



Dakota Coach

Volume 51 Issue #4



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HALL OF FAME NDHSCA

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SCHEELS SCHOLARSHIP RECIPIENTS

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NDHSCA CONVENTION
July 24-27, 2018
Fargo Ramada
Register Today Online
www.NDHSCA.com

2017-2018 NDHSCA Executive Committee



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Dakota Coach Summer 2018

Message from the NDHSCA President Eric Olson



Think Back

Summer is here! I don't know if it's just me, but every year seems to go faster and faster as I'm getting older. This year has been no different. I think all the activities that we are a part of is the main reason things go by as fast as they do. I hope that you will have the opportunity throughout the summer to be able to sit back and enjoy a little bit of rest and relaxation that all coaches and teachers deserve.

By the time you read this, the NHSACA National Convention in Sioux Falls, SD will be in the books. North Dakota will have the opportunity to celebrate the inductions of Dan Carr and Gary Schauer into the National Coaches Association Hall of Fame. Congratulations to both men and their families! We also have eight National Coach of the Year finalists from our state. Whether they win or not, it is a tremendous honor to be recognized as one of the best in your profession.

My presidential term ends in July, so this will be my last message to you as the NDHSCA President. It has been an honor to serve in this capacity for the past year and has truly been a humbling experience. I often think to a few years back when Gelaine Orvik approached me about being part of the Executive Board. I had no idea how this role would allow me to open my eyes about what it means to be a coach, and the impact that we all have on not only the youth of our state, but our entire schools and communities. Thank you Gelaine for your persistence in convincing me to take on this role! I would like to express my gratitude to Randy Johnson, and the rest of our Executive Board for their encouragement, support and leadership they have provided. You guys (and gals) are the best!

I would like to remind everyone about our upcoming State Convention to be held in Fargo at the Ramada Inn & Suites beginning Tuesday, July 24th, and running through Friday, July 27th. You can find the schedule on our website at ndhsc.com and register for the convention and your 2018-19 membership. One of the highlights of the week is the Taco Bar and Social on Wednesday evening, which is sponsored by Universal Athletics. This event helps raise money for the Gelaine Orvik Scholarship fund, and is always a great time, so please make it a priority to attend. The banquet on Thursday evening is a great event and allows us to celebrate the Coach of the Year, Scholarship, Special Recognition and Hall of Fame recipients. We hope that you put the convention, as well as both events on your schedule this summer.

To end, I would like you to think back to that moment when you realized you were destined to be a coach. I will never forget my first coaching experience: T-ball/Pony/Little League & Babe Ruth baseball in my hometown of Maddock. We had many humorous moments that stood out while coaching those kids and the smiles on their faces made it a very rewarding experience. It was those couple of summers, when I realized that teaching & coaching was what I wanted to do for a career.

When times get tough, things are stressful, and you question whether you want to continue, I want you to think back to the beginning and those special moments that drove you to this profession. We as coaches have a very important role in the lives of our student-athletes, and I encourage you to continue to strive to be the best possible coach you can be. The memories and relationships you will create will far outweigh your win-loss record, and the influence you have on those around you will have a lasting impact. In the words of John Wooden: "A good coach can change a game, A great coach will change a life." Have a great rest of the summer, August will be here before we know it!



NDHSCA President Eric Olson

What R and R?

Tim Wallstrum, NDHSCA Vice President



I am always amazed at the participation and dedication of our student athletes in North Dakota. The percentage of students who participate in some type of extra-curricular activity is amazing. Many of our athletes are year rounders and still manage admirable scholastic scores. The same is true of our dedicated coaches and advisors. We all know the hours of work we put in because we love our sport and our athletes.

Summer conventions and All-Star games are a part of summer. I can not wait to attend because they excite me for the upcoming seasons and get me ready to go. Plus, all the networking makes them a highlight of my summer. I always have something to talk about when I am with a group of coaches. Coaches are the most remarkable people. Some of my closest friends are the people I have been coaching against and with for over thirty years and I get the chance to renew those friendships at these conventions. We discuss the past seasons and the prospects of the upcoming ones while we enjoy our friendships and meet the young upcoming stars and honor the successes.

The 2018 NDHSCA Convention promises to be another great one. Our membership keeps growing and it should. We have so many advantages in this association. Even if you are just talking about the insurance, the ability to learn from other coaches, and the opportunities for recognition of all your hard work. At least let's take the opportunity to congratulate all the COTY and Hall of Fame recipients in Fargo at this year's convention.

What does the NDHSCA do? As it says on our webpage we educate, recognize and support. None of this gets done without people working to make sure it gets done. Randy Johnson is unbelievable as your executive secretary. The time and effort he puts in to make this association run is unimaginable. He has at his disposal a dedicated staff of hardworking people that get so much work done that we as members do not even realize needs to be done. Just finishing up my first year on the board as Vice President I was able to take in much of the work that goes on behind the scenes. The people you elect to this board are astonishingly efficient capable people. I am so very impressed with each every one of them. They bring unique and expansive qualities to your board. All this educating, recognizing and supporting would not happen without all of them. I am humbled to be a part of this board and association. As a young coach, I remember sitting at a coach's convention listening to a man I admire talk in a session about his love for coaching and coaches. He said that to be a good coach you need to give back even if it is just to help a new coach in your area. He inspired me to want to give back to this awesome organization. I know there are so many coaches who helped me along the way. I started with the sport advisory committee and tried to volunteer whenever there was a need because I believe in what we do, and I believe in the coaches of North Dakota. I would like to invite each of you to give back, it is one of the most rewarding parts of coaching. By the way, that man was Gelaine Orvik.

The National High School Athletic Coaches Association convention is also incredible. I love going to the Hall of Fame and Coach of the year Banquets and listening to the unbelievable careers of some of these coaches. A few years ago, the convention was in Jackson Hole, Wyoming. Wow, what a place for a convention. We always make that convention into a family vacation as long as we are there anyway. I sat down at the Hall of Fame Banquet with a cowboy from the Western side of Montana. (I could tell by his hat and boots). In visiting with him and his wife I found out that he was one of the recipients of an award that night. He had been coaching football for fifty years. Not only that, but he had also coached two other sports for most of that fifty years and he was going back at it that fall again. He was inspiring! I have a long way to go.

(Continued on page 5)

Dakota Coach Summer 2018

(Vice President, Tim Wallstrum Message continued)

This year the National Convention was in Sioux Falls which is right in our back yard making it easy to attend. Next year, it's at our house in Bismarck and in conjunction with our state convention making it easier to attend. These are some great opportunities to get involved and see what it is all about. When I was a young coach I did not even realize we were in a partnership with the National High School Athletic Coaches Association.

All Star Games are pitting the best against the best in our state. I always think that the bleachers should be filled, at least with coaches. We have coaches that nominate athletes for these All-Star Games and they have never attended one. Some coaches are asked to write biographies for their players and do not know what to put in them. Yet, if they would attend a game they would have a program full of examples and they would know what they are nominating their athlete for. Why not bring your whole team? What an inspiring event for your younger players.

I don't know about you but, in the summer, I am always asked what you are going to do with all the free time you have now. I wonder what free time they are talking about. I finally have time to get some of the things done that I have been putting off all year. There is the painting, garage and shed cleaning, gutter flushing, etc.... not to mention the miles and miles of grass to mow. I am even trying to squeeze in a short vacation before helping some of my family move.

I think a lot of our athletes feel this same way. As coaches we may be asking them to come in to open gym several times a week. I have known coaches that ask players to come in every week day. Then they are asked to compete in team camps and other tournaments over the summer. They want to be better in their sport, so they also attend a summer strength and conditioning program. The athlete probably wanted to participate in a summer recreation program, but do they have time? Remember to give your players time and take some for yourself!

Enjoy the busy summer!

NDHSCA Vice President, Tim Wallstrum



COACH QUOTE:

**Associate yourself with people of good quality,
for it is better to be alone than in bad company.**



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



Summer is here! It seems like yesterday we were just starting another school year. We are gearing up for another outstanding North Dakota High School Coaches Association State Convention. The Fargo Ramada is the host of this year's convention. It will be held from July 24 to July 27. **It is important to attend.** We have outstanding speakers and some special items we are trying this year. Be sure to visit our website, www.ndhsca.com, to register. There is also a tentative schedule posted on the website as well as in this issue. The schedule may change in the next month so please check back soon. The summer convention is always a way to rejuvenate for next season. **We will see you in Fargo in a month.**

By the time you read this Dakota Coach the National High School Athletic Coaches Association National Convention will be in the books. Congratulations to Dan Carr and Gary Schauer for being inducted into the NHSACA National Hall of Fame. It is a great honor and they are both very deserving. North Dakota had nine NHSACA National Coach of the Year Finalists this year. When you have a chance, please congratulate them on their accomplishments. These coaches have put in countless hours to get to this point. They truly are deserving. There were many outstanding candidates this year nation-wide. North Dakota has one recipient of the National Coach of the Year Award!

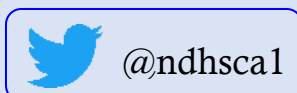
Congratulations to the NDHSCA-Subway Coaches of the Year, the NDHSCA-POWERade Senior Athletes of the Year and State Champions this spring! Even though the weather did not cooperate until the end of April, there were successes that occurred this spring. No matter what the conditions are, coaches and athletes seem to find a way to make it exciting and memorable. It is important to keep these items in mind when adversity seems to set in.

The NDHSCA and the NHSACA strongly supports multi-sport athletes. It is our job as coaches to promote all programs in our school. Supporting other coaches and programs will benefit the student-athlete the most. It is important for us to do our best for the benefit of all athletics. It is a proven fact that multi-sport athletes are less likely to have serious injuries and suffer from burnout. Coaches working together will create amazing results for the school's athletic programs.

Coaches have a responsibility to be up on the rules of their sport as well as criteria for All-State, Senior Athlete of the Year and other special awards. Many problems can be avoided if coaches do their diligence to read, ask questions, and follow through with what is best for everyone involved. Please keep in mind there should be many items taken into account when nominating an individual for a special award other than their athletic talent. Character and behaviors associated with being a role model are critical for any special honor.

I encourage coaches to become involved with the North Dakota High School Coaches Association. We are constantly looking for coaches to be on Advisory. This is a way to represent your sport and make changes to better everyone. How about running for the Vice Presidency? This is even more rewarding. Another area you can assist is at the National level. We are constantly looking for coaches to be part of the National Board of Directors as sport chairs. It is important for coaches to give back to these organization which are helping them and providing them support. You truly will enjoy the adventure!

I would like to thank the Executive Board for all their work this past year. They have made this job much easier. Their work ethic is outstanding. They represent all coaches and disciplines in the state to the best of their ability. Please thank them when you have a chance.



Enjoy your summer and we will see you in Fargo come July!
–*Randy Johnson, NDHSCA Executive Secretary*

NDHSCA Vice President Candidates for 2018

The North Dakota High School Coaches Association has nominated 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 for balloting for the Association's Vice President. The balloting will be conducted at the Annual Coaches Convention held this summer at the Fargo Ramada, July 24 through July 27. T



Dean Winczewski is a graduate of Minot Bishop Ryan High School, Minot State University and Valley City State University. Coach Winczewski is a 20-year coaching veteran. In those 20 years, he has been named the State Boys Basketball Coach of the Year twice, West Region Coach of the Year three times and USA Today North Dakota Coach of the Year three times. Dean has also been a nominee for the National High School Athletic Coaches Association Coach of the Year. He served six-years on the Boys' Basketball Advisory Board. Coach Winczewski has acquired a 276-134 win-loss record in basketball. His teams have won five State Titles.

He has also coached football, girls' basketball and track and field. Dean and his wife Jackie have three children: Andrew, Aric and Alex.



Ron Metz is a graduate of Carson High School and Dickinson State University. Coach Metz is a 30-year coaching veteran. In those 30 years, he has been named the State Coach of the Year three times and West Region Coach of the Year twice. Ron has also been a nominee for the National High School Athletic Coaches Association Coach of the Year. He has served six years on the Girls' Basketball Advisory Board. Coach Metz has a win-loss record of 323-113. His teams have won three State Titles.

Coach Metz has also coached boys' basketball, football and track and field. Ron and his wife Jill have two children: Rani and RiAnne.

Award of Merit

The North Dakota High School Coaches Association Executive Committee voted to present the following individuals with an Award of Merit plaque at this summer's State Convention. More information on these recipients will be included in the next issue of the Dakota Coach.



Brad Anderson
Fargo
Sportscaster



Jim Clark
University of
Jamestown

Greetings from the National High School Athletic Coaches Association



The NHSACA National Convention was held on June 23 through June 27 in Sioux Falls, South Dakota. Please remember the NHSACA has a Twitter Account. Follow everything at #nhsaca. The National High School Athletic Coaches Association is attempting to “tweet” at least once a week. Find out what is going on at the National level as the information is posted.

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

The finalists for the National Coach of the Year and Hall of Fame inductees have been named. The finalists from North Dakota were 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’

Congratulations to Rob Jacobson for being named the NHSACA National Coach of the Year in Assistant Coach – Girls Sports

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

North Dakota will be the site for the 2019 National High School Athletic Coaches Association National Convention. It will be held at the Ramkota in Bismarck. We will hold our state convention in conjunction with the national convention next summer. It is a great venue and Bismarck-Mandan is excited to be the host. The dates for this National Convention will be June 22 through June 27, 2019. Put this in your calendar now. It will be an outstanding event. **Remember the event will be held in June in 2019!**

(continued page 7)

Dakota Coach Summer 2018

(NHSACA Message continued)

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

Enjoy your summer!

*Sincerely,
Randy Johnson
NHSACA Past President & Webmaster*



Coach Quote:

A coach is someone who tells you what you don't want to hear,
who has you see what you don't want to see,
so you can be who you've always known you could be.

-Tom Landry-

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
MINDT - 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



National Hall of Fame Inductees

Dan Carr and Gary Schauer were inducted into the National High School Athletic Coaches Association Hall of Fame at the National Convention held in Sioux Falls, SD in June. Congratulations to both Gary and Dan and their families.



Gary Schauer and Dan Carr

Coach Quote:

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

-John Wooden-



Take your team to



Dakota Coach Summer 2018



Front Row: David Hoff, Jeff Schumaker, Julie Stavn, Claudia Schoellkopf, Rob Jacobson
 Back Row: Chad Anderson, Dennis Kemmesat, Randy Johnson, Gregg Grinsteinner.

North Dakota's NHSACA COTY National Finalists

<u>Sport</u>	<u>Coach or Athletic Director</u>	<u>School</u>
Basketball – Boys'	Gregg Grinsteinner	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



**Congratulations to
 Rob Jacobson**
 of Fargo Davies High School who was named
**National High School
 Athletic Coaches Association
 Assistant Girls Coach of the Year**

2018 NDHSCA Hall of Fame Inductees

At the Fall Meeting, the NDHSCA Executive Committee voted unanimously to induct four coaches into the North Dakota High School Coaches Association Hall of Fame. They will be inducted at this summer's convention to be held in June at the Ramada in Fargo. Their biographies were included in the Spring 2018 issue of the Dakota Coach. The inductees are as follows:

- **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 Grinsteinner**; Head Boys Basketball Coach from Dickinson Trinity High School
- **Randy Johnson**; Head Boys Track and Field Coach from Hazen High School



Brian Anderson



Clint Chamberlain



Greg Grinsteinner



Randy Johnson



Dakota Coach Summer 2018

2017-2018 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
A Boys' Track & Field	Levi Rockey	Bismarck Century HS	Tim Jacobsen & Justin Miller
B Boys' Track & Field	Josh Knutson	Des Lacs-Burlington-L&C	Mitch Grochow
A Girls' Track & Field	Rose Gaye	Fargo Davies HS	Rory Beil
B Girls' Track & Field	Grace Zimmerman	Hazen HS	John Ward
A Girls' Tennis	Reagan Ingstad	Valley City HS	Matthew Nielson
A Girls' Soccer	Madison Urlaub	West Fargo Sheyenne HS	Paul Grendzinski
B Baseball	Tyler Hegg	Thompson HS	Brady Schwab
A Baseball	Cameron Blazek	Fargo North HS	Jeff Fiechtner
B Girls' Softball	Theresa Klinnert	Kindred-Richland	Sam Brandt & Cory Johnson
A Girls' Softball	Jordan McNeilly	Dickinson HS	Amanda Mickey
B Girls' Golf	Lauren Cain	Fargo Oak Grove HS	Laura Skovlund
B Boys' Golf	Trace Jacobson	Heart River	Jerry Perdaems
A Boys' Golf	Adam Van Raden	Grand Forks Red River HS	Merle Mikkelson & Nathan Olson

POWERADE.

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.



Special Recognition

The North Dakota High School Coaches Association Executive Committee voted to present the following individuals with a Special Recognition plaque at this summer's State Convention. Biographies will be included in the next issue of the Dakota Coach.



Tom Perius
Baseball & Basketball Official



Don Zimney
Track & Field Starter



Alton Nygaard
Regional Tournament Manager



Raquel Doll

2018 Gelaine Orvik Scholarship Recipients

The recipients of the annual NDHSCA - Gelaine Orvik \$1,000 Scholarship have been identified and notified. After evaluation and assessment, the selection committee selected ***Raquel Doll*** from Hazen High School and ***Kaitlyn Schiele*** from Edgeley High School as beneficiaries. The Scholarships will be presented to the two young ladies at the NDHSCA Annual Awards Banquet, which will be held at the Fargo Ramada Convention Center on Thursday, July 26th.



Kaitlyn Schiele

The Scholarship was established in 2008 when Joe Howell, Lisbon High School Track & Field Coach made a motion to establish the scholarship to honor Gelaine Orvik. Coach Orvik is a 35-year veteran coach who has also served the North Dakota High School Coaches Association from 1974-2015. The requirements for the Scholarship Recipient are that he or she will be a student-athlete graduate from a North Dakota High School and will attend a North Dakota College or University. The final requisite is that the student/athlete intends to pursue the profession of interscholastic coaching.

The nomination form identifies the criteria used for consideration for selection: GPA, class rank percentile, athletic awards, activity awards, ACT test scores, captain's and leadership roles, an application letter from the applicant, and recommendation letters from faculty, coach and administration. The recipients also best exemplify the values and ideals modeled by Coach Orvik, as teacher and coach; those values and ideals he expected from his athletes and students; and those values, ideals and principles he urges all coaches to portray.

The NDHSCA-Gelaine Orvik \$1,000 Scholarship Fund has been developed by other donations from coaches, coaches' friends and sportswear companies. Extraordinary donations are made annually by coaches as they register for the Annual NDHSCA Convention and/or for Annual NDHSCA Membership. Universal Athletics has made a concerted effort to readily donate at the Annual Taco Social at the NDHSCA Convention. Some coaches have made the Scholarship Fund a recipient as a memorial for friends and relatives. SUBWAY will also make an annual \$1,000 donation for a ***second NDHSCA-Gelaine Orvik Scholarship***.

RAQUEL DOLL; HAZEN HIGH SCHOOL

Raquel Doll is ranked 8th in her class of 34 at Hazen High School. She will have earned 27 credits when she graduates; she has a 3.78 GPA through seven semesters and her academic classes includes Dual Credit Classes in English and speech. Raquel competed in volleyball, basketball and track & field for all four years of high school. She has earned three athletic letters each year of her high school attendance (twelve letters total). Raquel was member of National Honor Society, FBLA, Peer Youth, Student Council, Science Olympiad and Coal Country Leadership Academy. In addition to her participation and earning letters in athletics, she was a captain of her basketball and volleyball teams.

(Gelaine Orvik scholarship continued on page 16)

Dakota Coach Summer 2018

(Gelaine Orvik scholarship continued)

Additionally, **Raquel** volunteered as an elementary school reader to students and assisted in elementary classrooms on Tuesdays and Thursdays. She was a member and a leader of her FCA huddle. She used her church's Religious Education as a springboard to her instructional future. She is also an alter server in her Catholic Church.

Raquel has also prepared for her coaching profession by her love for teaching and her communication skills. She attests to her love for coaching and honor for her high school coaches as she declares "My coaches have played a significant role in my life by teaching me many valuable life lessons which I will carry on to future athletes. . . . Throughout my athletic career, I have learned communication, teamwork, leadership sacrifice and a strong work ethic. . . . I hope to encourage many adolescents to have that same passion and love for sports and life."

Raquel was nominated for the scholarship by her track & field coach, John Ward. Coach Ward, Raquel's faculty and her administration praise her by identifying her character, leadership skills, and work ethic. Coach Ward states that "She establishes goals . . . and understands what she has to do to achieve them. She is taking classes that will help her reach her goals and has the ability and work ethic to achieve them." Coach Ward adds that as an athlete, ". . . she is very coachable and has the passion to learn more." Coach Ward concludes that ". . . Raquel is a very determined and motivated young woman who has the work ethic, intelligence, and ability to make herself successful. She will be a positive addition to any college, organization or community."

In addition, Coach Linette Irwin praises **Raquel** ". . . because of her positive attitude and her ability to make connections." She adds that Raquel ". . . has a high level of integrity which translates into her practicing wonderful sportsmanship and citizenship. . . . She is a great leader and mentor for younger players and is a positive role model on and off the court. Raquel is respected by her teammates, opponents, coaches and administrators." Coach Irwin concludes that "Raquel is exactly the type of player that Mr. Orvik would love to coach! I am honored to recommend Raquel Doll for the Gelaine Orvik Scholarship. She will be a wonderful addition to the teaching and coaching profession!"

Hazen High School athletic director and track coach centers his commendations on **Raquel's** high moral and ethical standards in the Hazen High School and the Hazen community. He also points out that her care and work with the young people of the community led to her receiving the Hoby Outstanding Leadership Award as a sophomore. Coach Johnson concludes that "Raquel will be an excellent teacher and coach in the future. She disciplines herself and maintains a strong personal stance."

Overall **Raquel's** recommendations center on her respect for others and high integrity. Raquel is a great leader, has astounding drive and is a true team person. Undoubtedly, **Raquel** is a deserving recipient of the NDHSCA-Gelaine Orvik Scholarship.

KAITLYN SCHIELE; EDGELEY HIGH SCHOOL

Kaitlyn Schiele will graduate 5th in her class of 13 with an ACT test composite score of 23. She had a 3.61 GPA through seven semesters with curriculum that included Chemistry and College Speech.

Kaitlyn competed for four years in volleyball, basketball and track & field; she lettered in all three sports for four years in each sport. She was also a leader and/or captain in volleyball for three years, basketball for two years and track & field for two years for the Rangers.

(Gelaine Orvik scholarship continued on page 17)

Dakota Coach Summer 2018

(Gelaine Orvik scholarship continued)

Kaitlyn also participated in FFA, drama, and FBLA. She was in Luther League in her church. She volunteered to assist with “Christmas on Main”, harvest holidays, Veteran’s Supper, harvest for hunger, pennies for patients, food drive, day of caring, community Thanksgiving, Lion’s Supper, blood drive set-up and tear-down, and three-on-three basketball.

Kaitlyn has been a three-sport athlete throughout high school and will continue her track & field experience at the University of Jamestown. She looks to her coaches for teaching her many life-long skills. She says she fell in love with the concept of sports-competition because it was her way to eliminate stress or just take her mind off other stress. Kaitlyn expects that coaching will allow her to help others as well as teach them about competition, as her coaches has taught her. She will be honored to have the opportunity to become a high school coach.

Kaitlyn references her desire to coach as being ignited to a degree from reading the background of this scholarship. This scholarship not only would extend financial assistance to her goal of being a coach, but would also allow her to emulate the concept of assisting every athlete and student to succeed in every possible way. She feels it an honor to follow the concept of being a role model for others.

Rory Entzi nominated **Kaitlyn** for this scholarship and alludes to her as “. . . an outstanding athlete who shows great leadership by her positive attitude and consistent effort. She is always willing to go the extra mile for the success of her team.” He continues to applaud her for her role in finishing her final high school basketball game after taking an elbow to the mouth that broke off half of her front tooth. . . .”She went on to play despite adversity, for the goals of the team.” Although she was extremely “tough” she also had character, exhibited by her assisting an injured opponent from the floor, without hesitation.

Patsy Schlosser praises **Kaitlyn** for her performance in her math classes---Algebra I, geometry, Algebra II and college algebra (a dual credit class). Schlosser delineates Kaitlyn’s success through her self-motivation, dedication, responsibility, leadership, and reliability. Further Schlosser references excellent academic ability and personal characteristics for direction as extremely successful in a career in teaching and coaching.

Even **Kaitlyn’s** principal references her leadership skills and work ethic as suitable in going the extra effort of strength training three days a week at 7:00 am over the summer as she strives to be the best she can be!

Overall, **Kaitlyn’s** recommendations center on her positive attitude, leadership, consistent effort, character, self-motivation, dedication, responsibility and reliability. Undoubtedly, **Kaitlyn** is a deserving recipient of the NDHSCA-Gelaine Orvik Scholarship.

Congratulations to Raquel Doll of Hazen HS and Kaitlyn Schiele of Edgeley HS the recipients of the 2018 Gelaine Orvik Scholarship.



Scheels Scholarship Recipients

The North Dakota High School Coaches Association Executive Committee selected the recipients for the NDHSCA Scheels Scholarships. **Kailen Dolleslager, Thompson HS;** who plans to attend the University of North Dakota; **Kailey Jackson, Rosholt HS;** who plans to attend South Dakota State University; **Abby Lemnus, Valley City HS;** who plans to attend North Dakota State University; and **Lauren Limke, West Fargo HS;** who plans to attend North Dakota State University will each receive a \$750.00 scholarship from NDHSCA and Scheels.

The scholarships will be presented to each student/athlete at the Annual NDHSCA Hall of Fame/COTY Banquet at the Fargo Ramada on Thursday, July 26th. The four student/athletes collectively earned 38 athletic letters, involved in 111 different activities and ACT scores average 24.25. Two of the recipients have a GPA of 4.0.



Kailen Dolleslager graduated from Thompson High School with a 3.9 Grade Point Average (GPA). She ranks second out of 28 graduates and scored a 24 on her ACT test. Kailen earned 13 athletic letters in the sports of Volleyball (4), Basketball (4), Softball (4) and Track and Field (1). She was a member of FCA, JETS, band, choir, jazz band, summer theater, one-act play, student council, honors choir, and the spring play. She has been commended by teachers for being knowledgeable, personable, energetic and well respected. Kailen is the daughter of John and Annette Dolleslager.



Kailey Jackson graduated from Rosholt HS with a 3.97 Grade Point Average (GPA) and ranks third in a class of 17. Her ACT score was a 22. Kailey has earned 14 athletic letters in the sports of Volleyball (4), Cross Country (4), Basketball (3), and Track and Field (3) She is a member of yearbook, FCCLA, school newspaper, knowledge bowl, band, honor band, jazz band, and oral interpretations. Kailey's classroom instructors praise her for being hard-working, responsible, committed, and punctual. Kailey is the daughter of Kevin and Lori Jackson.



Abby Lemnus graduated from Valley City HS with a 4.00 Grade Point Average (GPA). Her ACT score was a 26 and she ranked first out of 91 graduates in her class. She has earned 7 athletic letters in the sports of soccer (4) and golf (3). Abby was active in math counts, student council, peer facilitating, DECA, and acalympics. Her instructors commend her for being focused, dedicated, caring and compassionate. Abby is the daughter of _____ and Roberta Lemnus.



Lauren Limke graduated from West Fargo High School with a 4.12 Grade Point Average (GPA). Her ACT score was a 25. She has earned four athletic letters in track and field (1), volleyball (1), softball (1), and basketball (1). Lauren is active in Fuel Up to Play 60, choir, student council, National Honor Society, Future Business Leaders of America, Philanthropy and Youth, basketball, track and field, and tennis. Her teachers commend her for being self-motivated, integrity, work ethic and dedication. Lauren is the daughter of Greg and Brenda Limke.

Each of the recipients will receive a \$750.00 NDHSCA Scheels Scholarship at the July 26th NDHSCA Hall of Fame/Coach of the Year Banquet in Fargo at the Ramada Convention Center.

SCHEELS®

40 UNDER 40

Congratulations to NDHSCA President, **Eric Olson**, Football Coach at Milnor-North Sergeant for being named to the Coach and AD Magazine 40 under 40.

Coach and Athletic Director magazine, in partnership with the National High School Athletic Coaches Association (NHSACA) has announced its inaugural 40 Under 40 Class of 2018 – a group of exemplary sports professionals nominated by their peers for the impressive accomplishments of their young careers. The Class of 2018 was honored at the NHSACA Annual Convention on Monday, June 25, 2018 and will be featured in the upcoming July/August issue of Coach and Athletic Director.

Launched this year, the Class of 2018 represents a broad spectrum of sports industry professionals, from coaches and athletic directors, to sports news reporters and industry suppliers. These young professionals are making substantial strides for their individual athletic programs and the industry as a whole.

“Our inaugural Sports 40 Under 40 Class of 2018 represents the next generation of industry leaders who will significantly evolve the industry in their respective sports and areas,” said Publisher Brian Virgona, “Their impressive accomplishments to date are reflective of their natural leadership, motivation and desire to make a difference in the lives of young athletes.”



North Dakota is honored to have four Past Presidents of the National High School Athletic Coaches Association.

Pictured here left to right are Dave Dougherty, Gelaine Orvik, John Hutchison, and Randy Johnson. The picture was taken at the National Convention held in Sioux Falls, SD in June 2018.

2017-2018 NDHSCA-SUBWAY Coaches of the Year

<u>SPORT</u>	<u>NAME</u>	<u>SCHOOL</u>
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



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2017-2018 NDHSCA-SUBWAY COACHES OF THE YEAR (CONTINUED)

<u>SPORT</u>	<u>NAME</u>	<u>SCHOOL</u>
Class B Boys' Basketball	Elliot Rotvold	Hillsboro-Central Valley
Class B Athletic Director	Randy Johnson	Hazen HS
Class A Boys' Track & Field	Tim Jacobsen	Bismarck Century HS
Class A Boys' Track & Field	Justin Miller	Bismarck Century HS
Class A Girls' Track & Field	Barry Anderson	Fargo Shanley HS
Class A Girls' Track & Field	Chris Foerster	Fargo Shanley HS
Class B Boys' Track & Field	Scott Grochow	Rugby HS
Class B Girls' Track & Field	John Ward	Hazen HS
Class A Girls' Tennis	Scott DeLorme	Minot HS
Class A Girls' Soccer	Nick Christianson	Fargo Davies HS
Class B Baseball	Brett Omdahl	Park River-Fordville-Lankin
Class A Baseball	Aaron Finders	Williston HS
Class B Girls' Softball	Kendra Schillo	Heart River
Class A Girls' Softball	Amanda Mickey	Dickinson HS
Class B Girls' Golf	Jeremy St. Aubin	South Border
Class B Boys' Golf	Perry Piatz	Kindred HS
Class A Boys' Golf	Adam Gronaas	Fargo Davies HS
Fall Assistant COTY	Faye Alexander	Kenmare HS
Fall Junior High COTY	Todd Kosel	Ellendale-Edgeley-Kulm
Winter Assistant COTY	Travis Rau	Bismarck Century HS
Winter Junior High COTY	Oliver Gourd Jr.	Four Winds HS
Spring Assistant COTY	Dawn Beil	Fargo Davies HS
Spring Junior High COTY	Karen Gordon	Southern McLean



2018 Spring Season Junior High Coach of the Year



The 2018 Spring Season recipient of the North Dakota High School Coaches Association Junior High Coach of the Year Award is **Karen Gordon**, Southern McLean's Junior High Track and Field Coach. **Karen** was nominated by

Laura Tweeten, Southern McLean's Head Track and Field Coach and Pete Moe, Southern McLean's Athletic Director.

Coach Gordon has been coaching track and field for eight years. Her responsibilities include demonstrating and teaching basic

fundamentals of the sport, supervise athletes, support head coaches, model sportsmanship, poise and self-control for the athletes. She works with the horizontal jumps.

Coach Tweeten, Head Track and Field Coach at Southern McLean says this about **Karen**, "**Coach Gordon** has a high degree of ethical standards that she follows and works to instill in the athletes. She is instrumental in providing key instruction to our athletes."

Karen is married to her husband Christopher.

Karen Gordon of Southern McLean is the 2018 North Dakota High School Coaches Association's Spring Junior High Coach of the Year.

2018 Spring Season Assistant Coach of the Year



The 2018 Spring Season recipient of the North Dakota High School Coaches Association Assistant Coach of the Year Award is **Dawn Beil**, Fargo Davies Assistant Girls' Track and Field Coach. **Dawn** was nominated by Rory Beil,

Fargo Davies Head Girls' Track and Field Coach.

Coach Beil has been coaching for 17 years. She has helped coach 16 State Track and Field Champions and 43 State Competitors. **Dawn** has also coached gymnastics, volleyball and basketball.

She is responsible for developing workouts and programs for the sprinters and short relay teams. **Coach Beil's** highlights from this past year include repeating as State Champions and coaching a number of state placers.

Rory Beil, Fargo Davies Head Girls' Track and Field Coach has this to say about **Dawn**. "**Coach Beil** helps create a culture in track and field girls want to be a part of. Her athletes always compete at a high level of excellence."

Dawn and her husband Rory have three children: Kaia, Merritt, and Joshua.

Dawn Beil of Fargo Davies High School is the 2018 North Dakota High School Coaches Association's Spring Assistant Coach of the Year.

Dakota Coach Summer 2018

NDHSCA Convention Information

The 2018 Summer NDHSCA Convention schedule has been tentatively set. Please check online for the most up-to-date schedule at www.NDHSCA.com. Please register for the Convention online.

Here is the schedule as of 7/4/18.



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

Elm	Coaching & Conflict	"Official-Coach Relationships"	Dave Klundt; Fargo Officials
Chestnut	Permit Preparation	"Fundamentals of Coaching – Need to attend all 3"	Pete Moe; Washburn HS
Birch	Special Topics	"Lower Extremity Injury Prevention"	Dr. Nicole German; NDSU
Walnut	Speed/Strength	"West Fargo Strength Training Program"	Rollie Swedberg; West Fargo HS

9:00 Coaching Seminars

Elm	Coaching & Conflict	"Athletes as Leaders I"	Brittany Love; Grand Forks CVIC
Chestnut	Permit Preparation	"Fundamentals of Coaching – Need to attend all 3"	Pete Moe; Washburn HS
Birch	Special Topics	"Lower Extremity Taping"	Dr. Nicole German; NDSU
Walnut	Speed/Strength	"Speed Development"	Mike Thorson; Bismarck, ND

10:00 Coaching Seminars

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

11:00 Coaching Seminars

Elm	Coaching & Conflict	"Coaching Duties & Responsibilities to NDHSAA"	Matt Fetsch; NDHSAA
Birch	Permit Preparation	"Building Character in Sports Programs"	Barry Holmen, Minot HS
Birch	Special Topics	"Building Character in Sports Programs"	Barry Holmen, Minot HS
Walnut	Speed/Strength	"Supplements – Protein & Energy Drinks"	Kelsey Herrick; Sanford Health

NOON Woodland North Seminar Luncheon (provided by NDHSCA)

Luncheon Speaker "Nutrition for the Championship Athlete" Kelsey Herrick; Sanford Health

1:30 Coaching Seminars

Elm	Coaching & Conflict	"Concussions in Sports I"	Dr. Jay Albrecht/ Dr. Dawn Hammerschmidt;
MSUM			
Woodland East	Permit Preparation	"CPR, AED, First Aid Recertification – Need attend 1"	Barb Moe; Washburn,
ND			
Birch	Special Topics	"Coaching Ethics"	Todd Olson; Fargo Public Schools AD
Walnut	Speed/Strength	"Weight Room Culture"	Jason Miller; NDSU

Dakota Coach Summer 2018

2:30 Coaching Seminars

Elm	Coaching & Conflict	“Concussions in Sports II”	Dr. Jay Albrecht/ Dr. Dawn Hammerschmidt;
MSUM			
Woodland East	Permit Preparation	“CPR, AED, First Aid Recertification and Certification”	Barb Moe;
Washburn, ND			
Birch	Special Topics	“Hand, Wrist, Taping Techniques”	Shannon David; NDSU
Walnut	Speed/Strength	“Weight Room Culture II”	Jason Miller; NDSU

3:30 Coaching Seminars

Woodland North	Coaching & Conflict	“Coaches Panel”	Tracey Heisler; Grand Forks Red River
Woodland East	Permit Preparation	“CPR, AED, First Aid Recertification and Certification”	Barb Moe;
Washburn, ND			
Woodland North	Special Topics	“Coaches Panel”	Tracey Heisler; Grand Forks Red River
Woodland North	Speed/Strength	“Coaches Panel”	Tracey Heisler; Grand Forks Red River

3:00 Vendor Set Up Woodland South

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
Woodland North	Basketball	“NDSU Basketball”	Jayden Olson; NDSU
Walnut	Football	“Five Man Pressure and Coverage”	Joseph Klanderma; NDSU
Cedar	Softball	“Building a Stronger Pitcher”	Ashley Vandeven; Mayville State
Executive III	Swim & Dive	“Concordia Swimming”	Gary Fisher; Concordia College
Birch	Track & Field	“High Jump”	Clayton Pritchard; NDSU
Woodland East	Volleyball	“Jimmie Volleyball”	Jon Hegerle
Chestnut	Wrestling	“Jimmie Wrestling”	Daniel Lovell; University of Jamestown
Elm	X-Country	“Moorhead State Cross Country”	Ryan Milner; MSUM

9:45 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Woodland North	Basketball	“NDSU Basketball”	Jayden Olson; NDSU
Walnut	Football	“Defensive Line Drills & Technique”	Buddha Williams, NDSU
Oxbow	Golf	“Learn from an Oxbow Pro”	Corey Herlickson; Oxbow CC
Cedar	Softball	“Training an Outdoor Sport Indoors”	Ashley Vandeven; Mayville State
Executive III	Swim & Dive	“Concordia Swimming”	Gary Fisher; Concordia College
Birch	Track & Field	“Sprint Starts”	Don Larson; NDSU
Woodland East	Volleyball	“Jimmie Volleyball”	Jon Hegerle
Chestnut	Wrestling	“Jimmie Wrestling”	Daniel Lovell; University of Jamestown
Elm	X-Country	“Moorhead State Cross Country”	Ryan Milner; MSUM

11:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Woodland North	Basketball	“Comet Basketball”	Darren Tighe; Mayville State
Walnut	Football	“Wide Receiver Technique Do Simple Better”	Jason Ray; NDSU
Oxbow	Golf	“Learn from an Oxbow Pro”	Corey Herlickson; Oxbow Pro
Cedar	Softball	“MSU Softball”	David Kivett; Minot State
Executive III	Swim & Dive	“Concordia Swimming”	Gary Fisher; Concordia College
Birch	Track & Field	“Pole Vault”	Daniel Gooris; NDSU
Woodland East	Volleyball	“Knight Volleyball”	Katie Arthur; Grand Forks Central
Chestnut	Wrestling	“Jimmie Wrestling”	Daniel Lovell; University of Jamestown
Elm	X-Country	“Cross Country Training”	Andrew Carlson; NDSU

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Wednesday, Noon-1:00 Exhibit Hall Closes; Exhibitors' Lunch with NDHSCA Executive Committee in Woodland South

1:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Woodland North	Basketball	"Comet Basketball"	Darren Tighe; Mayville State
Walnut	Football	"Valley City State Football"	Dennis McCulloch; Valley City State
Oxbow	Golf	"South Border Golf"	Jeremy St. Aubin; South Border
Cedar	Softball	"MSU Softball"	David Kivett; Minot State
Executive III	Swim & Dive	"Round Table Discussion"	Brent Newman; Grand Forks Public Schools
Birch	Track & Field	"100/110 meter hurdles"	Chris Parno; MSU-Mankato
Woodland East	Volleyball	"What Should Practice Look Like and Why?"	Adam Longmore; Valley City State
Chestnut	Wrestling	"Bison Wrestling"	Roger Kish; NDSU
Elm	X-Country	"Viking Cross Country"	Joshua Mower; VCSU

2:00-2:30 Visit Exhibits

2:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Woodland North	Basketball	"Program-Team & Coach Development/Leadership Thoughts"	Chad Walthall;
MSUM			
Walnut	Football	"Valley City State Football"	Dennis McCulloch; Valley City State
Oxbow	Golf	"South Border Golf"	Jeremy St. Aubin; South Border
Cedar	Softball	"Outfield Topics"	Courtney Kivett; Minot State
Executive III	Swim & Dive	"Round Table Discussion"	Brent Newman; Grand Forks Public Schools
Birch	Track & Field	"300/400 meter hurdles"	Chris Parno; MSU-Mankato
Woodland East	Volleyball	"Where Should I Put My Best Defensive Players?"	Adam Longmore; Valley City State
State			
Chestnut	Wrestling	"Bison Wrestling"	Roger Kish; NDSU
Elm	X-Country	"Viking Cross Country"	Joshua Mower; VCSU

3:45 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Woodland North	Basketball	"Offensive Ideas for Players & Team"	Chad Walthall; MSUM
Walnut	Football	"Valley City State Football"	Dennis McCulloch; Valley City State
Elm	9-Man Football	"Buccaneer Football"	Mike Zier; Beach HS
Birch	Track & Field	"Mid-distance Training"	Andrew Carlson; NDSU
Woodland East	Volleyball	"Training the Middles"	Tammy Blake; MSUM
Chestnut	Wrestling	"Demon Wrestling"	Mark Lardy; Bismarck High

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

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 except for 8:30 session.

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			
Woodland North	Basketball	"Viking Basketball"	Vanessa Keeler-Johnson; VCSU
Walnut	Football	"Deacon Football"	Troy Mattern; Fargo Shanley HS
Executive II	Golf	NDHSCA Advisory Committee Review & Planning	Justin Fletschock; NDHSAA
Cedar	Softball	"NDSU Softball"	Gerice Olson; NDSU
Executive III	Swim & Dive	"Magician Swimming"	Jake Solper; Minot HS

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Thursday, July 26; 8:30 AM continued...

Birch	Track & Field	NDHSCA Advisory Committee/Athletic.net/Provisionals	Kevin Morast; NDHSAA
Woodland East	Volleyball	"Setter Training"	Jennifer Lopez; NDSU
Chestnut	Wrestling	"Dragon Wrestling"	Kris Nelson; MSUM

9:45 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Woodland North	Basketball	"Viking Basketball"	Vanessa Keeler-Johnson; VCSU
Walnut	Football	NDHSCA Advisory Committee Review & Planning	Justin Fletschock; NDHSAA
Executive II	Golf	"Round Table Discussion"	Ryan Nielson; Hillsboro HS
Cedar	Softball	"NDSU Softball"	Gerice Olson; NDSU
Executive III	Swim & Dive	"Diving Techniques"	Claudia Schoellkopf; Mandan HS
Courts Plus	Tennis	"Doubles"	Zach Zitur; Courts Plus
Birch	Track & Field	"Discus/Shot Put Drills"	Rob Jacobson; Fargo Davies
Woodland East	Volleyball	"Bison Volleyball"	Jennifer Lopez; NDSU
Chestnut	Wrestling	"Dragon Wrestling"	Kris Nelson; MSUM
Elm	X-Country	"Bulldog Cross Country"	Jon Jahner; Bowman County HS

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

- 11:00** NDHSCA Annual Business Meeting Woodland North
Light Lunch provided by NDHSCA to General Business Meeting Attendees
- 12:15** Lunchroom NDHSCA Hall of Fame Luncheon for Inductees (Past Presidents, Past Inductees & Executive Committee are invited to attend)

1:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Woodland North	Basketball	NDHSCA Advisory Committee Review & Planning	Justin Fletschock; NDHSAA
Walnut	Football	"UND Football"	Paul Rudolph; UND
Cedar	Softball	"Cobber Softball"	Chad Slyter; Concordia College
Executive III	Swim & Dive	NDHSCA Advisory Committee Review & Planning	Kevin Morast; NDHSAA
Courts Plus	Tennis	"Doubles II"	Zach Zitur; Courts Plus
Birch	Track & Field	"Long Jump-Triple Jump"	Steven Mueller; Rugby HS
Woodland East	Volleyball	"UND Volleyball"	Mark Pryor; UND
Chestnut	Wrestling	"Dragon Wrestling"	Kris Nelson; MSUM
Elm	X-Country	"Cobber Cross Country"	Garrick Larson; Concordia College

2:15 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Woodland North	Basketball	"Building Culture"	Ryan Montgomery; Valley City State
Walnut	Football	"UND Football"	Paul Rudolph; UND
Cedar	Softball	"Cobber Softball"	Chad Slyter; Concordia College
Executive III	Swim & Dive	"Olympic Lifts in Swimming"	Nate Safe; FCA, Kindred
Courts Plus	Tennis	"Tennis Techniques"	Jason Thiner; Courts Plus
Birch	Track & Field	"1600m-3200m Training"	Garrick Larson; Concordia College
Woodland East	Volleyball	"UND Volleyball"	Mark Pryor; UND
Chestnut	Wrestling	NDHSCA Advisory Committee Review & Planning	Kevin Morast; NDHSAA
Elm	X-Country	NDHSCA Advisory Committee Review & Planning	Justin Fletschock; NDHSAA

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

3:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Woodland North	Basketball	"Dealing With Adversity"	Ryan Montgomery; Valley City State
Walnut	Football	"UND Football"	Paul Rudolph; UND
Cedar	Softball	NDHSCA Advisory Committee Review & Planning	Justin Fletschock; NDHSAA
Courts Plus	Tennis	"Tennis Techniques II"	Jason Thiner; Courts Plus
Birch	Track & Field	"800m Training"	Steve Silvey; Mississippi State
Woodland East	Volleyball	NDHSCA Advisory Committee Review & Planning	Kevin Morast; NDHSAA

Dakota Coach Summer 2018

THURSDAY Evening, July 26th

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

6:00 NDHSCA Hall of Fame & COTY Banquet Woodland North-East

FRIDAY, July 27th

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

7:30-11:00 am Registration Desk Open

8:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Woodland North	Basketball	"Marauder Mens Basketball"	Joe Kittel; University of Mary
Walnut	Football	"Olympic Lifts in Football"	Nate Safe; FCA, Kindred
Birch	Track & Field	"Sprint Training"	Steven Silvey; Mississippi State
Woodland East	Volleyball	"LaMoure Volleyball"	Laurie Good; LaMoure HS
9:15 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Woodland North	Basketball	"Marauder Mens Basketball"	Joe Kittel; University of Mary
Walnut	Football	"Moorhead State Football"	Steve Laqua, MSUM
Birch	Track & Field	"400m Training"	Steven Silvey; Mississippi State
Woodland East	Volleyball	"Volleyball Statistics"	Sherry Carlson; Minot High
10:20 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Woodland North	Basketball	"Marauder Womens Basketball"	Rick Neumann; University of Mary
Walnut	Football	"Moorhead State Football"	Rob Hunt; MSUM
Birch	Track & Field	"Sprint Relays"	Steven Silvey; Mississippi State
Woodland East	Volleyball	"Breakfast Club – Team Development"	Mia Tabberson; UND
11:25 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Woodland North	Basketball	"Marauder Womens Basketball"	Rick Neumann; University of Mary
Walnut	Football	"Moorhead State Football"	Rob hunt; MSUM
Birch	Track & Field	"Javelin Technique"	Justin St. Clair; NDSU
Woodland East	Volleyball	"Fundamentals of Setting"	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 (7/10/2018 12:15 PM)

2018 NDHSCA All Star Contest Information

The annual Lion's All Star Basketball games featuring senior standouts in Class A versus their Class B counterparts will be played in July 9 in Bismarck and July 10 in Fargo.



The 2018 Football ND Shrine Bowl is scheduled for Saturday, July 14th at Shanley High School in Fargo.

The Optimist's All Star Volleyball Series was held on June 11th at West Fargo Sheyenne HS and June 12th at Bismarck Century HS with the West victorious at both locations.



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; Killdeer 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. 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, 1527 North 33rd Street, Unit 4, Bismarck, ND 58501. Executive Secretary 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.



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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 Wishhoff, Glenburn

40 Years

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

45 Years

Fred Fritel, Fargo Davies
Arley Larson, Ray

50 Years

Jerry Perdeams,
Heart River



SCHEELS

North Dakota High School Coaches Association

Paid Lifetime Memberships

Aardahl, Vern; Milnor HS
Amundson, Greg; Mandan HS
Anderson, Brian; Watford City HS
Anderson, Darrell; Bismarck HS
Anderson, Darryl; Mandan HS
Askvig, Curtis; Surrey HS
Benson, Ron; Mott-Regent HS
Berg, Mike; Grand Forks Central HS
Berglund, Darrell; Hazen HS
Berglund, Kathy; Hazen HS
Bettenhausen, LeRoy; Watford City HS
Boehm, Darrin; West Fargo HS
Brackenbury, Wayne; Mohall-L-Sherwood HS
Brenner, Henry; ND School for the Deaf
Buen, Gene; Velva HS
Burckhard, Richard; Parshall HS
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
Kelley, Scott; Hillsboro HS
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
Philion, 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

Anderson, Brian; Watford City HS
Bertsch, Jonathan; Wells County HS
Beyer, Ed; Hillsboro HS
Braaten, Andy, Carrington HS
Brown, Dale; Minot Ryan HS
Cahill, Bill; Jamestown HS
Carlson, Duane; Minot HS
Carlson, Jack; Dickinson HS
Coleman, Randy; Hazen HS
Dougherty, Dave; Watford City HS
Faris, Loren "Lefty"; Mandan HS
Feeney, Robert; Bismarck HS
Gambucci, Serg; Grand Forks Central HS
Grinsteinner, Gregg; Dickinson Trinity HS
Grochow, Scott; Rugby HS
Hatlestad, Walt; Fargo North HS
Hennessy, Duane; Grand Forks CHS
Herman, Curt; Dakota Prairie HS
Hutchison, John; Northwood HS
Johnson, Randy; Hazen HS
Kuhn, Mike; Mandan HS
Lean, Paul; Fargo Davies HS
Leier, Dwight; Esmond HS
Lodoen, Milo "Mike"; Bottineau 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
Schauer; Bismarck HS
Sheldon, Jerry; Fargo North HS
Skaar, Marv; Grand Forks RRHS
Stavn, Julie; Bismarck Century HS
Stein, Bruce; Hankinson 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
Zimney, Bob; Grand Forks RRHS
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

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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

Sponsor Membership

Sports Advisory Committee Membership

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Dakota Coach Summer 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
Loomis & LaPann, Inc.
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Dakota Coach Summer 2018

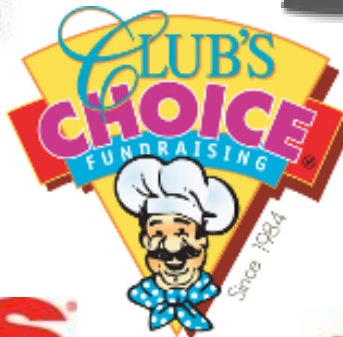
Longevity Information For 2018 Recognition

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



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North Dakota High School Coaches Association



NDHSCA Gelaine Orvik Scholarship Fund



The North Dakota High School Coaches Association offers a “**Gelaine Orvik Scholarship.**” The idea of this scholarship was brought to the NDHSCA Executive Board at the 2008 State Convention by Joe Howell. Gelaine Orvik was the NDHSCA Executive Secretary (1979 to 2015). He has also held this position on the National level. Gelaine has touched thousands of lives through his tireless effort and enthusiasm not only for coaches, but more importantly for student athletes. He is an outstanding role model, mentor, coach, teacher, person, and friend. This scholarship will commemorate what Mr. Orvik has long stood for, helping students through scholarship. We would like to establish this fund so it will last a long time. In order to do this we are asking for donations. Any donation, no matter how big or small will assist us in accomplishing this goal.

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

Please Print

Donor _____

Address _____

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Home Phone _____ Work Phone _____ Cell Phone _____

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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

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Dakota Coach Summer 2018

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 Summer 2018

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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North Dakota High School
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