



Dakota Coach

Four Coaches to be inducted into NDHSCA Hall of Fame

The
2016
Inductees
are:



Kathy Berglund



Carolyn Olson



Mike Forsberg



Greg LaDouceur

Kathy Berglund, retired Head Girls' Golf and Assistant Girls' Basketball Coach from Hazen High School

Carolyn Olson, Volleyball Coach at Grand Forks Red River High School

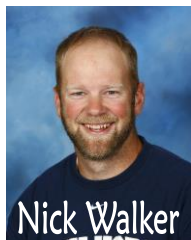
Mike Forsberg, Girls' Basketball Coach at Fargo Oak Grove and Bottineau High Schools

Greg LaDouceur, Tennis Coach at Grand Forks Red River High School

Read about their outstanding careers on page 6!



Tracey Heisler



Nick Walker

Vice President Candidates

page 11

NATIONAL HIGH SCHOOL ATHLETIC COACHES ASSN.



Bob Zimney

HALL OF FAME INDUCTEES

page 8



Dan Imdieke

NDHSCA & NHSACA
@ndhsca1 @nhsaca
twitter

In This Issue

Executive Committee.....	2	Fall '15 Powerade Outstanding Senior	20
President's Message.....	3	NHSACA COTY Nominees.....	21
Executive Secretary's Desk.....	4	Longevity Awards.....	22
NHSACA Message.....	5	Forms.....	23
NDHSCA Hall of Fame Selections	6	Lifetime Paid Memberships.....	24
National Hall of Fame Inductees	8	NDHSCA Code of Ethics.....	26
Fall Assistant & JH Coach of the Year.....	10	Coaches Code of Conduct.....	27
Vice President Candidates.....	11	On-Line Registration.....	28
Coaching News and Achievements	12	Camp Insurance	29
Longevity Awards /Lifetime Membership	13	Gelaine Orvik Scholarship Fund.....	30
ARTICLE: "Impact of Sleep on Youth Athletic		Three Dimensional Coaching.....	31
Performance" by A. Fitzgerald & B. Strand.....	14	Dakota Coach Publication.....	32
2015-16 Subway COTY Winners.....	19		

2015-2016 NDHSCA Executive Committee

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

Lions' Basketball Co-Chairs

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

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

Optimists' Volleyball Co-Chairs

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

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

Shrine Football

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



President's Message Winter 2015-2016

On behalf of the NDHSCA Executive Board, I would like to congratulate the fall season 2015 State Champions. It was an exciting and very competitive fall sports season. Let's hope for even more challenging games, meets and matches among our student-athletes so they may shine during the winter sports.

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

I would encourage our members to nominate their staff members for the Assistant Coach of the Year and the Junior High Coach of the Year awards for their season. It's a great way to recognize these individuals for the contributions they make to our programs and the positive impact they have on our athletes. I hope that each of you will find the time to attend the

coaches meeting in your sport held at the state tournaments.

I would also encourage you to contact a member of the advisory committee when you have questions or concerns so they can effectively represent your sport at the state level. We do have a voice in the future of our sports when we are persistent and we follow the correct process.

Good luck to all teams and coaches as we begin the winter sports season. Be careful and keep an eye out, as the weather conditions change quickly in our great state. The safety of our athletes is our primary concern. Enjoy the season among your opponents and win or lose with an attitude of gratitude for the opportunity to compete in interscholastic activities.

Happy New Year and Best Wishes in 2016!

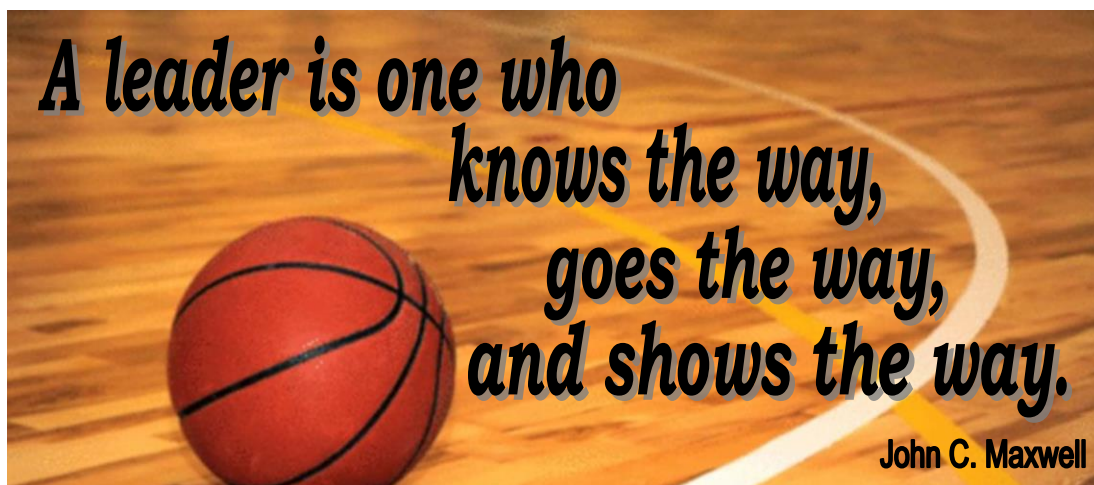
Andy Braaten, President of NDHSCA





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







From the Executive Secretary's Desk – Randy Johnson

Congratulations to the 2015 Fall NDHSCA-Subway Coach of the Year Winners, the NDHSCA-POWERade Senior Athlete of the Year Winners, and all the State Champions who were crowned! Your accomplishments are outstanding.

The NDHSCA Executive Board has chosen the NHSACA Hall of Fame Inductees, the NHSACA Coach of the Year nominees, and the NDHSCA Hall of Fame Inductees for this next summer. We also have two outstanding people running for Vice President. Please be sure to read about them in this Dakota Coach. They will represent North Dakota well.

Please understand the reason you are receiving some e-mails dealing with different products you could sell, or buy at a reduced rate. The NDHSCA is a non-profit association whose mission is to educate, support, and recognize North Dakota Coaches. We do so through the work of our elected officers, employees, advisory committees and others. We provide a full summer convention, newsletters, awards programs, recognition programs, scholarships, and a great liability insurance policy to our coaches.

In order to serve our coaches to the highest level, the NDHSCA is responsible for maintaining financial stability. We have worked diligently to maintain low, affordable membership dues. As a result we have developed other sources of revenue necessary for our association to fulfill its stated mission. We are selective with these sources. All partnerships must provide benefits of some sort to our coaches! In order to have these partnerships, we need to provide some marketing tool. We do make sure the product goes through this office before it is sent out.

We believe the financial benefits we receive allows us to keep our dues low. These profits give us the opportunity to educate, support, and recognize our coaches. Please feel free to delete the e-mail if you do not wish to order the product.

The North Dakota High School Coaches Association has a twitter account. Please follow some of the latest happenings at @ndhsca1. We will try to tweet new items especially following the announcements at State Tournaments.

The North Dakota High School Coaches Association Summer Convention plans are in the works. We hope to provide an outstanding convention once again. It will be held at the Fargo Baymont Inn and Suites from July 26 through July 29. July 26 will be the Seminars with July 27 through July 29 being the Sport specific sessions. The Hall of Fame/Coach of the Year banquet will be on Thursday, July 28. Start making plans to attend.

In closing, I hope Christmas was a time for relaxation and enjoyment with family and friends. I wish everyone a Happy New Year. If the NDHSCA can be of assistance to you, please let the Executive Board know. We will do our best to help you in any way.

Randy Johnson
NDHSCA Executive Secretary Randy Johnson



COACH QUOTE:

We're either winning or learning.
It's not winning or losing, it's winning or learning.
-John Calipari

**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 working to help build their financial stability. The NHSACA asks the State Associations to send e-mails out with the various products we have available to coaches. In return the states can gain financial benefits depending on how many items are purchased from individuals within your state. This is a win – win situation for the NHSACA and NDHSCA. FlingGolf, Game Day Wipes, Built with Chocolate Milk, IYCA, and others are providing us with some different options. We just need to promote them. If you look on our website, all of these organizations have something to benefit youth and coaches. That is what the NHSACA and NDHSCA is all about, youth and coaches!

Have you checked out the NHSACA website lately? We have put a new look to it. Hopefully it appears sharper than before. Someone told me before it is like comparing digital to analog TV. Let's hope that is the case. I encourage you to read the new "blogs" we have on the IYCA portion. Most of these articles are a great read.

Preparation for the 2016 Summer Convention has begun. It looks to be an exciting time. We will be in Louisville, Kentucky. If you have not been there, please make plans early to attend. The hotel is outstanding and the city has a lot of attractions. I know the Kentucky Coaches Association will provide us with an outstanding venue and even better support. Be sure to visit the NHSACA website regularly to get more information on the city as well as the convention.

Did you know the National High School Athletic Coaches Association has a Twitter account? Follow us at #nhsaca. We are attempting to "tweet" as much as possible. Find out what is happening with the NHSACA as we post information.

In closing, I wish everyone a Happy New Year.



Sincerely,

Randy Johnson
NHSACA President



The NDHSCA Executive Committee voted unanimously at the Fall Meeting to induct these four coaches into the
2016 HALL OF FAME
the inductees are:



Kathy Berglund coached thirty years at Hazen High School. In those years she was a Junior High Girls' Basketball coach, Assistant Girls' Basketball Coach, Assistant Girls' Golf Coach, and a Head Girls' Golf Coach. In Kathy's eighteen

years as the Head Girls' Golf Coach in Hazen her teams were State Champions seven times and State Runners-Up nine times. Coach Berglund's golf teams were Regional Champions seventeen times and Regional Runners-Up once. Hazen Girls' Golf teams won 207 duals, triangular, and multi-team events under her years as a head coach. She was named Regional Coach of the Year fourteen times, State Coach of the Year eleven times, NHSACA National Finalist four times, National High School Athletic Coaches Association National Coach of the Year in 2015, the National Federation National Coach of the Year in 2005, and the NHSCA National Coach of the Year in 2010.

Coach Berglund served two-three year terms on the NDHSCA Golf Advisory Board, managed seven Regional Tournaments and one State Tournament, and was a presenter for the NDHSCA summer convention.

Kathy and her husband Darrell have two children; Sara and Jordan.



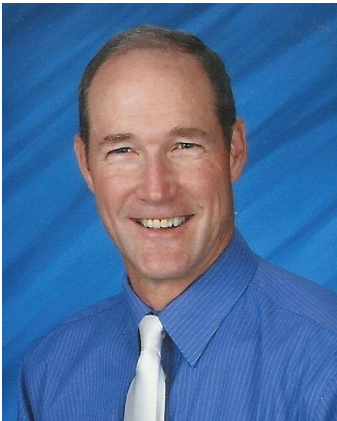
Carolyn Olson is a twenty-nine year coaching veteran, 26 of those years in North Dakota. In those years she has coached Volleyball, Track and Field, and Girls' Basketball. Most of her successes come in the sport of volleyball.

Coach Olson's teams have won 521 matches, five Conference Titles, six Regional Titles, & six State Titles. Her teams were also Regional Runners-Up six times and State Runners-Up three times. Carolyn was named the EDC Coach of the Year seven times, State Coach of the Year eight times, NHSACA National Coach of the Year Finalist four times, and the 2015 NHSACA National Coach of the Year. She was also the NDHSCA-Optimist Volleyball All-Star Coach eight times. Carolyn Olson has been on the NDHSCA Volleyball Advisory Committee for one-three year period. She was on the NDHSCA Executive Board for five years being President during the 2008-2009 school year. Coach Olson served on the NDHSCA/NDHSAA Athletic Review Committee twice, was a clinic speaker at the NDHSCA Summer Convention ten times, and a NHSACA Summer Convention speaker four times. She has helped coordinate volleyball speakers for the NDHSCA Summer Convention the last sixteen years.

Carolyn and her husband Lionel have two children, Levi and McKenzie.



NDHSCA 2016 Hall of Fame Inductees continued...



Mike Forsberg is a thirty-seven year coaching veteran. He has coached Boys' and Girls' Basketball. He coached at Upham, Souris, Newburg, Bottineau, and is currently the Head Girls' Basketball Coach at Fargo Oak

Grove Lutheran School.

Coach Forsberg's Girls' Basketball Teams have won 555 games while his Boys' Basketball Teams have won 189 games. Mike's Girls' Basketball Teams have seven Regional Championships, four State Championships, twelve District Championships, and sixteen Conference Titles. They have also amazed seven Regional Runners-Up finishes. His Boys' Basketball Teams have two District Titles and were Regional Runners-Up once. Mike has been named the District Girls' Basketball Coach of the Year six times, Regional Girls' Basketball Coach of the Year five times, and State Girls' Basketball Coach of the Year twice. He was also named Boys' Basketball District Coach of the Year twice and Boys' Basketball Regional Coach of the Year once. In addition Coach Forsberg was the Lions All-Star Coach three times and on the selection committee for Lions All-Star Basketball eight times.

Mike Forsberg was part of the NDHSAA Rules Committee for three years and was named the North Dakota Associated Press Sportscasters and Sportswriters Association Coach of the year one time.

Mike and his wife Cindy have three children, Heidi, Preston, and Bryce.



Greg LaDouceur is a twenty-six year coaching veteran. He has coached Boys' Tennis, Boys' Hockey, and Girls' Tennis. His entire twenty-six years have been spent in Grand Forks with the first ten years at Grand Forks Central High

School and the last sixteen years at Grand Forks Red River High School.

Coach LaDouceur's teams have won 823 duals, triangular, and multi-team meets, twenty Conference Titles, twenty Regional Titles, and twenty State Titles. His teams were also Regional Runners-Up three times and State Runners-Up twice. Greg was the EDC Regional Coach of the Year Nominee fifteen times, State Coach of the Year five times, NHSACA National Coach of the Year Finalist twice, NHSACA National Coach of the Year in 2012, and the National Federation Coach of the Year once.

Greg LaDouceur has been on the NDHSCA Tennis Advisory Committee for thirteen years. He has also been a clinician at the NDHSCA State Convention.

Greg and his wife Traci have two children, Jacob and Nicole.

Congratulations to these four outstanding coaches. Together they have 122+ years of experience and have won more than 2295 contests!

NHSACA HALL OF FAME 2016

The 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. The second inductee will be **Dan Imdieke**, football and wrestling coach from Linton High School.

CONGRAULATIONS TO COACH ZIMNEY AND COACH IMDIEKE



Bob Zimney's first teaching and coaching position was in Bottineau, North Dakota. While in Bottineau he taught seventh and eighth grade math, and served as an assistant varsity football coach and freshmen boys' basketball coach. His first year at Bottineau he was assistant girls track coach, his second year he was head girls track coach, and his third year head boys track coach.

Coach Zimney moved with his family to Grand Forks, North Dakota in the fall of 1977 to begin teaching and coaching at Red River High School. He taught high school mathematics at Red River for the next thirty-three years. He served as a varsity assistant football coach for the Roughriders for thirty-one years. Bob's first year at Red River he was an assistant track coach under Coach Ken Hallgrimson. In his second year at Red River he became the head boys track & field coach for the Riders and held that position for a total of thirty-seven years.

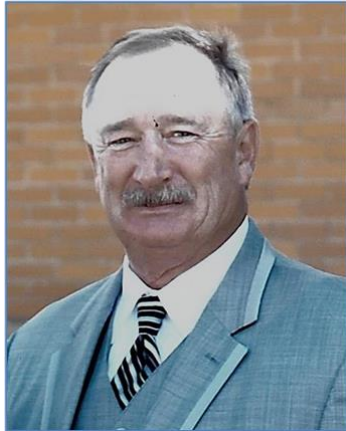
Bob was elected to the North Dakota High School Coaches Association Executive Committee in 1993, serving a five-year term, which included one year as President in 1995. He also served on the Class A Boys Track & Field Advisory Committee for the North Dakota High School Activities Association for four separate terms totaling fourteen years of service.

Coach Zimney coached two Class A State Championship Boys Track & Field teams, (1983, 1992) and three State Runner-up teams. (1988, 1991, 2009) His teams won seven Region Championships, and were the East Region Runner-up team fourteen times. His peers selected Bob as East Region Boys Track & Field Coach of the Year fifteen times and State Class A Boys Track & Field Coach of the Year four times. Bob has also been a finalist for National Boys Track & Field Coach of the Year five times.

Bob retired from classroom teaching after thirty-six years in the spring of 2010. He continued as an assistant varsity football coach and head boy's track & field coach at Grand Forks Red River until fully retiring from coaching in the spring of 2015.

Bob and his wife, Nancy, have three children: Joni, Jeremy, and Jeff, and four grandchildren.

NHSACA HALL OF FAME 2016



Dan Imdieke has taught and coached at the same high school his whole career. Dan has been at Linton Public School for forty years. He has been a teacher and head wrestling coach for forty years, head football coach for thirty-nine years and athletic director for thirty years.

Coach Imdieke will retire this spring. Dan says the time has gone way too fast and that he wouldn't change a thing over his career. The time spent actually coaching, one on one, with the student athlete is what he will miss the most.

Dan holds the state record for wins in the state of North Dakota for football, with 326 wins. He suffered only one losing season in thirty-nine years. Dan's teams have placed either first or second in the region thirty times, winning nineteen regional championships. The Linton Lions

have been in the State Playoff Semi-finals eighteen times, advancing to the state championship twelve times and winning five state titles. Coach Imdieke has been named region coach of the year fifteen times and voted by his fellow coaches as state coach of the year three times. Dan has also been on the NDHSCA all state football selection committee for most of his career. Dan chaired that committee for ten years.

Dan will end his wrestling coaching career with over 400 dual and multi team victories. He coached his team to fifteen top ten state tournament finishes. Six times Dan's teams finished second in the state, but he was never able to get that state title. He coached twenty-three individual state champions. Dan has been voted region wrestling coach of the year seven times and state coach of the year three times.

Dan is also proud of the many successes Linton coaches and programs have had while serving as the Athletic Director. Linton HMB has been a huge force in Class B sports for many years.

Dan's highlight of his career has to be coaching his sons in both football and wrestling. His sons played in three state championship football games, winning two of them. His two sons won over 350 wrestling matches in their high school careers. The boys placed in the state tournament ten times winning four state championships.

Dan is also very proud of his daughter, Vanessa, a mother of two. She is a First Lieutenant in the North Dakota National Guard. She has been on two overseas tours. Vanessa is a fine soldier, but a finer person. Dan's wife of 35 years, Cathy, has been the backbone of the whole operation.

Dan was named to the NDHSCA Hall of Fame in 2013. He has been a nominee for the NHSACA National Football Coach of the year three times.

Dan wants to say thanks to the city of Linton, a small community of around 1000 people in South Central North Dakota. Most families are still rock solid and understand the importance of education along with athletics. The support has always been second to none. What a great place to spend an entire career.

2015 Fall Season Assistant Coach of the Year Award

The 2015 Fall Season recipient of the Assistant Coach of the Year Award is **Nathan Stamstad**, Southern McLean Coop Cross Country Coach. **Nathan** was nominated by Laura Tweeten, Southern McLean's Head Cross Country Coach.

Nathan has been coaching for 12 years at Southern McLean as the Assistant Cross Country Coach. **Coach Stamstad** has also coached Track and Field as well as Junior High Boys Basketball. He is responsible for creating the training programs for each individual on the team. He personalizes the mileage, workouts and paces for each individual based on their current ability and health. **Coach Stamstad** also creates workouts including the abdominals, back, weight training, form drills, and stretching program. His main highlight for the season was helping coach the POWERade Senior Athlete of the Year in Kate Fox and the team placing forth in the State Meet.

Laura Tweeten, Southern McLean's Head Cross Country Coach says this about **Coach Stamstad**. "Nathan Stamstad is an outstanding coach. He understands training and works hard to get the best out of the athletes."

Nathan is married to his wife Megan.



2015 Fall Season Junior High Coach of the Year Award

The 2015 Fall Season recipient of the Junior High Coach of the Year Award is **Jennifer Zacher**, Bismarck Simle Middle School Junior High Soccer Coach. **Jennifer** was nominated by Tom Marcus, Bismarck Legacy Head Boys and Girls Soccer Coach.

Jennifer has been coaching for 12 years as the Bismarck Simle Junior High Soccer coach. **Coach Zacher** has also coached Girls Basketball, Boys Basketball, and Girls Volleyball. She is responsible for planning and implementing daily practice plans. The main focus is on development of players to help them learn the game. Being able to see athletes progress and excel at the next level is the primary goal of her coaching. Her main highlight this year was the tremendous growth in goalkeeper confidence and willingness to work positions to aid the team aside from personal desires.

Tom Marcus, Head Soccer Coach at Bismarck Legacy High School, has this to say about **Coach Zacher**. "**Jennifer Zacher** is able to keep soccer on the minds of young people even during the off season. She knows the game and is able to teach all the fundamentals. Her love of the game allows for players to learn and help develop the High School Soccer Program at Legacy."

Jennifer and her husband Darnell have two children: Hayden and Hadley.



2016 Vice President Candidates

The North Dakota High School Coaches Association has made nominations for balloting for the Association's Vice President. 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. The two candidates will be Tracey Heisler, currently the Head Girls Track and Field Coach at Grand Forks Red River High School and Nick Walker, currently the Head Girls Track and Field Coach at Bismarck Century High School.



Tracey Heisler

Tracey is a graduate of Lisbon 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.



Nick Walker

Nick is a graduate of Plentywood High School in Plentywood, Montana. He received his undergraduate degree from Dickinson State

University. Coach Walker is a 14 year coaching veteran. In those 14 years, he has been a State Track and Field Coach of the Year five times. He has been on the State Track and Field Advisory twice.

Coach Walker has also coached football and basketball. Nick and his wife Nicole have two children: Mickellyn and Tenley.



Proud sponsor of NDHSCA COTY Awards

Coaching News and Achievements

Dan Carr is the new winningest boys' basketball coach in North Dakota. He notched his 689th win in early January 2016 with his Linton boys' basketball team's victory over Kidder County. Dan, who has coached at Linton for 34 years, surpassed longtime Hillsboro boys' basketball coach, Eddie Beyer's record. Coach Carr has coached basketball in Minnesota and North Dakota.



Linton, ND is also the home of **Dan Imdieke** who made history with his 326th win on the football field making him the winningest football coach in the State of North Dakota. Coach Imdieke has been at Linton for 40 years and announced he will retire this spring.

Eddie Beyer, who coached at Hillsboro High School for 37 years, passed away on January 10, 2016, due to health issues. Coach Beyer, who was known for disciplined and stingy defensive teams, had a 688-195 record at Hillsboro including winning three State Basketball titles. Ed Beyer was inducted into the NDHSCA Hall of Fame and the NHSACA Hall of Fame as well as receiving numerous other coaching accolades.



Our coaching family continues to mourn the loss of Athletic Director **Lyne Enget** of Stanley who died in a motor vehicle accident on Oct. 26th, 2015. Lyne was in his 21st year at Stanley where he taught and coached. Prior to retiring as head football coach in 2011, Coach Enget's teams won three State Titles. He left behind a legacy in Stanley-Powers Lake football.

Great Achievement is usually born of
great sacrifice and never the result of
selfishness.

-Napoleon Hill

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 21 of this issue. Please check to see if you made the list!!



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.

Article previously published in the [USA Olympic Coaching Education](#) newsletter.

The Impact of Sleep on Youth Athletic Performance

Andrew Fitzgerald
Jamestown Public Schools

Brad Strand
North Dakota State University

The life of a modern student athlete is increasingly becoming busier and putting more mental and physical demands on the body. The attempt to balance school, family, friends, and sports leaves little free time and keeps their daily schedules full. To meet these demands, student athletes are often late to bed and early to rise, sacrificing valuable sleep time in the process. Early morning training or practices as well as late night travel schedules put a student athlete at a sleep disadvantage compared to their peers who are not participating in athletics. This can affect them both physically and cognitively. Not only is the amount of time sleeping being affected, but poor sleep hygiene such as the prevalence of electronic devices in the bedroom may also be affecting the quality of sleep. Sleep is critical in the recovery and repair process of the body, and it is even more important for athletes who put their bodies through rigorous physical activity each day.

Adults are setting a poor example for their children, and the importance of sleep is being neglected in today's fast-paced society. The use of sleep aids at night and stimulants during the day are on the rise, as well as the prevalence of sleep-related disorders. Overscheduled and hectic lifestyles leave little in the way for relaxation, and much like the student athlete; adults in the professional world are pushing aside the importance of sleep. It is important that the critical roles that sleep plays in our overall health be emphasized to parents, coaches, and administrators so they can in turn make it a priority for their children and make scheduling decisions based on what is best for the child.

The purpose of this paper is to detail how critical of a role that sleep plays in the development and recovery of an athlete, and to be a resource for coaches and parents in determining practice times, training times, and general sleep hygiene. It will also help identify signs of sleep deprivation, some of the risks involved, and what coaches and parents can do to create a schedule for their athletes to ensure a proper night's sleep for recovery.

Causes for Concern

Teenagers are not getting enough sleep, and there are many reasons for this trend. They generally require 8.5 to 9.5 hours of sleep per night (Carskadon, Harvey, Duke, Anders, Litt, Dement, 1980). The National Sleep Foundation revealed that students in grades 9-12 are sleeping an average of 7.2 hours per night, with the amount of time decreasing each year the student progresses through high school (National Sleep Foundation, 2006). Only 9% of high school students reported getting an optimal amount of sleep (National Sleep Foundation, 2006). These statistics should raise some serious concerns, especially for coaches and parents of athletes. Not only are teenagers sleeping less, but the quality of their sleep may be compromised as well. There are many reasons for this trend, caffeine consumption and electronic devices being the primary offenders. Soda consumption among teens has been a longtime problem, and in recent years there has been an

(continued page 8)

The Impact of Sleep on Youth Athletic Performance continued...

increase of energy drink consumption. Thirty-one percent of adolescents drink more than two cups of caffeinated beverages each day, and subsequently are more likely to get an insufficient amount of sleep (National Sleep Foundation, 2006). Increased caffeine consumption has been correlated with a later bedtime, more disturbed sleep, and daytime sleepiness (Pollak & Bright, 2003). Also affecting sleep quality is the prevalence of electronic devices in the bedroom. In a 2006 poll, 60% of high school students had a television in their bedroom, and 57% had a cell phone (National Sleep Foundation, 2006). Nine years after this study, due to the increased popularity and usage of cell phones, it would be safe to assume that today this number is much higher. This same study revealed that 76% of adolescents watched television before bed, and over 50% were on the Internet. The blue light from these backlit screens suppress melatonin production (Harvard Health Publications, 2012), which in turn makes it more difficult to fall asleep.

Aside from the problematic blue lights, excessive mobile phone use has been associated with sleep problems (Jenaro, Flores, Gomez-Vela, Gonzalez-Gil, & Caballo, 2007). Having a cell phone next to the bed could disturb sleep in many ways, including calls from friends, text messages, and social media alerts that are constantly beeping or buzzing late into the night. Children who slept near a small screen have less sleep and a higher prevalence of perceived insufficient rest or sleep (Falbe, Davison, Franckle, Ganter, Gortmaker, Smith, Land, & Taveras, 2015). Another factor contributing to the decreasing sleep times for students is early school start times. Studies have shown that times going to bed does not change regardless of school start times, earning students who start school an hour later an extra hour of sleep (Owens, 2014). This would hold true for a student athlete who has an early morning practice or weight training session to attend before school starts, even further reducing sleep time. It is irrational for a coach to expect athletes to “just go to bed sooner” to accommodate an early morning practice. Teenagers fall asleep between 10:30 and 11:00 PM (National Sleep Foundation, 2006), which would require a wake up time between 7:00 and 8:00 for them to meet their sleep requirements. Demanding a much earlier wake up time to practice or train appears to go against the biology of the student athlete and is perhaps setting them up for a host of physical and mental problems.

Effects on Athletic Performance

Sleep is critical to the body’s repair process for an athlete subjected to daily physical stress. Some of the negative effects of sleep deprivation include a decrease in reaction times (Scott, McNaughton, & Polman, 2006), and decreased strength (Riley & Piercy, 1994). During sleep, growth hormone is released and leads to muscle development. The impairments to the immune and endocrine systems (Reilly & Edwards, 2007) that result from sleep deprivation may impair the recovery process and adaptation to training (Halson, 2008). Sleep plays an important role in the repair process following an injury, and lack of sleep impairs injury recovery (Schwarz, Graham, Li, Locke, & Peever, 2013). Sleep deprivation can also cause a higher body mass index, leading to a greater risk of becoming obese (Ferrie, Shipley, Cappuccio, Brunner, Miller, Kumari, & Marmot, 2007). Due to these factors, coaches may be dealing with athletes who are moody, slower, weaker, slower to recover, overweight, and more susceptible to illness and injury. This is not an optimal condition for an athlete, making the importance of proper sleep important to recognize and emphasize by coaches, parents, and the athletes themselves. Alternatively, extended sleep for an athlete contributes to improved athletic performance, reaction time, daytime sleepiness, and mood (Mah, Mah, Kezirian & Dement, 2011). Setting an athlete up for sufficient and quality sleep should be viewed as important for athlete development as any other aspect of their training.

(continued page 9)

The Impact of Sleep on Youth Athletic Performance continued...

Effects on Mental Performance

Coupled with physical effects of sleep deprivation, is the decline in cognitive function. This could not just affect their performance in athletics, but also in school, and their relationships with peers and family.

Coaches often deal with athletes who have an extraordinary amount of athletic talent, but never seem to have their head in the right place. A lack of sleep leads to adverse changes in cognitive performance including attention, working memory, long-term memory, and decision-making (Alhola & Polo-Kantola, 2007). Sleep disturbances are also associated with anxiety and depression (Neckelmann, Mykletun & Dahl, 2007). Regardless of the physical abilities and talents of athletes, if they are suffering from any of these symptoms, their ability to perform athletically will certainly be compromised. This could lead into a tailspin of depression resulting from increased pressures to perform, as well as managing the stressors of daily life. Due to demanding schedules, participating in athletics may put a student at risk for suffering from anxiety, and it is important that coaches allow periods of reduced workloads so their student athletes are able to achieve balance in their lives.

Recommendations

It is critical for coaches to emphasize the importance of sleep to their athletes, and if possible create schedules that facilitate a proper night's sleep. As stated earlier, it is not prudent to expect an athlete to wake up before 7:00 with an adequate amount of sleep. Scheduling practices or training earlier than this puts the athletes in jeopardy of the negative consequences associated with sleep deprivation. If athletes are aware of the consequences of a poor sleep, and the benefits of a good sleep, they will be more likely to give it a higher priority (Bakotic, Radosevic-Vidacek & Koscec 2009). Travel schedules should be arranged so that the long distance trips occur on the weekends, allowing the athletes to sleep in as long as they need to recover. It is important that the coaches not only preach good sleeping habits, but also create practice and competition schedules that are consistent with the message.

In addition to emphasizing sleep to athletes, it is also critical that coaches communicate the importance of sleep to parents, who have a greater influence over their child's sleep habits. If the parents have a greater understanding of the role that sleep plays in their child's life, they will be more likely to reinforce proper sleep hygiene and have a bedroom for their child that promotes effective sleeping. If parents have a greater understanding of the circadian clock of a teenager, there may be less conflict regarding sleep and waking times. Parents need to help the child establish a nighttime routine. Ideally, there should not be a television, computer, or any backlit screen in the bedroom. This will not tempt the child to stare at melatonin-suppressing blue light before going to bed. All screen time should be completed an hour before bedtime. If a child must use a computer later into the night, installing a blue-light blocking program onto the computer such as f.lux will reduce the harmful effects. Using light emitting e-readers should be avoided at night as they prolong the time it takes to fall asleep, suppress melatonin production, reduce and delay timing of REM sleep, and reduce alertness the following morning (Changa, Aeschbach, Duffya & Czeisler, 2015). Wearing glasses with an amber or orange lens will counter this effect and help reduce blue light exposure (van der Lely, Frey, Wirz-Justice, Jenni,

(continued page 10)

The Impact of Sleep on Youth Athletic Performance continued...

Steiner, Wolf, Cajochen, Bromundt, & Schmidt, 2015). Children should reduce overall exposure to light before bedtime; even the bright lights of a room can suppress melatonin production (Gooley, Chamberlain, Smith, Khalsa, Rajaratnam, Reen, Zeitzer, Czeisler & Lockley, 2011). This can be done by installing a dimmer in the bedroom, or having a nightstand lamp with an amber light bulb. Also, make sure the bedroom is completely darkened, with no lighting coming from clocks, or other electronic devices. Cell phones should be turned off or silenced, to avoid disturbances from alerts. Alternatively, the phone could be set to “airplane mode”, eliminating incoming messages but still maintaining the phone’s alarm clock function. These guidelines are important for adults to follow as well. Parents who establish healthy sleeping routines are sending a powerful message to their children about the importance of sleep (Buxton, Chang, Spilsbury, Bos, Emsellem & Knutson, 2015).

Sometimes the coach has very little control of practice times due to facility conflicts and other teams needing to use the same space. If this is the case, coaches may appeal to their athletic director to rotate the practice times with all of the teams using the facility, so no teams are subjected to chronic sleep loss over the course of an entire season. Coaches should also talk to their players about effective napping, such as when and how long to take a nap. If the practice is held in the morning, the athlete should be encouraged to take a nap in the afternoon, ideally between 1:00 and 4:00. A 20-minute nap can improve the subjective sleepiness, performance level, and self-confidence of their task performance (Hayashi, Watanabe & Hori, 1999). This will help them feel refreshed for their evening activities, be in a better mood around their families, and enable each student to have a clear and focused mind while studying.

If athletes are practicing proper sleep hygiene and still having sleep problems at night, they should see their doctor so they can resolve the problem as soon as possible. They may be suffering from a sleep disorder, which can lead to many health problems. Studies have shown that up to 25% of adolescents have shown symptoms of a sleep disorder (Ohayon, Roberts, Zulley, Smirne & Priest, 2000). Some signs of sleep deprivation in teens are (Better Health Channel, 2014):

- Concentration difficulties
- Mentally ‘drifting off’ in class
- Shortened attention span
- Memory impairment
- Poor decision making
- Lack of enthusiasm
- Moodiness and aggression
- Depression
- Risk-taking behavior
- Slower physical reflexes
- Clumsiness, which may result in physical injuries
- Reduced sporting performance
- Reduced academic performance
- Increased number of ‘sick days’ from school because of tiredness
- Truancy

(continued page 11)

The Impact of Sleep on Youth Athletic Performance continued...

If these symptoms are prevalent and causing a lack of performance athletically or academically, it is possible that the child is suffering from a sleep disorder. Coaches and teachers need to report these symptoms back to the parents of the child, so proper measures can be taken to find the root cause of the problem. Adolescents may be slow to report a lack of sleep due to their own poor decisions, or may not realize the significance of the problem. If symptoms cannot be corrected through improved sleep hygiene, seeing a doctor or sleep specialist is recommended. It is important that they work together find the root cause of the problem, rather than just relying on over the counter or prescription drugs. Use of sleep aids reduces the restorative benefits of sleep (Hall-Porter, Schweitzer, Eisenstein, Ahmed, & Walsh, 2014). In these situations, it is in the best interest of the child to work towards restoring a natural sleep-wake cycle in order to reap the benefits of sleep, as well as create habits that will carry on into adulthood.

Conclusion

Young athletes are training harder than ever, making sleep even more critical for recovery. Coaches, parents, and athletes must prioritize its importance, and create schedules and habits that help facilitate adequate sleeping time and quality. If sleep is optimized, it places the student-athlete in a greater position to succeed on the field and in the classroom. Sleep is a basic need for human health, and it has been put on the back burner in today's overscheduled society. Many of today's sleep problems are technology-based. It is important that parents, coaches, and teachers educate our youth to realize how these emerging technologies can be detrimental to our basic need of sleep. Sleep deprivation is a health concern that is becoming more prevalent in today's society, and can lead to preventable health consequences. Adults should be at the forefront of this pandemic, and be facilitators and role models for sleep hygiene. Teaching and emphasizing the importance of sleep should play an important role in every coach's plan for optimal development of their athletes.

References

- Alhola, P., & Polo-Kantola, P. (2007). Sleep Deprivation: Impact on cognitive performance. *Neuropsychiatric Disease and Treatment*, 3, 553–567.
- Bakotić, M., Radošević-Vidaček, B., & Košćec, A. (2009). Educating adolescents about healthy sleep: experimental study of effectiveness of educational leaflet. *Croatian Medical Journal*, 50, 174–181.
- Better Health Channel (2014). Teenagers and sleep. Retrieved from http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Teenagers_and_sleep
- Buxton, O., Chang, A., Spilsbury, J., Bos, T., Emsellem, H., & Knutson, K. (2015). Sleep in the modern family: protective family routines for child and adolescent sleep. *Sleep Health* 1(1), 15–27.
- Carskadon M., Harvey K., Duke P., Anders T., Litt I. & Dement W. (1980). Pubertal changes in daytime sleepiness. *Sleep*, 2, 453-460.

***Special Thanks to Brad Strand and Andrew Fitzgerald
for sharing this article with the Dakota Coach.***



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	Gall	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

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

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!



**Sponsor of the
Outstanding
Senior Athlete
Awards**

**Fall 2015 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
Class A Football	Levi Cudmore	Park River/Fordville/Lankin HS	Robert Goll
Class AA Football	Carson Zarak	Wahpeton HS	Brian Dokken
Class 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



**Congratulations
to the POWERADE
Outstanding Senior
Athletes**



Powerade is the sponsor of the Outstanding Senior Athlete Awards! Thank you Powerade for your support in recognizing North Dakota's Outstanding Athletes!

Dakota Coach Winter 2015-2016



NDHSCA-NHSACA Coach of the Year Nominees

<u>Sport</u>	<u>Coach or Athletic Director</u>	<u>School</u>
Athletic Director	Jim Haussler	Bismarck Public Schools
Baseball:	Brett Peterson	West Fargo High School
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

Congratulations to these National Coach of the Year nominees submitted by the North Dakota Coaches Association for recognition at the National level. Finalists will be notified and National COTY winners will be announced at the National Convention to be held in Louisville, Kentucky, June 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 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.



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





Subway
Sponsor of the NDHSCA
Coach of the Year Awards

Dakota Coach Winter 2015-2016

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

	<p>Your locally owned Burger King Restaurants are proud to sponsor the NDHSCA</p>	
---	--	---

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



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
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

▶ 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



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

