



Volume 50 Issue #4

Fall 2017

Dakota Coach

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2017 Award of Merit & Special Recognition Recipients



Eric Hewitt



Darryl Anderson



Mike Thorson

Eric Hewitt and Darryl Anderson were honored at the NDHSCA Convention with the 2017 Award of Merit with Mike Thorson and Sean Ford receiving Special Recognition for their contributions to youth athletics. KXPO Radio Sports Director, Sean Ford, was unable to receive his award at the convention awards banquet as he was broadcasting the Class B State Legion Baseball Tournament. He will receive his award at a later date.



Sean Ford



**Congratulations, Tim Wallstrum
newly elected Vice President,
NDHSCA Executive Committee**

NHSACA
@nhsaca

NDHSCA
@ndhsca1

2017-2018NDHSCA Executive Committee



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Message from President Eric Olson:



Welcome to the 2017-18 School year!

I'd like to welcome everyone back to the 2017-2018 school year. I hope that you were all able to enjoy your summer and had the ability to "get away" for a period of time. A new school year, as well as the fall sports season, always brings a renewed sense of excitement from the volleyballs echoing in the gym, to cross country runners, golfers, and soccer players squeezing out the last of the late summer weather, to--my personal favorite part of the fall-- the Friday night football lights. Fall sports season provides plenty to look forward to in the next couple of months.

I had the opportunity to attend the National High School Coaches Convention in Peoria, Illinois and had a great time. Congratulations to all of our National Coach of the Year finalists, especially the two who were named National Coach of the Year: Brian Anderson of New Town and Kathy Aspaas of Bismarck Century. Both are very deserving of this honor! Also, congratulations to Scott Grochow of Rugby and Julie Stavn of Bismarck who were inducted into the National Coaches Association Hall of Fame, an honor for not only Scott and Julie but also all of their families and schools. North Dakota is well represented at the national level, and we should be very proud of all of those who represent our state.

The NDHSCA State Convention was a success. We capped the week by recognizing all our newest Hall of Fame Recipients, our State Coach of the Year winners, as well as Scholarship Award winners, and some special recognitions. Steve Miller of Bismarck, Lisa Strand of Thompson, Brad Sandy of Harvey, and Kent Van Ells of Dickinson were our newly inducted Hall of Fame members. Congratulations to you all!

I am honored to begin my term as NDHSCA President. Thank you to Paul Lean, who provided outstanding leadership this past year as our President. Also, thank you to Mike Kuhn, who finished his final year on the Executive Committee. Mike provided plenty of knowledge and plenty of laughs to our meetings. We'll miss you Kuhn Dog! Also, we'd like to welcome Tim Wallstrum of Kenmare who is beginning his first term on the board as Vice President. I'm very grateful for the great group of people we have in place to lead our Association.

I would like to challenge all of the coaches in our great association to recruit not only new coaches who will continue to lead the student-athletes we have, but also work to recruit new officials who can continue to officiate the games we love to coach and our athletes love to play. Our state, like many others are running out of quality officials, and we can do our part to help recruit former athletes who still want to be a part of the game. I'd also like to challenge our coaches to continue building on the relationships of those around you in your program. I've always felt giving the first player and the last player on the bench the same type of respect was very important. Get to know your players, managers, coaches on a more personal level. Relationships formed as a coach are those that will last a lifetime.

I would like to wish everyone a very successful 2017-2018 school year and sports season. Remember, not every win or success shows up on the scoreboard. Don't forget to stay in the loop by checking in on our website: www.ndhsca.com or follow us on twitter: [@ndhsca1](https://twitter.com/ndhsca1).

***Until next time,
President Eric Olson***

SCHEELS®



Message from Immediate Past President Paul Lean *Be A Positive Force*



I would like to wish everyone the best of luck in their upcoming season. This is our best season ever as a coach. Find something to focus on and run with it. If you are a beginning coach, welcome aboard and thank you for choosing such a great profession. If you are a veteran coach, thank you for all of your years that you have given to your programs. Again, good luck everyone!

#1 You may not realize it, but you have impacted a student athlete in ways that you may never know about, but I believe me, you have affected them. Being a coach is more than just having a masterful game plan, it is also about building relationships with your team. You may have heard the saying, "A coach is the corner stone of great programs and can sometimes take a lot of effort, but the time is well spent. When people know that you genuinely care about them, they are more willing to listen to you, work for you, and give everything they have for you."

‡ You should have long term ramifications, so speak wisely. Seeing you as a positive role model could be exactly what a student athlete needs to become a better person, on and off the field. I have heard or read many stories about how a coach influenced an athlete to stick with something, or strive for excellence, or change their life for the better. You, as a coach, have a lot of influence

‡ for the sport. The coach probably had no idea they were doing this to the athlete, but it happens. I really started to think about this when my own children were in athletics and being coached by other people. Coaches are free to have their own philosophy, and those philosophies can change over time as you gain new experiences, but it is important to have a philosophy that you can back up and be proud of. Remember, not all students respond to the same types of motivation. Set a goal to see that all of your student athletes have a great experience in your program.

These past few years on the board has really opened my eyes about coaching. I understand the sports that I coach very well, but I also learned a ton about the other sports that are out there. Listening to their concerns and how they plan to make their sport better has really been interesting. I have a whole new respect for all sports and their coaches. I believe ND coaches are awesome.

Finally, I would like to thank all of you for being a member of NDHSCA. Our membership is what makes us strong. NDHSCA is in great hands, Randy Johnson has done an incredible job as our Executive Secretary. I also look forward to having E. J. as President; he has the leadership qualities that are second to none. If you are interested in joining our board as a Vice President, please contact one of the board members with your intentions.

O

Immediate Past President, Paul Lean





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



Welcome back to a new school year! 2017-2018 will bring another outstanding year of high school sports. You can feel the excitement and energy after recharging the batteries over the summer. Good Luck to all teams, coaches, and players!

The State Convention has finished and received many positive reviews. A special thank you goes to our speakers this past summer. They were dynamic! Another thank you needs to go out to Universal Athletics for sponsoring the social on Wednesday night. Everyone enjoyed the food as well as the time to reminisce with fellow coaches. The biggest thank you needs to go to you as coaches. You really do make the convention. Thank you!

Congratulations to our Hall of Fame Inductees this past summer. Steve Miller, Brad Sandy, Lisa Strand and Kent Van Ells are outstanding coaches and better yet great people! This past summer also saw five young individuals gain scholarships to the institution of their choice. Best of luck to each of you as you chase your dreams.

We would like to thank Paul Lean for his leadership as President this past year. His enthusiasm and energy were awesome for the organization. In addition, thank you Coach Kuhn for your years of service. You truly have strong feelings for coaching and the coaching profession. Our organization is stronger today because of your presence. Paul and Mike, we greatly appreciate all your work for the NDHSCA.

Congratulations to Tim Wallstrum for being elected as our new Vice President. You will be an asset to the Coaches Association. A special thank you to the entire Executive Board for all your work during the convention and throughout last year. This organization has grown and will continue to grow because of the commitment from these individuals. They really are the people responsible for the convention running smoothly.

This past week we received some sad news dealing with the passing of Scott Lindgren. Scott was the Athletic Director at Leeds High School. He had a passion for athletics and a powerful desire for coaching. He was an outstanding person and worked for all athletics in North Dakota. Please keep Coach Lindgren's family in your prayers during this time.

The North Dakota High School Coaches Association has benefits to offer coaches. We plan to get free digital subscriptions (8 issues) to Coach and AD Magazine again this year for coaches who sign up before September 7. Please do this immediately. If you have visited our website lately, www.ndhsca.com, you should have noticed a link for benefits for membership in NDHSCA. Please hit the benefit link and use the items on the page. It will help you and your association.

Please remember to nominate Assistant and Junior High Coaches for the Coach of the Year Award. We want to honor coaches who deserve to be recognized. The only way we can honor them is if they are nominated.

In closing, I want to wish everyone an outstanding athletic year. Remember – **COACHING is the greatest profession on earth.** You have so much impact on young people's lives. Be the individual who makes a difference in our youth.

Sincerely for the Coaching Profession,

Randy Johnson
NDHSCA Executive Secretary



Greetings from the National High School Athletic Coaches Association

The 2017 National High School Athletic Coaches Association Convention was held at the Embassy Suites in East Peoria, IL on June 17 to June 21. The convention went well and had some great speakers.

North Dakota had the following coaches be finalists for the NHSACA National Coach of the Year.

- Assistant Boys Coach: Tim Tandeski; Grand Forks Red River
- Assistant Girls Coach: Mark Murdoch; Bismarck Century
- Athletic Director: Lorrell Jungling; Mandan HS
- Baseball: Pete Dobitz; Dickinson HS
- Boys' Cross Country: Brian Anderson; New Town HS
- Football: Dan Imdieke; Linton HS
- Soccer: Michelle Martinez; Fargo North
- Softball: Scott Kost; Central Cass HS
- Special Sports: Mike Peluso; Bismarck HS
- Swimming and Diving: Kathy Aspaas; Bismarck Century
- Tennis: Victor Youngs; Fargo South
- Boys Track and Field: Tim Jacobsen; Bismarck Century
- Girls Track and Field: Greg Hoeckle; Carrington HS
- Volleyball: Lisa Strand; Thompson HS
- Wrestling: Cory Schall; Oakes HS



Randy Johnson

North Dakota had two outstanding coaches be named NHSACA National Coach of the Year. They were Brian Anderson; Head Boys' Cross Country Coach at New Town High School and Kathy Aspaas; Head Girls' Swimming and Diving Coach at Bismarck Century High School. Coach Anderson has the following resume:

- Has won 11 out of the 13 State Cross Country Championships
- New Town was runner-up the other two years
- He is a Past President of the North Dakota High School Coaches Association
- Brian served on the board for five years
- Coach Aspaas has the following credentials:
 - 23 State Team Championships
 - 6 State Runner-up Titles
 - 94.3% winning percentage
 - NDHSCA State Swimming and Diving Advisory Committee for 5 years

North Dakota also inducted two coaches into the National High School Athletic Coaches Association Hall of Fame. They were Scott Grochow from Rugby High School & Julie Stavn from Bismarck Century High School.

North Dakota also has great representation on the NHSACA National Board of Directors. These coaches are as follows:

- Greg Brown: Watford City HS; Girls' Track and Field Sport Chair
- Tim Wallstrum: Kenmare HS; Volleyball Sport Chair
- Randy Johnson: Hazen HS; Immediate Past President of the NHSACA
- Gelaine Orvik: Past President and Former NHSACA Executive Director
- John Hutchison: Past President and current narrator for the Hall of Fame and Coach of the Year Programs
- Dave Dougherty: Past President and current NHSACA Executive Director

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NHSACA Message continued.

The National High School Athletic Coaches Association National Convention will be held at the following locations the next three years:

- 2018: Sioux Falls, SD – June 23-27, 2018
- 2019: Bismarck, ND – June 22-27, 2019
- 2020: Lincoln, NE – July 19-23, 2020

North Dakota is looking forward to hosting in 2019. We will be asking our members for some assistance to make this convention be the best one to date. Please make plans now to attend. You will not want to miss it!

*Respectfully submitted,
Randy Johnson and Dave Dougherty*



COACH QUOTE:

“I am a success today because I had a friend who believed in me
and I didn’t have the heart to let him down.”

Abraham Lincoln

NDSU FOOTBALL TICKET INFORMATION



Coaches may request tickets for the NDSU Football games **EXCEPT** the following games are excluded this season:

September 30 vs Missouri State
October 28 vs Northern Iowa
November 11 vs South Dakota

If you have any questions contact Randy Johnson by email duck@westriv.com.

Here is the procedure for the other games.

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

Dakota CoachFall 2017

NDHSCA ANNUAL BUSINESS MEETING

July 27, 2017; 10:50 AM

Mandan Baymont Inn & Suites

Nautilus and Cutty Sark

MINUTES

President Lean called the meeting to order at 10:52 AM.

Ralph Manley moved to accept the July 2016 NDHSCA Annual Business Meeting Minutes, Michael Sorlie seconded the motion. Motion passed.

Executive Secretary Randy Johnson presented the financial report as of June 30, 2017. The NDHSCA Fiscal Year runs from July 1 to June 30.

\$ 98.83 – FPSFCU Primary Shares Account Balance June 30, 2017
\$10,027.53 – FPSFCU Checking Account June 30, 2017
\$20,794.79 – FPSFCU Gelaine Orvik Scholarship Account Balance June 30, 2017
\$45,866.19 – FPSFCU Money Market Share Balance June 30, 2017
\$76,787.34 – FPSFCU Total Cash on Hand June 30, 2017

The total cash on hand on June 30, 2016 was \$65,524.59. There is outstanding income from the NDHSAA Convention Support, Lions All-Star Basketball and the second installment from Subway. Ralph Manley moved to accept the report, Jeremy St. Aubin seconded the motion. Motion passed.

Randy Johnson gave a convention update on the 2017 NDHSCA State Convention as follows:

369 registrations for convention
52 individuals taking two semester hour credits and 31 taking one semester hour credit
419 people are registered for membership this year

Nathan Walsh moved to accept the report, Kaycee Grochow seconded the motion. Motion passed.

Lisa Strand gave the following Dakota Coach Report: The summer issue (Issue #50, Volume 4) of the Dakota Coach was available online after all the available information was accumulated and organized. Please feel free to give suggestions for improvement. We continue to look for ways to get the necessary information to our NDHSCA members. A special thanks to Randy Johnson for organizing all the information and to President Paul Lean for his articles. Members are asked to send relevant pictures or ideas for articles to be included in upcoming issues. The next issue will be the Fall issue.

Ralph Manley moved to accept the report, Lyle Krueger seconded the motion. Motion passed.

Randy Johnson gave the 2016-2017 membership report. We had 1,201 paid members, 147 Lifetime members and seven new lifetime members this past year. Randy also covered the benefits from being a member of the North Dakota High School Coaches Association with the group. Claudia Schoellkopf moved to accept the report, Carolyn Olson seconded the motion. Motion passed.

President Eric Olson introduced the Vice-Presidential candidates. They are Tim Wallstrum from Kenmare High School and Perry Piatz from Kindred High School.

Scott Grochow gave a report on the POWERade Senior Athlete of the Year balloting. He mentioned the voting procedure and the importance of all the coaches voting for the award. It is going well, however the Executive Committee would like to improve the percentage of coaches who vote.

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(Annual Meeting Minutes continued)

Scott Grochow reported on the Coach of the Year balloting procedures. He sends them via e-mail or in some sports they can vote at the State Meeting. Scott encouraged the membership to make sure they vote.

Dave Dougherty reported on the National High School Athletic Coaches Association National Convention which was held in East Peoria, Illinois. The report follows:

Finalists for the NHSACA National COTY from N D

Assistant Boys: Tim Tandeski, Grand Forks Red River
Assistant Girls: Mark Murdock, Bismarck Century
Athletic Director: Lorrell Jungling, Mandan HS
Baseball: Pete Dobitz, Dickinson HS
Boys' XC: Brian Anderson, New Town HS
Football: Dan Imdieke, Linton HS
Soccer: Michelle Martinez, Fargo North
Softball: Scott Kost, Central Cass HS
Special Sports: Mike Peluso, Bismarck HS
Swimming and Diving: Kathy Aspaas, Bismarck Century
Tennis: Vic Youngs, Fargo South
Boys Track and Field: Tim Jacobsen, Bismarck Century
Girls Track and Field: Greg Hoeckle, Carrington HS
Volleyball: Lisa Strand, Thompson HS
Wrestling: Cory Schall, Oakes HS

National COTY Recipients:

Brian Anderson - Boys' Cross Country
Have won 11 out of the last 13 State Championships
and have been runners-up the other two years
Brian is a past president of the NDHSCA and served on the Board for 5 years.
Kathy Aspaas - Swimming and Diving
23 State Team Championships
6 Runners-up
a 94.3% Winning Percentage
State Swimming and Diving Advisory Committee Member for 5 Years

ND Hall of Fame Inductees:

Scott Grochow Rugby High School
Julie Stavn Bismarck Century High School

NDHSCA Members Serving on the NHSACA Board of Directors

Greg Brown: Watford City HS Girls' Track and Field Sport Chair
Tim Wallstrum: Kenmare HS Volleyball Sport Chair
Randy Johnson: Hazen HS Immediate Past President of the NHSACA
Gelaine Orvik: Past President, Former Executive Director
John Hutchison: Past President, Current Narrator for the Hall of Fame and COTY Programs
Dave Dougherty: Past President, Current Executive Director

FUTURE CONVENTION SITES:

2018: Sioux Falls, SD - June 23-27
2019: Bismarck, ND - June 22-27
2020: Lincoln, NE - July 19-23

Greg Hoeckle moved to accept the report, Perry Piatz seconded the motion. Motion passed.

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(Annual Meeting Minutes continued)

Michael Sorlie presented the Lions' All Star Basketball Report as follows:

The games were held in Bismarck on Monday, July 10th at the Bismarck Event Center. On the girls side, Class A defeated Class B by a score of 77-74. As for the boys, Class A beat Class B by a final tally of 99-82. On Tuesday, July 11th, the teams motored to Fargo to play at the Fargo Civic Center. In another tight battle on the girls side, Class A held on to the victory by a final score of 67-74. For the night cap, that Class A boys defeated the Class B boys with a final score of 109-100. There was only one major issue that had to be dealt with. A player from Devils Lake was caught with alcohol on a school trip to Costa Rica a week prior. This was not reported to us at that time. Their school contacted me on the morning of July 11th and was wondering why he was playing, as they were watching the game on BEK the previous night. After doing a lot of discussing with members of the Lion's and NDHSCA, as well as a lot of fact finding, I met with the boy after the team arrived to Fargo on Tuesday morning, and dismissed him from the team. His mom and dad came to the hotel and picked him up a few hours later. Overall, the games were competitive. I'm not sure of the attendance numbers, but there seemed to be more in Bismarck than I'm Fargo, which is typically the case due to geographical location.

Ralph Manley moved to accept the report, Carolyn Olson seconded the motion. Motion passed.

Lisa Strand presented the Optimist All-Star Volleyball Report as follows:

Fargo Shanley was the East host for the 2017 All Star Volleyball practices and 1st match. After a few changes to the original list of players, some due to choosing to play basketball and one for a rule violation, 12 East players and 12 West players reported on June 9 to the Expressway Inn & Suites in Fargo. Due to work at Fargo Shanley the first practice was held at Carl Ben Middle School with the rest of the practices at Fargo Shanley. In the evenings, the Optimists sponsored events such a Red Hawks' baseball game, an outing at Thunder Road, and a picnic. On Monday afternoon, parents and players attended an awards banquet and ceremony where the players received their participation plaques. Regan Dennis of Bismarck and Sydney Ellingson of Langdon received scholarships from the Optimists organization. Monday evening featured the East match in which the East won 3 sets to 2 (25-22, 15-25, 25-11, 20-25, 15-6). Tuesday the players traveled to Bismarck Legacy High School. This was Legacy's first time hosting the match. The West defeated the East in 3 sets (25-22, 25-20, 26-24) and as customary, to allow for more playing time for the participants, a 4th set was played (25-19). Both matches were well attended and the fans were treated to some fantastic volleyball. The defensive effort by both teams was outstanding resulting in some very long volleys. Thank you to all involved in helping to make this event successful. Thank you to the administration and volleyball coaches at each venue, as well as their supporting cast. The officials and line judges are also very much appreciated. We look forward to next summer's All-Star volleyball match. The East site on the rotation for 2018 is West Fargo Sheyenne and the West site is Bismarck Century. Dates will be corresponding for next year.

Claudia Schoellkopf moved to accept the report, Carolyn Olson seconded the motion. Motion passed.

Eric Olson gave the Shrine Football report in the absence of chair Bill Lorenz.

The 2017 Shrine Football Games were played at the Alerus Center in Grand Forks on Sunday, July 16. The 11-man East team won the first game 20-14 over the West squad. The 9-man East team beat the West team 28-27. These were two well-played games with the athletes competing until the final horn.

The week started with 125 players and 16 coaches checking into the dorm on the campus of Mayville State University. Once again, MSU was a very gracious host. The housing, dining, and practice facilities handled our large group. Everyone that was involved was very accommodating. The community of Mayville was also very welcoming by allowing us to use various facilities throughout the city. Our players used the water-park, movie theatre, and city park on different nights.

On Thursday, our athletes held a mini-camp for Shrine Hospital patients in conjunction with our media day. Everyone did an outstanding job and the athletes put smiles on all the patients' faces. The players also attended sessions about the purpose and goals of the Shrine Hospital. Hospital employee's traveled to Mayville to put on different presentations. This was an excellent opportunity for the athletes to hear about the benefits that the hospital provides. Preparations for the 2018 game have already started. The tentative date for the 2018 game has not been set, but will once again be early to mid-July. The committee is also planning on having all four teams and coaches practice at Mayville State University again. In visiting with numerous players and coaches everyone enjoyed a wonderful experience during the week leading up to the game and on game day.

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(Annual Meeting Minutes continued)

Michael Sorlie moved to accept the report, Carolyn Olson seconded the motion. Motion passed.

Scott Grochow reported on Longevity. He mentioned we give plaques for individuals who have 20, 25, 30, 35, 40, 45, etc. years of coaching experience. The key for the members is to fill out the coaching experience through the next season so it can be awarded correctly. Lyle Krueger moved to accept the report, Nathan Walsh seconded the motion. Motion passed.

Randy Johnson gave a report on the POWERade Cooperative Agreement. The agreement has been going well. They really enjoy the letters from POWERade Outstanding Senior Award recipients. According to the agreement one plaque is for the athlete to keep and the other plaque is for the school to display. It is important for coaches to follow through.

Paul Lean discussed the NDHSCA-Scheels Scholarship Agreement. He feels Scheels can be a great asset to the organization and it is important to visit their booth. This is a one-year contract and the NDHSCA hopes to gain it for another year.

Randy Johnson reported on the Subway agreement. This is a substantial amount and helps pay for the Coach of the Year Awards and allows for \$1,000.00 to be given to the Gelaine Orvik Scholarship Fund. This contract is worked yearly and we hope to maintain it for another year as well as many years to come.

Eric Olson reported we have 322 followers on our Twitter account. He told the membership he tries to send out at least one Tweet a week and if there is something associated with our association, please let him know and he will attempt to send it out.

Randy Johnson mentioned the 2018 NDHSCA State Convention will be held at the Fargo Ramada on July 24 to July 27, 2018. He also announced North Dakota would be hosting the National Convention in Bismarck at the Ramkota in 2019. The dates are June 22 through June 27. We will run both conventions in conjunction with one another.

Immediate Past President Andy Braaten mentioned to the membership the importance of giving sheets to the Executive Committee on Future Speaker Suggestions, sending in suggestions for Junior High and Assistant Coach of the Year, willingness to run for the NDHSCA Board, and other items. The Dakota Coach is a membership newsletter that provides a number of articles and information for them to read.

Randy Johnson reported on the Liability Insurance. The policy is a \$1,000,000 Liability Policy. He also mentioned coaches should take out camp insurance to keep the liability insurance policy at a lower premium.

Randy Johnson gave a report on the Gelaine Orvik Scholarship. The fund had \$20,794.79 on June 30. This year we have increased the fund \$725.00 with membership registrations. There was an extra \$1,000.00 put in the fund by the Universal Social on Wednesday. Greg Hoeckle moved to accept the report, Kaycee Grochow seconded the motion. Motion passed.

Mike Kuhn moved to appoint Randy Johnson as the North Dakota High School Coaches Association Executive Secretary for the 2017-2018 fiscal year, Ralph Manley seconded the motion. Motion passed.

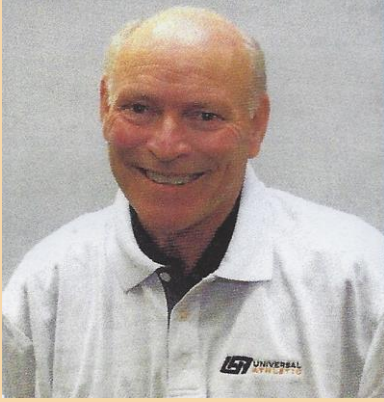
Paul Lean called for other business by the membership. Since there was none, Tracey Heisler handed out door prizes.

Paul Lean declared the meeting adjourned at 11:53.

Respectfully Submitted,

Randy Johnson
NDHSCA Executive Secretary

Larry Aasheim Inducted into the National Sporting Goods Industry Hall of Fame



Co-Founder and President and Chairman of the Board of Universal Athletics, Larry Aasheim was inducted into the National Sporting Goods Industry Hall of Fame in recognition for his leadership in the industry. Aasheim, a graduate of Montana State University, co-founded Universal Athletics with his friend Dick Harte in 1971. In 1989, Harte sold most of his stock making Aasheim the company's largest stock holder. At that time he was named President and Chairman of the Board of Universal Athletics and has held that position for 26 years.

Larry Aasheim and Universal Athletics have been instrumental in making the NDHSCA Gelaine Orvik Scholarship a success by hosting the annual summer convention social. Universal Athletics provides free food and hosts a fundraiser enjoyed by all the coaches in attendance. Each year Universal Athletics donates a sizable sum to the Gelaine Orvik Scholarship as well as any proceeds from the "Races" held during the social. This summer the proceeds from the social was \$500.

Aasheim credits his success to his partner, his friends and employees. Universal Athletics has 13 locations and 50 team salesmen working in 11 Midwest and Western States and has grown into one of the largest independent team dealers in the country. He built a work environment and culture that has attracted and helped retain the outstanding employees who continue to be the key ingredient in Universal's success.

NDHSCA congratulates, Larry Aasheim for this honor. Aasheim was recognized by NDHSCA with the Award of Merit in 2015.



Coach Quote:

**A good coach improves your game.
A great coach improves your life.**

-Michael Josephson-

Gelaine Orvik Scholarship and Scheels Scholarship Recipients Receive Awards.

Cheyenne Jacobson received the Gelaine Orvik Scholarship from Gelaine Orvik at the annual Coaches Convention banquet in Mandan. Brenna Hanson was also a recipient of the Gelaine Orvik Scholarship and she also received the Scheels Scholarship. Taylor Berwick and Maari Dolan each received the Scheels Scholarship which was presented by Tyler Halm. Brenna Hanson and Meghan Allan were unable to attend. Their awards were presented to them on a separate occasion.



Cheyenne Jacobson



Taylor Berwick



Maari Dolan

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

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

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Brenna Hanson

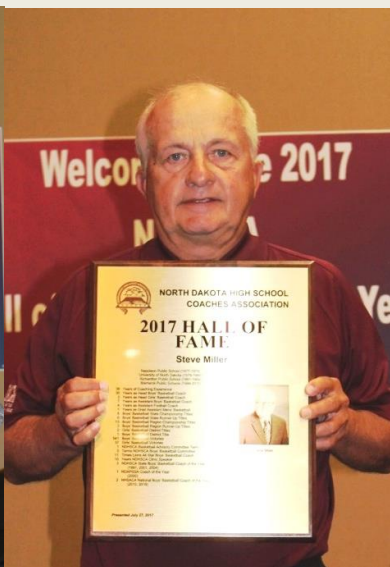


Meghan Allan

Congratulations to the 2017 NDHSCA Hall of Fame Inductees



Kent Van Ells



Steve Miller



Brad Sandy



Lisa Strand

Congratulations once again to the North Dakota High School Coaches Association 2017 Hall of Fame inductees. Kent Van Ells, Steve Miller, Brad Sandy and Lisa Strand were inducted on July 27 at the Summer Convention Awards Banquet.



Mike Kuhn Completes Executive Board Term

Mike Kuhn brought great insight to the NDHSCA Executive Board. His wisdom and humor will be missed. A sincere thank you to Mike for his service to the coaches of North Dakota. His commitment to working hard for all athletes was greatly appreciated.



2016-17 NDHSCA Executive Board Members: L-R: front: Lisa Strand, **Mike Kuhn**, Tracey Heisler. (back) Bill Jansen, Andy Braaten, Paul Lean, Randy Johnson, Scott Grochow, Eric Olson



Are You As TOUGH As You Want Your Athletes To Be?

I am personally guilty of almost every example that I am about to point out. At one point and time, I had to
Y U f b h \ Y \ U f X k U m" = X c b D h W Coach Mike Neighbors \] g \] g U b

Many coaches throw the word "Toughness" around to athletes as a cliché. *It is a buzz word. And in many instances, those coaches were urging their athletes to be "tougher"; the coaches themselves were NOT being very tough. But we can be TOUGH. We must be TOUGH if we demand it of our athletes.*

So with the help of some coaching buddies, we began a list of what makes a coach TOUGH. Not tough to play for. Not tough to deal with. But things that would be consistent with those things we demand of our athletes. This is a work in progress.

TOUGH coaches CONFRONT

It takes energy and effort to confront... a great deal of both in fact. The tough coaches never exhaust themselves of the energy needed to consistently confront and hold people accountable. When someone or something challenges the culture of their program, a tough coach stands up for what they hold true. They do it consistently and they do it tirelessly. Coaches who have toughness confront any athlete who falls below the standards they have set in their program.

If you exhaust yourself of the energy to confront, then you are "allowing things in your program" rather than "coaching them". You must have (or find) the energy every single time something challenges the fabric of your culture. If you don't, no one else will. If you do, everyone else will. When confronted with parental concerns, a tough coach listens and explains their view point.

TOUGH coaches are DECISION SAVVY

Tough coaches know that making the hard decision is what separates the good from the great. Head Coaches make hundreds of decisions a week concerning every aspect of their program. They don't delegate the difficult ones down the chain of command. They make them and then they stand behind them.

Experience has taught them how to make them with the best interest of the team AND the best interest of the athlete all at the same time. More often than not, it's the coach who struggles the most with these decisions. They feel the weight of deciding something that impacts so many people in so many ways. It can be paralyzing. It can be overwhelming. Many coaches confide that this responsibility has led to burnout and can ultimately drive you from the profession all together if you don't develop toughness.

Avoidance of decision making is even worse than making the wrong decision in many instances. The toughest of the tough actually embrace it. It's these coaches who make the proper decision more often than not.

TOUGH coaches expect mistakes, but don't accept Excuses

TOUGH coaches know their athletes are going to make mistakes. They know they are going to fail from time to time. They know this because they know they are going to put them in situations to fail. They are going to create scenarios designed to push them beyond their comfort zones. TOUGH coaches know mistakes lead to improvement. They teach through lessons.

continued on page ...

Wayne Gretzky routinely tripped over his own skates because he pushed himself to go harder in drills than his coaches demanded. While the TOUGH coaches expect these mistakes, they do NOT accept excuses for them. They deal with excuses swiftly and severely. Tough coaches know the difference between a reason and an excuse. Tough coaches use mistakes to help a person grow. Tough coaches teach without the person even knowing they are being taught.

TOUGH coaches understand NEXT PLAY Mentality

Do we move on or do we replay every mistake in the next timeout, then at half time, then in postgame, then the next day in film room, then the next 10 times it happens? Do we hold grudges when dealing with discipline issues?

If you do, then take NEXT PLAY out of your coaching vocabulary. Obviously there are aspects of our job and this profession that accumulation of actions must warrant consequences, but if you want athletes to move on to the Next Play, you had better coach this way.

TOUGH coaches actions are aligned with standards

“Do as I say, not as I do” mentality is dead to the iY Generation of athletes today. When presented with a situation that conflicts between what they see you do and what they hear you say, 99.99999% of the time they will believe what they see.

The alignment you have in your program between TALK/ACTIONS will be directly proportional to how your athletes balance their TALK/ACTIONS. When a coach demands something of a program or someone in it that is out of alignment with a coach's actions, frustration sets in quickly. That will turn to disengagement and total withdrawal the moment adversity hits. A TOUGH coach has alignment in this area. Athletes, fans, and administrators believe what they see more than what they hear. If you want a “TOUGHNESS” in your program your actions better be worth watching.

TOUGH coaches take no credit for wins and deflect blame in loss

TOUGH coaches don't need pats on the back after a win. My dad always said, “If you want *someone* to clap for you, be a musician or a magician... don't be a coach.”

Coaches with toughness recognize the efforts of their athletes and their team in victory. In defeat, they deflect the blame from those same people. You don't have to be that coach that *takes total blame every game*. That grows old fast too and simply isn't believable. It may also be out of alignment with your program's culture on truth and honesty. You can be honest and truthful in private...not in public.

TOUGH coaches never allow anyone outside their program to attack someone within it. The best way to do this at times is actually another sign of TOUGHNESS...give the other team the credit for the victory.

The TOUGHEST coaches learn to balance these situations. They learn to use these situations to their advantage. When coaches do this, their athletes will do the same.

If you have this ingrained in your team culture, it will be obvious that in public each member has each other's back. It will allow them to deal with adversity in private *and keep team issues within the locker room*. We have all seen great teams derailed by team issues that become public.

Dakota Coach Fall 2017



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24 hours notice is appreciated on catering orders.
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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.



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Dakota CoachFall 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.

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.

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

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North Dakota High School Coaches Association

2017-18 NDHSCA SPORTS ADVISORY COMMITTEES

BASEBALL:

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
Joel Swanson; West Fargo Sheyenne HS	A Division East Representative	2017-2021

BASKETBALL – B o y s ' :

Dan Carlson; Grand Forks Central HS	A Division Representative	2015-2018
Mike Santjer; Rugby HS	B Division Representative	2016-2019
Rick Smith; Four Winds HS	At Large Representative	2017-2020

BASKETBALL – G i r l s ' :

Ron Metz; Bismarck Century HS	At Large Representative	2015-2018
Brent Hintz; West Fargo Sheyenne HS	A Division Representative	2016-2019
Laurie Seiben; Grafton HS	B Division Representative	2017-2020

CHEERLEADING (Appointed by Cheerleading Advisory):

Billie Ann Caya; Bismarck HS	At Large Representative	2015-2018
Luann Burris; Grand Forks Central HS	A Division Representative	2016-2019
Ruth VanWechel; Mayville-Portland CG	B Division Representative	2017-2020

CROSS COUNTRY:

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
Laura Tweeten; Washburn HS	B Division Girls' Representative	2017-2021

FOOTBALL:

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
John Tuchscherer; Dickinson HS	AAA Division Representative	2017-2021

GOLF:

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
Jeremy St. Aubin; South Border HS	B Division Girls' Representative	2017-2021

GYMNASTICS:

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

HOCKEY (Appointed by Hockey Advisory):

Patrick Johnson; West Fargo HS	Girls' Representative	2014-2018
Mat Ekblad; Williston HS	Girls' Representative	2015-2019
??	Boys' Representative	2016-2020
Scott Pederson; Fargo Davies HS	Boys' Representative	2017-2021

SOCCER:

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
Nick Christianson; Fargo Davies HS	Girls' East Representative	2017-2021

Dakota CoachFall 2017

SOFTBALL:

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
Pat Johnson; West Fargo HS	Class A East Representative	2017-2021

SWIMMING & DIVING:

Thomas Wheeling; Bismarck Legacy HS	At Large Representative	2015-2018
Skip Fisher; Fargo South HS	Girls' Representative	2016-2019
Richard "Dick" Fisher; Fargo North HS	Boys' Representative	2017-2020

TENNIS (Appointed by Tennis Advisory):

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
Matt Nielson; Valley City HS	East Boys' Representative	2017-2021

TRACK & FIELD – B o y s ' :

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
Chris Clements; Bismarck Legacy	A Division West Representative	2017-2021

TRACK & FIELD – G i r l s ' :

Jim Haak; Linton HS	B Division East Representative	2014-2018
Tracey Heisler; Grand Forks Red River HS	A Division East Representative	2015-2019
Lyall Krueger; Surrey HS	B Division West Representative	2016-2020
Greg Jung; Dickinson HS	A Division West Representative	2017-2021

VOLLEYBALL:

Linette Irwin; Hazen HS	B Division Representative	2015-2018
Dale Peaslee; Carrington HS	At Large Representative	2016-2019
Jamie Zastpil; Bismarck Century HS	A Division Representative	2017-2020
Tera Paulson; Hankinson HS	Volleyball Executive Appointee	2015-Present

WRESTLING (Appointed by Wrestling Advisory):

Dave Wolding; New Salem HS	B Division Representative	2015-2018
Larry Eslick; Jamestown HS	A Division President	2016-2019
Alex Schmaltz; Velva HS	B Division President	2017-2020

NDHSCA Sports ' Advisory Committee



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 con
4. If needed, survey or seek information for recommendations.
5. Attend the annual NDHSCA 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:**

E-mail: duck@westriv.com

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

2017 Coaching Longevity Award

The following individuals were recognized in the 2017 program of the North Dakota High School Coaches Association Summer Convention held at the Mandan Baymont Inn & Suites. Please e-mail Bill Jansen william.jansen@k12.nd.us or Scott Grochow scott.grochow@k12.nd.us if you have any questions. Congratulations!

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 Odegard, 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, Velve
Terry Stargardt, Fargo Discovery MS
Greg Unruh, Fargo North
Tim Wallstrum, Kenmare
Greg Yale, Bowman

35 Years

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

40 Years

Gary Jackson,
North Border
Peter Moe,
Washburn

45 Years

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



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

Hertel, Dale; Fargo South HS
Hofer, Dr. Herb; Cankdeska Cikana CC
Holinka, Gerald; Dickinson Trinity HS
Holmen, Barry; Minot HS
Holmen, Robert; Minot HS
Hornecker, Brian; Minot HS
Horner, Dennis; Midway HS
House, Leon; Mandan HS
Howell, Joe; Lisbon HS
Howson, Jim; Hatton HS
Hutchison, Donna; Grand Forks Red River HS
Hutchison, John; Northwood HS
Hutchison, Lonny; Northwood HS
Imdieke, Dan; Linton HS
Jaeger, Kerry; Grand Forks Red River HS
Jensen, Julie; Kindred HS
Jeske, James; Killdeer HS
Johnson, Harlan; Parshall HS
Johnson, Wayne; Rolette HS
Jung, Greg; Dickinson HS
Kaiser, Tim; Wahpeton MS
Kjelgaard, Harold; Fargo Discovery JHS
Kleveland, David; Central Valley HS
Knutson, Al; Williston HS
Kosel, Todd; Edgeley HS
Kolsrud, Tim; Bismarck HS
Krosbakken, Jerry; Fargo North HS
Larson, Nancy; DesLacs-Burlington HS
Lehman, Cory; Fargo South HS
Leier, Dwight; Maddock HS
Limke, Greg; West Fargo HS
Loberg, Myron; Devils Lake HS
Lockwood, Ed; Fargo Public Schools
Long, Jeri; Glenburn HS
Lyon, Jerry; Minot HS
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
Paul Lean; Fargo Davies 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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Optimist's & Lion's All Stars / Shrine Football Action Shots



Correspondence

Dear Randy Johnson and the North Dakota High School Coaching Association,

Thank you for providing me the opportunity to apply for the Gelaine Orvik Scholarship from the North Dakota High School Coaching Association! This was a great scholarship to receive for me personally because I would love to coach a team of basketball players of my own in the future.

I plan to attend NDSU and major in Biology and minor in Chemistry in hopes of furthering my education on to become a chiropractor. Within the first couple years of schooling I would like to work at the YMCA and help younger kids develop their skills. I also am hoping to be able to participate in the abroad program at NDSU my junior year and travel to another country for one school year to experience a new culture.

Once again thank you for giving me this opportunity and it will greatly aid me in my future education and learning plans.

Sincerely,

Cheyenne Jacobson
Cheyenne Jacobson



OPTIMIST CLUB



FORMS AVAILABLE ONLINE

Available on the NDHSCA website

Search “NDHSCA” or enter

www.ndhsca.com



All State Football Nominee

Assistant Coach of the Year

Junior High Coach of the Year

Award of Merit Recommendation

Hall of Fame Nomination Form

Lifetime Membership Application Instructions

NDHSCA Gelaine Orvik Scholarship Fund

Gelaine Orvik Scholarship Application

Victory Milestones

Scheels' Senior Scholarship Application

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Special Recognition

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BISMARCK - 701.255.7255 ASK FOR *KATE WALTH*

GRAND FORKS - 701.780.9424 ASK FOR *JASON HEINTZ*

Longevity Information For 2018 Recognition

The NDHSCA has an ongoing 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 2018 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 23 of this issue.



THANK YOU to the following NDHSCA Convention sponsors:



North Dakota High School Coaches Association



NDHSCA Code of Ethics



As a professional educator and leader, the high school Coach or Athletic Director will

- Exemplify the highest moral character, behavior and leadership
- Respect the integrity and personality of the individual athlete
- Abide by the rules of the game in letter and spirit
- Respect the integrity and judgment of sports officials
- Demonstrate a mastery of and continuing interest in coaching principles and techniques through professional improvement
- Encourage a respect for all athletics and their values
- Display modesty in victory and graciousness in defeat
- Promote ethical relationships among coaches
- Fulfill responsibilities to provide health services and an environment free safety hazards
- Encourage the highest standards of conduct and scholastic achievement among all athletes
- Seek to inculcate good health habits including the establishment of sound training rules
- Strive to develop in each athlete the qualities of leadership, initiative and good judgment
- For interscholastic competition, will dress in an appropriate manner that distinguishes the coach as a professional, representing his school and team



Coaches Code of Conduct



As a professional educator and leader, the high school Coach or Athletic Director will

- Exemplify the highest moral character as a role model for young people.
- Recognize the individual worth and reinforce the self-image of each team member.
- Encourage and assist team members to set personal goals to achieve their highest academic potential.
- Create a set of training rules for athletes which reflects the positive values of abstaining from the use of drugs, alcohol, and tobacco.
- Strive to develop the qualities of leadership, initiative, and good judgment in each team member.
- Communicate and interpret program goals and objectives to parents and community.
- Provide a safe environment for practice and competition.
- Gain an awareness of the importance of prevention, care and treatment of athletic injuries.
- Respect the integrity and judgment of the game official.
- Teach and abide by the rules of the game in letter and in spirit.
- Build and maintain ethical relationships with coaches and administrators.
- Strive for excellence in coaching skills and techniques through professional improvement.
- Promote personal fitness and good nutrition.
- Be modest in victory and gracious in defeat.
- Encourage a healthy respect for the overall athletic program and its vital roles in education.



ONLINE MEMBERSHIP REGISTRATION LINK

PLEASE TAKE NOTE!

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

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

Membership Application and Registration includes payment before season application deadline.

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

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

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

SCHEELS®

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



**Sponsor of the
Outstanding
Senior Athlete Awards**





NDHSCA Gelaine Orvik Scholarship Fund

The North Dakota High School Coaches Association offers a “**Gelaine Orvik Scholarship.**” The idea of this scholarship was brought to the NDHSCA Executive Board at the 2008 State Convention by Joe Howell. Gelaine Orvik was the NDHSCA Executive Secretary (1979 to 2015). He has also held this position on the National level. Gelaine has touched thousands of lives through his tireless effort and enthusiasm not only for coaches, but more importantly for student athletes. He is an outstanding role model, mentor, coach, teacher, person, and friend.

This scholarship will commemorate what Mr. Orvik has long stood for, helping students through scholarship. We would like to establish this fund so it will last a long time. In order to do this we are asking for donations. Any donation, no matter how big or small will assist us in accomplishing this goal.

Please feel free to give this information to a past member of the NDHSCA, fellow coaches or someone else who would be willing to contribute towards this scholarship. **Remember this donation is tax deductible. Please make checks payable to NDHSCA - Gelaine Orvik Scholarship Fund.**

Please Print

Donor _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Work Phone _____ Cell Phone _____

E-mail Address _____

Amount of Donation _____ Date _____

Thank you for your generous Donation!

PLEASE RETURN THIS FORM

AND YOUR DONATION TO: ND High School Coaches Association
Randy Johnson, Executive Secretary
701 Highway Drive Apt 9B
Hazen, ND 58545

.....
PLEASE DETACH THIS BOTTOM PORTION FOR YOUR TAX RECORDS

Gelaine Orvik Scholarship Donation made by _____

Amount of Donation _____ Date Donated _____

2016-17 State Championship Teams

Baseball	Class A West Fargo	Class B Park River-Fordville-Lankin
Boys Basketball	Class A Minot	Class B Hillsboro Central Valley
Boys Cross Country	Class A Bismarck Century	Class B New Town
Boys Hockey	Class A Grand Forks Central	-----
Football	Class AAA Bismarck Century	Class A Ellendale/Edgeley/Kulm
Football	Class AA Bismarck St. Mary's	Class B 9 Man Thompson
Boys Soccer	West Fargo	-----
Boys Swimming and Diving	Bismarck Century	-----
Boys Tennis	Grand Forks Red River	-----
Boys Track and Field	Class A Bismarck Century	Class B New Town
Wrestling	Class A Minot	Class B Lisbon
Girls Basketball	Class A Bismarck Legacy	Class B Kindred
Girls Cross Country	Class A Fargo Davies	Class B Hillsboro Central Valley
Gymnastics	Class A Dickinson	-----
Girls Hockey	Bismarck	-----
Girls Soccer	Fargo Davies	-----
Softball	Class A West Fargo	Class B Kindred/Richland
Girls Swimming and Diving	Bismarck Century	-----
Girls Tennis	Grand Forks Red River	-----
Girls Track and Field	Class A Fargo Davies	Class B Hazen
Volleyball	Class A Bismarck Century	Class B LaMoure



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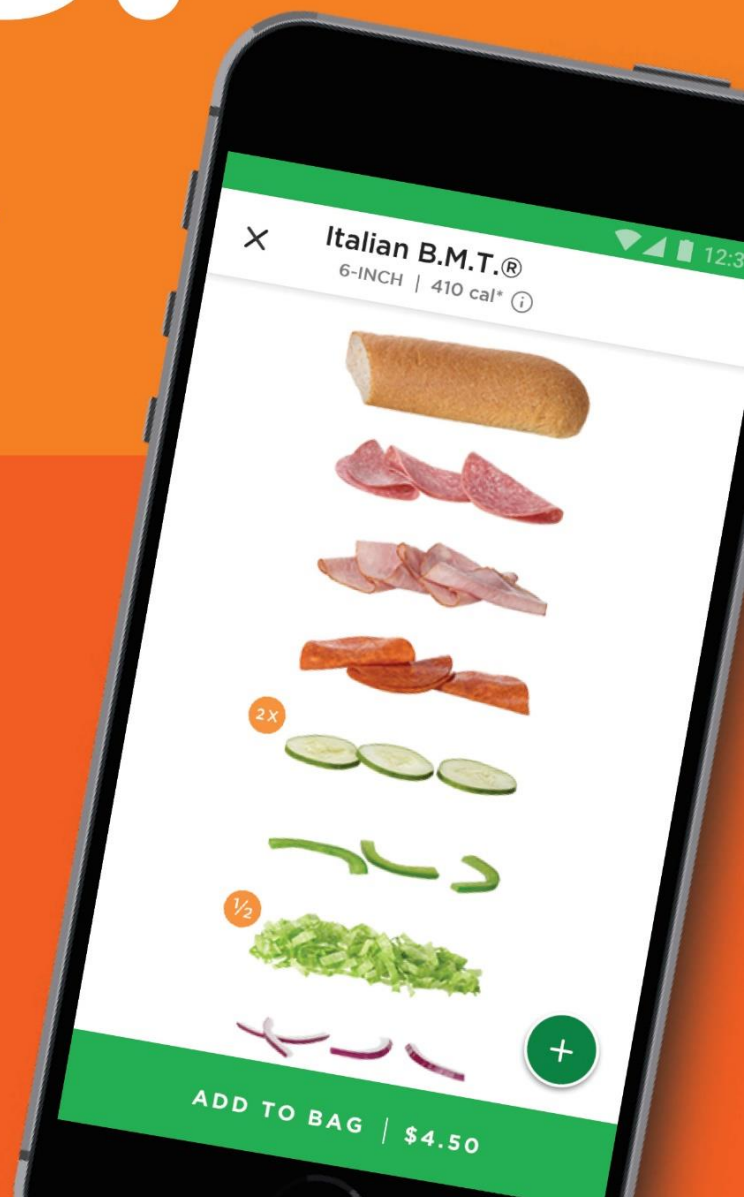


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Dakota CoachFall 2017

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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NDHSCA Gelaine Orvik Scholarship**



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