



Winter 2016-2017  
**Dakota Coach**

**2017 National Coaches Hall Of Fame Inductees**



**Julie Staven**

**Coaches Julie Stavn and Scott Grochow have been chosen to be inducted into the NHSACA Coaches Hall of Fame at the summer 2017 convention to be held in East Peoria, Illinois, June 17-21.**

**Read their full bios on pages 7 & 8.**



**Scott Grochow**

**NDHSCA**  
 @ndhsca1



**NHSACA**  
 @nhsaca



**Perry Piatz**



**Tim Wallstrum**

**2017 NDHSCA Vice President Candidates**

**Find out more on page 9**

***In This Issue***

Executive Committee.....	2	Lifetime Membership Information.....	19
President Lean’s Message.....	3	Sports Advisory Committees .....	20
Executive Secretary’s Message.....	4	Coaching Longevity Awards .....	22
Past President NHSACA Message.....	6	Paid Lifetime Memberships .....	23
National Hall of Fame Inductees.....	7	Forms Available.....	25
Vice President Candidates .....	9	Coaches Code of Ethics.....	26
Convention Speaker; Dr. Joey Eisenmann.....	10	Coaches Code of Conduct.....	27
National Coach of the Year Nominees.....	11	Online Membership Link Available.....	28
NDHSCA Hall of Fame Inductees.....	12	Camp Insurance.....	29
Fall Asst. & JH COTY.....	14	Gelaine Orvik Scholarship Application.....	30
Sport Specialization (article).....	15	3-Dimensional Coaching.....	31
2016 NDHSCA Fall Coaches of the Year .....	17	Dakota Coach Publication Information.....	33
POWERade Outstanding Senior Athletes.....	18		

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





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

### **Many Ways to Experience Success**



Welcome back to the Dakota Coach newsletter. I would like to thank Lisa Strand for all her hard work in putting this newsletter together, she is doing a fantastic job. I ended my fall article with a statement wishing everyone a successful season. If you coached in the fall, I hope you can look back and see some successes that you and your team had. It does not have to be a team championship, it could be that your team chemistry improved, or that you increased the number of students in your program, or that your team saw an improvement in execution. There are many ways that you can have a successful season. I would like to congratulate all the conference champions, regional champions, state champions, and Coach of the Year winners, these are great accomplishments.

As we continue through our sports seasons, I encourage us all to look at our programs, take the time to reflect on your program and make sure that it is providing the student-athlete a quality experience. Is your program providing your student-athletes with the experience that you are striving for? Again, there are many ways to have success. Take the time to visit with other coaches in your program and see if they see areas that could be improved on, talk to the athletes (they are your main stakeholders) and see if they have ideas that they would like to see improve. Once we stop trying to improve, we go backwards. Our students deserve our very best every season.

I encourage all our coaches to nominate other coaches that you feel are deserving of some of our awards such as, Assistant Coach of the Year and Junior High Coach of the Year. We have some great individuals coaching some of our younger athletes and they deserve some recognition. Assistant coaches and junior high coaches provide so much to our students and are usually the background and foundation of the program. You can find the forms on our NDHSCA website under the FORMS tab.

Planning for the summer convention is already taking place so if you have any speakers from your sport that you feel would be good to listen to at convention, please contact one of the board members so we can begin the process. We have some great speakers in this State, they just might not know it yet. ☺

Good luck to all the winter teams in their seasons and before you know it, the spring sports will start to ramp up. I absolutely love athletics, they happen all year round and offer some great memories. Look for those successes and provide a quality experience for your student-athletes.

I hope you had a great 2016 and that 2017 brings you good health and happiness.



**Your NDHSCA President,  
Paul Lean**

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



*Happy New Year!*

Hopefully you had some time to spend with family and friends during the Christmas break and are ready for 2017.

Congratulations to the State Team Champions, State Coach of the Year recipients and the POWERade Senior Athlete of the Year recipients for the fall season. It was a great fall with some outstanding athletes showcasing their talents.

The North Dakota High School Coaches Association has found a sponsor to take over for the Burger King Scholarship. The new sponsor is Scheels. We will be offering four \$750.00 **Scheels Scholarships** this summer to graduating seniors of coaches who are members of the association. The application form should be available on-line during the middle of January. Please visit our website: [www.ndhsca.com](http://www.ndhsca.com) for more information. Thank you to Scheels for sponsoring this scholarship.

Remember to nominate high school seniors who are interested in going into coaching for the **Gelaine Orvik Scholarship**. We will once again offer two \$1,000.00 scholarships for graduates interested in coaching. The application form is on-line now. Please fill it out and e-mail the application to [duck@westriv.com](mailto:duck@westriv.com). We need these applications by early March.

All members of the North Dakota High School Coaches Association are also members of the National High School Athletic Coaches Association. There was an e-mail sent out earlier this year outlining benefits available. One benefit was the digital copy of **The Coach and AD Magazine**. Coaches needed to register before September 8 and then before November 10 to be eligible for this benefit. If you have not received your digital copy, please send a message to the above e-mail address. It is important to remember it may end up in your Spam folder. Look at this folder before sending a message. Another problem has been your school's filter strength. You need to check with your school computer technician. We have also worked to give other benefits to coaches. Please visit the following link: <http://www.hscoachesbenefits.org/>. There are savings at Office Max, on hotels, life insurance, long term care insurance and many others. Your membership is important and we hope these offers are helpful to you, our members.

Webster defines "**professionalism**" as "the conduct and qualities that characterize or mark a profession or a professional person." Coaching is a profession. It is important for all of us to show this "professionalism" in how we present ourselves in public. Dress is one of those ways. Keep in mind - first impressions last a lifetime. Coaches – please dress in a professional manner at all contests. Make everyone proud of this outstanding occupation!

The North Dakota High School Coaches Association **State Convention** is scheduled for July 25 through July 28 at the Mandan Baymont Inn and Suites. We are working to prepare an outstanding conference. One of the highlights will be **Joey Eisenmann** from Michigan State University presenting (*continued on page 5*)

## Dakota Coach Winter 2016-2017

*(Randy Johnson message -continued from page 4)*

sessions on Tuesday, July 25 and a couple of sessions on July 26. He works with performance at Michigan State. It will be nice to have Joey back in North Dakota. Keep your eyes peeled to our website for more information. Remember attending the NDHSCA State Coaches Convention does work for certificate renewal.

Good Luck to all sports teams during the winter season. Hopefully the weather will allow competitions to take place without too many more changes. We will have our Spring Dakota Coach out in the middle of April.



**Take care and God Bless!**

**Randy Johnson  
NDHSCA Executive Secretary**

### COACH QUOTE:

**"A coach must never forget that he is a leader  
and not merely a person with authority"**

**-John Wooden-**

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their local SCHEELS store  
to secure information on  
team shopping nights.

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



#### *Greetings from the National High School Athletic Coaches Association!*

The National High School Athletic Coaches Association is working to prepare for the summer convention in East Peoria, Illinois. We are in the process of evaluating coaches for the National Coach of the Year recipient. The finalists for this summer's convention will be announced by the end of January.

North Dakota is well represented on the National Board. We are welcoming Greg Brown from Watford City on the National Board of Directors as a Girls' Track and Field Sport Chair. The following 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. 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 work together to give 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 Christmas was joyful and you are ready for a wonderful New Year! Take care everyone!

*Sincerely,  
Randy Johnson  
NHSACA President*





# NHSACA Hall of Fame Inductee

**Induction ceremony will take place June 2017, East Peoria, Illinois**

Our National High School Athletics Association Hall of Fame selection, **Scott Grochow**, grew up in Anamoose, North Dakota, where he attended both grade school and high school graduating in 1981 with a class of sixteen. Scott participated in football, basketball and track while in high school. Scott went on to graduate from Minot State College where he graduated in 1986 with majors in Mathematics and Computer Science. During his collegiate years, he competed in both football as an offensive lineman, and track and field as a thrower.

Grochow's first teaching and coaching position was in Turtle Lake, North Dakota. While at Turtle Lake-Mercer high school he taught eighth grade through senior math, and served as an assistant varsity football coach, Jr high boys' basketball coach, and head girls track coach.

Scott got married the summer after he taught at Turtle Lake-Mercer HS to Kerry Hanson, and they moved to Rugby, North Dakota, in the fall of 1987 to begin teaching and coaching at Rugby High School. He taught high school mathematics, in Rugby for the next thirty years. He started out in 1987 as assistant football, assistant boys' basketball, and assistant boys' track coach.

Scott took over the head football job in 1991 and served as its head coach through the 2016 season. He served as the assistant boys' basketball coach during two different stints covering 20 years. He took over the head boys track & field coach for the Panthers in 1995 and still holds that position. He has also served as the Rugby Athletic Director since in 1999

Coach Grochow was elected to the North Dakota High School Coaches Association Executive Committee in 2004, serving a five-year term, which included one year as President of the NDHSCA in 2006. He became an Assistant Executive Secretary in 2014. He also served on the Class B Boys Track & Field Advisory Committee for the North Dakota High School Activities Association for three separate terms totaling twelve years of service and on the Football Advisory Committee two separate terms totaling eight years.

Scott Grochow coached on three Class B State Championship Boys Track & Field teams, and two State Runner-up teams. His track teams won 19 Region Championships in 21 years; Scott had two Class AA football teams finish state runner up and had four others make the state semifinals. His peers selected Scott as Region Boys' Track & Field Coach of the Year fifteen times and State Class B Boys' Track & Field Coach of the Year three times. He was also elected region football coach of the year six times and state coach of the year twice. He was also named region AD of the year five times. Scott has been a finalist for National Boys Track & Field Coach of the Year two times. In 2014, Scott was named National Boys Track & Field Coach of the Year and was inducted into the North Dakota Coaches Association Hall of Fame.

Scott and his wife, Kerry, have two children: Kaycee and Mitch, who are also both coaches in North Dakota.



# NHSACA Hall of Fame Inductee

**Induction ceremony will take place June 2017, East Peoria, Illinois**

**Julie Stavn** grew up in Harvey, ND and attended school there, graduating from Harvey High School in 1972. She graduated from Minot State College in 1976 with a double major in physical education and recreation and a minor in special education. Julie earned a Master's Degree from University of North Dakota in 1982.

Julie's first teaching and coaching position was in Bismarck, ND at Simle Junior High where she taught 9<sup>th</sup> grade physical education and coached girls basketball and gymnastics. In 1978, Julie transferred to Bismarck High School to teach physical education and coach. Julie's coaching positions included Head Girls Swimming and Diving, Head Girls Volleyball and Assistant Girls Track & Field. During this time, her swimming and diving teams won three Region runner-up titles and one State runner-up title.

After taking a year of sabbatical leave (1981-82) Julie returned to Bismarck to teach and coach at Century High School. She taught high school physical education for the next 32 years. Julie became the Head Girls Cross Country coach in 1983 and continues in that position today (34 years). In Coach Stavn's first year at Century she was also an Assistant Girls Track & Field coach. The next season she took the head position and was the Patriots Head Track & Field coach from 1984-1988, and then again from 1992-2008(22 years). In 2013 Coach Stavn returned to track & field as an assistant coach.

Stavn coached one Class A State Championship in Cross Country (2014) and three runner-up finishes (2012,13, 16). Her teams won four region championships and were the WDA runner-up team seven times. Coach Stavn's peers selected her as West Region Coach of the Year on several occasions and State Class A Girls Cross Country Coach of the Year four times. Coach Stavn has also been a finalist for National Girls Cross Country Coach of the Year two times.

In girls Track and Field, "Stav" coached two Class A State Championships (1999, 2008) and two runner-up finishes (2004, 08). Her teams won one West Region championship and were the WDA runner-up team five times. Coach Stavn's peers selected her as West Region Coach of the Year on many occasions and State Class A Girls Track & Field Coach of the Year four times. She was also part of two state championships and one runner-up finish as an assistant coach. Coach Stavn has also been a finalist for National Girls Track & Field Coach of the Year two times.

In 2009, Julie was inducted into the North Dakota High School Coaches Association Hall of Fame, joining her husband Rockie as the first husband/wife inductees. She was also inducted into the North Dakota Track & Field Hall of Fame in the spring of 2013. In 2014, Julie was named the North Dakota Girls Cross Country Coach of the year by the US Track & Field and Cross Country Coaches Association.

Julie was elected to the North Dakota High School Coaches Association Executive Committee in 1996, serving a five-year term which included one year as president of the NDHSCA (98-99). She also served on both the cross country and track & field Advisory Committees for the North Dakota High School Activities Association.

In the spring of 2013, after thirty-six years of teaching, Julie retired from the classroom. She continues as the Head Cross Country coach and Assistant Track & Field coach at Century High School.

Julie and her husband, Rockie, have three sons, Thad, Rockie II and Tanner, and three grandchildren.



# NDHSCA 2017 VICE PRESIDENT CANDIDATES

The North Dakota High School Coaches Association has made nominations for balloting for the Association's Vice President. The balloting will be conducted at the Annual Coaches Convention held this summer at the Mandan Baymont Inn and Suites, July 25 through July 28.

The two candidates will be Tim Wallstrum, currently the Head Volleyball Coach at Kenmare High School and Perry Piatz, currently the Boys' Golf Coach, Girls' Basketball Coach, and Athletic Director at Kindred High School.



**Tim Wallstrum** is a graduate of Kenmare High School and the University of North Dakota. Coach Wallstrum is a 34-year coaching veteran. In those 34 years, he has been named State Volleyball Coach of the Year twice, National High School Athletic Coaches

Association National Coach of the Year Finalist three times and Regional Volleyball Coach of the Year eight times. Tim has also served on the Volleyball Advisory Board, Co-Chair for All-Star Optimist Volleyball, and the Volleyball Sport Chair for the National High School Athletic Coaches Association.

Coach Wallstrum has also coached girls' basketball and baseball. Tim and his wife Ruth have three children: Kira, Grey, and Beca.

**Perry Piatz** is a graduate of Napoleon High School and Valley City State University. Coach Piatz is a 31-year coaching veteran. He has coached boys' basketball and girls' basketball, golf and has also been an Athletic Director. Perry has



been named the State Golf Coach of the Year three times, Regional Golf Coach of the Year eleven times, Regional Basketball Coach of the Year four times, and District Coach of the Year six times. He was also a finalist for the National High School Athletic Coaches Association Golf Coach of the Year once.

Perry and his wife Sandi have two children Alexis and Peyton.



# Nationally Recognized NDHSCA Convention Speaker One of Our Own



We are pleased to announce that North Dakota native, Joey C. Eisenmann will be a featured speaker at the 2017 summer NDHSCA Coaches Convention. Dr. Eisenmann's areas of expertise include assessment of child growth and maturation, youth fitness, pediatric obesity, pediatric exercise physiology, and the young athlete and sport performance.

After high school at Washburn, Eisenmann earned a BS degree in Exercise Science at Mayville State University, a MS in Exercise Science at Northern Arizona University and a PHD in Kinesiology/Pediatric Exercise Physiology from Michigan State University in 2000. He is currently a research scientist in auxology (the study of human growth). Dr. Eisenmann has published 140 scientific papers and has lectured throughout the country. His focus is on how children grow and mature physically, how the body changes in size and composition (muscle mass, body fat, & bones) during childhood and adolescence, how physical capacities (strength, aerobic capacity, etc.) change with

age and during puberty, and how these physical traits are related to health indicators (obesity, cardiovascular health) and physical or sports performance.

Dr. Joey Eisenmann has held faculty positions at the University of Wyoming, York University, Iowa State University, and Michigan State University. He has served as the senior clinical and translational research scientist at Helen DeVos Children's Hospital. He continued his research with Dr. Joe Carlson at MSU College of Osteopathic Medicine in child growth, composition, and the cardio-metabolic health of young people. He also developed a collaborative program between Spartan Performance and MSU Sports Medicine and Rehabilitation Medicine to improve the health and performance of young athletes, including an innovative sports performance program. He is also involved in several national level projects involving pediatric exercise medicine. The combination of Dr. Eisenmann's academic knowledge, practical experience in youth sports, understanding the science of sports training and pediatrics gives him a unique understanding of the young athlete. We look forward to hearing him share his knowledge at the summer 2017 convention July 25-28 at the Mandan Baymont Inn and Suites.

# 2017 NDHSCA-NHSACA National Coach of the Year Nominees

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

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# 2017 NDHSCA Hall of Fame Inductees

The NDHSCA Executive Committee voted unanimously at the Fall Meeting to induct four coaches into the **North Dakota High School Coaches Association Hall of Fame** during the summer convention. The inductees are as follows:

Steve Miller, retired Head Boys' Basketball Coach from Bismarck High School

Brad Sandy, retired Head Football and Track and Field Coach from Harvey High School

Lisa Strand, Head Volleyball Coach at Thompson High School

Kent Van Ells, Head Gymnastics Coach at Dickinson High School



**Steve Miller** coached for 38 years with the last 25 years at Bismarck High School as the Head Boys' Basketball coach. His coaching career started at Napoleon High School. He was a graduate assistant at the University of North Dakota before moving to Richardton High School and then finishing at Bismarck High School. In Steve's 38 years of coaching he had two District Titles and one Regional Title in Girls' Basketball, one District Title, three Regional Runner-up Titles, thirteen Regional Titles, six State Runner-up Titles, and six State Titles in Boys' Basketball. Coach Miller accomplished 37 Girls Basketball Victories and 541 Boys' Basketball Victories throughout his career. Steve was named State Coach of the Year three times, coached the Lions' All Star Boys Basketball game eleven times, National High School Athletic Coaches Association National Coach of the Year Finalist twice, and was named the North Dakota Associated Press Sportscasters and Sportswriters Male Coach of the Year once.

Coach Miller served the association on the Boys' Basketball Advisory Committee for three years and presented at the North Dakota High School Coaches Association State Coaching Convention as a clinician a few times.

Steve and his wife, Denise, reside in Bismarck.

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**Brad Sandy** coached for 34 years. He was at Turtle Lake-Mercer, Bottineau and finished his career at Harvey High School. Brad's teams accomplished eight Regional Runner-up Titles, seven Regional Titles, two State Runner-up Titles, and three State Titles in football, one Regional Runner-up Title and three Regional Titles in Boys' Track and Field, and two Regional Runner-up Titles in Girls' Track and Field. Coach Sandy obtained 196 Football coaching victories, 120 Boys' Track and Field coaching victories and 65 Girls' Track and Field coaching victories. Brad coached the North Dakota Shrine Football Game six times and the Mon-Dak Football game four times. He was the NDHSCA State Football Coach of the Year twice, the Regional Football Coach of the Year three times, State Boys' Track and Field Coach of the Year once and a National Federation Coach of the year one time.



Coach Sandy served the association on the Football Advisory Committee for four years and a regional representative for All State Football numerous years. Brad was also a clinician at the NDHSCA Annual Convention.

Brad and his wife, Sally, have four children: Elizabeth, Blair, Brock, and Bryan.

## Dakota Coach Winter 2016-2017

*(2017 Hall of Fame Inductees continued)*



**Lisa Strand** has been coaching at Thompson High School for 28 years. She is currently the Head Volleyball Coach. Coach Strand has also coached Girls' Basketball, Track and Field, and Softball. Lisa's teams have won six Conference Titles, nine District Titles, five Regional Runner-up Titles, twelve Regional Titles, one State Runner-up and four State Titles in Volleyball. Her teams have also won two Conference Titles, two District Titles, two Regional Runner-up Titles, and two Regional Titles in Girls' Basketball. Her volleyball teams have amassed 829 victories and her girls' basketball teams 118 victories. Coach Strand was the Optimist Volleyball Coach six times, District Coach of the Year four times, Regional Coach of the Year seven times and the State Coach of the Year twice in Volleyball.

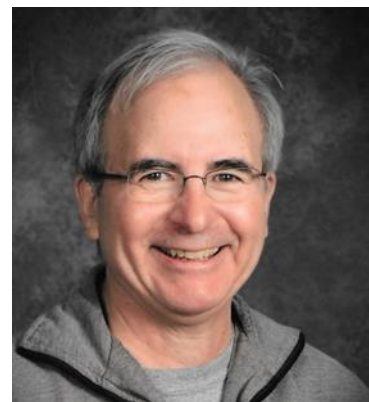
Lisa was also given the North Dakota High School Coaches Association Certificate of Merit twice, Regional Girls' Basketball Coach of the Year once, North Dakota Associated Press Sportscasters and Sportswriters Female Coach of the Year once and the National High School Athletic Coaches Association National Coach of the Year Finalist twice.

Coach Strand has served her association on the Volleyball Advisory Committee for three years and as Co-Chair of the Optimist Volleyball All Star Match. She also served on a North Dakota High School Activities Association Ad Hoc Committee. Lisa was an Executive Board Member of the NDHSCA for five years serving as President in 2014. Coach Strand is currently an Assistant Executive Secretary to the NDHSCA as the Dakota Coach Editor.

Lisa and her husband, Kevin, have two children: Jace and Jettie.

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**Kent Van Ells** has been coaching gymnastics at Dickinson High School for 34 years. His teams have amassed eight Regional Runner-up Titles, eight Regional Titles, seven State Runner-up Titles and seven State Titles. Coach Van Ells has coached 100 multi-team victories along with 70 dual and triangular victories in Gymnastics. He has been named West Region Coach of the Year five times, State Coach of the Year three times, National Federation Coach of the Year twice and the National High School Athletic Coaches Association National Coach of the Year Finalist four times.



Coach Van Ells has served the North Dakota Gymnastics Coaches Association as President for five years and been on the Board of Directors for thirteen years.

Kent and his wife, Valerie, have two children: Mara and Luke.

### COACH QUOTE:

Coaching is about helping young people have a chance to succeed. There is no more awesome responsibility than that. One of the greatest honors a person can have is being called 'Coach.'

*- Lou Holtz -*

## ***Fall Assistant Coach of the Year***



The 2016 Fall Season recipient of the North Dakota High School Coaches Association Assistant Coach of the Year Award is **Jason Simpfenderfer**, Beulah Assistant Football coach. **Jason** was nominated by Jim Dooley, Beulah's Head Football Coach.

**Coach Simpfenderfer** has been coaching for 24 years. His overall record is 93 wins versus 48 losses. He has also coached Track and Field. **Jason** is Beulah's defensive coordinator. His responsibilities include uploading film, managing equipment, helping prepare weekly game plans, and game field prep. **Coach Simpfenderfer's** highlights from the past season include replacing several starters while ending up with an 8 – 2 record.

Jim Dooley, Beulah's Head Football coach says this about **Coach Simpfenderfer**. "**Jason** is the ultimate professional and the exact guy a head coach needs."

**Jason** and his wife, Kerri, have one son, Carson.

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## ***Junior High Coach of the Year***

The 2016 Fall Season recipient of the North Dakota High School Coaches Association Junior High Coach of the Year Award is **Mark Heinle**, Richardton-Taylor's Junior High Football Coach. **Mark** was nominated by Travis Olson, Richardton-Taylor's Head Football Coach.



**Coach Heinle** is a 24-year coaching veteran with 19 of those years being a football coach. His overall record in his 19 years of coaching Junior High Football is 72-37. He has also coached Junior High Boys Basketball and served as an Assistant Track and Field Coach. **Mark's** main responsibility is to develop young players into a varsity caliber football player. He also helps organize and run youth camps in the area. His highlights for the year include watching the young people grow in fundamental football skills.

Travis Olson, Richardton-Taylor's Head Football coach says this about **Coach Heinle**. "**Mark** is a deserving guy who does a lot more than anyone realizes."



# Sport Specialization

## Injury Rates Higher for Athletes That Specialize in One Sport

*Permission has been obtained to reprint the following article which was provided by Training and Conditioning as a press release to the NFHS. The article contains the results of a study conducted to determine if athletes that are specializing in one sport are at greater risk of injury*

A study conducted by the University of Wisconsin School of Medicine and Public Health and funded by the National Federation of State High School Associations (NFHS) Foundation revealed that high school athletes who specialize in a single sport sustain lower-extremity injuries at significantly higher rates than athletes who do not specialize in one sport.

The study was conducted throughout the 2015-16 school year at 29 high schools in Wisconsin involving more than 1,500 student-athletes equally divided between male and female participants. The schools involved in the study represented a mixture of rural (14), suburban (12) and urban (3) areas, and enrollments were equally diverse with 10 small schools (less than 500 students), 10 medium schools (501-1,000 students) and nine large schools (more than 1,000 students).



Athletes who were specializing in one sport were twice as likely to report previously sustaining a lower-extremity injury while participating in sports (46%) than athletes who did not specialize (24%). In addition, specialized athletes sustained 60 percent more new lower-extremity injuries during the study than athletes who did not specialize. Lower-extremity injuries were defined as any acute, gradual, recurrent, or repetitive-use injury to the lower musculoskeletal system.

“While we have long believed that sport specialization by high school athletes leads to an increased risk of overuse injury, this study confirms those beliefs about the potential risks of sport specialization,” said Bob Gardner, NFHS executive director. “Coaches, parents and student-athletes need to be aware of the injury risks involved with an overemphasis in a single sport.”

Among those who reported previously sustaining a lower-extremity injury, the areas of the body injured most often were the ankle (43%) and knee (23%). The most common type of previous injuries were ligament sprains (51%) and muscle/tendon strains (20%).

New injuries during the year-long study occurred most often to the ankle (34%), knee (25%), and upper leg (13%), with the most common injuries being ligament sprains (41%), muscle/tendon strains (25%), and tendonitis (20%).

In addition, specialized athletes were twice as likely to sustain a gradual onset/repetitive-use injury than athletes who did not specialize, and those who specialized were more likely to sustain an injury even when controlling for gender, grade, previous injury status, and sport.

Thirty-four (34) percent of the student-athletes involved in the Wisconsin study specialized in one sport, with females (41%) more likely to specialize than males (28%). Soccer had the highest level of specialization for both males (45%) and females (49%). After soccer, the rate of specialization for females was highest for softball (45%), volleyball (43%), and basketball (37%). The top specialization sports for males after soccer were basketball (37%), tennis (33%), and wrestling (29%).

*(continued on page 16)*

*(Sport specialization article continued from page 15)*

The study, which was directed by Timothy McGuine, PhD, ATC, of the University of Wisconsin, also documented the effects of concurrent sport participation (participating in an interscholastic sport while simultaneously participating in an out-of-school club sport), which indicated further risk of athletes sustaining lower-extremity injuries.

Almost 50 percent of the student-athletes involved in the survey indicated they participated on a club team outside the school setting, and 15 percent of those individuals did so while simultaneously competing in a different sport within the school. Seventeen (17) percent of the student-athletes indicated that they took part in 60 or more primary sport competitions (school and club) in a single year. Among those student-athletes in this group who sustained new lower-extremity injuries during the year, 27 percent were athletes who specialized in one sport.

The student-athletes involved in the study were deemed “specialized” if they answered “yes” to at least four of the following six questions: 1) Do you train more than 75 percent of the time in your primary sport?; 2) Do you train to improve skill and miss time with friends as a result?; 3) Have you quit another sport to focus on one sport?; 4) Do you consider your primary sport more important than your other sports?; 5) Do you regularly travel out of state for your primary sport?; 6) Do you train more than eight months a year in your primary sport?

Although some sports (field hockey, lacrosse) are not offered in Wisconsin and were not included in the study, the study concluded that since specialization increased the risk of lower-extremity injuries in sports involved in the survey it would also likely increase the risk of injuries in sports that were not a part of the study.

*The above content is a press release from the NFHS.*



## **NDSU Professional Development Credit Available to Coaches**

**Information for HNES 600 Contemporary Youth Sport Issues**

One or two PD credit will be available through NDSU Distance and Continuing Education

**Includes a book study of “Game On”**

**Date:** January 23 - May 13, 2017 (Online) with course completion May 13, 2017

**Location:** Online **Cost:** \$125 (1 credit); \$250 (2 credits)

[https://epayment.ndus.nodak.edu/C22800\\_ustores/web/product\\_detail.jsp?PRODUCTID=7256&SINGLESTORE=true](https://epayment.ndus.nodak.edu/C22800_ustores/web/product_detail.jsp?PRODUCTID=7256&SINGLESTORE=true)

**URL closes 5:00 PM, March 1, 2017**

Contact Brad Strand [bradford.strand@ndsu.edu](mailto:bradford.strand@ndsu.edu) for more information.





# 2016-2017 NDHSCA-Subway Fall Coaches of the Year

<u>SPORT</u>	<u>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



**the official  
sponsor of the NDHSCA Coach of the Year Awards**

# 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  
B Volleyball  
A Volleyball

**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  
Morgan Olson  
Regan Dennis

**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  
Our Redeemer's HS  
Bismarck Century 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  
Kara Nunziato  
Sara Bohrer &  
Jamie Zastoupil



**Sponsor of the  
Outstanding  
Senior Athlete  
Awards**

## NDHSCA Gelaine Orvik Scholarship Fund

Your contribution to the Gelaine Orvik Scholarship Fund will make a difference in the lives of future coaches. We urge you to continue to support the Gelaine Orvik Scholarship Fund so we can continue to assist young students in their quest to earn a degree and training in the coaching field. See page 30 for more details.

## 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. 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.

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A Big THANK YOU to the following  
 NDHSCA Convention sponsors:



# Dakota Coach Winter 2016-2017



## 2016-17 NDHSCA SPORTS ADVISORY COMMITTEES



<b>SPORT</b>	<b>REPRESENTATION</b>	<b>TERM</b>
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### **BASEBALL:**

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

### **BASKETBALL – Boys':**

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

### **BASKETBALL – Girls':**

Brett Thielges; Barnes County North 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

### **CHEERLEADING (Appointed by Cheerleading Advisory):**

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

### **CROSS COUNTRY:**

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

### **FOOTBALL:**

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

### **GOLF:**

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

### **GYMNASTICS:**

Courtney Gripentrog; Grand Forks Central/Red River HS	East Representative	2014-2017
Suzanne Fisher; Valley City HS	At Large Representative	2015-2018
Robbie Werchau; Minot HS	West Representative	2016-2019

### **HOCKEY (Appointed by Hockey Advisory):**

Brian Davidson; Fargo Davies HS	Boys' Representative	2013-2017
Patrick Johnson; West Fargo HS	Girls' Representative	2014-2018
Mat Ekblad; Williston HS	Girls' Representative	2015-2019
Dave Hoff; Bottineau HS	Boys' Representative	2016-2020

### **SOCCER:**

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 Winter 2016-2017

## 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

701 Highway Drive Apt 9B; Hazen, ND 58545

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



# 2017 Coaching Longevity Award



The 2017 list for Coaching Longevity is printed below.

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 Horgan, 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 Pillion, 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, Dickinson  
Chad Kliniske, Grafton

## 30 Years (continued)

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  
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

## 40 Years

Gary Jackson, North Border  
Peter Moe, Washburn

## 45 Years

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



# Dakota Coach Winter 2016-2017



## NDHSCA Paid Lifetime Memberships



Aardahl, Vern; Milnor HS  
Amundson, Greg; Mandan HS  
Anderson, Brian; Watford City HS  
Anderson, Darrell; Bismarck HS  
Anderson, Darryl; Mandan HS  
Askvig, Curtis; Surrey HS  
Benson, Ron; Mott-Regent HS  
Berg, Mike; Grand Forks Central HS  
Berglund, Darrell; Hazen HS  
Berglund, Kathy; Hazen HS  
Bettenhausen, LeRoy; Watford City HS  
Brackenbury, Wayne; Mohall-L-Sherwood HS  
Brenner, Henry; ND School for the Deaf  
Buen, Gene; Velva HS  
Burckhard, Richard; Parshall HS  
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 Mountain Community HS  
Deutsch, Nancy; Watford City HS  
Dew, Jim; Valley City State College  
Deyle, Alvina; Fargo South HS  
Disher, Ken; Minot HS  
Dixon, Derrick; Turtle Mountain Community HS  
Dockter, Dwight; Hope-Page HS  
Dolan, Michelle; Ray HS  
Dwyer, Michael; Shiloh Christian HS  
Fish, Frank; Watford City HS  
Fjeld, Greg; Minot HS  
Flaagan, Craig; Fargo South HS  
Flyberg, Brian; Linton HS  
Folstad, Collette; West Fargo HS  
Forsberg, Mike; Fargo Oak Grove HS  
Foss, Bradley; Watford City HS  
Gabrielsen, Thomas; Grand Forks Red River HS  
Gadberry, Ron; Hillsboro HS  
Gordon, Randy; Dickinson Trinity HS  
Hack, Rick; Ellendale HS  
Haggin, Barry; Divide County HS  
Halland, Joan; Kindred HS  
Hammer, Dennis; Grafton HS  
Handt, Dave; Litchville-Marion HS  
Hanson, David; St. Thomas HS  
Hanson, Donald C.; Mandan HS  
Hanson, Randy; Washburn HS  
Hardie, Karen; Fargo North HS  
Hardie, Rodney; Fargo North HS  
Hauge, John; Bottineau HS  
Haugen, Derold; LaMoure HS  
Haussler, Jim; Bismarck Schools  
Healy, Dennis; Williston HS  
Herman, Matt; Ellendale HS  
Hertel, Dale; Fargo South HS  
Hofer, Dr. Herb; Cankdeska Cikana CC  
Holinka, Gerald; Dickinson Trinity HS  
Holmen, Barry; Minot HS  
Hornecker, Brian; Minot HS  
Horner, Dennis; Midway HS  
House, Leon; Mandan HS  
Howell, Joe; Lisbon HS  
Howson, Jim; Hatton HS  
Hutchison, Donna; Grand Forks Red River HS  
Hutchison, John; Northwood HS  
Hutchison, Lonny; Northwood HS  
Imdieke, Dan; Linton HS  
Jaeger, Kerry; Grand Forks Red River HS  
Jensen, Julie; Kindred HS  
Jeske, James; Killdeer HS  
Johnson, Harlan; Parshall HS  
Johnson, Wayne; Rolette HS  
Jung, Greg; Dickinson HS  
Kaiser, Tim; Wahpeton MS  
Kjelgaard, Harold; Fargo Discovery JHS  
Kleveland, David; Central Valley HS  
Knutson, Al; Williston HS  
Kosel, Todd; Edgeley HS  
Kolsrud, Tim; Bismarck HS  
Krosbakken, Jerry; Fargo North HS  
Larson, Nancy; DesLacs-Burlington HS  
Lehman, Cory; Fargo South HS  
Leier, Dwight; Maddock HS  
Limke, Greg; West Fargo HS  
Loberg, Myron; Devils Lake HS  
Lockwood, Ed; Fargo Public Schools  
Long, Jeri; Glenburn HS  
Lyon, Jerry; Minot HS  
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

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

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



# 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

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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

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## *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.

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## **NEW**

# **Camp Insurance For Members**

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As a membership benefit of your state coaches association you are covered for all coaching activities. General Liability provides coverage to members from claims made by negligent acts accidentally committed resulting in bodily injury, personal and advertising injury or property damage to others.

### **Participant /Accident Coverage - \$25,000 Excess Medical Limit**

Members have the option of providing participant/accident coverage for participants attending camps. Should an accident occur during a camp this coverage could help off-set the loss suffered by families affected by such accidents.

### **Certificates of Insurance**

Today, most schools and athletic venues require coaches to provide proof of insurance or need to be named as an additional insured prior to utilizing their facilities. Upon request, certificates of insurance are issued by Loomis & LaPann Inc.

### **Enrollment Procedures & Questions**

For additional information on coverage's, Participant/Accident enrollment procedures and Certificates of Insurance please contact Loomis & LaPann Inc. at 800-566-6479 or visit us online at: [www.loomislapann.com](http://www.loomislapann.com)

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

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

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

# 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. 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 \_\_\_\_\_

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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

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## NDHSCA Gelaine Orvik Scholarship Fund

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

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- 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.

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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

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**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?”

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**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

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# Dakota Coach Winter 2016-2017

## 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 to Randy Johnson or to any of the members of the Executive Board. See page 2 for e-mail and mailing addresses or phone numbers.



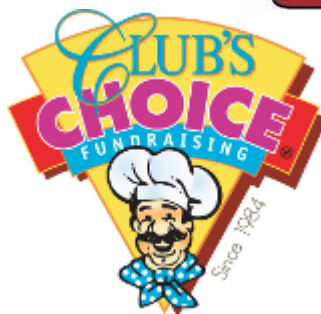
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