



Volume 50 Issue #4

Summer 2017

Dakota Coach

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2017 National Hall of Fame



Scott Grochow and Julie Stavn

Congratulations to Scott Grochow of Rugby & Julie Stavn of Bismarck the newest members from North Dakota in the 2017 National High School Athletic Coaches Association Hall of Fame.

NHSACA
@nhsaca

NDHSCA
@ndhsca1

2017 Summer NDHSCA Convention

will be held at the Mandan Baymont Inn and Suites.
Coaching seminars begin Tuesday, July 25 with sports specific sessions starting on Wednesday, July 26.

Register on line at www.ndhsca.com - **Tentative Schedule page 14.**

2016-2017 NDHSCA Executive Committee

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Dakota Coach Summer 2017



Message from President Paul Lean:

Recharge & Get Involved



Hello, summer !!! As coaches, this is a time for us to work with our athletes at summer camps, tournaments, or in the weight room. It is also a time to recharge our bodies and brains and get ready for the next school year.

Personally, I choose to recharge so that I can give my athletes a 100% effort during the season. I also feel that sometimes our athletes need a break from us and our sport so that when we get back together for the season, they are also excited to get back at it. Summer is meant for fun no matter what you are doing, I hope everyone enjoys theirs.

Summer is also NDHSCA convention time. I look forward to this time of year because I get to see so many people, learn so much, and have a great time with great people. The convention will be held in Mandan at the *Baymont Inn & Suites* where they always do a great job helping us pull the convention together. I encourage you to bring your entire staff this summer, including your Junior High coaches. This is a great way to bond with fellow coaches. Our speakers are so down to earth that everyone can learn from them. It is also a great way for all your coaches to get on the same page as to what you want to accomplish as a program. Each sport is well represented by a number of different speakers. This is your chance to listen and learn from some of the best coaches in our state, as well as the nation. We also have a great Vendor Room this year and this is a perfect time to see what is new for apparel and get your equipment ordered.

Additionally, convention is a time that we honor our own. The Hall of Fame and Coach of the Year banquet is always a great night. You have coached against some of these recipients (or you may be one) and this is a great night to honor those recipients and show them that you respect and care about them as a coach and as a person. It is pretty impressive to hear the long list of accomplishments that the HOF inductees have put together over their career.

The convention is also an opportunity for those coaches that want to get involved with the association to do just that. We always need to replace at least one coach on each sport advisory board, we are also looking for future speakers. We are looking for people that would like to serve on the Executive Board. It is a 5 year commitment and well worth every minute. Visit with one of the Executive Board members to express your interest. During the convention, please plan to attend your sports advisory meeting, this is where a lot of discussion about your sport takes place. It is also a chance to step up and become involved. We have awesome coaches in this state and these are great ways to give back to the association.

I hope you all have a terrific summer and I really hope to see you all in Mandan!

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



Sponsor of the NDHSCA Scheels' Scholarship

Dakota Coach Summer 2017



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



The 2017 North Dakota High School Coaches Association State Convention is about a month away. It will be held at the Mandan Baymont Inn and Suites. The dates of the convention are July 25 through July 28. **Please plan to attend. Registration is on-line only.** Be sure to visit our website, www.ndhsca.com, to register. There is also a tentative schedule posted on our website as well. We feel we have an outstanding line-up this year. There may be a change or two with speakers, so please continue to check the website.

We are trying a couple of different things this year. Hopefully they work. We will be having Dr. Schulte present on sports injuries and then cover some taping techniques for ankles, fingers, wrists, and knees. This is an experiment; however, we feel it is necessary for new coaches to know how to tape.

It is important for coaches to visit the vendors while attending the convention. They are a vital part to making this a success. Please be sure to take some time to visit. We want to keep them coming back. We also encourage you to attend the Wednesday night social sponsored by Universal Athletics. They have been putting forth a huge effort to make this a success. The key is to have people attend.

Congratulations to all the NDHSCA-Subway Coaches of the Year, the NDHSCA-POWERade Senior Athletes of the Year, and all State Champions! This has been an exceptional year. We look forward to making some special presentations at the NDHSCA Hall of Fame/Coach of the Year Banquet on July 27. Please plan to attend this rewarding event.

Once you have an opportunity to read this, the National High School Athletic Coaches Association will have had its National Convention in East Peoria, Illinois. North Dakota is fortunate to have coaches who were finalists for the National High School Athletic Coaches Association "National Coach of the Year." The coaches that represented our state have put in countless hours teaching our youth. Please congratulate them when you have a chance. The list will occur later in the Dakota Coach. Two North Dakota coaches were named National COTY; Brian Anderson of New Town High School and Kathy Aspaas of Bismarck Century High School. Congratulations to both of them and to all the finalists.

The NDHSCA strongly supports multi-sport athletes. It is our job as coaches to promote all programs in our school. It is amazing how we can encourage high school athletes to compete in sports other than the one we supervise. If you look at athletes from North Dakota who went on to be successful at the University level as well as the professional level, all of them competed in multiple sports during high school. It is astonishing what we can accomplish when we work together with other coaching staffs.

I encourage coaches to become involved with the North Dakota High School Coaches Association. We are constantly looking for coaches to be on Advisory. This is a way to represent your sport and make changes to better everyone. How about running for the Vice Presidency? This is even more rewarding. Another area you can assist is at the National level. We are constantly looking for coaches to be part of the National Board of Directors as sport chairs. Every one of these items are rewarding and truly help us grow professionally.

Finally, I would like to thank the Executive Board for all their work this past year. They have made this job rewarding and much easier. Their work ethic is outstanding. Please thank them when you have a chance.

Enjoy your summer and we will see you in Mandan come July!



Randy Johnson
NDHSCA Executive Secretary

Greetings from the National High School Athletic Coaches Association



The NHSACA National Convention was in session Saturday, June 17 through Wednesday June 21 with the highlighted event being the National Coach of the Year Banquet. The sight was East Peoria, Illinois at the Embassy Suites. It was an outstanding conference. The Illinois Coaches Association put on an outstanding convention! Start thinking now about attending summer 2018 in Sioux Falls, SD.

Please remember the NHSACA has a Twitter Account. Follow everything at #nhsaca. The National High School Athletic Coaches Association is attempting to "tweet" at least once a week. Find out what is going on at the National level as the information is posted.

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

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

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

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

Congratulations once again to Scott Grochow and Julie Stavn with their induction into the NHSACA National Hall of Fame on Tuesday, June 20. We had 15 finalists (listed later in the Dakota Coach) who vied for the National Coach of the Year in their respective sport on Wednesday, June 21 at the COTY Banquet. Congratulations to Coach Brian Anderson named National COTY in Boys' Cross Country and Kathy Aspaas named COTY in Swimming and Diving.

In closing, please enjoy your summer!

Sincerely,
Randy Johnson
NHSACA Immediate Past President



COACH QUOTE:

"Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, a love of what you are doing or learning to do."
-- Pele'

Congratulations NHSACA National Coach of the Year Recipients from North Dakota Brian Anderson and Kathy Aspaas

On Wednesday, June 21, 2017, Brian Anderson and Kathy Aspaas were named the 2017 National High School Athletic Coaches Association Coach of the Year in their respective sports. Eight finalists are chosen from each of the eight national regions with one of the eight being chosen to receive the National COTY Award. We are very proud of all the North Dakota finalists and especially proud of these ND recipients.



Brian Anderson, New Town High School, was named the 2017 National High School Athletic Coaches Association Boys' Cross Country Coach of the Year. Pictured with Brian are NHSACA Sport Chair Robbie Robinson of Mesa, Arizona and NHSACA 2017 President Joseph Cliffe of Fairbury, Illinois.



Kathy Aspaas, Bismarck Century High School, was named the 2017 National High School Athletic Coaches Association Swimming and Diving Coach of the Year. Pictured with Kathy are NHSACA Sport Chair Lynn Thompson of Peoria, Illinois and NHSACA 2017 President Joseph Cliffe, Fairbury, Illinois.

2017 National Coach of the Year Finalists



2017 North Dakota COTY Finalists. Front Row: (L to R) Tim Tandeski, Michelle Crary, Kathy Aspaas, Lisa Strand, Lorell Jungling, Victor Youngs, Dan Imdieke. Back Row: (L to R) Mark Murdock, Brian Anderson, Cory Schall, Scott Kost, Greg Hoeckle, Pete Dobitz, & Tim Jacobson. (Not in attendance; Mike Peluso)

Gelaine Orvik Scholarship and Scheels Scholarship Recipients

The Gelaine Orvik Scholarships and the Scheels Scholarships will be presented to these student/athletes at the Annual NDHSCA Hall of Fame/COTY Banquet at the Mandan Baymont Inn & Suites on Thursday, July 27th. (Biographies appeared in the Spring 2017 Dakota Coach issue.)



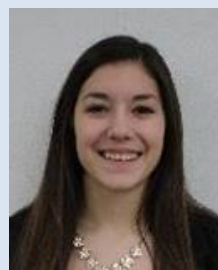
Brenna Hanson



Cheyenne Jacobson



Meghan Allan



Tayler Burwick



Maari Dolan

NHSACA National Hall of Fame Inductees

Congratulations to Julie Stavn and Scott Grochow



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



North Dakota's NHSACA 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.

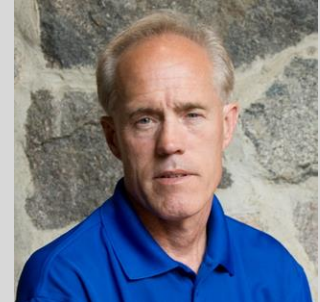
Sean Ford

Simmons Multi-Media



Mike Thorson

**University of Mary
Track and Field**



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

**Track and Field Official,
volunteer and supporter of
all high school athletics,
former Mandan Activities
Director hosting numerous
State Events**



Eric Hewitt

**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.

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
A Girls' Track & Field
B Girls' Track & Field
A Boys' Track & Field
B Boys' Track & Field
A Girls' Tennis
A Girls' Soccer
B Girls' Golf
B Boys' Golf
A Boys' Baseball
A Boys' Baseball
B Boys' Baseball
A Girls' Softball
B Girls' Softball

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
Karly Ackley
Peyton Frolek
Hunter Lucas
Ryan Wheeling
Madelyn Anderson
Molly Sarafolean
Kaitlyn Hubrig
Joey Wagner
Luke Sandy
Nolan Kratz
Ethan Lingen
Jaime Barta
Madison Foss

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
Grand Forks Central HS
Milnor-Wyndmere-Lidgerwood
Fargo Davies HS
New Town HS
Grand Forks Red River HS
Fargo North HS
Hankinson-Lidgerwood
Heart River HS
Fargo Shanley HS
Jamestown HS
Kindred/Richland
Bismarck HS
Central Cass 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 Paranaica
Kris Dougherty
Jake Solper
Jill Vote
Brian Watson
Dan Glasser
Rick Smith
Eric Polries
Don Nash
Matthew Quintus
Brian Anderson
Greg LaDouceur
Michelle Crary
Mark Wisnewski
Jerry Perdaems
Lucas Rustad
Kelley Kessler
Scott Milbrandt
Kurt Grensteiner
Scott Kost

POWERADE

2016-2017 NDHSCA-SUBWAY **Coach 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
Class A Girls' Track & Field	Rory	Beil	Fargo Davies HS
Class B Girls' Track & Field	Heidi	Eckart	Hillsboro-Central Valley HS
Class A Boys' Track & Field	Chris	Clements	Bismarck Legacy HS
Class B Boys' Track & Field	Brian	Anderson	New Town HS

(continued on next page)

Dakota Coach Summer 2017

NDHSCA 2017 Coach of the Year (complete list):

<u>SPORT</u>	<u>F.NAME</u>	<u>L.NAME</u>	<u>SCHOOL</u>
Class A Girls' Tennis	Greg	LaDouceur	Grand Forks Red River HS
Class A Girls' Soccer	Michelle	Crary	Fargo North HS
Class B Boys' Golf	Jerry	Perdaems	Heart River HS
Class B Girls' Golf	Jeremy	St. Aubin	South Border HS
Class B Boys' Baseball	Brady	Schwab	Thompson HS
Class A Boys' Baseball	Kelley	Kessler	Jamestown HS
Class B Girls' Softball	Trevor	Yetterboe	Winton/Wing HS
Class A Girls' Softball	Amanda	Mickey	Dickinson HS
Class A Boys' Golf	Preston	Brown	Bismarck Century HS
FALL Assistant COTY	Jason	Simpfenderfer	Beulah HS
FALL Junior High COTY	Mark	Heinle	Richardton-Taylor HS
WINTER Assistant COTY	Kenyon	Wingenbach	Bismarck Century HS
SPRING Assistant COTY	Rich	Hovland	Bismarck Century HS
SPRING Junior High COTY	Chris	Sorensen	Hazen HS



Coach Quote:

"Enjoying success requires the ability to adapt. Only by being open to change will you have a true opportunity to get the most from your talent."

-Nolan Ryan-

2017 Spring Season Assistant Coach of the Year



Rich Hovland is the 2017 Spring Season recipient of the Assistant Coach of the Year Award. Rich is Bismarck Century's Assistant Boys' Track & Field Coach. Rich was nominated by Head Coach Tim Jacobsen of Bismarck Century. Coach Hovland

has been coaching for 36 years with 32 years as an assistant track & field coach. Rich has also coached boys' basketball, girls' basketball and football. He is currently responsible for coaching the jumpers for the Century boys' track & field team. He has coached State Champions and state placers in

the jumps. Coach Hovland has been a part of two State Championship Teams and seven State Team Runners-Up. He was named the Class A Girls' Basketball Coach of the Year twice, assisted with two National High School Athletic Coaches Association National Conventions and been a member of the North Dakota High School Coaches Association for 36 years.

Tim Jacobsen, Bismarck Century's Head Track and Field Coach has this to say about Rich Hovland. "Rich is extremely dedicated in the profession. He has the ability to make positive connections with athletes leading to success in jumping, but more important life."

Rich and his wife Jayne have one child: Taylor.

2017 Spring Season Junior High Coach of the Year



The 2017 Spring Season recipient of the NDHSCA Junior High Coach of the Year Award is **Chris Sorensen**, Hazen Junior High Track & Field Coach. Chris was nominated by Randy Johnson and John Ward, Hazen's Head Track and Field Coaches.

Chris has been coaching for 33 years with 26 of them in Track & Field. He has been the Junior High Track & Field Coach in Hazen for 20 years. **Coach Sorensen** is responsible for the Junior High program. He develops practice plans and works mostly with the sprinters and relays. **Chris** has also assisted with the javelin. In his career, **Coach Sorensen** has coached boys' basketball, girls' basketball and football.

He has been a State Track & Field meet volunteer for 15 years and a member of the Hazen Bison Boosters. His highlights for this past season were having several athletes perform well enough to get their name in the middle school top 20 record book, had two individuals set new middle school records in the girls' high jump and boys 800 meter. Hazen's 7th Grade Boys won the Badlands Conference Meet.

Randy Johnson and John Ward, Hazen's Head Track & Field Coaches, have this to say about **Coach Sorensen**. "**Chris** is vital to the Hazen's Track & Field success. He has a special talent with the Junior High Athletes making them feel like they are the best. **Coach Sorensen** prepares athletes for the next level of competition."

Chris and his wife Donna have two children: Brian and Brent.

North Dakota High School Coaches Association



NDHSCA Convention Information



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 8th deadline** for receiving the special rate.

NDHSCA encourages every coach to go to the North Dakota High School Coaches Association website, www.ndhsca.com, for further information, registration forms, hotel information, and other pertinent information related to the NDHSCA Coaches Convention. All coaches are also encouraged to share this information with 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.

All registrants are reminded that the NDHSCA Registration Fee ***includes*** a ticket to the July 27th 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.

Tentative Convention Schedule

TUESDAY, July 25th; Coaching Seminars:

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

REGISTRATION for Tuesday's Seminars

MUST BE COMPLETE BEFORE 7:30 am

7:30 AM College Registration, Dr. Brad Strand

8:00 Coaching Seminars

Room	Coaching & Conflict	"Coaching Ethics"
Room	Permit Preparation	"Fundamentals of Coaching"
Room	Special Topics	"Prevention of Lower Extremity Injuries"
Room	Speed/Strength	"Nutrition for Peak Performance"

Dave Zittleman; Bismarck Schools
Pete Moe; Washburn HS
Dr. Robert Schulte; University of Mary
Joan Knoll; Bismarck Public Schools

9:00 Coaching Seminars

Room	Coaching & Conflict	"Coach and Official Relationships"
Room	Permit Preparation	"Fundamentals of Coaching"
Room	Special Topics	"Taping Techniques"
Room	Speed/Strength	"Supplements and Energy Drinks"

Brent Engebretson, Velva HS
Pete Moe; Washburn HS
Dr. Robert Schulte; University of Mary
Joan Knoll; Bismarck Public Schools

Dakota Coach Summer 2017

10:00 Coaching Seminars (Tuesday continued...)

Room	Coaching & Conflict	"Concussions in Sports"	Dr. Jay Albrecht/Dr. Dawn Hammerschmidt; MSUM
Room	Permit Preparation	"Fundamentals of Coaching"	Pete Moe; Washburn HS
Room	Special Topics	"Taping Techniques:"	Dr. Robert Schulte; University of Mary
Room	Speed/Strength	"Culture of Strength Training"	Michael Silbernagel; U of Mary

11:00 Coaching Seminars

Room	Coaching & Conflict	"Concussions in Sports II"	Dr. Jay Albrecht/Dr. Dawn Hammerschmidt; MSUM
Room	Permit Preparation	"CPR, AED & First Aid Recertification"	Barb Moe; Washburn, ND
Room	Special Topics	"Mentoring Successful Coaches"	Dr. Joe Deutsch; NDSU
Room	Speed/Strength	"Culture of Strength Training"	Michael Silbernagel; U of Mary

NOON Room Seminar Luncheon (provided by NDHSCA)

Luncheon Speaker "Sports Psychology-Mental Toughness" **Dr. Joey Eisenmann, USA Football**

1:30 Coaching Seminars

Room	Coaching & Conflict	"Survey Results"	Dr. Anita Gust; Concordia College
Room	Permit Preparation	"CPR, AED & First Aid Recertification"	Barb Moe; Washburn, ND
Room	Special Topics	"Coaches Cooperation with the NDHSAA"	Matt Fetsch; NDHSAA
Room	Speed/Strength	"Speed and Agility Training"	Dr. Joey Eisenmann; USA Football

2:30 Coaching Seminars

Room	Coaching & Conflict	"Coaching Duties & Responsibilities to NDHSAA"	Matt Fetsch; NDHSAA
Room	Permit Preparation	"CPR, AED & First Aid Recertification and Certification"	Barb Moe; Washburn, ND
Room	Special Topics	"What AD's Expect from Coaches"	Gregg Grinsteinner; Dickinson Trinity HS
Room	Speed/Strength	"Weight Room Techniques – Variety is key"	Michael Silbernagel; U of Mary

3:30 Coaching Seminars

Room	Coaching & Conflict	"Recovery and Wellness"	Dr. Joey Eisenmann; USA Football
Room	Permit Preparation	"Recovery and Wellness"	Dr. Joey Eisenmann; USA Football
Room	Special Topics	"Recovery and Wellness"	Dr. Joey Eisenmann; USA Football
Room	Speed/Strength	"Recovery and Wellness"	Dr. Joey Eisenmann; USA Football

3:00 Vendor Set Up

WEDNESDAY, July 26th

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

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

NAUTILUS ROOM 8:30 College Registration, Dr. Brad Strand; NDSU

9:30-4:30 Convention Exhibit Hall Open, except, closed during NOON BREAK (Noon-1:00)

9:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Room	Baseball	"Team Culture"	Scott Eul; Minot State
Room	Basketball	"Minot State Basketball"	Matt Murken; Minot State
Room	Football	"Specific Training for Football"	Joey Eisenmann; Michigan State
Prairie West	Golf	"Golf Sessions"	Brad Olson; Prairie West Pro
Room	Swim & Dive	"University of Mary Swimming"	Allan McCallum; University of Mary
Room	Track & Field	"Discuss"	Brad Leingang; Bismarck HS
Room	Volleyball	"Defensive Systems"	Dana Cordova; Minot State
Room	Wrestling	"Beaver Wrestling"	Evan Forde; Minot State
Room	X-Country	"Jimmie Cross Country Training"	Jim Clark; University of Jamestown

Dakota Coach Summer 2017

10:15 ROOMSPORT		TOPIC (Wednesday continued)	SPEAKER; SCHOOL
Room	Baseball	"Pitching Mechanics"	Scott Eul; Minot State
Room	Basketball	"Minot State Basketball"	Matt Murken; Minot State
Room	Football	"NDSU Football"	Randy Hedberg; NDSU
Prairie West	Golf	"Golf Techniques"	Jordan Berglund; Hawktree Pro
Room	Swim & Dive	"University of Mary Swimming"	Allan McCallum; University of Mary
Room	Track & Field	"400/800m Training"	Mike Thorson; University of Mary
Room	Volleyball	"Blocking"	Dana Cordova; Minot State
Room	Wrestling	"Beaver Wrestling"	Evan Forde, Minot State
11:30 ROOMSPORT		TOPIC	SPEAKER; SCHOOL
Room	Baseball	"Viking Baseball"	Casey Olney; Valley City State
Room	Basketball	"Dickinson State Basketball"	Justin Wetzel; Dickinson State
Room	Football	"NDSU Football"	Randy Hedberg; NDSU
Prairie West	Golf	"Golf Techniques"	Jordan Berglund; Hawktree Pro
Room	Swim & Dive	"University of Mary Swimming"	Allan McCallum; University of Mary
Room	Track & Field	"Athletic.Net Training"	Bobby Hoffner; Benson County
Room	Volleyball	"Serve and Receive"	Dana Cordova; Minot State
Room	Wrestling	"Sidney Wrestling"	Guy Melby; Sidney HS
Room	X-Country	"Patriot Training"	Brad Lies; Bismarck Century HS
Noon-1:00 Exhibit Hall Closes; Exhibitors' Lunch with NDHSCA Executive Committee in Room			
1:30 ROOM SPORT		TOPIC	SPEAKER; SCHOOL
Room	Baseball	"Viking Baseball"	Casey Olney; Valley City State
Room	Basketball	"Dickinson State Basketball"	Justin Wetzel; Dickinson State
Room	Football	"University of Mary Football"	Joshua Kotelnicki; University of Mary
Room	9-Man Football	"Holstein Football"	Steve Kleinjan; New Salem HS
Prairie West	Golf (12:30)	"Home on the Range with Mustang Golf"	Jeremy St. Aubin; South Border
Room	Swim & Dive	"Sprint Swimming"	Gideon Louw; University of Minnesota
Room	Track & Field	"Pole Vault"	Seth Mischke; Black Hills State
Room	Volleyball	"Dickinson State Volleyball"	Jennifer Hartman; Dickinson State
Room	Wrestling	"Sidney Wrestling"	Guy Melby; Sidney HS
Room	X-Country	"Fargo Davies Cross Country Building a Team"	Jason Edwards; Fargo Davies HS
2:45 ROOM SPORT		TOPIC	SPEAKER; SCHOOL
Room	Baseball	NDHSCA Advisory Committee Review & Plan	DeWitt Mack and Jeff Feichtner
Room	Basketball	"Mens Basketball"	Ryan Montgomery; Valley City State
Room	Football	"University of Mary Football"	Joshua Kotelnicki; University of Mary
Room	Swim & Dive	"Sprint Swimming"	Gideon Louw; University of Minnesota
Room	Track & Field	"Triple Jump"	Seth Mischke; Black Hills State
Room	Volleyball	"Dickinson State Volleyball"	Jennifer Hartman; Dickinson State
Room	Wrestling	"Sidney Wrestling"	Guy Melby; Sidney HS
Room	X-Country	"Cross Country Training"	Rick Anderson; Griggs County
4:00 ROOM SPORT		TOPIC	SPEAKER; SCHOOL
Room	Basketball	"Mens Basketball"	Ryan Montgomery; Valley City State
Room	Football	"University of Mary Football"	Joshua Kotelnicki; University of Mary
Room	Swim & Dive	"Sprint Swimming"	Gideon Louw; University of Minnesota
Room	Track & Field	"Sprint Training"	Nick Walker; Dickinson State University
Room	Volleyball	"Dickinson State Volleyball"	Jennifer Hartman; Dickinson State
Room	X-Country	"Bowman Cross Country Training"	Jon Jahner; Bowman County

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



Dakota Coach Summer 2017

THURSDAY, July 27th

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

Special Note: The Tennis sessions on Thursday will be held at Capital Racquet.

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

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

8:30 ROOM	SPORT	TOPIC	SPEAKER;
<u>SCHOOL</u>			
Room	Basketball	"University of Mary Basketball"	Rick Neumann; University of Mary
Room	Football	"Magician Football"	Barry Holmen; Minot HS
Room	Golf	NDHSCA Advisory Committee Review & Plan	Dan Wolf; West Fargo
Room	Softball	"Practice Drills"	Kevin Gall, University of Jamestown
Board Room	Swim & Dive	"Magician Swimming"	Jake Solper; Minot HS
Room	Tennis	NDHSCA Advisory Committee Review & Plan	Paul Christen; Mandan HS
Room	Track & Field	NDHSCA Advisory Committee Review & Planning	Tracy Heisler; GF Red River HS
Room	Volleyball	"Cardinal Volleyball"	Dale Peaslee; Carrington HS
Room	Wrestling	"University of Mary Wrestling"	Adam Aho; University of Mary

9:45 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Room	Basketball	"University of Mary Basketball"	Rick Neumann; University of Mary
Room	Football	NDHSCA Advisory Committee Review & Planning	
Room	Golf	"Round Table Discussion"	Perry Platz, Kindred HS
Room	Softball	"Mental Game"	Kevin Gall, University of Jamestown
Board Room	Swim & Dive	"Round Table Discussion"	Brent Newman; Grand Forks
Capital Raquet	Tennis	"Bruin Skills and Drills"	Victor Youngs; Fargo South HS
Room	Track & Field	"Shot Put"	Larry Walker; Hillsboro-CV
Room	Volleyball	"Beulah Volleyball"	Brian Filibeck; Beulah HS
Room	Wrestling	"University of Mary Wrestling"	Adam Aho; University of Mary
Room	X-Country	NDHSCA Advisory Committee Review & Planning	Rick Anderson & Ken Gardner

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

10:45 NDHSCA Annual Business Meeting

Light Lunch provided by NDHSCA to General Business Meeting Attendees

12:15 Room NDHSCA Hall of Fame Luncheon for Inductees (Past Presidents, Past Inductees & Executive Committee are invited to attend)

1:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Room	Basketball	NDHSCA Advisory Committee Review & Plan	Randy Cranston; Watford City HS
Room	Football	"Bluehawk Defensive Back Play and Team Building"	Pete Stanton; DSU
Room	Softball	"Patriot Softball"	Kevin Ziegler; Bismarck Century HS
Room	Swim & Dive	NDHSCA Advisory Committee Review/Plan	Dick Fisher; Fargo North HS
Capital Racquet	Tennis	"Workhorse and Terminator Triangles"	Rod Morasch; Tennis Pro
Room	Track & Field	"Javelin Training"	Justin St. Clair; NDSU
Room	Volleyball	"Magician Volleyball"	Sherry Carlson; Minot HS
Room	Wrestling	"Magician Wrestling"	Justin Racine; Minot HS

2:15 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Room	Basketball	"University of Mary Basketball"	Joe Kittel; University of Mary
Room	Football	"Training Quarterbacks"	Nick Walker; DSU
Room	Softball	"Magician Softball"	Gerard Cederstrom. Minot HS
Room	Swim & Dive	"Round Table Discussion"	Brent Newman; Grand Forks
Capital Racquet	Tennis	"Stroke Production"	Brian Pederson; Tennis Pro
Room	Track & Field	"300 Meter Hurdles"	Don Larson; NDSU
Room	Volleyball	NDHSCA Advisory Committee Review & Plan	Linette Irwin; Hazen HS
Room	Wrestling	"Round Table Discussion"	Mark Lardy; Bismarck HS
Room	X-Country	"Cross Country Training"	Jeff Manley; Pembina County

Dakota Coach Summer 2017

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

3:30 ROOM	SPORT	TOPIC (Thursday continued)	SPEAKER; SCHOOL
Room	Basketball	"University of Mary Basketball"	Joe Kittel; University of Mary
Room	Football	"Offensive Line Play"	Jace Schillinger; DSU
Room	Softball	NDHSCA Advisory Committee Review & Plan	Kevin Ziegler; Bismarck Century HS
Capital Racquet	Tennis	"Stroke Production"	Brian Pederson; Tennis Pro
Room	Track & Field	"Long Jump and Jump Conditioning"	Stevie Keller; NDSU
Room	Volleyball	"Patriot Volleyball"	Jamie Zastoupil; Bismarck Century HS
Room	Wrestling	NDHSCA Advisory Committee Review & Plan	Larry Eslick, Jamestown HS
Room	X-Country	"Killdeer Cross Country"	Nathan Horgeshimer; Killdeer HS

5:15-6:00 NDHSCA AWARDS BANQUET RECEPTION AT Foyer

6:00 NDHSCA Hall of Fame & COTY Banquet

FRIDAY, July 28th

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

7:30-11:00 am Registration Desk Open

8:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Room	Basketball	"Legacy Basketball"	Jason Horner; Bismarck Legacy HS
Room	Football	"Together – Bringing Rivals Together"	Jon Schiele; Ellendale-E-K
Room	Track & Field	"Billings Track & Field Philosophy"	Rob Stanton; West Billings HS
Room	Volleyball	"Colorado Volleyball"	Jesse Mahoney; University of Colorado

9:15 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Room	Basketball	"Motion Offense"	Daniel Neville; University of Jamestown
Room	Football	"Minot State Football"	Michael Aldrich; Minot State
Room	Track & Field	"4 x 100m, 4 x 400m Relays"	Rob Stanton; West Billings HS
Room	Volleyball	"Colorado Volleyball"	Jesse Mahoney; University of Colorado

10:20 ROOMSPORT		TOPIC	SPEAKER; SCHOOL
Room	Basketball	"Jimmie Offensive Sets"	Daniel Neville; University of Jamestown
Room	Football	"Minot State Football"	Michael Aldrich; Minot State
Room	Track & Field	"100m/110m Hurdles"	Rob Stanton; West Billings HS
Room	Volleyball	"Colorado Volleyball"	Jesse Mahoney; University of Colorado

11:25 ROOMSPORT		TOPIC	SPEAKER; SCHOOL
Room	Basketball	“Jimmie Offensive Sets”	Daniel Neville; University of Jamestown
Room	Football	“Minot State Football”	Michael Aldrich; Minot State
Room	Track & Field	“High Jump”	Brad Townsend; Century HS & Dallas Hinderer; Bismarck HS
Room	Volleyball	“Dickinson High Volleyball”	Jay Schobinger; Dickinson HS

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

12:15 NDHSCA Executive Committee Meeting in Board Room

Printed (6/26/17)

SEE YOU AT THE STATE CONVENTION!



2nd Annual Linton Coaches Golf Tournament Held

The 2nd Annual Linton Coaches Golf Tournament was held June 4 at the Linton Country Club. The tournament was founded by 40 year Linton wrestling and football coach, Dan Imdieke. Long-time Assistant Coach Tim Dockter organized and managed the tournament. This year 21 players participated in the 18 hole tournament. A \$500 donation from the tournament was made to the NDHSCA-Gelaine Orvik Scholarship Fund.

The team of Tim Belmore, Dean Bosch, Wade Huber and Kevin Dockter won a one hole tie-breaker to win the Championship over the runner up team of Charles Pavlicek, Mike Kane, Scott Grochow and Mel Jahner.

Terry Ibach received the Lyne Enget Memorial Award, named for the long-time Stanley and Stanley/Powers Lake football Coach who passed away as a result of injuries received in a motor vehicle accident in October 2015.

If you are interested in participating in next year's tournament, contact Dan Imdieke of Linton for more information.



Champions of the Second Annual Linton Coaches Golf Tournament with a 67 (-5) was the team of (left to right) Kevin Dockter, Tim Belmore, Wade Huber and Dean Bosch.



The team of (left to right) Scott Grochow, Charles Pavlicek, Mike Kane and Mel Jahner was the runner-up of the Second Annual Linton Coaches Golf Tournament with a 67 (-5).

GERRELLS
SPORTS CENTER
DEVILS LAKE, NORTH DAKOTA


THE COACHING COOPERATIVE



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 Summer 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
Lori George: lgeorge@loomislapann.com
Loomis & LaPann, Inc.
Insurance Administrator
800-566-6479
www.loomislapann.com

LOOMIS & LAPANN, INC.

INSURANCE SINCE 1852

North Dakota High School Coaches Association

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; 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
<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>		
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
<u>HOCKEY (Appointed by Hockey Advisory):</u>		
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
<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

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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
Lylla 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 NDHSCA 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

14 Powerful Ways Our Teams Can Build Their Mental Strength

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

1. **Perspective.** A great mental challenge of being on a team is putting the team's goals first...even when those goals are in opposition to a player's personal aspirations.
2. **Readiness for change.** Athletes and coaches have to be nimble, flexible, and adaptable...that's the only way to beat a savvy opponent.
3. **Detachment.** This is a call to not take things personally, but to focus on what they can accomplish, not any perceived slights from the coaching staff.
4. **Strength under stress.** This one is the name of the game, right? Competition is stressful and, ideally, we've equipped our athletes with the tools to manage themselves so that they can shine under the bright lights.
5. **Preparation for challenges.** No season is without twists and turns, use the good times to prepare for the inevitable downturn.
6. **The right attitude toward setbacks.** I want my athletes to embrace their personal setbacks, because that means they've tried to get better. If they never experience frustration/failure/setbacks, then they're not pushing hard enough.
7. **Self-validation.** Many times, I tell my players that only they know how hard they're working. I can come up with tough workouts, but it's up to them to make them as challenging as possible. Working hard is a mental exercise and it's their opportunity to push when perhaps they could get away with not pushing.
8. **Patience.** Every player on every team at every school wants to win on the first day of practice. Special players and teams have the patience to work every day over the course of a long season.
9. **Control.** Is your athlete grumpy because you corrected them in practice? Are they disappointed they're not playing with the first team? It's our job as their coach to remind them that they, and only they, are in charge of the attitude they present at practice.
10. **Endurance in the face of failure.** Quite honestly, our athletes' goal should be to fail every day. I want my players operating at the outer edges of their ability—where failure is more likely—because I want them to challenge themselves to do what they didn't think they could do.
11. **Unwavering positivity.** We have to encourage our players to be a positive light on the team. There is always a Negative Nelly on the team, hopefully our athletes will have the guts to stop them in their tracks.
12. **Tenacity.** Never give up. Come in early, stay late...be relentless about getting better.
13. **A strong inner compass.** This is a great locker room skill. When others may be grumbling, this athlete challenges themselves to do the right thing and support the direction the coach is taking the program.
14. **Uncompromising standards.** The standard is the standard, regardless of how hot it is, or how many injured players your team has, or how well other teams are doing. Our athletes shouldn't bring the standard down, but rather rise up to the standard.

What if we challenged our teams to do a few of these each day? What if, when presented with a mental challenge, we reminded our athletes that this was getting them mentally tougher for a future opponent? What if we posted this up wherever we practice so that our teams have a powerful reminder of what is required of them...beyond the skill they're trying to master? What if we framed our disappointment with their lack of engagement/focus/whatever with an opportunity to be mentally better than our opponent?

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 or Scott Grochow 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
James Haak, Linton
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
Joel Marshall, Hazen
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
Hausler, Jim; Bismarck Schools
Healy, Dennis; Williston HS
Herman, Matt; Ellendale HS

Hertel, Dale; Fargo South HS
Hofer, Dr. Herb; Cankdeska Cikana CC
Holinka, Gerald; Dickinson Trinity HS
Holmen, Barry; Minot HS
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
MacIver, Philip; Wahpeton JHS
Mack, Bruce; Surrey HS
Mailloux, Gary; Fargo North HS
Marsh, John; Fargo South HS
Marshall, Joel; Hazen HS
Martin, Phil; Lisbon HS
McCleary, Barry; Napoleon HS
McPherson, Scott; Bismarck Century HS
Miller, Steve; Bismarck HS
Mitzel, Frank; Minto HS
Nagel, Lee; Wahpeton HS
Olson, Douglas; Beulah HS
Olson, Linette; Bismarck Century HS
Omdahl, Chad; Hatton-Northwood HS
Opdahl, Mike; Larimore HS
Opp, Leland; Hazen HS
Overby, Dennis; Northwood HS
Peterson, Paul; Larimore HS
Pierson, Paula; West Fargo HS
Roeske, Marv; Concordia College
Schatz, Mike; New England HS
Schauer, Gary; Langdon HS
Schmitt, Dan; Dakota Prairie HS
Schneider, Jay; Devils Lake HS
Schreiner, Vernon; Minto HS
Sevre, Jocelyn; Hazen HS

Shirley, Marney; Jamestown HS
Sluke, David; Grafton HS
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
Grinsteinner, 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.

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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

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Junior High Coach of the Year

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Hall of Fame Nomination Form

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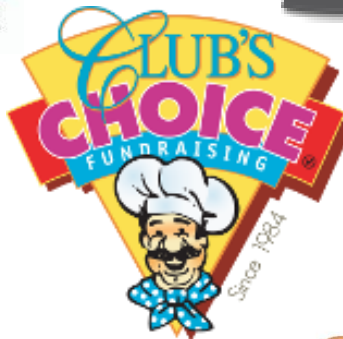
Longevity Information For 2017 Recognition

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, or Bill Jansen at William.Jansen@k12.nd.us if you are one of these individuals. **Remember, this is the number of years you have been coaching through the spring of 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 25 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

North Dakota High School Coaches Association



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.

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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.**

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

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Dakota Coach Summer 2017

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:

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Dakota Coach Summer 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. 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.



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