



2016

Dakota Coach

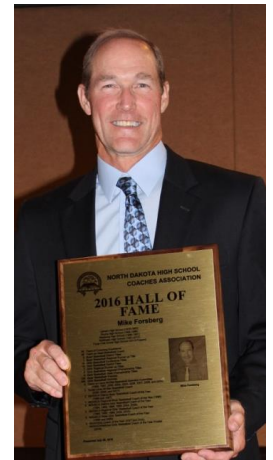
Congratulations ND Hall of Fame Inductees & National Award Recipients



(LtoR) Bob Zimney, Darrell Anderson, Jim Haussler



Kathy Berglund



Mike Forsberg



Greg LaDouceur



Carolyn Olson

Learn about these and other award winners inside.

NDHSCA @ndhsca1  **NHSACA** @nhsaca

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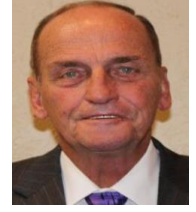
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Message from President Paul Lean:

Commit to the Coaching Profession

Welcome back to a brand new school year. I trust that everyone had the opportunity to enjoy their summer with family and friends and are ready to enter the 2016-17 seasons with a renewed energy. I always look forward to the beginning of school, because as a coach, this is my opportunity to have my best year coaching ever! I hope you are ready to have your best season as well.

The 2016 Coaches Convention is in the books. We had a great turnout by our members and I heard many positive comments about this summer's speakers. If you were a speaker, **THANK YOU** for giving of your time and providing us with great information. If you attended the convention, **THANK YOU** for taking the opportunity to learn, network, and to be active in the association. We also need to give Randy Johnson, our Executive Secretary, a huge **THANK YOU** for lining up our speakers and putting together an awesome convention. I would like to congratulate all the Coach of the Year winners and also our four Hall of Fame inductees: Kathy Berglund of Hazen, Carolyn Olson from GFRR, Mike Forsberg of Bottineau/OG, and Greg LaDouceur from Grand Forks Red River.

I had the opportunity to attend our National convention in Louisville, KY in June. What a great experience, from an afternoon at Churchill Downs, to listening to great speakers, to attending the HOF and COTY banquets, it was truly a great time. Our own Randy Johnson was the president and he did a great job representing ND. North Dakota was represented very well at the national level, we had 18 COTY finalists and 2 HOF inductees. I would like to congratulate all 18 finalists on their accomplishments. I would also like to congratulate our 2 Hall of Famers: Dan Imdieke from Linton and Bob Zimney from Grand Forks Red River. We also had 3 National Coach of the Year winners, they were Darrell Anderson of Bismarck in Boys' Cross Country, Bob Zimney from Grand Forks in Boys' Track and Field, and Jim Haussler of Bismarck as the Athletic Director of the Year.

At this year's convention I put out a challenge to our membership to "**commit to the coaching profession**". You can do this in three ways, the first is to use every opportunity to increase your knowledge. Attending our state convention each summer is a great way to learn, even if you take away just a couple things, it was still great learning experience. Networking is also a great way to improve, sessions aren't the only place to pick up ideas, talking with other coaches while out for supper or at the social are also great ways to pick the minds of some pretty awesome people. The second way to commit is to use your leadership to build our association by encouraging other coaches to become members. Go back to your schools and spread the word about our great association. All coaches, whether they are head, assistant, or junior high, we all need to stand united in our profession. The third way to commit is to become involved and be active in our association. We are always looking for convention speakers, advisory members, vice president candidates, and national sports chairs. These are all great ways to become involved.

I would like to thank Andy Braaten for providing such great leadership as president this past year, he did an outstanding job. Congratulations to Tracey Heisler as our new vice president. This board is truly a great group to work with.

Championships do not define a successful season, there are many other ways to be successful. I am wishing you a very productive season.



**Your President,
Paul Lean**

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Message from Andy Braaten, NDHSCA Immediate Past President



Thank You for the Privilege To Serve As Your President

I would like to take this opportunity to thank all the coaches around the state for their support of NDHSCA during the 2015-2016 school year. It was an honor and a privilege to be the president of your organization. If you get a chance to help NDHSCA by serving, I would encourage you to take that chance because it is very rewarding.

A special thank you goes out to the Executive Committee. With their experience and leadership, things get done. Randy Johnson, Scott Grochow and Bill Jansen had some BIG shoes to fill and did so in a BIG way. A welcome goes out to Tracy Heisler as she comes onto the committee and good luck to Paul Lean as he moves up to the President's role. Also, a shout out goes to Lisa Strand for completing her 5-year officer commitment. Lisa is going to stay on the Executive Board as an Assistant Executive Secretary with a major role as Dakota Coach Editor.

I hope all of you attending the convention in Fargo picked up some ideas to help your teams and student-athletes. Randy put together an awesome list of speakers. If you have ideas for future speakers, contact a committee member. Plans for next summer's convention are already in motion.

Have a great school year everyone and good luck with your teams and athletes.

NDHSCA

Immediate Past President,

Andy Braaten



COACH QUOTE:

**"The ultimate measure of a man is not where he stands in moments of comfort,
but where he stands at times of challenge and controversy."**

Martin Luther King



From the Executive Secretary's Desk – Randy Johnson



The 2016 North Dakota High School Coaches Association Summer Convention has come and gone. It was an outstanding conference with a number of great speakers. A special thank you goes out to the Executive Board for all their assistance with putting the convention together. Thanks definitely go to Linda, Kerry, Karen, and Rod. You were fabulous at the registration table! You made the convention run like clockwork.

The highlight of the convention is the NDHSCA Hall of Fame/Coach of the Year Banquet. It was an amazing meal and a fantastic awards ceremony. It was great to see Gelaine Orvik and Greg LaDouceur receive special recognition from the North Dakota Sportscasters and Sportswriters Association for all their achievements. Congratulations Gelaine and Greg! We awarded two \$1,000 Gelaine Orvik Scholarships to high school graduates interested in pursuing a coaching career. Good Luck to Adrian Sevigny and Aaron Sandy on their future dreams. Just remember to "Keep On Keeping On!"

We remind coaches to nominate Junior High and Assistant Coaches for the Coach of the Year Awards. Having a number of candidates makes the award even more meaningful. We are sure you have a deserving Junior High or Assistant Coach. Please go to our website, fill out the form and e-mail it to me at duck@westriv.com.

The NDHSCA is proud to announce the ability to offer eight digital subscriptions to the Coach and Athletic Director Magazine to all its members free of charge. By the time you read this message the first deadline will have come and gone. We will have another one in either October or November, however you may not receive all eight subscriptions. Be sure to look for an email from me with sign-up information if you haven't already done so. This is a great magazine for both Coaches and Athletic Directors. We are proud to offer this to our members.

The procedure for receiving NDSU Football Tickets is on our website and also in this issue. Please check it out if you are interested. North Dakota Universities only have so many tickets to give out. We encourage coaches to call the Universities before they attempt to attend a game to make sure their NDHSCA pass will work. It usually does, however the Universities like having a heads up on your arrival.

Thank you, Andy Braaten for being a fabulous leader this past year. The association is really blessed to have great people willing to serve. The Executive Board decided to keep Lisa Strand on the board as an Assistant Executive Secretary with the main responsibility being the editor of the Dakota Coach. As you know, Lisa has served five years on the board already and is ready to continue serving the coaches of North Dakota. Thank you, Lisa!

The North Dakota High School Coaches Association has dual membership with the National High School Athletic Coaches Association. This means if you are a member of the NDHSCA, you are also a member of the NHSACA. This dual membership will be providing you with some more "perks"

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as the year goes on. We have a number of items we are working on together to assist the coaches in North Dakota as well as the nation. Check out the website: www.jasonfoundation.com. This is an outstanding website dealing with teen suicide. The NHSACA and the NDHSCA have teamed up with the Jason Foundation to provide information and techniques to assist students who may be having problems. Remember you may be that athlete's best chance. Please educate yourself to help!

In closing, we encourage coaches to become involved and serve this organization. Give back to the men and women who have assisted you in the greatest profession ever, coaching. It will be rewarding to you.



Take care and God Bless!

Randy Johnson
NDHSCA Executive Secretary

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Sponsor of the new NDHSCA Scheels' Scholarship.
Look for more Scheels information coming in the Winter Issue of the Dakota Coach.



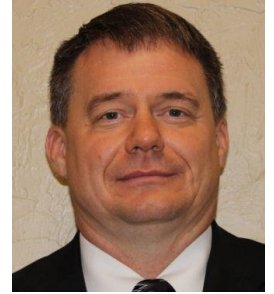
Congratulations

Newly Elected NDHSCA Vice President

Tracey Heisler
of Grand Forks RR



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



Greetings from the National High School Athletic Coaches Association!

The National High School Athletic Coaches Association National Convention took place June 25-29 at the Galt House in Louisville, Kentucky. North Dakota is honored to have a number of members on the Board of Directors. They are as follows:

- Randy Johnson: President
- Ralph Manley: Swimming and Diving Sport Chair
- Brian Midthun: Baseball Sport Chair
- Tim Wallstrum: Volleyball Sport Chair, Co-Chair Professional Education, Growth and Development
- Dave Dougherty: Executive Director, Past President
- Gelaine Orvik: Past President, Co-Chair National Office Committee,
- John Hutchison: Past President, Co-Chair Hall of Fame Committee, Co-Chair Ethics and Resolutions Committee

We are in need of a few sport chairs. Ralph Manley and Brian Midthun will be going off the board this year as they have served their terms. If you are interested in serving at the national level, please let me know right away. It is a great experience.

The Hall of Fame Induction Ceremony took place on Tuesday, June 28th. There were 29 inductees. North Dakota had the following inductees:

- Dan Imdieke long time football and wrestling coach from Linton High School
- Bob Zimney long time track and field coach from Grand Forks Red River High School

We printed their bios this past winter in the Dakota Coach. If you are interested in reading them, please go online at www.ndhsca.com to see past issues of the Dakota Coach. Congratulations Dan and Bob! North Dakota is proud of you!

The National Coach of the Year Banquet was held on Wednesday, June 29, finalists from North Dakota were as follows:

- Sean Allen, Grand Forks Central HS: Girl's Cross Country
- Darrell Anderson, Bismarck High School: Boys' Cross Country
- Michael Breker, Fargo Shanley High School: Soccer
- Tim Delmore, Grand Forks Red River HS: Assistant Girls' Sport
- Michael Forsberg, Bottineau HS and Fargo Oak Grove HS: Girls' Basketball
- Rod Hardie, Fargo North High School: Assistant Boys' Sport
- Jim Haussler, Bismarck Public Schools: Athletic Director
- Pat Johnson, West Fargo High School: Softball
- Michael Kuhn, Mandan High School: Girls' Track and Field

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(National Coach of the Year finalists – message from Randy Johnson, NHSACA President, continued from page 7)

- Scott McPherson, Bismarck Legacy HS: Tennis
- Steve Miller, Bismarck High School: Boys' Basketball
- Rod Oksendahl, Fargo Shanley HS: Football
- Perry Piatz, Kindred High School: Golf
- Jake Solper, Minot High School: Swimming and Diving
- Ken Van Ells, Dickinson High School: Special Sports (Gymnastics)
- Tim Wallstrum, Kenmare High School: Volleyball
- Bob Zimney, Grand Forks Red River HS: Boys' Track and Field
- Derrick Dixon, Turtle Mountain Community HS: Wrestling

The National Coach of the Year Recipients from North Dakota were the following:

- Darrell Anderson: Boys' Cross Country
- Jim Haussler: Athletic Director
- Bob Zimney: Boys' Track and Field

Congratulations Darrell, Jim, and Bob! You are truly the “cream” of the crop! North Dakota is proud of all your accomplishments.

The 2017 National High School Athletic Coaches Association National Convention will be at the Embassy Suites in Peoria, IL from June 17 through June 21. Make plans to attend. It will be an outstanding convention.

*Sincerely,
Randy Johnson
NHSACA President*



@nhsaca



COACH QUOTE:

"There is no doubt in my mind that there are many ways to be a winner, but there is really only one way to be a loser, and that is to fail and not look beyond the failure."

---Kyle Rote, Jr.

NDSU Ticket Information

Here is the procedure for receiving NDSU Football Tickets this season. If you have any questions, please e-mail Randy Johnson: duck@westriv.com.

Due to the overwhelming demand and limited inventory for some of the NDSU football games this year, they will be excluding 2 games from the NDHSCA requests. No tickets are available for the October 1st game vs. Illinois State and the October 15th game vs. South Dakota State.

Here is the procedure for the other games.

- Via e-mail to ndsu.bisontickets@ndsu.edu, coaches can begin requesting their one complimentary ticket and one additional ticket to purchase beginning at 8:00 AM on the Monday of each game-week.
- Tickets are limited and orders will be filled based on ticket availability and frequency of an individual's requests.
- Tickets will be awarded & confirmations sent on the Wednesday of game-week.
- Awarded tickets can be picked up at the NDSU Ticket Office 90 minutes prior to kick-off on game-day. Per NCAA rules, no tickets can be picked up in advance of that time.
- Coaches picking up tickets will be required to present their current NDHSCA Membership Card with a valid photo ID at the time of pick-up.
- Failure to pick-up tickets can result in a loss of future ticket opportunities for that individual.



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Dakota Coach Fall 2016

NDHSCA ANNUAL BUSINESS MEETING MINUTES



July 28, 2016; 10:50 AM
Fargo Baymont Inn & Suites
Woodland North



President Braaten called the meeting to order at 10:50 am.

Mike Sorlie moved to accept the July 2015 NDHSCA Annual Meeting Minutes as they were printed in the Fall 2015 Dakota Coach, Gelaine Orvik seconded the motion. Motion carried without any dissenting voice vote.

Executive Secretary Randy Johnson presented the financial report as of June 30, 2016 which is the end of the fiscal year.

- \$10,825.38 FPSFCU Checking Account Balance.
- \$ 98.53 FPSFCU Shares Account Balance.
- \$19,816.85 FPSFCU Gelaine Orvik Scholarship Balance.
- \$34,783.53 FPSFCU Money Market Share Balance.
- \$65,524.59 FPSFCU Total Cash on hand as of June 30, 2016.

Last year on June 30, 2015 the total cash on hand was \$50,931.15. Jeremy St. Aubin moved to accept the financial report as stated, Scott Grochow seconded the motion. Motion passed without any dissenting voice vote.

Randy Johnson gave an update on the 2016 NDHSCA State Convention as follows:

- 377 Registrations for the convention as of Wednesday afternoon.
- 58 taking the convention for two credits and 29 taking the convention for one credit.
- 432 was the total membership registration as of Wednesday afternoon.

Randy Johnson stated this next year the NDHSCA will move to give its membership a free subscription to the Coach and Athletic Director Magazine. Individuals will need to sign up before September 7. Carolyn Olson moved to accept the convention report, Mitch Grochow seconded the motion. Motion passed unanimously

Past President Lisa Strand gave the Dakota Coach report as follows:

The Summer issue of the Dakota Coach was published after receiving the most up to date NDHSCA Convention information. The issue was compiled after some computer complications that had to do with lack of access to the program and a good working computer. I am working to make the Dakota Coach easy to read and interesting. Any feedback you have to help improve the newsletter will be appreciated. Gelaine Orvik stated that the volume numbers in the past were not correct and after looking at past issues, the correction has been made. The Summer issue was Volume 49, Issue #3 with the Fall issue due in August to be Volume 49, Issue #4. Members are encouraged to send information or pictures

(Annual Meeting Minutes continued on page 11)

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for the Dakota Coach to Lisa Strand at Lisa.Strand@tps-k12.org . Any submissions will be used at the editor's discretion. Anyone submitting articles may be contacted for additional details.

Nathan Walsh moved to accept the Dakota Coach report, Carolyn Olson seconded the motion. Motion passed without any dissenting voice vote.

Executive Secretary Randy Johnson gave the 2015-2016 NDHSCA Membership report. 1,171 paid memberships, 143 paid lifetime memberships, and 12 new lifetime members during the 2015-2016 membership year. Randy also mentioned the College/University Student Associate Membership has not taken off the way we had hoped. It will stay in the by-laws as written.

Kaycee Grochow moved to accept the membership report, Lisa Jenkins seconded the motion. Motion passed unanimously.

President-Elect Paul Lean introduced the Vice President candidates. They are Tracey Heisler from Grand Forks Red River High School and Sara Hegerle from Jamestown High School. Voting will close during the 1:00 session. The next Vice President will be announced at the Awards banquet this evening.

Scott Grochow presented information dealing with the NDHSCA-POWERade Senior Athlete of the Year Award and the NDHSCA-SUBWAY® Coach of the Year Award. Bill Jansen and Scott are trying to make the voting process as consistent as possible. They are giving everyone a chance to vote either electronically, or at the State Competition. Things are going well in the transition.

Rick Anderson moved to accept the report as presented, Gregg Grinsteinner seconded the motion. Motion passed without any dissenting voice vote.

Dave Dougherty, the Executive Director of NHSACA, gave the 2016 NHSACA National Convention report as follows:

NHSACA National Convention took place June 25-29 at the Galt House in Louisville, KY

Members of the NDHSCA who are members of the NHSACA Board of Directors

Randy Johnson: President

Ralph Manley: Swimming and Diving Sport Chair

Brian Midthun: Baseball Sport Chair

Tim Wallstrum: Volleyball Sport Chair, Co-Chair Professional Education, Growth and Development

Dave Dougherty: Executive Director, Past President

Gelaine Orvik: Past President, Co-Chair National Office Committee,

John Hutchison: Past President, Co-Chair Hall of Fame Committee, Co-Chair Ethics and Resolutions Committee

Hall of Fame Induction Ceremony: Tuesday, June 28th

29 Inductees:

North Dakota Inductees included:

Dan Imdieke from Linton High School

Bob Zimney from Grand Forks Red River High School

Their Bios were in this past year's Winter 2016 Dakota Coach.

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Coach of the Year and Awards Banquet: June 29th

North Dakota Finalists Include:

Sean Allen, Grand Forks Central HS: Girl's Cross Country
Darrell Anderson, Bismarck High School: Boys' Cross Country
Michael Breker, Fargo Shanley High School: Soccer
Tim Delmore, Grand Forks Red River HS: Assistant Girls' Sport
Michael Forsberg, Bottineau HS and Fargo Oak Grove HS: Girls' Basketball
Rod Hardie, Fargo North High School: Assistant Boys' Sport
Jim Haussler, Bismarck Public Schools: Athletic Director
Pat Johnson, West Fargo High School: Softball
Michael Kuhn, Mandan High School: Girls' Track and Field
Scott McPherson, Bismarck Legacy HS: Tennis
Steve Miller, Bismarck High School: Boys' Basketball
Rod Oksendahl, Fargo Shanley HS: Football
Perry Piatz, Kindred High School: Golf
Jake Solper, Minot High School: Swimming and Diving
Ken Van Ells, Dickinson High School: Special Sports (Gymnastics)
Tim Wallstrum, Kenmare High School: Volleyball
Bob Zimney, Grand Forks Red River HS: Boys' Track and Field
Derrick Dixon, Turtle Mountain Community HS: Wrestling

National Coach of the Year Recipients from North Dakota

Darrell Anderson: Boys' Cross Country

Jim Haussler: Athletic Director

Bob Zimney: Boys' Track and Field

2017 NHSACA National Convention will be June 17-21, at the Embassy Suites; East Peoria, IL.

Gelaine Orvik moved to accept the report, Aaron Klingbeil seconded the motion. Motion passed without any dissenting voice vote.

Mike Sorlie gave the Lions All Star Basketball report.

Teams were selected by co-chairs, Mike Hendrickson and Michael Sorlie - Late April early May. Girls arrived in Bismarck on July 8 and the boys were based out of Fargo on the same date. Randy Johnson (NDHSCA) greeted the girls and Mike Hendrickson (NDHSCA) greeted the boys. Players stayed at the Expressway Inn in Bismarck and the Expressway Inn and Suites in Fargo. Practices took place in respective cities starting on Friday and ending on Sunday the July 10th. Games were played in Fargo on Monday, July 11 and in Bismarck on Tuesday, July 12. Coaches of the teams were as follows: B Girls – Daryl Bearstail from Shiloh Christian and John Zenz from Watford City. A Girls – Ron Metz from Bismarck Century and Kent Ripplinger from Grand Forks Red River. B Boys – Rick Smith from Four Winds and Jeremy Feller from Our Redeemers. A – Boys Dean Winczewski from Minot and Bart Manson from Fargo Davies. Games were very competitive, both boys and girls and in both cities. Scores were: Fargo - Boys - 88-70 Class B won (Cordell Volson 21 pts 12 reb for Class B), Girls - 79-74 Class A won (Rylee Nudell 25 pts), Bismarck - Boys - 80-77 Class A won (Conner Hellebust 17 pts), Girls - 68-65 OT Class A won (Jenna Fitterer 13 pts). There were not very many issues this year. Players did not cancel, sponsorships came in and overall it was a good year.

Dean Winczewski moved to accept the report, Rick Smith seconded the motion. Motion passed unanimously.

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Lisa Strand gave the Optimist All Star Volleyball Report.

The Optimist All Star Volleyball Matches for 2016 were held June 13th at Fargo South High School and June 14th at Bismarck Century High School. The East Team coached by Rich Olson of Langdon High School and Jerry Daily from Fargo Shanley (who filled in last minute for Curtis Johnson as he had a family member pass away). The West Team was coached by Jamie Zastroupil of Bismarck Century and Kara Nunziato of Minot Our Redeemer's. Players and coaches reported on Friday, June 10th at the Expressway Inn and Suites in Fargo where they checked in and were introduced to one another. Fargo Optimist, Lori DeKeyser, was there to welcome them and play an icebreaker game with all participants. Lisa Strand spoke briefly and welcomed them as well. The rules were discussed as well as the schedule for the weekend. Tim Wallstrum once again did an outstanding job of getting the team members committed and biographies and information for the match program. Setting up the venue went very well as both Fargo South and Bismarck Century were great hosts. Thanks to the staff at Fargo South for use of their facility for practices and for the East Match. For the West Match, everything also went very well at Bismarck Century. The Optimists and Co-Chairs are very grateful for all those that helped to make the matches possible including the custodial staff, the statisticians, the announcers, the officials and line judges, the national anthem singers, concession workers and all the venue school personnel that are involved. In the East match-up the East All Stars easily won the first set, but the West took the second and third. The East came back to win the fourth set and eventually after an 11-11 tie in the 5th, the East found their way to 15 first. The set scores were 25-13, 20-25, 17-25, 25-15, 15-12. In Bismarck, the East won the first set, lost the second, but went on to win the next two with a 3-1 victory. The set scores were 25-22, 20-25, 21-25, and 25-11. The result was a sweep for the East All Star Team and overall action-packed volleyball for the fans! Thank you again to all those who helped make these matches possible. We look forward to next year's event!

Kaycee Grochow moved to accept the report, Carolyn Olson seconded the motion. Motion passed without any dissenting voice vote.

Scott Grochow presented the Shrine All Star Football Report for Bill Lorenz. The 2016 Shrine Football Games were played at the Fargo Dome in Fargo on Sunday, July 10. The 11-man East team won the first game 21-16 over the West squad. The 9-man West team beat the East team 20-14. These were two well-played games with the athletes competing until the final horn. The week started with 122 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 Thursday 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 2017 game have already started. The tentative date for the 2017 game is July 22nd. 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.

Mike Hendrickson moved to accept the report, Dean Winczewski seconded the motion. Motion passed unanimously.

(Annual Meeting Minutes continued on page 14)

Dakota Coach Fall 2016

Scott Grochow presented information on the Longevity Awards. The biggest problem was not updating their years of coaching through the current year and putting more information than is needed. Scott mentioned we have changed this with the pull down menu and hope to take care of most of the issues and get it straightened out next year. Scott covered the way they would be announced during the banquet if they are receiving a reward.

Rick Anderson moved to accept the report as read, Aaron Klingbeil seconded the motion. Motion passed without any dissenting voice vote.

Randy Johnson reported on the POWERade Cooperative Agreement. Things are going well. POWERade is happy with how things are going and want to continue the agreement. Executive Secretary Johnson stressed the importance of sending thank you notes to the addresses in the letter. The individuals sponsoring this feel it is a great thing.

Randy Johnson reported on the Burger King Scholarship. He mentioned Burger King in Bismarck-Mandan was sold and the new owners are not going to sponsor the scholarship anymore. He told the membership our board is in the process of trying to obtain a different sponsor.

Gelaine Orvik made a motion the North Dakota High School Coaches Association Executive Committee maintain the scholarship provided funds are available if a sponsor is not obtained. Pete Moe seconded the motion. Gelaine discussed the importance of continuing with the scholarship mentioning it is the key for our membership. Motion carried without any dissenting voice vote.

Randy Johnson reported on the Subway® agreement. The amount cannot be disclosed. It is substantial and very beneficial to the North Dakota High School Coaches Association. The NDHSCA is waiting for the last payment. We are in the process of negotiating a new contract.

Mike Sorlie moved to accept the Subway® report, Kaycee Grochow seconded the motion. Motion passed unanimously.

Randy Johnson reported on the NDHSCA website in the absence of Dave Zittleman. Dave just wants to know if there is something that could improve the website. If there is please let the NDHSCA Board or Dave know. It will then be addressed.

Eric Olson reported on the NDHSCA Twitter account. The hash tag is @ndhsca1. Eric mentioned he is trying to tweet as soon as possible after the State Championship contests the Coach of the Year and POWERade Senior Athlete of the Year award. He also tweeted the NHSACA Awards as soon as he received them from Paul Lean. He will work as hard as possible to continue tweeting important items for the NDHSCA.

Randy Johnson mentioned the 2017 NDHSCA State Convention will be held at the Mandan Baymont Inn and Suites. The dates of the convention are July 25 through July 28. The 2018 NDHSCA State Convention is scheduled to be back in Fargo. The site will be determined at a later date.

(Annual Meeting Minutes continued on page 15)

Dakota Coach Fall 2016

Mike Kuhn presented to the staff the importance of giving back to the organization. He mentioned there are a lot of ways to do so. He asked individuals to fill our Advisory sheet, speaker suggestions, and even visit with one of the board members if they are interested in being on the Executive Committee.

Randy Johnson reported on the Liability Insurance and encouraged coaches to take out the supplemental camp insurance if they are hosting camps. Each coach has a \$1,000,000 Liability Insurance with being a member. That coach is insured for camps, however the rest of the staff is not.

Randy Johnson reported the Gelaine Orvik Scholarship Fund received a number of donations from Subway, Universal Athletics and membership registration. He predicts the Gelaine Orvik Scholarship fund will have about \$20,500.00 in when everything has been transferred.

Lisa Strand moved to nominate Randy Johnson as the Executive Secretary of the North Dakota High School Coaches Association, Gelaine Orvik seconded the motion. Motion passed without any dissenting voice vote.

President Andy Braaten adjourned the meeting at 11:41 am.

The Minutes of the July 2016 NDHSCA Annual Meeting will be discussed with a motion for approval requested at the July 2017 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.

Dakota Coach Fall 2016



2016-17 NDHSCA SPORTS ADVISORY COMMITTEES



SPORT	REPRESENTATION	TERM
<u>BASEBALL:</u>		
Jeff Fiechtner; Fargo North HS	A Division East Representative	2013-2017
Nathan Walsh; Hillsboro	B Division East Representative	2014-2018
DeWitt Mack; Mandan HS	A Division West Representative	2015-2019
Kip Erickson; Washburn HS	B Division West Representative	2016-2020
<u>BASKETBALL – Boys':</u>		
Rick Smith; Four Winds HS	At Large Representative	2016-2017
Dan Carlson; Grand Forks Central HS	A Division Representative	2015-2018
Mike Santjer; Rugby HS	B Division Representative	2016-2019
<u>BASKETBALL – Girls':</u>		
Brett Thielges; Barnes County North HS	B Division Representative	2014-2017
??	At Large Representative	2015-2018
Brent Hintz; West Fargo Sheyenne HS	A Division Representative	2016-2019
<u>CHEERLEADING (Appointed by Cheerleading Advisory):</u>		
Ruth VanWechel; Mayville-Portland CG	B Division Representative	2014-2017
Billie Ann Caya; Bismarck HS	At Large Representative	2015-2018
Luann Burris; Grand Forks Central HS	A Division Representative	2016-2019
<u>CROSS COUNTRY:</u>		
Nathan Horgesheimer; Killdeer HS	B Division Girls' Representative	2013-2017
Troy Thorson; West Fargo Sheyenne HS	A Division Girls' Representative	2014-2018
Rick Anderson; Griggs County HS	B Division Boys' Representative	2015-2019
Jason Holland; Fargo Davies HS	A Division Boys' Representative	2016-2020
<u>FOOTBALL:</u>		
Vyrn Muir; Grand Forks Red River HS	AAA Division Representative	2013-2017
Andy Delabarre; LaMoure HS	Nine Man Representative	2014-2018
Bret Johnsrud; Hazen HS	A Division Representative	2015-2019
Brian Dokken; Wahpeton HS	AA Division Representative	2016-2020
<u>GOLF:</u>		
Jeremy St. Aubin; South Border HS	B Division Girls' Representative	2013-2017
Sara Berglund; Dickinson HS	A Division Boys' Representative	2014-2018
Dan Wolf; West Fargo HS	A Division Girls' Representative	2015-2019
Ryan Nielson; Hillsboro-CV HS	B Division Boys' Representative	2016-2020
<u>GYMNASTICS:</u>		
Courtney Gripentrog; Grand Forks Central/Red River HS	East Representative	2014-2017
Suzanne Fisher; Valley City HS	At Large Representative	2015-2018
Robbie Werchau; Minot HS	West Representative	2016-2019
<u>HOCKEY (Appointed by Hockey Advisory):</u>		
Brian Davidson; Fargo Davies HS	Boys' Representative	2013-2017
Patrick Johnson; West Fargo HS	Girls' Representative	2014-2018
Mat Ekblad; Williston HS	Girls' Representative	2015-2019
Dave Hoff; Bottineau HS	Boys' Representative	2016-2020
<u>SOCCER:</u>		
Nick Christianson; Fargo Davies HS	Girls' East Representative	2003-2017
James Moe; West Fargo HS	Boys' East Representative	2014-2018
Thomas Marcis; Bismarck Legacy HS	Boys' West Representative	2015-2019
Matt Pfau; Minot HS	Girls' West Representative	2016-2020

Dakota Coach Fall 2016

SOFTBALL:

Pat Johnson; West Fargo HS	Class A East Representative	2013-2017
Michael Loll; Hankinson HS	Class B East Representative	2014-2018
Kevin Ziegler; Bismarck Century HS	Class A West Representative	2015-2019
Layne Fluhrer; Westhope HS	Class B West Representative	2016-2020

SWIMMING & DIVING:

Richard "Dick" Fisher; Fargo North HS	Boys' Representative	2014-2017
Thomas Wheeling; Bismarck Legacy HS	At Large Representative	2015-2018
Skip Fisher; Fargo South HS	Girls' Representative	2016-2019

TENNIS (Appointed by Tennis Advisory):

Matt Nielson; Valley City HS	East Boys' Representative	2013-2017
Daniel Keith; Bismarck Century HS	West Girls' Representative	2014-2018
Amanda Lunsetter; Wahpeton HS	East Girls' Representative	2015-2019
Paul Christen; Mandan HS	West Boys' Representative	2016-2020

TRACK & FIELD – Boys':

Tim Jacobson; Bismarck Century HS	A Division West Representative	2013-2017
Bobby Hoffner; Maddock HS	B Division East Representative	2014-2018
Cameron Dockter; Fargo South HS	A Division East Representative	2015-2019
Jon Jahner; Bowman County HS	B Division West Representative	2016-2020

TRACK & FIELD – Girls':

Mike Kuhn; Mandan HS	A Division West Representative	2013-2017
Jim Haak; Linton HS	B Division East Representative	2014-2018
Tracey Heisler; Grand Forks Red River HS	A Division East Representative	2015-2019
Lyall Krueger; Surrey HS	B Division West Representative	2016-2020

VOLLEYBALL:

Jennifer Astle; Bismarck Legacy HS	A Division Representative	2014-2017
Linette Irwin; Hazen HS	B Division Representative	2015-2018
Dale Peaslee; Carrington HS	At Large Representative	2016-2019
Tera Paulson; Hankinson HS	Volleyball Executive Appointee	2015-2018

WRESTLING (Appointed by Wrestling Advisory):

Bruce Hase; Linton HS	B Division President	2014-2017
Dave Wolding; New Salem HS	B Division Representative	2015-2018
Larry Eslick; Jamestown HS	A Division President	2016-2019



NORTH DAKOTA HIGH SCHOOL COACHES ASSOCIATION Sports' Advisory Committee Application

NAME: _____
SCHOOL: _____
Home Address: _____
City, State & Zip: _____
Sport: _____ **E-Mail Address:** _____

Years of Coaching: _____ **Home Phone:** _____ **School Phone:** _____

Number of Years of Membership to the NDHSCA: _____

My duties as a Sports Advisory Committee member include:

1. Represent all coaches throughout the state in the assigned sport.
2. Coordinate regional or area meetings for statewide input.
3. Schedule and organize coaches' meetings at state contests.
4. If needed, survey or seek information for recommendations.
5. Attend the annual NDHSAA Sports' Advisory Committee Meeting and submit the recommendations as determined by the coaches in said sport.

I understand this is a THREE or FOUR YEAR commitment. Appointments will be made at the July Executive Committee Meeting. Return form to: Randy Johnson, Executive Secretary

E-mail: duck@westriv.com

701 Highway Drive Apt 9B; Hazen, ND 58545



Correspondence

The following letter was shared with NDHSCA by Gelaine Orvik

Gelaine,

Thank you again for awarding me the Gelaine Orvik scholarship in 2015. It was great seeing you at the National Coaches Convention. My family and I had a blast! You had asked for an update on my freshman year, so I thought I would reach out.

I am going into my sophomore year at the University of Jamestown majoring in Secondary Math Education and minoring in Character in Leadership while taking a few coaching classes. I am still on the path to becoming an educator and coach. I loved my math classes as a freshman, and I am looking forward to starting more education courses this coming semester. I hope to apply much of what I am learning in my leadership classes when I begin coaching.

Last year I played golf for the Jimmies and was one of the representatives of the freshman class on the Student Senate. I had a very fun and competitive golf season. I learned a lot from my coach about the sport, and about different coaching techniques. I really enjoyed having the opportunity to play new courses and meet new people. I am excited to see what this next year at Jamestown has in store for me!

I would just like to thank you again for the wonderful scholarship. College finances can be stressful, but your generous donation each year to students that are looking to make an impact on other young adults definitely eases the load.

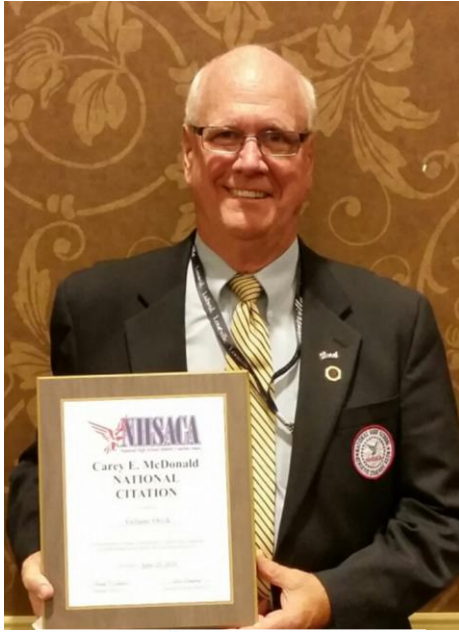
Sincerely,
Alexis Piatz



NDHSCA Gelaine Orvik Scholarship Fund



Your contribution to the Gelaine Orvik Scholarship Fund will make a difference in the lives of future coaches. We urge you to continue to support the Gelaine Orvik Scholarship Fund so we can continue to assist young students in their quest to earn a degree and training in the coaching field. See page ___ for more details.



Gelaine Orvik receives the Carey McDonald Award at the 2016 NHSACA Convention



The Carey E. McDonald National Citation is presented by the NHSACA in those years when, in the opinion of the National Executive Committee, the Association has an opportunity to recognize those persons of national renown who have made a unique contribution to high school, amateur, or professional sports and/or the coaching profession...either as an individual or in a leadership role of a national organization or other group entity. The award is named in honor of Carey E. McDonald, NHSACA President 1966-67 and the NHSACA Executive Director from 1973-1988.

Congratulations, Gelaine, for being honored by this prestigious national award.

Scenes from the 2016 NDHSCA Coaches Convention



Passing of the President's gavel.



Kerry Grochow
Karen Hardee
Linda Orvik

Registration table experts.



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 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



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.

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.

SCHEELS®

Sponsor of the new NDHSCA Scheels' Scholarship.
Look for more Scheels information coming in the Winter Issue
of the Dakota Coach.



**Sponsor of the
Outstanding
Senior Athlete Awards**





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

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 _____

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“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

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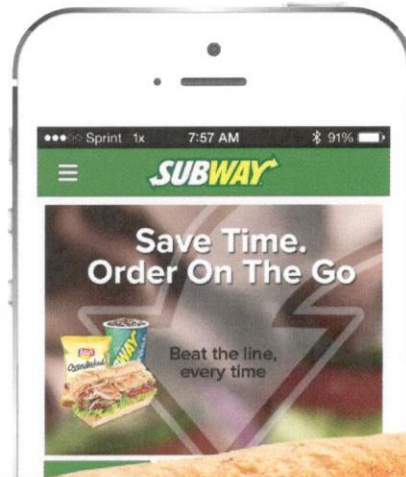
Select participating restaurant

STEP 3

Place your order and pay online with credit, debit or SUBWAY® card

STEP 4

15 minutes later pick up your order at the selected location



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Dakota Coach Fall 2016

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

North Dakota High School
Coaches Association and
POWERAde
Outstanding Senior Athlete Award



Thank you to our
2016 Convention
Sponsors

