific skill training for athletes such as sprint drills, starts, and handoffs.

Scott Grochow and Bill Jansen, Rugby's Head Track and Field Coaches, have this to say about **Coach Bernhardt**. "**Brenda** is part of the Rugby Track and Field family. She takes care of all issues with the Junior High Athletes. **Coach Bernhardt** prepares our athletes for the high school level." Brenda and her husband, Tony, have one son, Tanner.



# 2015-16 Spring Season Assistant Coach of the Year Award



The 2016 Spring Season recipient of the Assistant Coach of the Year Award is **Marty Hochhalter**, Carrington's Assistant Track and Field Coach. **Marty** was nominated by Greg Hoeckle, Carrington's Head Track and Field Coach.

**Marty** has been coaching for twenty-five years with seventeen of them as an assistant track and field coach. **Coach Hochhalter** has also coached baseball, football, and Junior High Boys' Basketball. He is responsible for Shot Put and Discus throwers in Carrington. Twenty-one shot putters have placed at the State Meet with nine State Championships. **Coach Hochhalter** has also had twenty-one discus throwers place at the State Meet with six State Championships. He has been an NFL High School Football Coach of the Year Finalist, a Regional Football Coach of the Year in football six times. **Marty's** been coaching Track and Field seventeen years and has had the opportunity to be a part of nine State Class B Girls' State Championship Teams.

Greg Hoeckle, Carrington's Head Track and Field Coach, has this to say about **Coach Hochhalter**. "**Marty** is a technician. His throwers are well prepared and compete at a high level in the state. **Coach Hochhalter** is one of the reasons we have been able to win nine State Class B Girls' Track and Field Championships."

**Marty** and his wife Jan have four children: Kayla, Kauri, Marcus, and Payton



**Important NDHSCA Coaches Convention  
Information**

**Dates of 2016 NDHSCA State Convention**

June 26 through June 29  
Fargo Baymont Inn & Suites

**Registration Link**

<http://ndhsca.powermediallc.org/membership-application/>

Sign up before July 18 to prevent late fees being charged

**Tentative Convention Schedule Link**

<http://www.ndhsca.com/convention/16schedule.pdf>

Check often – It may change- A tentative schedule is also printed on page 14

**Final Registration – Packet Pick-up**

Tuesday, June 26 – 7:00 AM in the Courtyard of Fargo Baymont  
Wednesday, June 27 – 7:30 AM in the Courtyard of Fargo Baymont  
Thursday, June 28 – 7:30 AM in the Courtyard of Fargo Baymont  
Friday, June 29 – 7:30 AM in the Courtyard of Fargo Baymont

**College Credit Registration**

Tuesday, June 26 – 7:30 AM Woodland North (2 Credits)  
Wednesday, June 27 – 8:30 AM Woodland North (1 Credit)

**Tuesday, June 26**

Noon luncheon for Seminar Attendees only

**Wednesday, June 27**

FCA Full Breakfast – 7:00 (Room TBA)  
Convention Social Sponsored by Universal Athletics – 6:00 PM (Room TBA)

**Thursday, June 28**

Annual Business Meeting – 10:45 AM Woodland North  
Lunch provided for Annual Business Meeting Attendees only – Woodland North  
NDHSCA Hall of Fame/COTY Awards Banquet – Woodland Northeast 5:15 PM

**Friday, June 29**

FCA Coffee, Juice and Rolls – 7:00 AM Woodland South

### NDHSCA Convention Hotel Room Accommodations

Fargo Baymont Inn & Suites

State Rate

Phone: 701-235-3333

3333 13<sup>th</sup> Avenue South

Ask for NDHSCA Convention Rate



### NDHSCA Convention Hotel Rooms for Overflow

Fargo Expressway Suites

4303 17<sup>th</sup> Ave So, Fargo ND 58103

877-239-4303 701-239-4303

[www.expresswaysuitesfargo.com](http://www.expresswaysuitesfargo.com)



# NDHSCA Vice President Candidates

The NDHSCA Executive Board candidates for Vice President 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. The balloting will be conducted at the annual Coaches Convention in July at the Baymont Inn and Suites in Fargo.

## 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.

# 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
Girls' Class A Tennis	Chad	Anderson	West Fargo Sheyenne HS



# NDHSCA-SUBWAY Coaches of the Year

CONTINUED FROM PAGE 10

<u>SPORT</u>	<u>F.NAME</u>	<u>L.NAME</u>	<u>SCHOOL</u>
Boys' Class A Track & Field	Tim	Jacobsen	Bismarck Century HS
Girls' Class A Track & Field	Rory	Beil	Fargo Davies HS
Boys' Class B Track & Field	Wade	Wilson	Des Lacs-Burlington L&C HS
Girls' Class B Track & Field	Greg	Brown	Watford City HS
Girls' Class A Soccer	Nick	Christianson	Fargo Davies HS
Boys' Class B Golf	Cory	Davis	Northern Lights HS
Girls' Class B Golf	Jeremy	St. Aubin	South Border HS
Girls' Class B Golf	Jennifer	Romfo	Langdon HS
Boys' Class A Baseball	Mike	Gustavsson	Bismarck Century HS
Boys' Class A Baseball	Kent	Schweigert	Bismarck Century HS
Girls' Class A Softball	Amanda	Mickey	Dickinson HS
Boys' Class B Baseball	Brady	Schwab	Thompson HS
Boys' Class A Golf	Shane	Hannegrefs	Minot HS
FALL Assistant COTY	Nathan	Stamstad	Southern McLean HS
FALL Junior High COTY	Jennifer	Zacher	Bismarck Simle MS
WINTER Assistant COTY	Brian	Hornecker	Minot HS
WINTER Junior High COTY	Jared	Scheeler	Dickinson Trinity HS
SPRING Assistant COTY	Marty	Hochhalter	Carrington HS
SPRING Junior High COTY	Brenda	Bernhardt	Rugby HS



**Next time your team needs a quick meal,  
stop at the local Subway!**

**Subway is a partner with the NDHSCA and sponsors our  
Coach of the Year Awards! Please stop in and thank them  
at the very least!**

# 2016 NDHSCA-POWERade Outstanding Senior Athlete Awards

<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
A Girls' Tennis	Alyssa Wolf	Bismarck Century HS	Daniel Keith
A Boys' Track & Field	Sam Clausnitzer	Bismarck HS	Darrell Anderson
A Boys' Track & Field	Alex Talley	West Fargo HS	Darin McKinnon
A Girls' Track & Field	Kylie Alexander	Minot HS	Disa Salander
B Boys' Track & Field	Travor Flaa	Richland HS	Doug Margerum
B Girls' Track & Field	Jocelyn Dinius	Langdon HS	Jane Hart
A Girls' Soccer	Jennifer Marsh	Fargo Davies HS	Nick Christianson
B Girls' Golf	Krystal Ratzlaff	Langdon HS	Jennifer Romfo
B Boys' Golf	Jake Preston	Hillsboro-Central Valley HS	Ryan Nielson
A Boys' Baseball	Dalton Feeney	Bismarck Century HS	Gustavsson & Schweigert
A Girls' Softball	Madison Jahner	Dickinson HS	Amanda Mickey
B Boys' Baseball	Alec Battest	Beulah HS	Bob Koch
B Girls' Softball	Rebekah Taylor	Stanley HS	Donovan & Salgado
A Boys' Golf	Cody Reynolds	Minot HS	Shane Hannegreffs



# NDHSCA Coaches Convention



## Tentative Schedule



### TUESDAY, July 26th; Coaching Seminars:

7:00-11:30 AM Registration Desk Open Baymont Inn Courtyard

### **REGISTRATION for Tuesday's Seminars**

**MUST BE COMPLETE BEFORE 7:30 am**

**7:30 AM Woodland North College Registration, Dr. Brad Strand**

#### **8:00 Coaching Seminars**

Birch	Coaching & Conflict	"Contributing to Safer Sports"	Dr. Shannon David & Dr. Katie Lyman; NDSU
Elm	Permit Preparation	"Fundamentals of Coaching"	Pete Moe; Washburn HS
Chestnut	Special Topics	"Three Dimensional Coaching"	Ev Nelson, FCA
Walnut	Speed/Strength	"Proper Nutrition for Peak Performance"	Dr. Sherri Stastny, NDSU

#### **9:00 Coaching Seminars**

Birch	Coaching & Conflict	"Inappropriate Practices of Coaches"	Dr. Brad Strand; NDSU
Elm	Permit Preparation	"Fundamentals of Coaching"	Pete Moe; Washburn HS
Chestnut	Special Topics	"Three Dimensional Coaching"	Ev Nelson, FCA
Walnut	Speed/Strength	"Energy Drinks and Supplements"	Dr. Sherri Stastny, NDSU

#### **10:00 Coaching Seminars**

Birch	Coaching & Conflict	"Concussions in Sports"	Dr. Jay Albrecht/Dr. Dawn Hammerschmidt; MSUM
Elm	Permit Preparation	"Fundamentals of Coaching"	Pete Moe; Washburn HS
Chestnut	Special Topics	"Three Dimensional Coaching"	Ev Nelson, FCA
Walnut	Speed/Strength	"Speed Mechanics"	Ryan Napoli; NDSU

#### **11:00 Coaching Seminars**

Birch	Coaching & Conflict	"Coaching Boys Into Men"	Bill Lorenz; Grand Forks Central HS
Cedar	Permit Preparation	"CPR, AED & First Aid Certification"	Barb Moe; Washburn, ND
Chestnut	Special Topics	"Motivating People without Driving them Crazy"	Mike Tully; Total Game Plan
Walnut	Speed/Strength	"Agility Mechanics"	Ryan Napoli; NDSU

#### **NOON Woodland North Seminar Luncheon (provided by NDHSCA)**

**Luncheon Speaker "The Seven Magic Numbers of Leadership" Mike Tully; Total Game Plan**

#### **1:30 Coaching Seminars**

Room	Coaching & Conflict	"Professionalism & Role Modeling as Coaches"	Gregg Grinsteiner; Trinity HS
Room	Permit Preparation	"CPR, AED & First Aid Certification"	Barb Moe; Washburn, ND
Room	Special Topics	"Coaches Cooperation with the NDHSAA"	Matt Fetsch; NDHSAA
Room	Speed/Strength	"Small School, Big Development"	Jeremy St. Aubin, South Border HS

#### **2:30 Coaching Seminars**

Room	Coaching & Conflict	"Coaching Duties & Responsibilities to NDHSAA"	Matt Fetsch; NDHSAA
Room	Permit Preparation	"CPR, AED & First Aid Certification"	Barb Moe; Washburn, ND
Room	Special Topics	"Injury Prevention"	Al Kraft; Sanford Health
Room	Speed/Strength	"Program Development & Implementation"	Jeremy St. Aubin, South Border HS

# Dakota Coach Summer 2016

**Tuesday- continued...**

**3:30 Coaching Seminars**

Woodland North	<b>Coaching &amp; Conflict</b>	“Team Building with Ideas and Action”	Mike Tully; Total Game Plan
Woodland North	<b>Permit Preparation</b>	“Team Building with Ideas and Action”	Mike Tully; Total Game Plan
Woodland North	<b>Special Topics</b>	“Team Building with ideas and Action”	Mike Tully; Total Game Plan
Woodland North	<b>Speed/Strength</b>	“Team Building with Ideas and Action”	Mike Tully; Total Game Plan

**3:00 Vendor Set Up Woodland South**

**WEDNESDAY, July 27<sup>th</sup>**

**7:30-11:00 AM Registration Desk Open in BAYMONT INN Courtyard**

**7:00-8:15 am FCA Breakfast (complimentary);**

**Special Note: All Coaches are urged to attend sport specific “Advisory Review and Planning” Sessions!**

**Woodland North 8:30 College Registration, Dr. Brad Strand; NDSU**

**9:30-4:30 Convention Exhibit Hall Open, except, closed during NOON BREAK (Noon-1:30)**

9:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Executive II	Baseball	“TBA”	David Pearson; NDSU
Woodland North	Basketball	“Basketball Culture”	Dave Richman; NDSU
Walnut	Football	“Utilizing Offensive Formations”	Paul Rudolph; UND
Oxbow	Golf	“Trouble Shooting Golf Swings”	John Dahl; Oxbow
Executive III	Swim & Dive	“Stroke Drills”	Jeff Hegle; St. Cloud SU
Birch	Track & Field	“Early Season Preparation”	Stevie Keller; NDSU
Woodland East	Volleyball	“Setter-Middle Hitter Timing”	Cathy Noth; Collegiate Trainer
Chestnut	Wrestling	“NDSU Wrestling”	Roger Kish; NDSU
10:15 ROOMSPORT	SPORT	TOPIC	SPEAKER; SCHOOL
Executive II	Baseball	“TBA”	David Pearson; NDSU
Woodland North	Basketball	“NDSU Basketball”	Jayden Olson; NDSU
Walnut	Football	“UND Special Teams”	Shawn Kostich; UND
Oxbow	Golf	“Using Training Aids in Golf”	John Dahl; Oxbow
Executive III	Swim & Dive	“Distance Swimming”	Jeff Hegle; St. Cloud SU
Birch	Track & Field	“Coaching the Multi-Event Athlete”	Stevie Keller; NDSU
Woodland East	Volleyball	“Getting the Most Out of Your Libero”	Cathy Noth; Collegiate Trainer
Chestnut	Wrestling	“NDSU Wrestling”	Roger Kish; NDSU
Cedar	X-Country	“Cross Country Training and Philosophy”	Marv Roeske; Concordia
11:30 ROOMSPORT	SPORT	TOPIC	SPEAKER; SCHOOL
Executive II	Baseball	“TBA”	Bucky Burgau; Concordia College
Woodland North	Basketball	“NDSU Basketball”	Eric Henderson; NDSU
Walnut	Football	“UND Defense”	Eric Schmidt; UND
Oxbow	Golf	“Golf Strokes”	Matt Cook; Rose Creek
Executive III	Swim & Dive	“Open ended questions – recruiting, etc”	Jeff Hegle; St. Cloud SU
Birch	Track & Field	“Favorite Workouts/Drills for Sprints/Hurdles”	Don Larson; NDSU
Woodland East	Volleyball	“Teaching Quick Arm Swing and Various Shots”	Cathy Noth; Collegiate Trainer
Chestnut	Wrestling	“Track Wrestling”	Mandy Antony

**Noon-1:30 Exhibit Hall Closes; Exhibitors’ Lunch with NDHSCA Executive Committee (Woodland South)**

# Dakota Coach Summer 2016

## Wednesday- continued...

1:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Executive II	Baseball	"TBA"	Bucky Burgau; Concordia College
Woodland North	Basketball	"Installing an Offense and Set Plays"	Matt Murken; MSU
Walnut	Football	"Simplify the Run Game to Play Fast"	Troy Mattern; Fargo South HS
Elm	9-Man Football	"TBA"	Sandy Laxdal; Cavalier HS
Oxbow	Golf	"Golf Gadgets"	Kris Kroetsch; Fargo CC
Executive III	Swim & Dive	"Designing an Aquatics Center"	Todd Peters; MSUM
Birch	Track & Field	"Pole Vault Training"	Daniel Gorris; NDSU
Woodland East	Volleyball	"Teaching Passing Accuracy"	Cathy Noth; Collegiate Trainer
Chestnut	Wrestling	"Mandan Wrestling"	Luke Mellmer; Mandan HS
Cedar	X-Country	"MSUM Training and Philosophy"	Ryan Milner; MSUM
2:45 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Executive II	Baseball	<b>NDHSCA Advisory Committee Review &amp; Plan</b>	<b>DeWitt Mack and Jeff Feichtner</b>
Woodland North	Basketball	"Competitive Practice Drills and Skill Development"	Matt Murken; MSU
Walnut	Football	"Play Action Pass with Run Game"	Marty Hochhalter; Carrington HS
Oxbow	Golf	"TBA"	Chuck Gad; West Fargo HS
Executive III	Swim & Dive	"Training Techniques for Swimmers"	Todd Peters; MSUM
Birch	Track & Field	"Shot Put"	Justin St. Clair; NDSU
Woodland East	Volleyball	"Hankinson Volleyball"	Tera Paulson; Hankinson HS
Chestnut	Wrestling	"Round Table – Time Management & Utilization of Staff"	Mark Lardy; Bismarck HS
4:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Woodland North	Basketball	"Magician Basketball"	Dean Winczewski; Minot HS
Walnut	Football	"Century Defensive System"	Rodney Breitbach; Bismarck Century HS
Birch	Track & Field	"Starts and Sprint Workouts"	Rory Biel; Fargo Davies HS
Woodland East	Volleyball	"Volleyball"	Tim Wallstrum; Kenmare HS

**6:00-10:00 Convention Social (hors d'oeuvres & refreshments); Sponsored by Universal Athletics**

## THURSDAY, July 28<sup>th</sup>

7:30-11:00 AM Registration Desk Open in BAYMONT INN Courtyard

**Special Note: The Tennis sessions on Thursday will be held at Courts Plus after NOON lunch.**

8:30-3:30 Convention Exhibit Hall Open, **except, closed during NOON BREAK (12:00-1:30)**

**Special Note: All Coaches are urged to attend sport specific "Advisory Review and Planning" Sessions!**

**Special Note for Swim Coaches: From 7:00 to 9:00 at MSUM Pool—"Training Techniques" – Todd Peters**

8:30 ROOM	SPORT	TOPIC	SPEAKER;
<u>SCHOOL</u>			
Woodland North	Basketball	"Marauder Basketball"	Rick Newman; University of Mary
Walnut	Football	"Sustaining a Culture"	Chris Kleiman; NDSU
Elm	Golf	<b>NDHSCA Advisory Committee Review &amp; Plan</b>	<b>Dan Wolf; West Fargo</b>
Executive II	Softball	"NDSU Softball"	Darren Mueller; NDSU
MSUM Pool	Swim & Dive	"Training Techniques for Swimmers"	Todd Peters; MSUM
Executive III	Tennis	<b>NDHSCA Advisory Committee Review &amp; Plan</b>	<b>Paul Christen; Mandan HS</b>
Birch	Track & Field	<b>NDHSCA Advisory Committee Review &amp; Planning</b>	<b>Tracy Heisler; GF Red River HS</b>
Woodland East	Volleyball	"The Why's and How's of Swing Blocking"	Adam Longmore; VCSU
Chestnut	Wrestling	"Dragon Wrestling"	Kris Nelson; MSUM



# Dakota Coach Summer 2016

**Thursday- continued...**

<b>9:45 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
Woodland North	Basketball	"Marauder Basketball"	Rick Newman; University of Mary
Walnut	Football	"Pass Rush Techniques at NDSU"	Jamar Cain; NDSU
Elm	Golf	"Round Table Discussion"	Perry Piatz; Kindred HS
Executive II	Softball	"NDSU Softball"	Jamie Trachsel; NDSU
Executive III	Tennis	"USTA Resources and best Practices"	Carolyn Kramer; USTA Service Representative
Birch	Track & Field	"Javelin Drills/Training"	Tim Tandeski; GF Red River HS
Woodland East	Volleyball	"Defense: Coordinating your Front & Back Rows"	Adam Longmore; VCSU
Chestnut	Wrestling	"Dragon Wrestling"	Kris Nelson; MSUM
Cedar	X-Country	<b>NDHSCA Advisory Committee Review &amp; Planning</b>	<b>Rick Anderson &amp; Ken Gardner</b>

**10:30-1:30 Exhibit Hall Closes during NDHSCA General Session**

**10:45 NDHSCA Annual Business Meeting (Woodland North)**

**Light Lunch provided by NDHSCA to General Business Meeting Attendees (Woodland North)**

**Noon Dining Room NDHSCA Hall of Fame Luncheon for Inductees (Past Presidents, Past Inductees & Executive Committee are invited to attend)**

<b>1:00 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
Woodland North	Basketball	<b>NDHSCA Advisory Committee Review &amp; Plan</b>	<b>Randy Cranston; Watford City HS</b>
Walnut	Football	"Offensive Line Techniques at NDSU"	Conor Riley; NDSU
Executive II	Softball	"Bunting Situations in Softball"	Michael Mook; VCSU
Elm	Swim & Dive	<b>NDHSCA Advisory Committee Review/Plan</b>	<b>Dick Fisher; Fargo North HS</b>
Courts Plus	Tennis	"Tennis Session"	Steve Futchko II; Concordia College
Birch	Track & Field	"Discus Technique"	Marty Hochhalter; Carrington HS
Woodland East	Volleyball	"Organizing your Team and Program"	Brian Filibeck; Beulah HS
Chestnut	Wrestling	"Carrington Wrestling"	Josh Kerbaugh; Carrington HS
Cedar	X-Country	"Championship Cross Country"	Brian Anderson, New Town HS

<b>2:15 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
Carl Ben MS	Basketball	"Offensive Drills to Make Your Team Better"	Darin Mattern; Century HS
Walnut	Football	<b>NDHSCA Advisory Committee Review &amp; Plan</b>	<b>Vyrn Muir &amp; Andrew Delabarre</b>
Executive II	Softball	"Developing Pitchers"	Pat Johnson; West Fargo HS
Elm	Swim & Dive	"Round Table Discussion"	Brent Newman; Grand Forks Schools
Courts Plus	Tennis	"Tennis Session"	Steve Futchko; Concordia College
Birch	Track & Field	"300 Meter Hurdle Training"	Tim Jacobson; Bismarck Century HS
Woodland East	Volleyball	"Special Training Items for Volleyball"	Kara Nunziato; Our Redeemers HS
Chestnut	Wrestling	<b>NDHSCA Advisory Committee Review &amp; Plan</b>	<b>Larry Eslick, Jamestown HS</b>
Cedar	X-Country	"Developing a Program in Coop Country"	Laura Tweeten; Washburn HS

**3:30 Exhibit Hall closes; Exhibit Hall is locked for Banquet Setup!!!**

<b>3:30 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
Carl Ben MS	Basketball	"Defensive Drills to Make Your Team Better"	Darin Mattern, Century HS
Walnut	Football	"Beulah Miner Football"	Jim Dooley; Beulah HS
Executive II	Softball	<b>NDHSCA Advisory Committee Review &amp; Plan</b>	<b>Kevin Ziegler; Bismarck Century HS</b>
Capital Racquet	Tennis	"Replicating the Pressure of Matches in Practice"	Oliver Summers; MSUM
Birch	Track & Field	"Triple Jump Training/Technique"	Jeremy Schroeder; University of Mary
Woodland East	Volleyball	<b>NDHSCA Advisory Committee Review &amp; Plan</b>	<b>Jaime Richter; Linton HS</b>
Cedar	X-Country	"Variety in Cross Country"	Andrew Carlson; NDSU

**5:15-6:00 NDHSCA AWARDS BANQUET RECEPTION AT Courtyard Entrance**

**6:00 NDHSCA Hall of Fame & COTY Banquet AT Woodland North and Woodland East**

# Dakota Coach Summer 2016

## FRIDAY, July 29<sup>th</sup>

**7:00-8:00 Fellowship of Christian Athletes gathering (Coffee, Juice & Rolls) in Woodland South Exhibit Hall**

**7:30-11:00 am Registration Desk Open**

**8:30-10:30 Convention Exhibit Hall Open**

8:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Woodland North	Basketball	"Leadership: Creating a Culture of Success"	Jill DeVries; VCSU
Walnut	Football	"3-4 Defense"	Kyle Bakken; Concordia
Birch	Track & Field	"100/110 Meter Hurdles"	Rory Biel; Fargo Davies HS
Woodland East	Volleyball	"Practice Drills for Strength Training"	Amy Lyons; Lisbon HS
Cedar	X-Country	"Cross Country Training"	Scott Reichenberger; Bismarck HS
9:15 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Woodland North	Basketball	"Viking Basketball"	Jill DeVries; VCSU
Walnut	Football	"Double Slot-Triple Option"	Aaron Willits; Concordia
Birch	Track & Field	"High Jump Technique and Training"	Steve Mueller; Rugby HS
Woodland East	Volleyball	"Jamestown Volleyball"	Sara Hegerle; Jamestown HS
Cedar	X-Country	"Hill Training"	Dennis Newell; University of Mary
10:20 ROOMSPORT	SPORT	TOPIC	SPEAKER; SCHOOL
Woodland North	Basketball	"Viking Basketball"	Jill DeVries; VCSU
Walnut	Football	"Special Teams Circuit Drills"	Brian Misto; Concordia
Birch	Track & Field	"800 Meter Training"	Dennis Newell; University of Mary
Woodland East	Volleyball	"Beyond Skills – What Really Matters"	Jon Hegerle; Jamestown University

11:25 ROOMSPORT	SPORT	TOPIC	SPEAKER; SCHOOL
Woodland North	Basketball	"Read and React vs. Zone or Man"	Mike Forsberg; Fargo Oak Grove HS
Walnut	Football	"Tackling Systems at Red River HS"	Vyrn Muir; Red River HS
Birch	Track & Field	"Long Jump Training/Technique"	Tim Delmore; GF Red River HS
Woodland East	Volleyball	"The Role of the Assistant Coach"	Jon Hegerle; Jamestown University

**10:30 Exhibit Hall closes; Exhibit Hall is locked; vendors have departed!!!**

**All College Credit Packets are to be mailed to Dr. Strand in appropriate envelopes!**

**12:15 NDHSCA Executive Committee Meeting in Executive Room**

Printed (7/1/2016 5:15 PM)



**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 beginning

## Dakota Coach Summer 2016

### July 2015 NDHSCA ANNUAL BUSINESS MEETING MINUTES continued...

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 was given 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.

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 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 11<sup>th</sup>. The Bismarck

# Dakota Coach Summer 2016

## July 2015 NDHSCA ANNUAL MEETING MINUTES continued...

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 Piatz  
                  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.

The 2015 Shrine Football Games were played at the Alerus Center in Grand Forks on Saturday, July 18<sup>th</sup>. 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 10<sup>th</sup>. 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. 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 Wallstrum to complete team selection. Players reported at 1:00 pm on Friday, June 19<sup>th</sup> 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 4<sup>th</sup> set which is played regardless of who wins the first three.

# Dakota Coach Summer 2016

## July 2015 NDHSCA ANNUAL MEETING MINUTES continued...

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 22<sup>nd</sup> match. Thank you to Jessica Nichols of Bismarck High and Dave Zimmerman, Athletic Director, for organizing the match held on June 23<sup>rd</sup> 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.

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.

**The Minutes of the July 2015 NDHSCA Annual Meeting will be discussed with a motion for approval requested at the July 2016 Annual Meeting of the NDHSCA members.**



## ***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.



## NDHSCA Paid Lifetime Memberships

Aardahl, Vern; Milnor HS  
Amundson, Greg; Mandan HS  
Anderson, Brian; Watford City HS  
Anderson, Darrell; Bismarck HS  
Anderson, Darryl; Mandan HS  
Askvig, Curtis; Surrey HS  
Benson, Ron; Mott-Regent HS  
Berg, Mike; Grand Forks Central HS  
Berglund, Darrell; Hazen HS  
Berglund, Kathy; Hazen HS  
Bettenhausen, LeRoy; Watford City HS  
Brackenbury, Wayne; Mohall-L-Sherwood HS  
Brenner, Henry; ND School for the Deaf  
Buen, Gene; Velva HS  
Burckhard, Richard; Parshall HS  
Butterfield, John; Hettinger HS  
Callahan, Mike; Minnewaukan HS  
Carlson, Ron; Minnewaukan HS  
Carlsrud, Dave; NDHSAA  
Conlon, Frank; Jamestown HS  
Cornell, Rick; Grand Forks Schroeder JHS  
DeCoteau, Jerome; Turtle Mountain Community HS  
Deutsch, Nancy; Watford City HS  
Dew, Jim; Valley City State College  
Deyle, Alvina; Fargo South HS  
Disher, Ken; Minot HS  
Dixon, Derrick; Turtle Mountain Community HS  
Dockter, Dwight; Hope-Page HS  
Dolan, Michelle; Ray HS  
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  
Haussler, Jim; Bismarck Schools  
Healy, Dennis; Williston HS  
Herman, Matt; Ellendale HS  
Hertel, Dale; Fargo South HS  
Hofer, Dr. Herb; Cankdeska Cikana CC  
Holinka, Gerald; Dickinson Trinity HS  
Holmen, Barry; Minot HS  
Hornecker, Brian; Minot HS  
Horner, Dennis; Midway HS  
House, Leon; Mandan HS  
Howell, Joe; Lisbon HS  
Howson, Jim; Hatton HS  
Hutchison, Donna; Grand Forks Red River HS  
Hutchison, John; Northwood HS  
Hutchison, Lonny; Northwood HS  
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  
Kolsrud, Tim; Bismarck 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  
Long, Jeri; Glenburn HS  
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  
Schneider, Jay; Devils Lake 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 Re







# NDHSCA PAID Lifetime Memberships



## 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  
 Grinsteiner, Gregg; Dickinson Trinity HS  
 Grochow, Scott; Rugby HS  
 Herman, Curt; Dakota Prairie HS  
 Johnson, Randy; Hazen HS  
 Kuhn, Mike; 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

# ***NDHSCA Correspondence***

Dear NDHSCA,

As a past recipient of of the NDHSCA Gelaine Orvik Scholarship, I just wanted reach out to say thank you once again. The financial help that I received from this scholarship has helped me continue on my journey of becoming a high school coach. I just recently finished my sophomore year of both school and football at the University of North Dakota. I am well on my way to earning a degree in math education and look forward to the day that I can become both a teacher and a coach. It is with great appreciation that I say thank you again for all of your help and support.

Sincerely,

Jacob Holmen



## Dakota Coach Summer 2016

# 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](mailto:william.jansen@k12.nd.us) or Scott Grochow [scott.grochow@k12.nd.us](mailto: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



Dakota Coach Spring 2016



# North Dakota High School Coaches Association

## FORMS AVAILABLE ONLINE

Available on the NDHSCA website

Search “NDHSCA” or enter

[www.ndhsca.com](http://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 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](http://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](mailto: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**

	<p>Your locally owned <b>Burger King Restaurants</b> are proud to sponsor the NDHSCA</p>	
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	<p><b>Sponsor of the Outstanding Senior Athlete Awards</b></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](http://www.loomislapann.com)

Kevin Joyce [kjoyce@loomislapann.com](mailto:kjoyce@loomislapann.com)

Karen Boller [kboller@loomislapann.com](mailto:kboller@loomislapann.com)

Greg Joly [gjoly@loomislapann.com](mailto:gjoly@loomislapann.com)



**SPONSOR OF THE  
OUTSTANDING  
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](http://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](http://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



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



North Dakota High School  
Coaches Association and  
POWERade

*Outstanding Senior Athlete Award*

