



# Dakota Coach

## *In This Issue*

- Executive Committee..... 2
- President Lean’s Message..... 3
- Executive Secretary Message..... 4
- President NHSACA Message..... 6
- Scheels Scholarship Recipients..... 7
- Gelaine Orvik Scholarship Awards... 8
- National Hall of Fame Inductees..... 9
- National COTY 2017 Finalists..... 9
- Award of Merit/Special Recognition 10
- POWERade Outstanding Seniors... 11
- Subway ND COTY..... 12
- Winter 2016-17 Assistant COTY..... 13
- Convention Plans..... 14
- Lifetime Membership Information.....16
- 9 Requirements for Success..... 17
- Camp Insurance Changes..... 18
- Sports Advisory Members.....19
- Hutchisons Honored in Northwood...21
- Coaching Longevity..... 22
- Paid Lifetime Members..... 23
- Forms..... 25
- NDHSCA Code of Ethics..... 28
- Coaches Code of Conduct..... 29
- On-Line Registration..... 30
- Gelaine Orvik Scholarship Fund.....31
- Three Dimensional Coaching..... 32
- Subway Ordering Information..... 33
- Dakota Coach Publication.....34

## 2017 Scheels & Gelaine Orvik Scholarship Recipients



Meghan Allan



Tayler Burwick



Maari Dolan



Brenna Hanson



Cheyenne Jacobson

**Read More  
on Page 7**



**Don't miss Joey Eisenmann, PhD. and other outstanding speakers at the 2017 Summer Coaches Convention. Sports topics begin on Tuesday, July 25. The Baymont Inn and Suites of Mandan has blocked off rooms at the State Rate. Make plans for the whole coaching staff to attend today. *Look Inside for More Info!***

# 2016-2017 NDHSCA Executive Committee



**President  
Paul Lean**

130 Eagle Street N  
Fargo, ND 58103

**Phone Numbers:**  
(h) 701-234-0194  
(w) 701-446-5781  
(c) 701-261-6581  
[leanp@fargo.k12.nd.us](mailto:leanp@fargo.k12.nd.us)



**President Elect  
Eric Olson**

121 Maplewood Dr.  
Gwinner, ND 58040

**Phone Numbers:**  
(h) 701-678-6842  
(w) 701-678-2492  
(c) 701-730-2018  
[eric.olson@k12.nd.us](mailto:eric.olson@k12.nd.us)



**Vice President  
Tracey Heisler**

1120 22<sup>nd</sup> Street NW  
East Grand Forks, MN  
56721

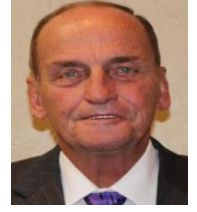
**Phone Numbers:**  
(h) 218-779-3021  
(w) 218-779-3021  
(c) 218-779-3021  
[tracey.heisler@gfschools.org](mailto:tracey.heisler@gfschools.org)



**Immediate Past  
President  
Andy Braaten**

47 6<sup>th</sup> Street SE  
Carrington, ND  
58421

**Phone Numbers:**  
(h) 701-652-2398  
(w) 701-652-3136  
(c) 701-650-8590  
[andy.braaten@k12.nd.us](mailto:andy.braaten@k12.nd.us)



**Past President  
Mike Kuhn**

211 5<sup>th</sup> Avenue SW  
Mandan, ND 58554

**Phone Numbers:**  
(h) 701-663-1175  
(c) 701-426-8863  
[michael.kuhn@msd1.org](mailto:michael.kuhn@msd1.org)



**Executive Secretary  
Randy Johnson**

701 Hiway Dr. Apt 9B  
Hazen, ND 58545

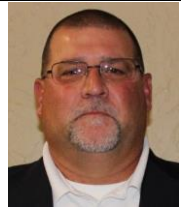
**Phone Numbers:**  
(h) 701-748-5634  
(w) 701-748-2345  
(c) 701-870-1064  
[duck@westriv.com](mailto:duck@westriv.com)



**Assistant Executive  
Secretary  
Scott Grochow**

409 7<sup>th</sup> Avenue SE  
Rugby, ND 58368

**Phone Numbers:**  
(h) 701-776-5201  
(w) 701-776-6854  
(c) 701-771-2709  
[scott.grochow@k12.nd.us](mailto:scott.grochow@k12.nd.us)



**Assistant Executive  
Secretary  
Bill Jansen**

410 7<sup>th</sup> Avenue SE  
Rugby, ND 58368

**Phone Numbers:**  
(h) 701-776-7758  
(w) 701-776-5201  
(c) 701-351-0844  
[william.jansen@k12.nd.us](mailto:william.jansen@k12.nd.us)



**Assistant Executive  
Secretary - Dakota  
Coach  
Lisa Strand**

1511 7<sup>th</sup> Avenue NE  
Thompson, ND 58278

**Phone Numbers:**  
(h) 701-599-2620  
(w) 701-599-2765  
(c) 218-779-3404  
[lisa.strand@tps-k12.org](mailto:lisa.strand@tps-k12.org)



**Membership  
Chairperson  
Karen Hardie**

2472 Lilac Lane  
Fargo, ND 58102

**Phone Numbers:**  
(h) 701-237-5624  
(w) 701-446-5200  
(f) 701-446-5299  
[hardiek@fargo.k12.nd.us](mailto:hardiek@fargo.k12.nd.us)



**Lions' Basketball  
Co-Chairs  
Michael Sorlie**

PO Box 5  
Gwinner, ND 58040  
**Phone Numbers**  
(c) 701-527-5273  
(h) 701-678-3823  
[michael.sorlie@k12.nd.us](mailto:michael.sorlie@k12.nd.us)

**Mike Hendrickson**  
1408 57<sup>th</sup> Avenue S  
Fargo, ND 58104  
**Phone Numbers**  
(c) 701-367-6546  
(h) 701-367-6546  
[hendrim@fargo.k12.nd.us](mailto:hendrim@fargo.k12.nd.us)

**Shrine Football  
Chair  
Bill Lorenz**

1431 Chestnut Street  
Grand Forks, ND 58201  
**Phone Numbers**  
(c) 218-791-3121  
(h) 701-795-7818  
[bill.lorenz@gfschools.org](mailto:bill.lorenz@gfschools.org)

**Optimists' Volleyball  
Co-Chairs  
Lisa Strand**

1511 7<sup>th</sup> Avenue NE  
Thompson, ND 58278  
**Phone Numbers:**  
(c) 218-779-3404  
(h) 701-599-2620  
[lisa.strand@tps-k12.org](mailto:lisa.strand@tps-k12.org)

**Tim Walstrum**  
PO Box 402  
Kenmare, ND 58746  
**Phone Numbers**  
(c) 701-340-8221  
(h) 701-385-3376  
[twalstrum@mykps.us](mailto:twalstrum@mykps.us)





***Message from President Paul Lean:***

## ***Springing Into Success***



The snow has melted and the grass is getting greener. The air is filled with the crack of bats, the bang of a starter's gun, and the cheers of fans at outside venues. Spring sports have arrived, but let's take a moment to recognize the successful winter sports season. Congratulations to all the winter teams on a fantastic season and a special shout out to the Region and State Champions, Coaches of the Year, and Athletes of the Year.

As this school year is coming to a close, remember that you as a coach can have a significant impact on your student-athletes. I received a letter this winter from a past athlete that is competing at the collegiate level. He was competing at their conference meet and something happened there that triggered a memory of his high school track season and he felt compelled to write me. He remembered that at one of his HS meets, he was all set to go out and qualify an event for the state meet. To qualify should have come pretty easy for this young man. Instead, he fell short, quite a bit short actually, and he was feeling pretty bad. I saw him sitting by himself and crying, so I walked over and talked to him about his race, then I told him that he had 30 seconds to stop feeling sorry about himself and he had to get out there and support his teammates like the great captain that he was, and I walked away. He spent the rest of the meet going around and firing up his teammates, high fiving them after races, and really brought the team up. He remembered this day and what it meant to him as a person and athlete. I was pleased he wrote me the letter, it showed me that I had a positive impact in this young man's life and he recognized it. The important thing was not his performance on the track, it was what he did for his teammates when he wasn't competing. Team first, individual second...this is a great philosophy for life. He learned this through sports and is still using it today. You have maybe received a similar letter or had a conversation with a past athlete about the positive impact sports and coaches had on them. If you haven't yet, you will...cherish those moments.

Best of luck to all the spring teams. Hopefully the weather keeps getting better in May and your kids have a great experience. Remember to find some type of success in your season and let your kids know about it, because not everyone can be the state champion.

Our summer convention is right around the corner as well. Please plan to attend the NDHSCA State Convention July 25-28 in Mandan. This is a great week to learn and share ideas about coaching, we have some excellent speakers again this year, look for a list of speakers soon. Also, we are always looking for convention speakers, please let us know of anyone that you feel would do a good job, whether they are a head coach or assistant coach, we want to learn for the best. In my speech last July, I challenged you to get involved in your organization. At convention you have an opportunity to vote for the next Vice President, apply for sports specific advisory boards, and even become a candidate for the next VP.

Have an awesome finish to your season and school year and I hope to see everyone in Mandan in July.

***Respectfully Your President,  
Paul Lean***

**SCHEELS®**

Sponsor of the new NDHSCA Scheels Scholarship





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



The 2017 North Dakota High School Coaches Association State Convention preparation is getting closer to completion. A tentative schedule is posted on our website. It will change from time to time, so please continue to check it out at [www.ndhsca.com](http://www.ndhsca.com). We feel there are some outstanding speakers with some very interesting topics. You will want to attend this summer's convention! The NDHSCA 2017 Convention dates are Tuesday, July 25 through Friday, July 28 at the Mandan Baymont Inn & Suites.

The National High School Athletic Coaches Association National Convention will be held in East Peoria, Illinois beginning June 17 through June 21. The convention will take place at the Embassy Suites Convention Center. Please look later in this issue for a list of National High School Athletic Coaches Association Coach of the Year Finalists and the two North Dakota coaches who will be inducted into the NHSACA National Hall of Fame. I encourage coaches to take a summer vacation and attend this special event. It looks to be quite a convention.

The North Dakota High School Coaches Association is excited to be the host of the 2019 National Convention in Bismarck at the Ramkota. The dates are set for June 22 through June 27. We will be running this in conjunction with the State Convention that year. Mark your calendars and prepare to take time off and attend. We are in the process of making plans and will be asking for some assistance to make this a special event for all coaches in country.

The Winter Sports Season has ended and the Spring Sports Season is in full swing. Congratulations to all NDHSCA-Subway Coach of the Year, POWERade Senior Athlete of the Year, Regional and State Champions! It was quite a winter. I am sure spring will follow right in the footsteps.

The NDHSCA is always looking for coaches to run for the Executive Board. If you are interested please give your name to one of the current board members. It truly is a wonderful experience. You will enjoy the opportunity to serve the coaches of North Dakota. This summer we will be filling open Advisory Committee spots as well. These positions are essential for the benefit of every sport and allow coaches to have a voice in their discipline. If interested please feel free to contact me.

It is important for coaches to go online and update their profile for membership. We really need you to update your e-mail address. There are some who still have their sendit address on their profile. You can update this at any time by logging into our membership link at [www.ndhsca.com](http://www.ndhsca.com), going to your profile, and changing your e-mail address.

I encourage coaches to donate to the Gelaine Orvik Scholarship Fund when they register this year. We have been providing two \$1,000.00 scholarships to graduating seniors who plan to go into coaching. This fund is named after a long-time NDHSCA Executive Secretary, Gelaine Orvik. We need to build our pool of coaches who continue to strive for the most out of athletes.

# Dakota Coach Spring 2017

*NDHSCA Executive Secretary message continued...*

Finally, I want to thank the Executive Board for all their work this past year. They have made my job easier. It has been a great year and I feel the North Dakota High School Coaches Association is working hard to gain more benefits for its membership. Until the June issue, take care and good luck to the spring sport coaches.



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



## Dakota Coach Spring 2017

# Greetings from the National High School Athletic Coaches Association



The National High School Athletic Coaches Association is in the final stages of preparing for the summer convention in East Peoria, Illinois. The finalists for this summer's convention have been announced. They are located on the National High School Athletic Coaches Association website: [www.nhsaca.org](http://www.nhsaca.org). They are also printed in this Dakota Coach.

North Dakota is well represented on the National Board. Here is a list of individuals from North Dakota and their positions.

- Dave Dougherty: Executive Director, Past President
- Tim Wallstrum: Volleyball Sport Chair
- Greg Brown: Girls' Track and Field Sport Chair
- Gelaine Orvik: Past President
- John Hutchison: Past President
- Randy Johnson: Immediate President and webmaster

We need a few more sport chairs. If you are interested in being a sport chair, please contact Randy Johnson and we will work to hopefully get you on the National Board.

This summer's National Convention will be in East Peoria, Illinois at the Embassy Suites from June 17 to June 21. June 17 and 18 will be a Leadership Class where individuals can earn two graduate credits from the University of Sioux Falls. June 19 to June 21 is the Sport Specific sessions where coaches may earn up to three graduate credits from the University of Sioux Falls. This means in five days a person can continue their education and receive five graduate credits. Make plans to attend. It will be an outstanding conference.

The National High School Athletic Coaches Association and the North Dakota High School Coaches Association together provide extra benefits to members. We currently offer eight digital subscriptions to the Coach and AD Magazine to all North Dakota members free of charge. There is also a possibility for discount rates at hotels, Office Depot, life insurance, long term care insurance and many others. Since you are a member click this link: <http://www.hscoachesbenefits.org/>. See for yourself what benefits are available to member coaches!

In closing, I hope your school year is going well and are making plans to attend the National Convention in East Peoria, Illinois.

*Sincerely,*

***Randy Johnson***

***NHSACA Immediate Past President***



### COACH QUOTE:

***"Once you've done the mental work, there comes a point (where) you have to throw yourself into the action and put your heart on the line."***

**Phil Jackson**



# Scheels Scholarship Recipients

The North Dakota High School Coaches Association Executive Committee selected the recipients for the NDHSCA Scheels Scholarships. Each will each receive a \$750.00 scholarship from NDHSCA and Scheels. The scholarships will be presented to each student/athlete at the Annual NDHSCA Hall of Fame/COTY Banquet at the Mandan Baymont Inn & Suites on Thursday, July 27<sup>th</sup>. The four student/athletes collectively earned 36 athletic letters, 35 activity letters, and ACT scores averaging 24.25. Two of the recipients have a class rank in the top 6.7% of their respective schools.



**Meghan Allan** will graduate from Grand Forks Central High School with a 3.8 Grade Point Average (GPA). She ranks first out of 251 graduates and scored a 23 on her ACT test. Meghan earned 6 athletic letters in the sports of cross country (4) and track and field (2). She was a member of band, choir and musicals. She has been commended by teachers for being hard-working, driven, organized, supportive, and caring. She will be attending UND in Grand Forks.

**Meghan** is the daughter of Sean and Betty Allan.

**Taylor Burwick** will graduate from Hettinger HS with a 3.96 Grade Point Average (GPA) and ranks sixth in a class of 17. Her ACT score was a 24. Taylor has earned 10 athletic letters in the sports of track and field (4), volleyball (3), and basketball (3). She is a member of OWLS, FBLA, Science Olympiad, Student Council, yearbook, drama, band, choir and National Honor Society. Taylor's high school administrators describe her as driven, hard-working and of high moral character. Taylor will be attending North Dakota State University in Fargo.



**Taylor Burwick** is the daughter of Randy and Connie Burwick.



**Maari Dolan** will graduate from Ray HS with a 4.00 Grade Point Average (GPA). Her ACT score is a 27. She has earned 15 athletic letters in the sports of volleyball (4), basketball (4), track and field (4), and softball (3). She was the team captain her senior year for volleyball, basketball, track and field and softball. Maari was also active in band, choir, speech, drama, FBLA and National Honor Society. Her educators honor her with strong work ethic, leadership skills and a drive to be successful. Maari will be attending UND.

**Maari** is the daughter of Stuart and Michelle Dolan.

**Brenna Hanson** will graduate from Bismarck Legacy High School with a 3.98 Grade Point Average (GPA). Her ACT score was a 23. She has earned five athletic letters in softball (3), and basketball (2). Brenna is also active in choir, National Honor Society and the Key Club. She was part of the Class A State Champion Girls Basketball Team. Her teachers commend her for having integrity, respect and ambition. Brenna will attend UND in the Fall.



**Brenna** is the daughter of Perry and Judy Hanson.

# Gelaine Orvik Scholarship Recipients



**Cheyenne Jacobson** will graduate 4<sup>th</sup> in her class of 15 with an ACT test composite score of 24. She has a 3.98 GPA while competing in basketball and cross-country for the Max Cossacks for four years. She also participated in FFA, drama, pep club,

athletic club, science club, band and choir. In addition she was a member of National Honor Society, student council and served as a class officer for her four high school years.

Cheyenne was a 4 year letter winner in basketball and cross-country. She was captain of her cross-country team (4 years) and for her basketball team (2 years). She has done volunteer work for Youth Group, car-washes, sweet corn picking for the community, trash pickup, "Feed My Starving Children" food packing program, Bible school volunteer, Lutefisk server, apple picking, tie-dye t-shirts at all school reunion, Christmas Tree Decorating and Easter breakfast making/serving.

Cheyenne was nominated for this scholarship by her girls' basketball coach Christina Roth. One of Coach Roth's reasons for nominating Cheyenne was "...because she exemplifies all the qualities that Coach Orvik instilled in his athletes."

A major aspect in the selection of Cheyenne for the scholarship was identification of how she responded to the loss of a friend and teammate in an automobile accident. She was able to comfort teammates and assisted with the healing for them in such a huge loss. In addition she proved to undertake additional responsibility for the team---the way a coach always does.

Amanda Huettl, Max FFA Advisor, identifies Cheyenne's ability to overcome obstacles as a young adult as a quality. She was noted by the

Athletic Director, Jade Larson, as highly successful.

Certainly, Cheyenne is a deserving recipient of the NDHSCA-Gelaine Orvik Scholarship.



**Brenna Hanson** is ranked 26<sup>th</sup> in her class of 234 at Legacy High School. She will have earned 28 credits when she graduates with an ACT test composite score of 23 and a 3.98 GPA through seven

semesters with heavy academic classes including Algebra II and AP Chemistry. Brenna competed in softball and basketball in high school. She has earned 5 athletic letters. Brenna was member of National Honor Society, choir and Key Club. She was also a captain of her softball team.

In addition, Brenna volunteered over 100 hours at Papa's Pumpkin Patch, Dakota Boys & Girls Ranch, The Hodge Podge, The Giving Tree, Pack the Pantry, Stock the Shelves, the Brent DeKok benefit breakfast and Apple Bees Fundraisers. In addition she is a member of the Bismarck Sparks Summer Fast pitch Softball Team and the Fargo-Moorhead Blaze Softball Team. She is a member of St. Anne's Church.

Brenna was nominated for the scholarship by her softball coach, Paige Nustad. Coach Nustad, Brenna's faculty and her administration praises her by identifying her character and leadership skills. Assistant principal Thomas Schmidt adds praise for

Brenna's qualities of "being composed, responsible, passionate, caring, tolerant and intelligent." Assistant basketball coach and assistant principal Ryan Riehl adds that "Brenna has an outstanding work ethic. Certainly, Brenna is a deserving recipient of the NDHSCA-Gelaine Orvik Scholarship.



# NHSACA National Hall of Fame Inductees

## Congratulations to Julie Stavn and Scott Grochow



Coaches Julie Stavn and Scott Grochow will be inducted into the NHSACA Coaches Hall of Fame at the Summer 2017 Convention to be held in East Peoria, Illinois on Tuesday, June 20.



## *Good Luck to the NHSCA COTY National Finalists!*

<u>Sport</u>	<u>Coach or Athletic Director</u>	<u>School</u>
Athletic Director	Lorell Jungling	Mandan High School
Baseball:	Pete Dobitz	Dickinson High School
Cross Country – Boys'	Brian Anderson	New Town High School
Football	Dan Imdieke	Linton High School
Soccer	Michelle Crary	Fargo North High School
Softball	Scott Kost	Central Cass High School
Special Sports	Mike Peluso	Bismarck High School
Swimming & Diving	Kathy Aspaas	Bismarck Century High School
Tennis	Victor Youngs	Fargo South High School
Track & Field – Boys'	Tim Jacobsen	Bismarck Century High School
Track & Field – Girls'	Greg Hoeckle	Carrington High School
Volleyball	Lisa Strand	Thompson High School
Wrestling	Cory Schall	Oakes High School
Assistant COTY – Boys'	Tim Tandeski	Grand Forks Red River High School
Assistant COTY – Girls'	Mark Murdock	Bismarck Century High School

# ***NDHSCA Award of Merit Recipients Announced***

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

**Mike Thorson – University of Mary Track and Field Coach**

**Shawn Ford – Grafton Sports Reporter**

---

# ***NDHSCA Special Recognition Honorees Named***

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

**Darryl Anderson – Mandan; Track and Field Official, volunteer and supporter of all high school athletics, former Mandan Activities Director which hosted numerous State Events**

**Eric Hewitt – Carrington; Baseball umpire and State Wrestling volunteer**

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

## **Coach Quote:**

**“Talent is God-given – be humble. Fame is man-given – be thankful.  
Conceit is self-given – be careful.”**

**-John Wooden-**

# **SCHEELS®**

# ***2016-2017 NDHSCA-POWERade Outstanding Senior Athlete Awards***

**SPORT**

A Girls' Golf  
 A Boys' Tennis  
 A Boys' Soccer  
 A Boys' Cross Country  
 B Boys' Cross Country  
 A Girls' Cross Country  
 B Girls' Cross Country  
 B Girls' Cross Country  
 Nine Man Football  
 A Football  
 AA Football  
 AAA Football  
 A Girls' Swimming  
 A Volleyball  
 B Volleyball  
 B Wrestling  
 A Wrestling  
 A Gymnastics  
 A Boys' Hockey  
 A Girls' Hockey  
 A Boys' Swimming  
 B Girls' Basketball  
 A Girls' Basketball  
 A Boys' Basketball  
 B Boys' Basketball

**ATHLETE**

Paige Argent  
 Brian Swanberg  
 Jake Reinholz  
 Hunter Lucas  
 Ryan Wheeling  
 Karly Ackley  
 Cailee Peterson  
 Peyton Frolek  
 Calen Schwabe  
 Jackson Hankey  
 Cole Spies  
 Brandon Metz  
 Olivia Roche  
 Regan Dennis  
 Morgan Olson  
 Luke Hastings  
 Brandon Metz  
 Taylor Ann Johnson  
 Grant Johnson  
 Samantha Trana  
 Gerald Brown  
 Macey Kvilvang  
 Tylee Irwin  
 Aanen Moody  
 Tronis McKay

**SCHOOL**

Minot HS  
 Bismarck Legacy HS  
 Fargo Shanley HS  
 Fargo Davies HS  
 New Town HS  
 Grand Forks Central HS  
 May-Port-C-G HS  
 Sargent Central-Lidgerwood HS  
 Thompson HS  
 Park River HS  
 Bismarck St. Mary's HS  
 West Fargo HS  
 Fargo North HS  
 Bismarck Century HS  
 Our Redeemer's HS  
 Hillsboro-Central Valley HS  
 West Fargo HS  
 Fargo North HS  
 Grand Forks Central HS  
 Fargo North HS  
 Minot HS  
 North Star HS  
 Wahpeton HS  
 Dickinson HS  
 Four Winds HS

**HEAD COACH**

Scott Foltz  
 Scott McPherson  
 Ryan Christianson  
 Jason Holland  
 Brian Anderson  
 Sean Allan  
 Jeni Peterson  
 Sheila Anderson  
 Brady Schwab  
 Robert Goll  
 Dan Smrekar  
 Jay Gibson  
 Talia Butrey  
 Sara Bohrer & Jamie Zastoupil  
 Kara Nunziato  
 Dustin Nagel  
 Kevin Fynboh  
 Kris Dougherty  
 Grant Paranica  
 Kris Dougherty  
 Jake Solper  
 Jill Vote  
 Brian Watson  
 Dan Glasser  
 Rick Smith



**Sponsor of the  
 Outstanding  
 Senior Athlete  
 Awards**



## Dakota Coach Spring 2017

# 2016-2017 NDHSCA-SUBWAY Coaches of the Year

<u>SPORT</u>	<u>F.NAME</u>	<u>L.NAME</u>	<u>SCHOOL</u>
Class A Girls Golf	Scott	Foltz	Minot HS
Class A Boys' Tennis	Scott	McPherson	Bismarck Legacy HS
Class A Boys' Soccer	Luke	Glasoe	Grand Forks Red River HS
Class A Boys' Cross Country	Brad	Lies	Bismarck Century HS
Class B Boys' Cross Country	Brian	Anderson	New Town HS
Class A Girls' Cross Country	Sean	Allan	Grand Forks Central HS
Class B Girls' Cross Country	Jon	Jahner	Bowman County HS
Nine Man Football	Steve	Kleinjan	New Salem HS
Class A Football	Jon	Schiele	Ellendale-Edgeley-Kulm HS
Class AA Football	Dan	Smrekar	Bismarck St. Mary's HS
Class AAA Football	Ron	Wingenbach	Bismarck Century HS
Class A Girls' Swimming	Anne	Retzlaff	Wahpeton HS
Class A Volleyball	Sara	Hegerle	Jamestown HS
Class B Volleyball	Kara	Nunziato	Our Redeemer's HS
Class B Wrestling	Joe	Kern	Lisbon HS
Class A Wrestling	Justin	Racine	Minot HS
Class A Gymnastics	Linda	Grina	Bismarck Public Schools
Class A Boys' Hockey	Grant	Paranica	Grand Forks Central HS
Class A Girls' Hockey	Mathew	Ekblad	Williston HS
Class A Boys' Swimming	Jake	Solper	Minot HS
Class B Girls' Basketball	Jill	Vote	North Star HS
Class A Girls' Basketball	Brian	Watson	Wahpeton HS
Class A Boys' Basketball	Brent	Dekok	St. Mary's Central HS
Class B Boys' Basketball	Elliot	Rotvold	Hillsboro-Central Valley HS
Class A Athletic Director	Mark	Rerick	Grand Forks Public Schools
Class B Athletic Director	Randy	Loing	Rolla HS



# Winter 2017 Assistant Coach of the Year

The 2016-2017 Winter Season recipient of the Assistant Coach of the Year Award is **Kenyon Wingenbach**, Bismarck Century



Assistant Girls' Basketball Coach. **Kenyon** was nominated by Ron Metz, Bismarck Century Head Girls' Basketball Coach.

**Kenyon** has been coaching for 11 years with 9 of them as an assistant girls' basketball coach.

**Coach Wingenbach** has also coached football. He is responsible for skills breakdown and fundamental work during practice. He is in charge of scouting opponents (film and live scouting) and writing scouting reports which are given to players on

game day. **Kenyon's** main focus is as the defensive coordinator during games. **Coach Wingenbach's** season highlights from 2016 included a perfect 21-0 record with some key Junior Varsity players playing quality minutes at the end of the season. Most of these players were the key to the continued success in 2017. Ron Metz, Bismarck Century Head Girls' Basketball Coach, has this to say about **Coach Wingenbach**. "**Kenyon** truly is a great young coach. Bismarck Century Girls' Basketball would not be where it is today without the help of **Coach Wingenbach!**"

**Kenyon** and his wife Cassity have two children: Tatum and Penn.

**Kenyon Wingenbach** of Bismarck Century High School is the 2016-2017 North Dakota High School Coaches Association's Winter Assistant Coach of the Year.

*Subway can  
make team  
meals EASY!*



UNIVERSAL  
ATHLETIC



# 2017 CONVENTION PLANNED



The NDHSCA Coaches Convention will be July 25-28, 2017 at the Baymont Inn & Suites in Mandan, ND. NDHSCA is making every attempt to prepare coaches for their upcoming seasons. The 2017 NDHSCA Coaches Convention will provide opportunities to meet coaching requirements and gain knowledge from our outstanding presenters. Attendants are reminded of the special room rates at the Baymont Inn & Suites and the July 8<sup>th</sup> deadline for receiving the special rate. Make reservations early!

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

1. The "Permit Preparation Seminar" course work will be offered on Tuesday, July 25<sup>th</sup>. Each registrant will need to pay an **additional \$50.00 in advance for the book fee for first time First Aid, CPR & AED Certification Card with registration. If a person only needs to update their First Aid, CPR & AED Certification it will be \$15.00.** We will also have seminars on Concussion Management which will update a coach's concussion education. There are two sessions and a coach should be at both sessions.
2. There will be four seminar tracks offered on Tuesday, "Permit Preparation Seminar", "Coaching & Conflicts", "Special Topics", and "Speed, Strength, & Nutrition". Registrants for these seminars and the convention can earn two NDSU graduate credits in the four days when applying for college credit and fulfilling the requirements.
3. **All registration is to be completed on-line!** If there is a problem with the registration process, coaches are urged to contact their school's information technician, computer instructor or Randy Johnson at [duck@westriv.com](mailto:duck@westriv.com).
4. **All Athletic Directors are reminded** to have newly hired coaches prepared for Coaches Education Permit Requirements; those requirements can be satisfied by registration for the Seminar and the convention.

## Register Early!

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

Our Keynote speaker on Tuesday is Joey Eisenmann. He is currently employed at USA Football. Joey is a graduate of Washburn High School. We are looking forward to having Joey return to North Dakota to share his knowledge.



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

*Convention plans continued on page 13*



# Dakota Coach Spring 2017

*Convention plans continued...*

Another very popular activity over the past years is the Taco Bar with the “(Wall) Horse Races” that are sponsored by Universal Athletics. Universal Athletics also sponsors these races and the Taco Bar in other states, but the North Dakota “connection” seems to attract special Universal Athletics personnel, often including the Universal Athletics’ President. The Universal Athletics Social will be held on Wednesday (July 26<sup>th</sup>) evening at the Mandan Baymont Inn & Suites.

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

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



## **Our present list of Convention speakers includes:**

**Basketball:** Matt Murken, MSU; Rick Newman, University of Mary; Justin Wetzel, Dickinson State University; Mark Graupe, Dickinson State University; Joe Kittel, University of Mary and High School Basketball Coaches from North Dakota

**Cross-Country:** Jim Clark, University of Jamestown; Brad Lies, Bismarck Century; Jason Edwards, Fargo Davies; Jon Jahner, Bowman County; Jeff Manley, Pembina County; Nathan Horgeshimer, Killdeer

**Football:** Joey Eisenmann, Michigan State University; Randy Hedberg, NDSU; Joshua Kotelnicki, University of Mary; Pete Stanton, Dickinson State University; Nick Walker, Dickinson State University; Jace Schillinger, Dickinson State University and High School Football Coaches from North Dakota

**Golf:** Jordan Berglund, Hawktree Golf Pro; Prairie West Golf Pro; High School Coaches

**Track & Field:** Stevie Keller, NDSU; Don Larson, NDSU; Justin St. Clair, NDSU; Nick Walker, Dickinson State University; Brad Leingang, Bismarck High School; Mike Thorson, University of Mary; Seth Mischke, Black Hills State; Dallas Hinderer, Bismarck High School; Brad Townsend, Bismarck Century; Larry Walker, Hillsboro-CV; Rob Stanton, Billings Central; Bobby Hoffner, Leeds High School

**Volleyball:** Jesse Mahoney, University of Colorado; Dana Cordova, Minot State University; Jennifer Hartman, Dickinson State University and Other University and High School Coaches

**Wrestling:** Adam Aho, University of Mary; Cory Schall, Oakes High School; Guy Melby, Sidney High School; and other University and High School coaches

**Swimming & Diving:** Allan McCallum, University of Mary; Gideon Louw University of Minnesota; Brent Newman, Grand Forks; and other high school coaches

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

*Convention plans continued on page 14*

# Dakota Coach Spring 2017

*Convention plans continued...*

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



The NDHSCA Convention Registration form will be found on the NDHSCA Website around May 15. Please feel free to direct fellow coaches to the online site. All head coaches should feel an obligation to include their entire staff to attend the convention for professional development and to complete the Coaches Education requirement.

All registrants are reminded that the NDHSCA Registration Fee ***includes*** a ticket to the July 27<sup>th</sup> NDHSCA Hall of Fame/Coach of the Year Banquet. Also, coaches are reminded that guest rooms have been blocked for NDHSCA at the Mandan Baymont Inn & Suites (state rates apply with one rate regardless of number in the room). Hotel accommodations can be made by calling the Mandan Baymont Inn & Suites at 1-701-663-7401. Should you have additional questions, please feel free to contact Randy Johnson, NDHSCA Executive Director at: 1-701-870-1064 or by Email at [duck@westriv.com](mailto:duck@westriv.com).

## SEE YOU AT THE STATE CONVENTION!



## *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.

# 9 Requirements for Success

1. **Purpose:** Why do you coach? Loving the sport isn't your purpose (it's your passion)...Why do you coach? Why do you have player meetings? Why do you stress about your practice plans? Why do you watch so much film? What is your why?
2. **Passion:** Do you love your sport? Is there a fire in your bones for it? If so that will translate over to your players and they'll be infected by your zeal.
3. **Perspiration:** I feel like this is obvious, but you should be working hard, Coach. Like, really hard. You've got to work hard to create relationships with your players. You've got to work hard to know the different personalities on your team and how to motivate them. You've got to work hard to keep your team chemistry balanced.
4. **Plan:** How will you handle the inevitable quarrels between teammates? How will you handle having to bench a starter? How will you prepare your team to be clutch at the end of a competition? How will you make sure they're ready for post-season?
5. **Patience:** Can you wait for your "potential player" to bloom? Can you try different ways of teaching your leaders how to lead? Can you trust the process?
6. **Persistence:** It's a great idea to write down your coaching goals. That way, when you hit the inevitable speed bump, you won't be moved.
7. **People:** Coaches don't succeed alone. We need mentors and assistants. We need players to buy into what we're saying. We need families who support the coaching staff in the background. We need an administration who'll advocate for us.
8. **Principles:** Do you want to be a win-at-all-costs coach? Do you want to sacrifice your values in order to win more games? Do you win with honor?
9. **Perspective:** Our definition of success will change as we grow as coaches, as we gain a bit more life experience, and as we're humbled by our profession.

It's hard to feel successful. It requires a lot of work. Get ready to put the effort in so that we can be whatever our version of success looks like!

Published with permission from writer Dawn Redd-Kelly, Head Volleyball Coach at Beloit College, Wisconsin. Previously published online in [The Coaches Toolbox](#), April 2017





## Dakota Coach Spring 2017

# CAMP INSURANCE CHANGES

### **NEW CAMP INSURANCE REQUIREMENT: PARTICIPANT/ACCIDENT COVERAGE**

As a member benefit of your coaches association, your members will continue to have General Liability coverage for their coaching activities (for example, State Association sanctioned All-Star Events, camps, other coaching activities and classroom coverage). The new requirement from the General Liability Company is that if a coach operates/conducts a camp he/she must have Participant/Accident coverage for all participants/campers attending the camp. Your member coach has the option to provide proof of existing Participant/Accident coverage or to purchase the coverage at a discounted rate through the NOCAD Camp Insurance Program.

### **WHY THE CHANGE?**

When a coach is coaching at his/her school, student athletes are always covered by an Accident Insurance Policy that is provided by the school or the High School Association. The coverage is in place to help schools and High School Associations eliminate potential litigation; because when someone is injured, the Participant/Accident Insurance Policy can pay medical bills.

Even if the injured party has Primary Medical Insurance, most policies no longer pay 100% of the medical bills and parents could have high out-of-pocket expenses. For example, if a student has a \$50,000 ACL injury and the parents' Primary Medical Insurance Policy has an 80/20 co-pay, the insurance company is going to pay \$40,000 and the parents would have \$10,000 in out-of-pocket expenses.

In today's legal climate, everything possible must be done to protect our General Liability Policy from lawsuits being filed for negligent acts when someone is injured. Camp Liability Policies could be unavailable in the near future if Participant/Accident coverage has not been added.

Thank you

Greg Joly: [gjoly@loomislapann.com](mailto:gjoly@loomislapann.com)  
Lori George: [lgeorge@loomislapann.com](mailto:lgeorge@loomislapann.com)  
**Loomis & LaPann, Inc.**  
Insurance Administrator  
800-566-6479  
[www.loomislapann.com](http://www.loomislapann.com)

**LOOMIS & LAPANN, INC.**  
  
INSURANCE SINCE 1852

# North Dakota High School Coaches Association

## 2016-17 NDHSCA SPORTS ADVISORY COMMITTEES

<b>SPORT</b>	<b>REPRESENTATION</b>	<b>TERM</b>
<b><u>BASEBALL:</u></b>		
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
<b><u>BASKETBALL – Boys':</u></b>		
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
<b><u>BASKETBALL – Girls':</u></b>		
Brett Thielges; Medina-Pingree-Buchanan HS	B Division Representative	2014-2017
Ron Metz; Bismarck Century HS	At Large Representative	2015-2018
Brent Hintz; West Fargo Sheyenne HS	A Division Representative	2016-2019
<b><u>CHEERLEADING (Appointed by Cheerleading Advisory):</u></b>		
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
<b><u>CROSS COUNTRY:</u></b>		
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
<b><u>FOOTBALL:</u></b>		
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
<b><u>GOLF:</u></b>		
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
<b><u>GYMNASTICS:</u></b>		
Suzanne Fisher; Valley City HS	At Large Representative	2015-2018
Robbie Werchau; Minot HS	West Representative	2016-2019
Courtney Engel; Grand Forks Central/Red River HS	East Representative	2017-2020
<b><u>HOCKEY (Appointed by Hockey Advisory):</u></b>		
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
Scott Pederson; Fargo Davies HS	Boys' Representative	2017-2021
<b><u>SOCCER:</u></b>		
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 Spring 2017

## **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
Lyll 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

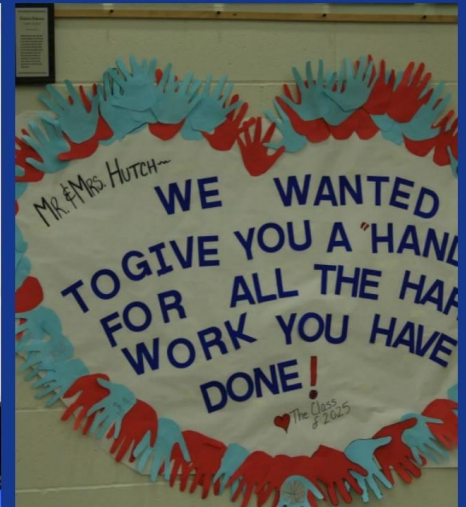
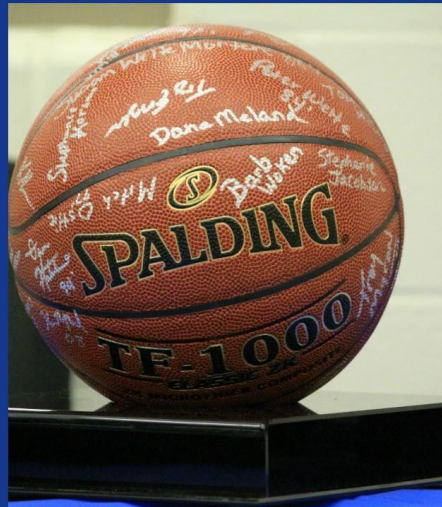
E-mail: [duck@westriv.com](mailto:duck@westriv.com)

701 Highway Drive Apt 9B; Hazen, ND 58545



# Hutchisons Honored For Their Dedication

John and Lonny Hutchison were recognized for their service to Northwood Public School in January with a ceremony naming the school gym floor in their honor. Both have been dedicated to the school for more than 40 years and served the school's athletics programs across five decades. John also served as the Assistant Executive Secretary for the NDHSCA and retired in 2015 after 30 years of service to the organization. Congratulations to the Hutchisons!





## 2017 Coaching Longevity Award

Individuals wishing to receive plaques will be announced at the 2017 North Dakota High School Coaches Association Summer Convention to be held at the Mandan Baymont Inn & Suites. The banquet will be on Thursday, July 27.

Please e-mail Bill Jansen [william.jansen@k12.nd.us](mailto:william.jansen@k12.nd.us) or Scott Grochow [scott.grochow@k12.nd.us](mailto:scott.grochow@k12.nd.us) if there is a mistake on this list. Thank you.

### 20 years

Joi Anderson, Turtle Lake-Mercer  
Jason Brend, Thompson  
Chris Clements, Bismarck Legacy  
Bret Dockter, Harvey  
Liane Fikowski, Dickinson  
Shon Horogan, Pembina County  
Tim Jacobsen, Bismarck Century  
Connie Kjos, Langdon Area  
Jamie Krenz, Grant County/Flasher  
Phil Kroeber, Jamestown  
Jason Kunze, Lisbon  
Mark Lardy, Bismarck  
Brad Leingang, Bismarck  
Bart Manson, Fargo Davies  
Al McFarlane, Trenton  
John Montclair, Standing Rock  
Brodie Odegaard, Tioga  
Eric Ptacek, Hillsboro  
Coby Rabbithead, Parshall  
Matt Ray, Ray  
Shane Robinson, Minto  
Claudia Schoellkopf, Mandan  
Bryan Schumacher, Strasburg  
Brady Schwab, Thompson  
Laurie Sieben, Grafton  
David Silbernagel, Kidder County  
Matt Strinden, Mandan  
Barbara Sweet, Lisbon  
Robert J. Turcotte, Trenton  
Robbie Werchau, Minot  
Mark Wiest, Mandan  
Pat Wilkes, Rolla  
Pat Windish, Max  
Trevor Yetterboe, Wilton

### 25 Years

Michael Babinski, Warwick  
Jay DeCann, West Fargo  
Matt Herman, Ellendale  
Bobby Hoffner, Maddock  
Mary Hoherz, Beulah  
Paul Jundt, Bismarck Legacy  
Gerard Krosbakken, Fargo North  
Scott Medalen, Des Lacs-Burlington  
Rick Phillion, Minot  
Polly Roe, Kindred  
Elliot Rotvold, Hillsboro  
Jay Schneider, Devils Lake  
Sherri Surerus, Lisbon  
Joel Swanson, West Fargo Sheyenne

### 30 Years

Wally Beckman, MLS-Mohall  
Mary Blue, Turtle Mountain Community  
Harry Clark, Richland  
Susan Delorme, Turtle Mountain Community  
Richard Fisher, Fargo North  
Skip Fisher, Fargo  
Dave Handt, Litchville-Marion-Montpelier  
Scott Hoffmann, Dickinson Hagen JH  
Barry Holmen, Minot  
Don Johnson, Fargo Shanley  
Randy Johnson, Hazen  
Greg Jung, Dickison  
Chad Kliniske, Grafton  
Todd Kosel, Edgeley  
David Lee, Fargo Discovery MS  
Carolyn Olson, Grand Forks Red River  
Steve Paintner, Grand Forks Central  
Larry Sandy, Velva  
Terry Stargardt, Fargo Discovery MS  
Greg Unruh, Fargo North  
Tim Wallstrum, Kenmare  
Greg Yale, Bowman

### 35 Years

Brian Anderson, New Town  
Ron Benson, Mott  
Rodney Breitbach, Bismarck Century  
Craig Champagne, Larimore  
Jeff Fiechtner, Fargo North  
Gregg Grinsteinner, Dickinson Trinity  
Cindy Hanson, Killdeer  
Gerald Holinka, Dickinson Hagen JH  
Robert Jacobson, Fargo Davies  
Tim Jacobson, Fargo Davies  
Tim Kolsrud, Bismarck  
Dave Michaelson, Dickinson  
Bonita Rakoczy, Midway  
Daryl Watson, Cavalier  
David Wisthoff, Glenburn

### 40 Years

**Gary Jackson,**  
North Border  
**Peter Moe,**  
Washburn

### 45 Years

**Richard Henderson,**  
Fargo South  
**Dan Smrekar,**  
Bismarck St. Mary's



# North Dakota High School Coaches Association

## ***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  
Boehm, Darrin; West Fargo HS  
Brackenbury, Wayne; Mohall-L-Sherwood HS  
Brenner, Henry; ND School for the Deaf  
Buen, Gene; Velva HS  
Burckhard, Richard; Parshall HS  
Burris, LuAnn; Grand Forks Central HS  
Butterfield, John; Hettinger HS  
Callahan, Mike; Minnewaukan HS  
Carlson, Ron; Minnewaukan HS  
Carlsrud, Dave; NDHSAA  
Carr, Daniel; Linton HS  
Caya, Billie Ann; Bismarck HS  
Conlon, Frank; Jamestown HS  
Cornell, Rick; Grand Forks Schroeder JHS  
DeCoteau, Jerome; Turtle Mtn Comm. HS  
Deutsch, Nancy; Watford City HS  
Dew, Jim; Valley City State College  
Deyle, Alvina; Fargo South HS  
Dinius, Denny; Langdon HS  
Disher, Ken; Minot HS  
Dixon, Derrick; Turtle Mtn. Community HS  
Dockter, Dwight; Hope-Page HS  
Dolan, Michelle; Ray HS  
Dwyer, Michael; Shiloh Christian HS  
Fish, Frank; Watford City HS  
Fjeld, Greg; Minot HS  
Flaagan, Craig; Fargo South HS  
Flyberg, Brian; Linton HS  
Folstad, Collette; West Fargo HS  
Forsberg, Mike; Fargo Oak Grove HS  
Foss, Bradley; Watford City HS  
Gabrielsen, Thomas; Grand Forks RRHS  
Gadberry, Ron; Hillsboro HS  
Gordon, Randy; Dickinson Trinity HS  
Hack, Rick; Ellendale HS  
Haggin, Barry; Divide County HS  
Halland, Joan; Kindred HS  
Hammer, Dennis; Grafton HS  
Handt, Dave; Litchville-Marion HS  
Hanson, David; St. Thomas HS  
Hanson, Donald C.; Mandan HS  
Hanson, Randy; Washburn HS  
Hardie, Karen; Fargo North HS  
Hardie, Rodney; Fargo North HS  
Hauge, John; Bottineau HS  
Haugen, Derold; LaMoure HS  
Haussler, Jim; Bismarck Schools  
Healy, Dennis; Williston HS  
Herman, Matt; Ellendale HS

Hertel, Dale; Fargo South HS  
Hofer, Dr. Herb; Cankdeska Cikana CC  
Holinka, Gerald; Dickinson Trinity HS  
Holmen, Barry; Minot HS  
Holmen, Robert; Minot HS  
Hornecker, Brian; Minot HS  
Horner, Dennis; Midway HS  
House, Leon; Mandan HS  
Howell, Joe; Lisbon HS  
Howson, Jim; Hatton HS  
Hutchison, Donna; Grand Forks Red River HS  
Hutchison, John; Northwood HS  
Hutchison, Lonny; Northwood HS  
Imdieke, Dan; Linton HS  
Jaeger, Kerry; Grand Forks Red River HS  
Jensen, Julie; Kindred HS  
Jeske, James; Killdeer HS  
Johnson, Harlan; Parshall HS  
Johnson, Wayne; Rolette HS  
Jung, Greg; Dickinson HS  
Kaiser, Tim; Wahpeton MS  
Kjelgaard, Harold; Fargo Discovery JHS  
Kleveland, David; Central Valley HS  
Knutson, Al; Williston HS  
Kosel, Todd; Edgeley HS  
Kolsrud, Tim; Bismarck HS  
Krosbakken, Jerry; Fargo North HS  
Larson, Nancy; DesLacs-Burlington HS  
Lehman, Cory; Fargo South HS  
Leier, Dwight; Maddock HS  
Limke, Greg; West Fargo HS  
Loberg, Myron; Devils Lake HS  
Lockwood, Ed; Fargo Public Schools  
Long, Jeri; Glenburn HS  
Lyon, Jerry; Minot HS  
Maclver, Philip; Wahpeton JHS  
Mack, Bruce; Surrey HS  
Mailloux, Gary; Fargo North HS  
Marsh, John; Fargo South HS  
Marshall, Joel; Hazen HS  
Martin, Phil; Lisbon HS  
McCleary, Barry; Napoleon HS  
McPherson, Scott; Bismarck Century HS  
Miller, Steve; Bismarck HS  
Mitzel, Frank; Minto HS  
Nagel, Lee; Wahpeton HS  
Olson, Douglas; Beulah HS  
Olson, Linette; Bismarck Century HS  
Omdahl, Chad; Hatton-Northwood HS  
Opdahl, Mike; Larimore HS  
Opp, Leland; Hazen HS  
Overby, Dennis; Northwood HS  
Peterson, Paul; Larimore HS  
Pierson, Paula; West Fargo HS  
Roeske, Marv; Concordia College  
Schatz, Mike; New England HS  
Schauer, Gary; Langdon HS  
Schmitt, Dan; Dakota Prairie HS  
Schneider, Jay; Devils Lake HS  
Schreiner, Vernon; Minto HS  
Sevre, Jocelyn; Hazen HS

Shirley, Marney; Jamestown HS  
Sluke, David; Grafton HS  
Smrekar, Dan; Bismarck St. Mary's 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 Past Presidents***

Bertsch, Jonathan; Wells County HS  
Beyer, Ed; Hillsboro HS  
Braaten, Andy, Carrington HS  
Brown, Dale; Minot Ryan HS  
Cahill, Bill; Jamestown HS  
Coleman, Randy; Hazen HS  
Dougherty, Dave; Watford City HS  
Gambucci, Serg; Grand Forks Central HS  
Grinsteiner, Gregg; Dickinson Trinity HS  
Grochow, Scott; Rugby HS  
Herman, Curt; Dakota Prairie HS  
Johnson, Randy; Hazen HS  
Kuhn, Mike; Mandan HS  
Manley, Ralph; Mandan HS  
Manson, Gene; Minot HS  
Michaelson, Dave; Dickinson HS  
Moe, Pete; Washburn HS  
Oksendahl, Rod; Fargo Shanley HS  
Olson, Carolyn; Grand Forks Red River HS

Olson, Todd; Fargo Public HS  
Pederson, Harold; Williston HS  
Popp, Jerry; Willmar (MN) HS  
Radke, Doyle; Minot HS  
Rio, Ken; Grand Forks Central HS  
Sheldon, Jerry; Fargo North HS  
Stavn, Julie; Bismarck Century HS  
Stone, Roger; Dickinson HS  
Strand, Lisa; Thompson HS  
Theige, Howard; Minot HS  
Trondset, Dennis; Langdon HS  
Tidd, Nancy; Fargo North HS  
Vinger, Dick; Grand Forks Central HS  
Wall, Carl; Fargo North HS  
Wardner, Richard; Dickinson HS  
West, Terry; Grand Forks Red River HS  
Wingenbach, Ron; Bismarck Century HS  
Workman, Allyn; Lisbon HS  
Zittleman, Dave; Bismarck HS

# ***Honorary Lifetime Members***

Marcy Bilkre, Minot High School  
Chipper Farrell, Minot High School

Bob King, Valley City High School  
Gelaine Orvik, Fargo South High School

We invite coaches to contact their local SCHEELS store to secure information on team shopping nights.

FARGO - 701.298.2918 ASK FOR MAARI BOATMAN OR A.J. MANNING  
MINOT - 701.852.1010 ASK FOR SANDRA LOVELACE  
BISMARCK - 701.255.7255 ASK FOR KATE WALTH  
GRAND FORKS - 701.780.9424 ASK FOR JASON HEINTZ

**SCHEELS**

PROUD SPONSOR OF THE  
North Dakota High School Coaches Association



# FORMS AVAILABLE ONLINE

Available on the NDHSCA website

Search "NDHSCA" or enter

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



- All State Football Nominee
- Assistant Coach of the Year
- Junior High Coach of the Year
- Award of Merit Recommendation
- Hall of Fame Nomination Form
- Lifetime Membership Application Instructions
- NDHSCA Gelaine Orvik Scholarship Fund
- Gelaine Orvik Scholarship Application
- Victory Milestones
- Senior Scholarship Application – Burger King \$500
- Shrine Football Nominee
- Special Recognition
- Sponsor Membership
- Sports Advisory Committee Membership

**GERRELLS**  
SPORTS CENTER  
DEVILS LAKE, NORTH DAKOTA





Dakota Coach Spring 2017

# SCHEELS®

PROUD SPONSOR OF THE NORTH DAKOTA HIGH SCHOOL COACHES ASSOCIATION



**WE INVITE COACHES TO  
CONTACT THEIR LOCAL  
SCHEELS STORE TO  
SECURE INFORMATION ON  
TEAM SHOPPING NIGHTS.**

**FARGO - 701.298.2918** ASK FOR *MAARI BOATMAN OR A.J. MANNING*

**MINOT - 701.852.1010** ASK FOR *SANDRA LOVELACE*

**BISMARCK - 701.255.7255** ASK FOR *KATE WALTH*

**GRAND FORKS - 701.780.9424** ASK FOR *JASON HEINTZ*

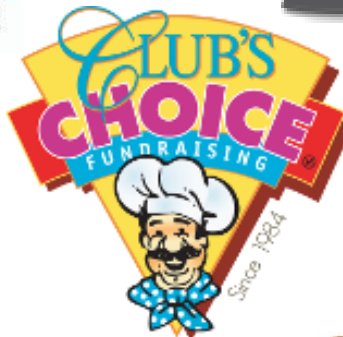
## Longevity Information For 2017 Recognition

The NDHSCA is in the process of getting ready for the 2017 Summer Convention. We are preparing a list of longevity winners. The years of coaching recognized are 20, 25, 30, 35, 40, 45, 50, etc. Please send an e-mail to Scott Grochow at [Scott.Grochow@k12.nd.us](mailto:Scott.Grochow@k12.nd.us), or Bill Jansen at [William.Jansen@k12.nd.us](mailto: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 2017 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 asking them their wishes for a Longevity Plaque. Please let them know if you have any questions.

**The 2017 Coaching Longevity list is printed on page 22 of this issue. Please check the list for accuracy!**

# A Big THANK YOU to the following NDHSCA Convention sponsors:



# North Dakota High School Coaches Association



## *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](http://www.ndhsca.com). **NDHSCA encourages the payment by credit card. This is the fastest and easiest way to get your membership card.** If you are paying for Membership by School Check and/or Purchase Order, be sure to confirm such membership application with an e-mail to Randy Johnson at [duck@westriv.com](mailto:duck@westriv.com) before the respective dates. Your **membership registration must be completed and paid for** before appropriate season deadline to be eligible for post season awards:

- October 1 for Fall Season Sports
- February 1 for Winter Season Sports
- May 1 for Spring Season Sports



**Membership Application and Registration** includes payment before season application deadline.

**NOTE: Personal check payments** must be postmarked before the dates listed above. Membership cards will be mailed once payment is received.

**Reminder :** Credit Card payment is the fastest way to receive your card.

**Lifetime Members:** Remember to **log on** to the NDHSCA Registration Link **each year** and check lifetime member. Please update your data. Once this is complete a new membership card will be mailed.

# 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**



# North Dakota High School Coaches Association



## NDHSCA Gelaine Orvik Scholarship Fund



The North Dakota High School Coaches Association offers 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 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**

**Gelaine Orvik Scholarship Donation made by** \_\_\_\_\_

Amount of Donation \_\_\_\_\_ Date Donated \_\_\_\_\_

## 3D DIMENSIONAL COACHING™

### “Coaching the Heart Behind the Jersey”

Research shows that coaches who coach in all 3 dimensions regularly produce athletes who:

- learn skills quicker (*more attentive*)
- achieve higher fitness compliance (*work harder*)
- experience shorter rehabilitation (*recover from injury*)
- are more adaptable to new conditions (*“on the road”*)
- possess the freedom to be creative (*“are gamers”*)
- develop deeper relationships with other players and with coaches (*learn life’s lessons*)



**Dr. Jeff Duke, Ed.D.**  
University of Central Florida



Dr. Jeff Duke is the foremost expert regarding the cultural influence on the coaching profession in our society. He has developed and authored the “3Dimensional Pyramid of Coaching Success” concept that has revolutionized the sport coaching landscape.

### What is 3Dimensional Coaching™?

The 3Dimensional Coaching™ curriculum is based on extensive research regarding different coaching philosophies and the cultural influence of coaches in the lives of the people they impact.

1st Dimension = Fundamentals (Physical)

2nd Dimension = Psychology (Mind)

3rd Dimension = Heart (Holism)

*\*Research shows only about 15% of coaches intentionally coach beyond the 1st Dimension*

### Why does it matter?

- 70% of athletes will fail to reach their full potential on & off the field because of 2nd Dimension issues
- The social structure of our culture has drastically changed over past 20 years
- Research validates the “Coach” as the single-most influential authoritative figure in life of today’s adolescent

### 2nd Dimension issues?

**Motivation**—Do you have athletes who will seemingly quit on you in a heartbeat? How do you motivate today’s athlete to commit to a long-term process in a culture that values “immediate-gratification?”

**Confidence**—Do you have athletes who shrink back when the game is on the line? How do you help athletes gain/regain confidence in a culture obsessed with publicizing failure?

**Emotions**—Do you have athletes whose emotions get in the way of peak performance? How do you harness the power of passion and emotion in sport to enhance and not hinder athletic ability?

**Team Cohesion**—Do you have athletes who struggle to buy into the team concept? How do you make a team “we” in a culture that constantly sends the message that it’s all about “me?”

This web-based curriculum is brought to you by FCA and is available at:

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

- 
- ▶ Motivation
  - ▶ Confidence
  - ▶ Emotions
  - ▶ Team Cohesion

# SAVE TIME

ORDER LUNCH ON YOUR MOBILE PHONE

ORDER ONLINE AT [SUBWAY.COM](http://SUBWAY.COM) OR ORDER THROUGH THE NEW SUBWAY® MOBILE APP

**STEP 1**

Go to [SUBWAY.com](http://SUBWAY.com) or download the free SUBWAY® app from Google Play Store or iTunes App Store

**STEP 2**

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



Valid at participating locations. All chip related trademarks are owned by Frito-Lay North America, Inc. SUBWAY® is a Registered Trademark of Subway IP Inc. ©2016 Subway IP Inc.



# Dakota Coach Spring 2017

## Dakota Coach

The *Dakota Coach* is the official publication of the NDHSCA and is distributed without charge to all coaches by website; [www.ndhsca.com](http://www.ndhsca.com). Notes, articles, opinions, or letters to the editor are welcome if they deal with high school coaching concerns. They will be printed as space permits. Opinions and views of the authors are their own and do not always reflect the official position of the NDHSCA.

Send comments or suggestions to Randy Johnson, Lisa Strand 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  
2017 Convention  
Sponsors**

