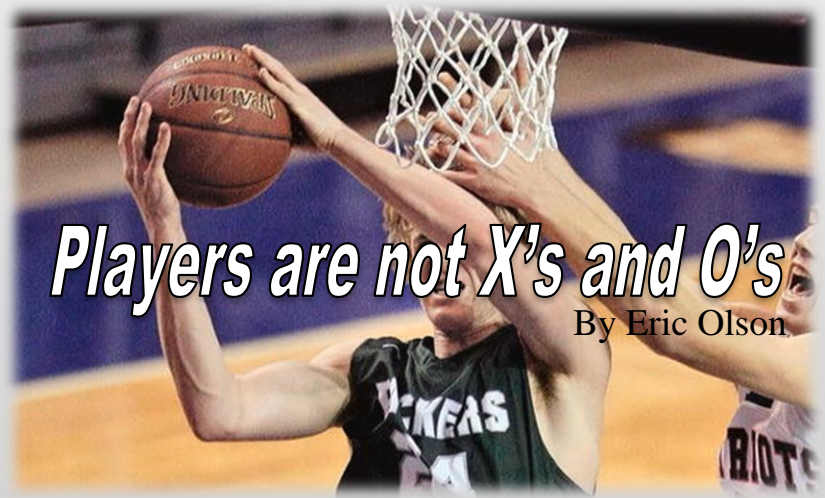


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Dakota Coach

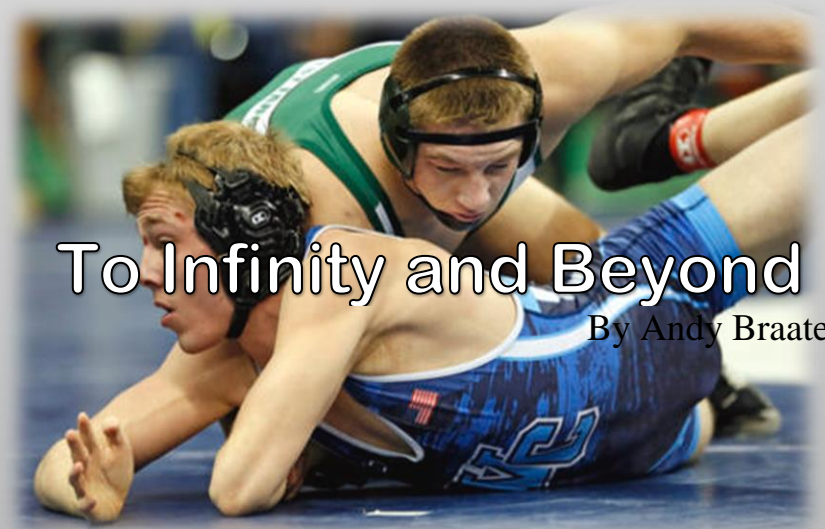
In This Issue

- Executive Committee..... 2
- President Olson’s Message.....3
- Past-President NHSACA Message.....4
- Executive Secretary Message.....5
- Randy Johnson, NHSACA Message..... 7
- Scholarship Recipients..... 8
- Special Recognition10
- Award of Merit..... 10
- NHSACA National Finalists11
- NDHSCA Winter COTY.....12
- Winter Assistant & JH COTY..... 13
- PowerADE Outstanding Seniors..... 15
- Article by Pete Moe.....16
- Lauren Tweeten Honored..... 19
- NDHSCA Convention Plans..... 20
- Convention Schedule (draft)..... 22
- Sports Advisory Committee Members..27
- Lifetime Membership Information..... 29
- Longevity 30
- Paid Lifetime Members.....31
- Past Presidents..... 32
- Forms Available.....34
- NDHSA Code of Ethics..... 37
- Coaches Code of Conduct..... 38
- On-Line Registration..... 39
- Gelaine Orvik Scholarship Form..... 40
- Dakota Coach Publication Info..... 43



Players are not X's and O's

By Eric Olson



To Infinity and Beyond

By Andy Braaten



Keys to Achieving a Long Coaching Career

By Pete Moe

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Dakota Coach Spring 2018



Message from the NDHSCA President Eric Olson

Your players are not X's and O's

Welcome back to the Spring Edition of the Dakota Coach. As I am writing this at the end of March, I look outside, and it looks nothing like spring. We are in a blizzard warning and its making me think of our spring coaches and athletes. They deserve plenty of credit for their ability to adapt and be creative and flexible with their practices, not to mention the amount of patience they have! Hopefully the mercury will rise, the snow will disappear,

and we can have a few solid weeks of spring competition before post season tournaments arrive.

I would like to congratulate all of the winter team champions, Powerade Senior Athlete & Subway Coach of the Year winners. It was a fun-filled winter with plenty of highlights throughout all the diferent sports. After watching events throughout the winter sports season, I am again reminded of the greatest part of high school sports in North Dakota. The enthusiasm and support shown by schools and communities for their athletes and teams is a memorable experience by all who are involved.

One of my challenges to all coaches was to take the time as a coach to form relationships with all of those around you. Not only people in your program, but people around your school building(s) as well. In the words of the late Billy Graham: "A coach will impact more young people in a year than the average person does in a lifetime." For me, watching my former students or players go on and become productive adults is very rewarding. To be able to reconnect after they leave high school is one of the biggest treats for me as a coach. It starts with getting graduation announcements from players as they are moving on to their next phase of life. Next, you will be a reference for a job or position as they are graduating college. Soon you will be getting wedding invites or birth announcements. Now some of the same players I watched grow up, are coaching alongside me, or on the other side of the field. Your players are not X's or O's. Get to know them, because these relationships with your students will be one of the most memorable parts of your coaching career.

Our national and state conventions will be here before you know it. Plenty of people behind the scenes work very hard to make them great conventions. The National High School Athletic Coaches Association will hold their convention in Sioux Falls, SD on the dates of June 23-27. Our North Dakota High School Coaches state convention will take place at the Ramada in Fargo on July 24-27. You can find registration information on their respective websites: hscoaches.org and ndhsca.com. Please mark these dates on your calendars and make it a priority to attend these conventions. You can also find ways to be active in our organization by being part of Advisory Committees, offering to share your expertise as a speaker, or being a nominee for the Vice President position. Ask a member of the Executive Committee for direction if you are interested in any of these roles.

Finally, I would like to take this time to remind you as a coach to give a special thank you to your spouse and family. They deserve a tremendous amount of credit for providing the support it takes to be a successful coach. Often, we spend as much time, if not more time with our athletes and teams compared to our loved ones, and it takes a special family to be there for support along the way. Personally, I would like to thank Brook, Kinsey, and Connor for all the help and support they give me along the way.

Don't forget to tune into the latest happenings of the North Dakota High School Coaches Association by following us on twitter @NDHSCA1 and our website www.ndhsca.com. I would like to wish all of our coaches & athletes the very best as we wind down the school year. Be sure to be a positive representative of your school and community and FINISH STRONG!

Until next time---

President Eric Olson





To Infinity and Beyond!

Andy Braaten, Past President

The bad news is time flies.

The good news is you're the pilot.

- Michael Althsuler

Five years goes way too fast. Especially when it has been a wonderful ride.

For those of you who may get asked in the future to become part of the NDHSCA board, it is a highly recommended opportunity. My five-year commitment is quickly coming to a close, and the experience has been a highlight of my career. The service has been an eye-opener to all the tasks behind the scenes from convention and all-star contests to the NDHSCA awards and scholarships. Randy and the board keep things running smoothly with their dedication and endless hours of work.

In the middle of these five years, as Gelaine and Hutch gave up the reins to Randy, Scott, and Bill, the transition was seamless. No surprise in that Coach Orvik and Coach Hutchinson had trained and coached their predecessors to do the work without them. Plus, the new guys on the block knew they could rely on G.O. and J.H. for advice along the way. That's coaching! Isn't it great that a hall of fame track coach has the initials GO!

Now, back to the opening quote. Our time spent coaching is finite. And it flies by. Practices, games, matches, meets, and post season tournaments are all part of the journey. During our flights, our front cabin job is to make sure our passengers (athletes) fly to their highest potential while ensuring their utmost safety. Assistance from our co-pilots (fellow coaches) and navigators (administration) will be needed to overcome bumps and turbulence. Pilots and passengers also need parental support from takeoff to landing. After booking many trips the time for retirement will call for a pilot's wings.

But the good news is our coaching is infinite. The life lessons of sports are journeys our student-athletes get to experience and share through generations. Some of our athletes will become parents, teachers and coaches, helping others through the lifts and drags life brings them. The mentoring of young aviators by veterans helps the vocation to continuously thrust upward. At the convention you can see firsthand the expertise being shared among all types of flyers. The association has the growing membership and excellent leadership to soar into an even brighter future.

Good luck to all NDHSCA pilots. Coach hard everyone, to infinity and beyond.



-NDHSCA Past President Andy Braaten

Sponsor of the NDHSCA Scheels Scholarship



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



Congratulations to the 2017-2018 Winter Coaches of the Year, POWERade Senior Athletes of the Year, and State Champions! It was an exciting winter season. I am sure this spring will be no different.

The 2018 North Dakota High School Coaches Association State Convention preparation is coming together. A tentative schedule is posted on our website. It will change from time to time, so please continue to check it out at www.ndhsca.com. We feel there are some outstanding speakers with some very interesting topics. You will want to attend this summer's convention! The dates are Tuesday, July 24 through Friday, July 27 at the Fargo Ramada. Registration will be available sometime around the tenth of May. Please keep in mind this will be registration for next school year as well as for this summer's convention. There are a couple of things to take note of dealing with this summer's convention and membership next year. Membership will continue to cost \$60.00. Convention registration will be \$65.00, CPR/AED/First Aid training will be \$25.00 and if you are taking the Fundamentals of Coaching class you will need a book for \$45.00. The Fundamentals of Coaching class requires attendees to be at all three sessions. For CPR/AED/First Aid you will need to be at one session. We have some interesting sessions planned so make sure you attend this summer. Please see information later in this newsletter dealing with the summer convention.

The National High School Athletic Coaches Association National Convention will be held in Sioux Falls, South Dakota on June 23 through June 27. The convention will take place at the Ramkota in Sioux Falls. Later in this issue you will see the National High School Athletic Coaches Association Coach of the Year Finalists and nominees from North Dakota. Also included are the two highly successful coaches being inducted into the National High School Athletic Coaches Association Hall of Fame. South Dakota will put on an outstanding clinic. I encourage coaches to take advantage of the closeness of this National Convention and attend. The North Dakota High School Coaches Association is planning to host the 2019 National Convention in Bismarck at the Ramkota. The dates are set for June 22 through June 27, 2019. We will be running this in conjunction with the State Convention that year. Mark your calendars and prepare to take time off and attend. We are in the process of making plans and will be asking for some assistance to make this a special event for all coaches in country.

(continued next page)

Dakota Coach Winter 2018

(Message from Randy Johnson continued)

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

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

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



Randy Johnson
NDHSCA Executive Secretary



COACH QUOTE:

"Success means we go to sleep at night knowing that our talents and abilities were used in a way that served others."

-- Marianne Williamson



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 Sioux Falls, South Dakota. The finalists for the National Coach of the Year and Hall of Fame inductees have been named.



The finalists from North Dakota are as follows:

- Gregg Grinsteiner; Dickinson Trinity High School – Boys' Basketball
- Julie Stavn; Bismarck Century High School – Girls' Cross Country
- David Hoff; Bottineau High School – Special Sports
- Dennis Kemmesat; Bismarck Century High School – Swimming & Diving
- Chad Anderson; West Fargo High School – Tennis
- Randy Johnson; Hazen High School – Boys Track & Field
- Jeff Schumaker; Bismarck High School – Wrestling
- Claudia Schoellkopf; Mandan High School – Assistant COTY Boys'
- Rob Jacobson; Fargo Davies High School – Assistant COTY Girls'

The Hall of Fame Inductees from North Dakota are:

- Dan Carr; Linton High School
- Gary Schauer; Ashley High School

North Dakota is well represented on the National Board. The following individuals work with the National Board in hopes of bettering opportunities for coaches nationwide.

- 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: Past President and Webmaster



The National High School Athletic Coaches Association is in 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 Sioux Falls, South Dakota at the Ramkota from June 23 to June 27. June 23 and 24 will be a Leadership Class where individuals can earn two graduate credits from the University of Sioux Falls. June 25 to June 27 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.

Sincerely,
Randy Johnson
NHSACA Past President & Webmaster



Dakota Coach Spring 2018

Vice President Candidates for 2018



Ron Metz

The North Dakota High School Coaches Association nominations the Association's Vice President position are Dean Winczewski, the Head Boys Basketball Coach at Minot High School and Ron Metz currently the Head Girls Basketball Coach at Bismarck Century High School. The balloting will be conducted at the Annual Coaches Convention held this summer at the Fargo Ramada, July 24 through July 27.



Dean Winczewski

Coach Quote:

Value those colleagues who tell you the truth,
not just what you want to hear.

-Pat Summit-



NDHSCA Information for 2018-19 School Year

September 15, 2018: Deadline for NDHSCA Fall Sports' head coaches to join NDHSCA for Fall Sports' NDHSCA Awards eligibility

January 15, 2019: Deadline for NDHSCA Winter Sports' head coaches to join NDHSCA for Winter Sports' NDHSCA Awards eligibility

April 15, 2019: Deadline for NDHSCA Spring sport head coaches to join NDHSCA for Spring Sports' NDHSCA Awards eligibility

2018 NDHSCA Scheels' Scholarship

Congratulations to the following seniors chosen to receive the 2018 NDHSCA Scheels' Scholarship. The scholarships will be presented this summer during the awards banquet at the annual summer coaches' convention. Look for their full biographies in the 2018 summer edition of the Dakota Coach. Thank you to Scheels on behalf of these worthy recipients.



Kailen Dolleslager
Thompson High School



Kailey Jackson
Rosholt High School



Abby Lemnus
Valley City High School



Lauren Limke
West Fargo High School

Gelaine Orvik Scholarship



Congratulations to **Raquel Doll** of Hazen High School (left) and **Kaitlyn Schiele** (right) of Edgeley High School for being chosen to receive the 2018 **Gelaine Orvik Scholarship** presented to high school seniors in pursuit of a career that involves coaching. Their biographies will be in the summer edition of the Dakota Coach.



Coach Quote:

"Yes, victory is sweet, but it doesn't make life any easier the next season or even the next day."

-Phil Jackson-

SPECIAL RECOGNITION

The following have been named Special Recognition Award recipients by the NDHSCA. These awards will be presented at the annual coaches' convention banquet in July. Congratulations to:

Tom Perius formerly from Langdon, ND. Tom has been a baseball umpire and basketball referee for 48 years. He was named to the North Dakota High School Officials Association Hall of Fame. Tom currently resides in Dilworth, MN.

Don Zimney longtime track and field starter. He has served North Dakota as a starter for many State Track and Field meets in his career. He resides in West Fargo, ND.

Alton Nygaard has managed Regional Volleyball and Regional Basketball tournaments in Minot. His organizational skills have helped keep many tournaments running smoothly.

AWARD OF MERIT

The following have been named Award of Merit recipients by the NDHSCA. These awards will be presented at the annual coaches' convention banquet in July. Congratulations to:

Brad Anderson originally from Lisbon, ND and currently lives in Fargo and works for 740 the Fan bringing many play by play broadcasts of area community sports. He was named the ND Sportscasters and Sportswriters Sportscaster of the year in 2017.

Jim Clark the Head Cross Country Coach from the University of Jamestown and Assistant Track and Field Coach. He has served as a clinician for the North Dakota High School Coaches Association numerous times willing to share his knowledge with fellow coaches.

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North Dakota's NHSACA COTY National Nominees & Finalists

| <u>Sport</u> | <u>Coach or Athletic Director</u> | <u>School</u> |
|------------------------------------|-----------------------------------|--------------------------------------|
| Athletic Director | Peter Moe | Washburn High School |
| Baseball: | Kevin Bratland | Enderlin High School |
| Basketball – Girls' | Ron Metz | Bismarck Century High School |
| Cross Country – Boys' | Bill Jansen | Rugby High School |
| Football | Ron Wingenbach | Bismarck Century High School |
| Golf | Scott Foltz | Minot High School |
| Soccer | Nick Christianson | Fargo Davies High School |
| Softball | Kevin Ziegler | Bismarck Century High School |
| Track & Field – Girls' | Tracey Heisler | Grand Forks Red River High School |
| Volleyball | Michelle Dolan | Ray High School |
| **Basketball – Boys' | Gregg Grinsteiner | Dickinson Trinity High School |
| **Cross Country – Girls' | Julie Stavn | Bismarck Century High School |
| **Special Sports | David Hoff | Bottineau High School |
| **Swimming & Diving | Dennis Kemmesat | Bismarck Century High School |
| **Tennis | Chad Anderson | West Fargo High School |
| **Track & Field – Boys' | Randy Johnson | Hazen High School |
| **Wrestling | Jeff Schumaker | Bismarck High School |
| **Assistant COTY – Boys' | Claudia Schoellkopf | Mandan High School |
| **Assistant COTY – Girls' | Rob Jacobson | Fargo Davies High School |

** NHSACA National Coach of the Year Finalists

North Dakota's NHSACA Hall of Fame Nominees



Dan Carr - Linton High School
Gary Schauer - Ashley High School

Dakota Coach Spring 2018



2017-2018 NDHSCA Coach of the Year

| | | |
|------------------------------|---------------------|---------------------------|
| Class A Girls Golf | Eric Sanders | Grand Forks Red River HS |
| Class A Boys' Tennis | Max Weisser | Grand Forks Central HS |
| Class A Boys' Soccer | Creighton Bachmeier | Minot HS |
| Class A Boys' Cross-Country | Richard Dafoe | Grand Forks Red River HS |
| Class B Boys' Cross-Country | Brian Anderson | New Town HS |
| Class A Girls' Cross-Country | Carla Wahlund | Minot HS |
| Class B Girls' Cross-Country | Greg Brown | Watford City HS |
| Nine Man Football | Scott Strenge | Wyndmere/Lidgerwood |
| Class A Football | Josh Krivarchka | Langdon Area |
| Class AA Football | Troy Mattern | Fargo Shanley HS |
| Class AAA Football | Jay Gibson | West Fargo HS |
| Class A Girls' Swimming | Skip Fischer | Fargo South HS |
| Class A Volleyball | Jill Taylor | Valley City HS |
| Class B Volleyball | Laurie Good | LaMoure-Litchville-Marion |
| Class B Wrestling | Dustin Nagel | Hillsboro-Central Valley |
| Class A Wrestling | Mark Lardy | Bismarck HS |
| Class A Wrestling | Jeff Schumacher | Bismarck HS |
| Class A Boys' Swimming | Jake Solper | Minot HS |
| Class A Girls' Hockey | Weylin Wallstrom | Minot HS |
| Class A Boys' Hockey | Scott Robideaux | Grafton-Park River |
| Class A Gymnastics | Kent Van Ells | Dickinson HS |
| Class B Girls' Basketball | Brett Thielges | Medina-Pingree-Buchanan |
| Class A Girls' Basketball | Shannon Copas | Bismarck St. Mary's HS |
| Class A Boys' Basketball | Thomas Kirchoffner | West Fargo Sheyenne |



BRING YOUR TEAM TO
SUBWAY

2017-18 Winter Season Junior High COTY

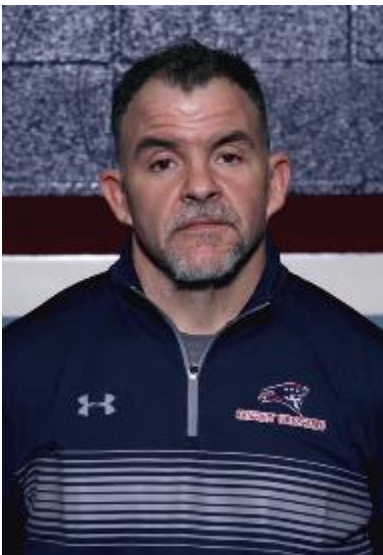


The 2017-2018 Winter Season recipient of the Junior High Coach of the Year is **Oliver Gourd, Jr.**, Four Winds Junior High Basketball Coach. **Oliver** was nominated by Rick Smith, Four Winds' Head Boys' Basketball Coach.

Oliver has been coaching for 15 years at Four Winds. **Coach Gourd** is assigned to coach Junior High Boys Basketball as well as 5th and 6th grade boys basketball. He is responsible for setting up practices, coaching games and supervising the Junior High Basketball players. **Coach Gourd** went undefeated this past year in both the 7th and 8th grade programs. Rick Smith, Head Boys Basketball Coach at Four Winds, has this to say about **Oliver**. "**Coach Gourd** is a tremendous asset to the Four Winds basketball program. He works hard with the junior high athletes and gives them a foundation for the future."

Oliver has two children: Oliver Gourd III and Giseile Gourd.

2017-18 Winter Season Assistant COTY



The 2017-2018 Winter Season recipient of the Assistant Coach of the Year Award is **Travis Rau**, Bismarck Century Wrestling Coach. **Travis** was nominated by Jerald Lemar, Bismarck Century's Head Wrestling Coach.

Travis has been coaching for 17 years with all 17 as an assistant wrestling coach. **Coach Rau** coached 13 State Champions. His responsibilities include coaching drill work and conditioning student athletes. He assists the head coach with practice planning, travel, weigh-ins at meets, duals and tournaments. He was named the Scholastic Division of the National Wrestling Coaches Association National Assistant Coach of the Year. **Travis** is part of the reason Bismarck Century is always in the hunt for Regional and State Titles. Jerald Lemar, Bismarck Century Head Wrestling Coach, has this to say about Coach Rau. "**Travis** fits the mold of what it is to be a successful coach in the sport of wrestling. He is very excited and passionate about the sport of wrestling and wants to help lead this program in any way he can."

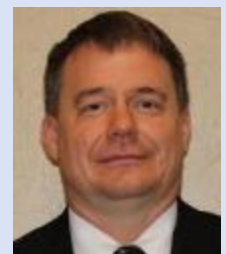
Travis and his wife Melody have two children: Noah and Isaiah.



2018 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. The inductees are as follows: (see the Winter Dakota Coach for biographies).

- **Brian Anderson**; Head Cross Country and Track and Field Coach from New Town High School
- **Clint Chamberlain**; Retired Cross Country and Track and Field Coach from Williston High School
- **Gregg Grinsteiner**; Head Boys Basketball Coach from Dickinson Trinity High School
- **Randy Johnson**; Head Boys Track and Field Coach from Hazen High School



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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

SCHEELS

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Winter 2018 NDHSCA- POWERAde Outstanding Senior Athlete Awards

| <u>SPORT</u> | <u>ATHLETE</u> | <u>SCHOOL</u> | <u>HEAD COACH</u> |
|------------------------|-------------------|---------------------------|---------------------------------|
| A Girls' Golf | Morgan Hetleved | Grand Forks Red River HS | Eric Sanders |
| A Boys' Tennis | Davis Lawley | Fargo South HS | Victor Youngs |
| A Boys' Soccer | Tresor Mugwaneza | Bismarck HS | Andrew Foss |
| A Boys' Cross-Country | Evan Saylor | Bismarck Century HS | Brad Lies |
| B Boys' Cross-Country | Jalen Chase | New Town HS | Brian Anderson |
| A Girls' Cross-Country | Rachel Torrey | Grand Forks Central HS | Sean Allan |
| B Girls' Cross-Country | Gracie Wright | Hillsboro/Central Valley | Kirk Zink |
| Nine Man Football | Charlie Moffet | Wyndmere/Lidgerwood | Scott Strenge |
| A Football | Clayton Grueneich | Ellendale/Edgeley/Kulm | John Schiele |
| AA Football | Jayden Ewing | Watford City HS | Justin Johnsrud |
| AAA Football | Andy Gravdahl | West Fargo HS | Jay Gibson |
| A Girls' Swimming | Vanessa Herrmann | Bismarck Century HS | Kathy Aspaas |
| A Volleyball | Megan Gaffney | Jamestown HS | Sara Hegerle |
| B Volleyball | Anna Holen | LaMoure-Litchville-Marion | Laurie Good |
| B Wrestling | Jordan Urbach | Lisbon HS | Richard Lacina & Kevin McCleary |
| A Wrestling | Jared Franek | West Fargo HS | Ben Berogan |
| A Gymnastics | Anna Suppas | Fargo Davies HS | Krystin Filip |
| A Boys' Hockey | Mason Salquist | Grand Forks Red River | Bill Chase |
| A Girls' Hockey | Britta Curl | Bismarck HS | Tim Meyer |
| A Boys' Swimming | Zachary Bueling | West Fargo Sheyenne HS | Erich Richardson |
| B Girls' Basketball | Anna Holen | LaMoure-Litchville-Marion | Mitch Carlson |
| A Girls' Basketball | Tonya Dvorak | Bismarck St. Mary's | Shannon Copas |
| A Boys' Basketball | Joe Pistorius | West Fargo HS | Adam Palczewski |
| B Boys' Basketball | Wyatt Hanson | Stanley HS | Kory Anderson |



Keys to Achieving a Long Coaching Career

By Pete Moe, Washburn High School

At the end of the current school year, I will be retiring after forty-two years of coaching educational based athletics. I feel very fortunate to have survived so long in a profession that plays such a vital role in the development of our young people. The following are the tenets I have learned to follow and believe a coach needs to follow if they desire a long coaching career in a profession that rouses such passion in our communities

#1: Justify your coaching position every day.

You are a coach every day of the year not just in season. Your demeanor and actions will constantly be watched by school patrons and more importantly by the student body. As a coach, there are no off days.

Coaching gives you the opportunity to have a career of significance.

#2: Always be genuine.

Your players must unequivocally believe that you mean what you say and that you say what you mean. Only then will your athletes fully buy into the philosophy of your program.

Trusting someone is belief about the future.

#3: Offer opportunity to all, but demand responsibility from all.

One of the most important life lessons can teach is that each of the athletes you coach is that they must be responsible for their contribution to their team and that not only you as the coach but their teammates must and will hold them accountable. Set your standards high and your athletes will strive to meet them.

***Culture does not change when a coach makes corrections,
it changes when players make correction.***

#4: Forget the past, prepare for the future.

After the end of your season, the media or your community will start asking you how you are going to replace your graduating seniors. The answer is easy, has a high school coach we start over every year, it is the nature of what we do. We thank our departing seniors, help them move into the next phase of your life if you can and then you start to focus on the athletes you have returning. Start evaluating them immediately in the general school hallways, in the weight room and especially focus in on them as they participate in other sports. Watch them compete, how they interact with other teammates and especially what can you learn about coaching them from their coaches in other sports. Every new season you may have to tweak what you do to fit your returners but it also seems that someone will step up and fill the void you were concerned about.

***Accept your past without regrets, handle your present with confidence,
and face your future without fear.***

continued on page 16...

Dakota Coach Spring 2018

#5: Attitude is more important than raw talent.

An athlete that has all the natural ability in the world, but has a poor work ethic or always seems to be walking the tightrope concerning eligibility will rarely come through for you at crunch time in a game. Conversely, the athlete with less ability but possess a great attitude is going to be focused on your every word and will be confident in executing the game plan you have implemented. They are the athletes that will be ready to perform in those big games. They will be the athletes that you can count on at that crucial moment of the game

Doing your best is more important than being the best.

#6: Do not be afraid to take a risk.

I truly believe that often success depends on making a calculated risky decision at the appropriate time. Whether it's taking a chance at a crucial point in a game or deciding to take a new coaching position, coaches rarely win by being overly cautious. Believe in your system and your athletes so you can be ready to make that bold move when that situation is right.

***There are always choices to be made in everything you do,
but remember the choices you make, make you.***

#7: Stay true to your principles.

Coaching is a constant series of tough decisions. Who to start, when and who to sub, whether to go for it on fourth down, or when to enforce training rules, successful coaches learn to be comfortable in uncomfortable situations. If you have a well thought out philosophy and a program built on integrity, you will be able to make the right decision

The right decision is not always popular and the popular decision is not always right.

#8: You must become mentally tough.

Virtually every coaching decision you make during the season there will be an equal criticism of that decision somewhere in your community. You will likely never be able to keep every player, parent, or community member happy. As long as you make your decisions based on your programs established principles, you will sleep well at night. Unfortunately, criticism is an unavoidable byproduct of the coaching profession. The sooner you can grow that additional layer of skin so you can focus on what is important the better chance you will have survive.

The tougher the situation, the greater the opportunity to reach your full potential.

#9: Understand the difference between goals and purpose.

As long as we are keeping score in our games, your job is to prepare your practice schedule and make your in game decisions with the goal of defeating your opponent. However, in educational based athletics you has a coach have a much higher mission. You are coaching teenagers that are at the point in their lives when they are determining the type of person they will be the rest of their life. The kids you coach must learn more from you than your sports fundamentals, strategy and tactics. When leaving your program they need to have learned lessons that will allow them to be better people as they move on into their adult lives.

Our true purpose is to add value to as many lives as possible.

continued on page 17...

Dakota Coach Spring 2018

#10: Enjoy the Journey:

The exhilaration of competition, watching your athlete giving 100% effort is what coaches live for. In reality, you will never win enough games to satisfy everyone, especially yourself. Even if you win the state title, some will believe you did not start the right people or employ the right strategy. Quite often, you may be your own harshest critic. To enjoy a long career as a coach you have to learn to enjoy the journey and everything that comes with this great profession.

*A coach's success is not based on the number of games won,
but on the number of winners produced.*

Criteria for Post-Season Awards

- Be in good academic standing, enrolled in an NDHSAA School.
- Be nominated by and receive supportive data from the varsity head coach in the respective sport.
- Compete for a high school varsity team during the respective sport season.
- Display exceptional skills in respective sport during the athlete's season.
- Display exceptional sportsmanship during the season of nomination.
- Display leadership qualities during the season of nomination.
- Display commendable citizenship and have no NDHSAA Training Rule Violations during academic year.
- Have never been suspended from respective athletic team or the school of representation during academic year.



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

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

SCHEELS

PROUD SPONSOR OF THE
North Dakota High School Coaches Association



Coach Laura Tweeten Named National Finalist



The **Positive Coaching Alliance** has named Southern McLean head cross country and boys track & field coach a national finalist for its Double Goal Coaching Award.

The Positive Coaching Alliance is a national organization that's mission is to transform the youth and high school sports culture into a Development Zone® where all youth and high school athletes have a positive, character-building experience that results in better athletes and better people.

The PCA's Double-Goal Coaches Award is given to youth and high school coaches from throughout the United States who embody the ideals of the Double-Goal coach, success in their sport, while also pursuing the ultimate goal of educational athletics, which is to teach life lessons through sports.

Coach Tweeten was nominated by Washburn Athletic Director Pete Moe who states "Coach Tweeten is the epitome of what all coaches should strive for, consistently turning out successful teams on the track and course while also purposely striving to build positive life skills in her athletes."

The PCA also received over a dozen letters supporting her nomination from school administrators, coaching colleagues, parents and athletes.

Over 800 coaches were nominated and the national winners will be announced in March.



BSN SPORTS™

Dakota Coach Winter 2018

2018 Coaches Convention Planned

The NDHSCA Coaches Convention will be held July 24-27, 2018 at the Ramada in Fargo, ND. A Room block has been reserved and will be held until July 13th with the North Dakota State rate applying. NDHSCA is making every attempt to prepare coaches for the 2018 NDHSCA Coaches Convention and the planned curriculum for the Convention. Attendants are reminded of the special room rates at the Ramada and the July 13th deadline for having the room block held for coaches. Make reservations early!

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

1. Convention registration will be \$65.00 this year. Membership remains at \$60.00.
2. Registration should be available online around May 8.
3. The "Permit Preparation Seminar" course work will be offered on Tuesday, July 24th. Each registrant will need to pay an **additional \$45.00 book fee for the Fundamentals of Coaching book. First Aid, CPR & AED Certification Card will be \$25.00 this year.** We will also have seminars on Concussion Management which will update a coach's concussion education. There are two sessions and a coach should be at both sessions.
4. There will be four seminar tracks offered on Tuesday, "Permit Preparation Seminar", "Coaching & Conflicts", "Special Topics", and "Speed, Strength, & Nutrition". Registrants for these seminars and the convention can earn two NDSU graduate credits in the four days.
5. **All registration will be done on-line!** If people have a problem with the registration process, they are urged to contact their school's information technician, computer instructor or Randy Johnson at duck@westriv.com.
6. **All Athletic Directors are reminded** to have newly hired coaches prepared for Coaches Education Permit Requirements; those requirements can be satisfied by registration for the Seminar and the convention.

Register Early!

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

Another very popular activity over the past years is the Taco Bar with the wall "Horse Races" sponsored by Universal Athletics. Universal Athletics also sponsors these races and the Taco Bar in other states, but the North Dakota "connection" seems to attract special Universal Athletics personnel, including the Universal Athletics President. The Universal Athletics Social will be held on Wednesday (July 25th) evening at the Ramada.

NDHSCA will return to the traditional format for the convention with the NDHSCA Annual Meeting on Thursday morning. There will be four to six presentation sessions each day on Wednesday, Thursday and Friday. One session in each sport will be reserved to meet with each sport's Advisory Committee to review developments and discuss concerns.

Specific speakers in each sport are nearly finalized in most sports. Note the list for each sport on the website where you will find great local college and university speakers, along with a great roster of high school coaches from North Dakota.

Dakota Coach Winter 2018

NDHSCA Coaches Convention Plans (continued)

Be sure to check the “ever-changing” Schedule on the NDHSCA Website (www.ndhsca.com). Additions and changes will be made as they develop. NDHSCA has contacted several highly-successful speakers in other sports who have not confirmed acceptance as of this writing (April 15). Only top high school and college coaches have been invited to complete the sessions for each sport. Confirmed speakers will be injected into the schedule, as they occur.

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

The NDHSCA Convention Registration form will be found on the NDHSCA Website around May 8. Please feel free to direct fellow coaches to the online site. All head coaches should feel an obligation to include their entire staff to attend the convention for professional development and to complete Coaches Education Requirement.

All registrants are reminded that the NDHSCA Registration Fee ***includes*** a ticket to the July 26th NDHSCA Hall of Fame/Coach of the Year Banquet. Sleeping rooms have been blocked for NDHSCA at the Ramada (state rates apply with one rate regardless of number in the room). Hotel accommodations can be made by calling the Ramada at 1-701-235-3333. Should you have additional questions, please feel free to contact Randy Johnson, NDHSCA Executive Director at: 1-701-870-1064 or Email at duck@westriv.com.

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

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

MINOT - 701.852.1010 ASK FOR SANDRA LOVELACE

BISMARCK - 701.255.7255 ASK FOR KATE WALTH

GRAND FORKS - 701.780.9424 ASK FOR JASON HEINTZ

SCHEELS

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North Dakota High School Coaches Association Convention

NDHSCA Convention Schedule Draft

TUESDAY, July 24th; Coaching Seminars:

7:00 AM - 2:30 PM Registration Desk Open Ramada Courtyard

REGISTRATION for Tuesday's Seminars **MUST BE COMPLETE BEFORE 7:30 am**

7:30 AM Woodland North College Credit Registration, Dr. Brad Strand

8:00 Coaching Seminars

| | | | |
|------|---------------------|---|------------------------------|
| Room | Coaching & Conflict | "Official-Coach Relationships" | Dave Klundt; Fargo Officials |
| Room | Permit Preparation | "Fundamentals of Coaching – Need to attend all 3" | Pete Moe; Washburn HS |
| Room | Special Topics | "Lower Extremity Injury Prevention" | Dr. Nicole German; NDSU |
| Room | Speed/Strength | "Weight Room Culture" | Jason Miller; NDSU |

9:00 Coaching Seminars

| | | | |
|------|---------------------|---|---------------------------------|
| Room | Coaching & Conflict | "Athletes as Leaders I" | Brittany Love; Grand Forks CVIC |
| Room | Permit Preparation | "Fundamentals of Coaching – Need to attend all 3" | Pete Moe; Washburn HS |
| Room | Special Topics | "Lower Extremity Taping" | Dr. Nicole German; NDSU |
| Room | Speed/Strength | "Weight Room Culture II" | Jason Miller; NDSU |

10:00 Coaching Seminars

| | | | |
|------|---------------------|---|---------------------------------|
| Room | Coaching & Conflict | "Athletes as Leaders II" | Brittany Love; Grand Forks CVIC |
| Room | Permit Preparation | "Fundamentals of Coaching - Need to attend all 3" | Pete Moe; Washburn HS |
| Room | Special Topics | "Coaches Cooperation with the NDHSAA" | Matt Fetsch; NDHSAA |
| Room | Speed/Strength | "Speed Development" | Mike Thorson; Bismarck, ND |

11:00 Coaching Seminars

| | | | |
|------|---------------------|--|----------------------------|
| Room | Coaching & Conflict | "Coaching Duties & Responsibilities to NDHSAA" | Matt Fetsch; NDHSAA |
| Room | Permit Preparation | "Building Character in Sports Programs" | Barry Holmen, Minot HS |
| Room | Special Topics | "Building Character in Sports Programs" | Barry Holmen, Minot HS |
| Room | Speed/Strength | "Speed Development II" | Mike Thorson; Bismarck, ND |

NOON Luncheon Speaker Seminar Luncheon (provided by NDHSCA)
"Nutrition for the Championship Athlete" Kelsey Herrick; Sanford Health

1:30 Coaching Seminars

| | | | |
|------|---------------------|---|--|
| Room | Coaching & Conflict | "Concussions in Sports I" | Dr. Jay Albrecht/ Dr. Dawn Hammerschmidt; MSUM |
| Room | Permit Preparation | "CPR, AED, First Aid Recertification – Need attend 1" | Barb Moe; Washburn, ND |
| Room | Special Topics | "Coaching Ethics" | Todd Olson; Fargo Public Schools AD |
| Room | Speed/Strength | "Supplements – Protein & Energy Drinks" | Kelsey Herrick; Sanford Health |

2:30 Coaching Seminars

| | | | |
|------|---------------------|---|--|
| Room | Coaching & Conflict | "Concussions in Sports II" | Dr. Jay Albrecht/ Dr. Dawn Hammerschmidt; MSUM |
| Room | Permit Preparation | "CPR, AED, First Aid Recertification and Certification" | Barb Moe; Washburn, ND |
| Room | Special Topics | "Hand, Wrist, Taping Techniques" | Shannon David; NDSU |
| Room | Speed/Strength | "West Fargo Strength Training Program" | Rollie Swedberg; West Fargo HS |

3:30 Coaching Seminars

| | | | |
|------|---------------------|---|---------------------------------------|
| Room | Coaching & Conflict | "Coaches Panel" | Tracey Heisler; Grand Forks Red River |
| Room | Permit Preparation | "CPR, AED, First Aid Recertification and Certification" | Barb Moe; Washburn, ND |
| Room | Special Topics | "Coaches Panel" | Tracey Heisler; Grand Forks Red River |
| Room | Speed/Strength | "Coaches Panel" | Tracey Heisler; Grand Forks Red River |

North Dakota High School Coaches Association Convention

NDHSCA Convention Draft continued

WEDNESDAY, July 25th

7:30 AM – 2:30 PM Registration Desk Open in RAMADA Courtyard

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

Woodland North 8:00 College Registration, Dr. Brad Strand; NDSU

8:30-4:30 Convention Exhibit Hall Open, except, closed during NOON BREAK (Noon-1:00)

| 8:30 ROOM | SPORT | TOPIC | SPEAKER; SCHOOL |
|-----------|---------------|--------------------------------|--|
| Room | Basketball | “NDSU Basketball” | Jayden Olson; NDSU |
| Room | Football | “NDSU Football” | Randy Hedberg, NDSU |
| Room | Softball | “Building a Stronger Pitcher” | Ashley Vandeven; Mayville State |
| Room | Swim & Dive | “Concordia Swimming” | Gary Fisher; Concordia College |
| Room | Track & Field | “High Jump” | Clayton Pritchard; NDSU |
| Room | Volleyball | “Jimmie Volleyball” | Jon Hegerle |
| Room | Wrestling | “Jimmie Wrestling” | Daniel Lovell; University of Jamestown |
| Room | X-Country | “Moorhead State Cross Country” | Ryan Milner; MSUM |

| 9:45 ROOM | SPORT | TOPIC | SPEAKER; SCHOOL |
|-----------|---------------|-------------------------------------|--|
| Room | Basketball | “NDSU Basketball” | Jayden Olson; NDSU |
| Room | Football | “NDSU Football” | Randy Hedberg, NDSU |
| Room | Golf | “Learn from an Oxbow Pro” | Corey Herlickson; Oxbow CC |
| Room | Softball | “Training an Outdoor Sport Indoors” | Ashley Vandeven; Mayville State |
| Room | Swim & Dive | “Concordia Swimming” | Gary Fisher; Concordia College |
| Room | Track & Field | “Sprint Starts” | Don Larson; NDSU |
| Room | Volleyball | “Jimmie Volleyball” | Jon Hegerle |
| Room | Wrestling | “Jimmie Wrestling” | Daniel Lovell; University of Jamestown |
| Room | X-Country | “Moorhead State Cross Country” | Ryan Milner; MSUM |

| 11:00 ROOMSPORT | TOPIC | SPEAKER; SCHOOL |
|-----------------|---------------|---------------------------|
| Room | Basketball | “Comet Basketball” |
| Room | Football | “NDSU Football” |
| Room | Golf | “Learn from an Oxbow Pro” |
| Room | Softball | “MSU Softball” |
| Room | Swim & Dive | “Concordia Swimming” |
| Room | Track & Field | “Pole Vault” |
| Room | Volleyball | “Knight Volleyball” |
| Room | Wrestling | “Jimmie Wrestling” |
| Room | X-Country | “Cross Country Training” |

11:00-1:00 Exhibit Hall Closes; Exhibitors’ Lunch with NDHSCA Executive Committee in Woodland South

| 1:00 ROOM | SPORT | TOPIC | SPEAKER; SCHOOL |
|-----------|----------------|---|--|
| Room | Basketball | “Comet Basketball” | Darren Tighe; Mayville State |
| Room | Football | “Valley City State Football” | Dennis McCulloch; Valley City State |
| Room | 9-Man Football | “Buccaneer Football” | Mike Zier; Beach HS |
| Room | Golf | “South Border Golf” | Jeremy St. Aubin; South Border |
| Room | Softball | “MSU Softball” | David Kivett; Minot State |
| Room | Swim & Dive | “Round Table Discussion” | Brent Newman; Grand Forks Public Schools |
| Room | Track & Field | “100/110 meter hurdles” | Chris Parno; MSU-Mankato |
| Room | Volleyball | “What Should Practice Look Like and Why?” | Adam Longmore; Valley City State |
| Room | Wrestling | “Bison Wrestling” | Roger Kish; NDSU |
| Room | X-Country | “Viking Cross Country” | Joshua Mower; VCSU |

2:00-2:30 Coaches Visit Exhibits

North Dakota High School Coaches Association Convention

WEDNESDAY CONTINUED

| 2:30 ROOM | SPORT | TOPIC | SPEAKER; SCHOOL |
|------------------|---------------|---|--|
| Room | Basketball | "Dragon Basketball" | Chad Walthall; MSUM |
| Room | Football | "Valley City State Football" | Dennis McCulloch; Valley City State |
| Room | Golf | "South Border Golf" | Jeremy St. Aubin; South Border |
| Room | Softball | "Outfield Topics" | Courtney Kivett; Minot State |
| Room | Swim & Dive | "Round Table Discussion" | Brent Newman; Grand Forks Public Schools |
| Room | Track & Field | "300/400 meter hurdles" | Chris Parno; MSU-Mankato |
| Room | Volleyball | "Where Should I Put My Best Defensive Players?" | Adam Longmore; Valley City State |
| Room | Wrestling | "Bison Wrestling" | Roger Kish; NDSU |
| Room | X-Country | "Viking Cross Country" | Joshua Mower; VCSU |
| 3:45 ROOM | SPORT | TOPIC | SPEAKER; SCHOOL |
| Room | Basketball | "Dragon Basketball" | Chad Walthall; MSUM |
| Room | Football | "Valley City State Football" | Dennis McCulloch; Valley City State |
| Room | Track & Field | "Mid-Distance Training" | Stevie Keller; NDSU |
| Room | Volleyball | "Training the Middles" | Tammy Blake; MSUM |
| Room | Wrestling | "Demon Wrestling" | Mark Lardy; Bismarck High |

**6:00-10:00 Convention Social (Taco Bar & Horse Races);
Sponsored by Universal Athletics**

THURSDAY, July 26th

7:30-2:30 AM Registration Desk Open in Ramada Courtyard

Special Note: The Tennis sessions on Thursday will be held at Courts Plus.

8:30-3:30 Convention Exhibit Hall Open,
except, closed during NDHSCA Annual Meeting (10:45-11:30)

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

| 8:30 ROOM | SPORT | TOPIC | SPEAKER; |
|------------------|---------------|--|--------------------------------|
| SCHOOL | | | |
| Room | Basketball | "Viking Basketball" | Vanessa Keeler-Johnson; VCSU |
| Room | Football | "Deacon Football" | Troy Mattern; Fargo Shanley HS |
| Room | Golf | NDHSCA Advisory Committee Review & Planning | |
| Room | Softball | "NDSU Softball" | Darren Mueller; NDSU |
| Room | Swim & Dive | "Magician Swimming" | Jake Solper; Minot HS |
| Room | Tennis | NDHSCA Advisory Committee Review & Planning | |
| Room | Track & Field | NDHSCA Advisory Committee Review & Planning | |
| Room | Volleyball | "Setter Training" | Jennifer Lopez; NDSU |
| Room | Wrestling | "Dragon Wrestling" | Kris Nelson; MSUM |

| 9:45 ROOM | SPORT | TOPIC | SPEAKER; SCHOOL |
|------------------|---------------|--|----------------------------------|
| Room | Basketball | "Viking Basketball" | Vanessa Keeler-Johnson; VCSU |
| Room | Football | NDHSCA Advisory Committee Review & Planning | |
| Room | Golf | "Round Table Discussion" | Ryan Nielson; Hillsboro HS |
| Room | Softball | "NDSU Softball" | Darren Mueller; NDSU |
| Room | Swim & Dive | "Diving Techniques" | Claudia Schoellkopf; Mandan HS |
| Room | Tennis | "Doubles" | Joseph Murrey; Concordia College |
| Room | Track & Field | "Javelin Technique" | Justin St. Clair; NDSU |
| Room | Volleyball | "Bison Volleyball" | Jennifer Lopez; NDSU |
| Room | Wrestling | "Dragon Wrestling" | Kris Nelson; MSUM |
| Room | X-Country | NDHSCA Advisory Committee Review & Planning | |

10:45-11:30 Exhibit Hall Closes during NDHSCA Annual Business Meeting

North Dakota High School Coaches Association Convention

NDHSCA Convention Draft continued

10:45 NDHSCA Annual Business Meeting

Light Lunch provided by NDHSCA to General Business Meeting Attendees

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

| 1:00 ROOM | SPORT | TOPIC | SPEAKER; SCHOOL |
|-----------|---------------|---|-----------------------------------|
| Room | Basketball | NDHSCA Advisory Committee Review & Planning | |
| Room | Football | "UND Football" | Paul Rudolph; UND |
| Room | Softball | "Cobber Softball" | Chad Slyter; Concordia College |
| Room | Swim & Dive | NDHSCA Advisory Committee Review & Planning | |
| Room | Tennis | "Doubles II" | Joseph Murrey; Concordia College |
| Room | Track & Field | "Long Jump-Triple Jump" | Steven Mueller; Rugby HS |
| Room | Volleyball | "UND Volleyball" | Mark Pryor; UND |
| Room | Wrestling | "Dragon Wrestling" | Kris Nelson; MSUM |
| Room | X-Country | "Moorhead State Cross Country" | Garrick Larson; Concordia College |

| 2:15 ROOM | SPORT | TOPIC | SPEAKER; SCHOOL |
|-----------|---------------|---|------------------------------------|
| Room | Basketball | "Viking Mens Basketball" | Ryan Montgomery; Valley City State |
| Room | Football | "UND Football" | Paul Rudolph; UND |
| Room | Softball | "Cobber Softball" | Chad Slyter; Concordia College |
| Room | Swim & Dive | "Olympic Lifts in Swimming" | Nate Safe; FCA, Kindred |
| Room | Tennis | "Tennis Techniques" | Jason Thiner; Courts Plus |
| Room | Track & Field | "Discus Drills" | Rob Jacobson; Fargo Davies |
| Room | Volleyball | "UND Volleyball" | Mark Pryor; UND |
| Room | Wrestling | NDHSCA Advisory Committee Review & Planning | |
| Room | X-Country | "Bulldog Cross Country" | Jon Jahner; Bowman County HS |

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

| 3:30 ROOM | SPORT | TOPIC | SPEAKER; SCHOOL |
|-----------|---------------|---|------------------------------------|
| Room | Basketball | "Viking Mens Basketball" | Ryan Montgomery; Valley City State |
| Room | Football | "UND Football" | Paul Rudolph; UND |
| Room | Softball | NDHSCA Advisory Committee Review & Planning | |
| Room | Tennis | "Tennis Techniques II" | Jason Thiner; Courts Plus |
| Room | Track & Field | "1600m-3200m Training" | Garrick Larson; Concordia College |
| Room | Volleyball | NDHSCA Advisory Committee Review & Planning | |

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

6:00 NDHSCA Hall of Fame & COTY Banquet

2018 Hall of Fame Inductees:

Brian Anderson, Clint Chamberlain, Greg Grinsteiner, Randy Johnson

Awards Presented to:

Scheels and Gelaine Orvik Scholarship recipients,

Coach of the Year, Assistant and Junior High Coach of the Year,

Award of Merit and Special Recognition Honorees.

North Dakota High School Coaches Association Convention

NDHSCA Convention Draft Continued

FRIDAY, July 27th

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

7:30-11:00 am Registration Desk Open

| 8:00 ROOM | SPORT | TOPIC | SPEAKER; SCHOOL |
|------------------------|---------------|------------------------------|----------------------------------|
| Room | Basketball | "Marauder Mens Basketball" | Joe Kittel; University of Mary |
| Room | Football | "Olympic Lifts in Football" | Nate Safe; FCA, Kindred |
| Room | Track & Field | "Sprint Training" | Steven Silvey; Mississippi State |
| Room | Volleyball | "LaMoure Volleyball" | Laurie Good; LaMoure HS |
| 9:15 ROOM | SPORT | TOPIC | SPEAKER; SCHOOL |
| Room | Basketball | "Marauder Mens Basketball" | Joe Kittel; University of Mary |
| Room | Football | "Moorhead State Football" | Steve Laqua, MSUM |
| Room | Track & Field | "400m Training" | Steven Silvey; Mississippi State |
| Room | Volleyball | "Volleyball Statistics" | Sherry Carlson; Minot High |
| 10:20 ROOMSPORT | SPORT | TOPIC | SPEAKER; SCHOOL |
| Room | Basketball | "Marauder Womens Basketball" | Rick Neumann; University of Mary |
| Room | Football | "Moorhead State Football" | Rob Hunt; MSUM |
| Room | Track & Field | "Sprint Relays" | Steven Silvey; Mississippi State |
| Room | Volleyball | "UND Volleyball" | Mia Tabberson; UND |
| 11:25 ROOMSPORT | SPORT | TOPIC | SPEAKER; SCHOOL |
| Room | Basketball | "Marauder Womens Basketball" | Rick Neumann; University of Mary |
| Room | Football | "Moorhead State Football" | Rob Hunt; MSUM |
| Room | Track & Field | "800m Training" | Steven Silvey; Mississippi State |
| Room | Volleyball | "UND Volleyball" | Mia Tabberson; UND |

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

12:15 NDHSCA Executive Committee Meeting in Executive II

Printed (4/22/2018 9:33 PM)



Allard Trophy

North Dakota High School Coaches Association

2017-18 NDHSCA SPORTS ADVISORY COMMITTEES

| SPORT | REPRESENTATION | TERM |
|--|----------------------------------|-------------|
| <u>BASEBALL:</u> | | |
| 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 | A Division East Representative | 2017-2021 |
| <u>BASKETBALL – Boys':</u> | | |
| 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 |
| <u>BASKETBALL – Girls':</u> | | |
| 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 |
| <u>CHEERLEADING (Appointed by Cheerleading Advisory):</u> | | |
| 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 |
| <u>CROSS COUNTRY:</u> | | |
| 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 | 2017-2020 |
| <u>FOOTBALL:</u> | | |
| 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 |
| <u>GOLF:</u> | | |
| 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 |
| <u>GYMNASTICS:</u> | | |
| Suzanne Fisher; Valley City HS | At Large Representative | 2015-2018 |
| Robbie Werchau; Minot HS | West Representative | 2016-2019 |
| Courtney Engel; Grand Forks Central/Red River HS | East Representative | 2017-2020 |
| <u>HOCKEY (Appointed by Hockey Advisory):</u> | | |
| Patrick Johnson; West Fargo HS | Girls' Representative | 2014-2018 |
| Mat Ekblad; Williston HS | Girls' Representative | 2015-2019 |
| Jason Bennett; Minot HS | Boys' Representative | 2016-2020 |
| Scott Pederson; Fargo Davies HS | Boys' Representative | 2017-2021 |
| <u>SOCCER:</u> | | |
| 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 |

North Dakota High School Coaches Association

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 | 2017-2021 |

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 – Boys':

| | | |
|---------------------------------|--------------------------------|-----------|
| Bobby Hoffner; Maddock HS | B Division East Representative | 2014-2018 |
| Matthew Quintus; Fargo Davies | 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 – Girls':

| | | |
|--|--------------------------------|-----------|
| 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 |
| 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 Zastoupil; 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 |



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.
6. 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



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.



**FELLOWSHIP OF
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2018 Coaching Longevity

The 2018 list for Coaching Longevity is printed below. Individuals wishing to receive plaques will be announced at the 2018 North Dakota High School Coaches Association Summer Convention to be held at the Fargo Ramada. The banquet will be held Thursday, July 26. Please email Scott Grochow (scott.grochow@k12.nd.us) or Bill Jansen (william.jansen@k12.nd.us) if there is a mistake on the list.

20 years

Vicky Bender, Wilton
Jack Biesterfeld, Kidder County
Bret Dockter, Harvey
Dale Elfman, Grand Forks Red River
Mary Ann Ensrud, Dakota Prairie
Aaron Finders, Williston
Linda Grina, Bismarck
James Haak, Linton
Bryan Haugeh, North Star
Todd Hetler, Langdon Area
Adam Hill, Mott-Regent
Linette Irwin, Hazen
Curtis Johnson, Fargo Shanley
Dean Johs, Mandan
Disa Julius, Minot
Jason Kunze, Lisbon
Andy Lach, Minot
Brad Lies, Bismarck Century
Al McFarlane, Trenton
Sue Meyer, Westby
Jason Monilaws, Hankinson
Nate Nelson, Divide County
Scott Nustad, Bismarck
Kelly Pierce, Scranton
Brady Schwab, Thompson
Andy Skunberg, Jamestown
Julie Smesrud, Towner-Granville-Upham
Scott Strenge, Wyndmere
Robert Turcotte, Trenton
Cory Volk, Bismarck Century
Robert Watson, Standing Rock
Kenneth Wells, Parshall
Kresha Wiest, Mandan
Dean Winczewski, Minot
Brad Woehl, Kindred
Brent Wolf, Dickinson
Ben Wollenzien, Towner-Granville-Upham

25 Years

Sean Allen, Grand Forks Central
Brent Baldwin, Grafton
Bruce Bender, New England
Michelle Cremers, Grand Forks Red River
Scott Foltz, Minot
Troy Goehring, Ellendale
Brian Ham, Dickinson
Cynthia Iwen, Enderlin
Steve Jacobson, Fargo Shanley
Paul Jundt, Bismarck Legacy
Steve Kleinjan, New Salem-Almont
Sandy Laxdal, Cavalier
Brent Lloyd, Grand Forks Red River
Jeff Manley, Cavalier
Brad Miller, Shiloh Christian
Michael Porter, Bismarck Victor Solheim
Dean Rolle, Hebron
Dave Schill, Hillsboro
Douglas Schmidt, Glen Ullin
Jery Schneider, Fargo North
Wade Schock, Towner-Granville-Upham

30 Years

Bob Brown, Divide County
Robert Bubach, Leeds
Jerry Daily, Fargo Shanley
Michelle Dolan, Ray
Mark Gibson, Bismarck
LuCinda Haak, Linton
Dave Handt, Litchville-Marion-Montpelier
Barry Holmen, Minot
James Johnson, Des Lacs-Burlington
Jim Jonas, West Fargo
Todd Kosel, Edgeley
Joel Marshall, Hazen
Steve Paintner, Grand Forks Central
Craig Pool, Richland
Kevin Skavhaug, Park River Area

35 Years

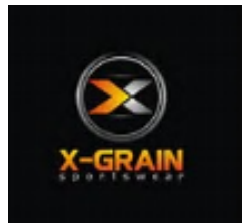
Rodney Breitbach, Bismarck Century
Sherry Carlson, Minot
Kevin Froeber, West Fargo
Robert Jacobson, Fargo Davies
Tim Jacobson, Fargo Davies
Tim Kolsrud, Bismarck
Dave Michaelson, Dickinson
Doyle Plecity, West Fargo
Scott Robideaux, Grafton
Kent Schweigert, Bismarck Century
Kent Van Ells, Dickinson
Doug Wagner, Des Lacs-Burlington
David Wisthoff, Glenburn

40 Years

Barry Anderson, Fargo Shanley
Ralph Manley, Mandan
Dave Tews, Jamestown
Tim White, Griggs County Central

45 Years

Fred Fritel, Fargo Davies
Arley Larson, Ray



Allard Trophy

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

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

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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North Dakota High School Coaches Association

FORMS AVAILABLE ONLINE

Available on the NDHSCA website

Search "NDHSCA" or enter

www.ndhsca.com



All State Football Nominee

Assistant Coach of the Year

Junior High Coach of the Year

Award of Merit Recommendation

Hall of Fame Nomination Form

Lifetime Membership Application Instructions

NDHSCA Gelaine Orvik Scholarship Fund

Gelaine Orvik Scholarship Application

Victory Milestones

Senior Scholarship Application – Burger King \$500

Shrine Football Nominee

Special Recognition

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Dakota Coach Winter 2018

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**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*

North Dakota High School Coaches Association



NEW CAMP INSURANCE REQUIREMENT: PARTICIPANT/ACCIDENT COVERAGE

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

WHY THE CHANGE?

When a coach is coaching at his/her school, student athletes are always covered by an Accident Insurance Policy that is provided by the school or the High School Association. The coverage is in place to help schools and High School Associations eliminate potential litigation; because when someone is injured, the Participant/Accident Insurance Policy can pay medical bills. Even if the injured party has Primary Medical Insurance, most policies no longer pay 100% of the medical bills and parents could have high out-of-pocket expenses. For example, if a student has a \$50,000 ACL injury and the parents' Primary Medical Insurance Policy has an 80/20 co-pay, the insurance company is going to pay \$40,000 and the parents would have \$10,000 in out-of-pocket expenses.

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

Thank you

Greg Joly: gjoly@loomislapann.com
Lori George: lgeorge@loomislapann.com
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Dakota Coach Winter 2018

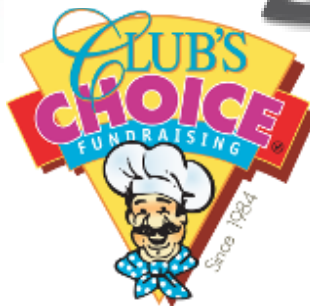
Longevity Information For 2018 Recognition

The NDHSCA is in the process of getting ready for the 2018 Summer Convention. We are preparing a list of longevity winners. The years of coaching recognized are 20, 25, 30, 35, 40, 45, 50, etc. Please send an e-mail to Scott Grochow at Scott.Grochow@k12.nd.us, or Bill Jansen at William.Jansen@k12.nd.us if you are one of these individuals. **Remember, this is the number of years you have been coaching through the spring of 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 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 2018 Coaching Longevity list is printed on page 30 of this issue. Please check the list for accuracy!

A Big THANK YOU to the following 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.

Dakota Coach Winter 2018

ONLINE MEMBERSHIP REGISTRATION LINK

PLEASE TAKE NOTE!

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

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



Membership Application and Registration includes payment before season application deadline.

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

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

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

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**Sponsor of the
Outstanding
Senior Athlete Awards**



North Dakota High School Coaches Association



NDHSCA Gelaine Orvik Scholarship Fund



The North Dakota High School Coaches Association offers a “**Gelaine Orvik Scholarship.**” The idea for the 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 commemorates what Mr. Orvik has long stood for, helping students. The scholarship is for high school seniors that are aspiring coaches. We would like to establish this fund, so it will last a long time. To do this, we ask for your donation. Any donation, no matter how big or small will assist in accomplishing this goal. Please feel free to share this information with a past member of the NDHSCA, fellow coaches or anyone who would be willing to contribute towards this scholarship.

Please make checks payable to: NDHSCA-Gelaine Orvik Scholarship Fund. Your donation is tax deductible. Donations may also be made online during registration for the annual coaches’ convention.

Please Print

Donor _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Work Phone _____ Cell Phone _____

E-mail Address _____

Amount of Donation _____ Date _____

Thank you for your generous Donation!

PLEASE RETURN THIS FORM

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

PLEASE DETACH THIS BOTTOM PORTION FOR YOUR TAX RECORDS

Gelaine Orvik Scholarship Donation made by _____

Amount of Donation _____ Date Donated _____

3D DIMENSIONAL COACHING™

“Coaching the Heart Behind the Jersey”

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

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



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



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

What is 3Dimensional Coaching™?

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

1st Dimension = Fundamentals (Physical)

2nd Dimension = Psychology (Mind)

3rd Dimension = Heart (Holism)

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

Why does it matter?

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

2nd Dimension issues?

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

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

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

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

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

www.fcacoachesacademy.com

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

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Dakota Coach

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