



Volume 51 Issue #2

Winter 2018

# Dakota Coach

## *In This Issue*

Executive Committee.....	2
President Olson's Message.....	3
Past-President NHSACA Message.....	4
Executive Secretary Message.....	6
Randy Johnson, NHSACA Message.....	7
NDHSCA Vice President Candidates...	8
National HOF 2018 Inductees.....	9
National 2018 COTY Nominees.....	8
NDHSCA Hall of Fame Inductees.....	9
POWERade Outstanding Seniors.....	15
Subway ND COTY.....	16
Fall 2018 Assistant & JH COTY.....	17
Sports Advisory Comm. Members.....	18
Principles of Successful Coaches.....	20
Lifetime Membership Information.....	21
Coaching Longevity.....	22
Paid Lifetime Members.....	23
Past Presidents / Honorary Members....	24
Forms.....	25
Longevity Information.....	27
NDHSCA Code of Ethics.....	29
Coaches Code of Conduct.....	30
On-Line Registration.....	31
Gelaine Orvik Scholarship Form.....	32
Dakota Coach Publication Info.....	35

## NDHSCA Vice President CANDIDATES



Ron Metz



Dean Winczewski

Read more about these 2018 Executive Board candidates on page 8. Voting will take place at the NDHSCA Summer Convention July 24-27 in Fargo.

**INSIDE:** Why Do You Coach?  
ND and National Hall of Fame Inductees  
**10 Principles of Successful Coaches**  
**National Coach of the Year Nominees**

# 2017-18 NDHSCA Executive Committee



**President  
Eric Olson**

121 Maplewood Dr.  
Gwinner, ND 58040

**Phone Numbers:**

(h) 701-678-6842  
(w) 701-678-2492  
(c) 701-730-2018  
[eric.olson@k12.nd.us](mailto:eric.olson@k12.nd.us)



**President Elect  
Tracey Heisler**

1120 22<sup>nd</sup> Street NW  
East Grand Forks, MN  
56721

**Phone Numbers:**

(h) 218-779-3021  
(w) 218-779-3021  
(c) 218-779-3021  
[theisler020@mygfschools.org](mailto:theisler020@mygfschools.org)



**Vice President  
Tim Wallstrum**

PO Box 402  
Kenmare, ND 58746

**Phone Numbers:**

(h) 701-385-3376  
(w) 701-385-3376  
(c) 701-340-8221  
[twallstrum@mykps.us](mailto:twallstrum@mykps.us)



**Immediate Past  
President  
Paul Lean**

130 Eagle Street N  
Fargo, ND 58103

**Phone Numbers:**

(h) 701-261-6581  
(w) 701-446-5781  
(c) 701-261-6581  
[leanp@fargo.k12.nd.us](mailto:leanp@fargo.k12.nd.us)



**Past President  
Andy Braaten**

47 6<sup>th</sup> Street SE  
Carrington, ND 58421

**Phone Numbers:**

(h) 701-652-2398  
(w) 701-652-3136  
(c) 701-650-8590  
[andy.braaten@k12.nd.us](mailto:andy.braaten@k12.nd.us)



**Executive Secretary  
Randy Johnson**

701 Hiway Dr. Apt 9B  
Hazen, ND 58545

**Phone Numbers:**

(h) 701-748-5634  
(w) 701-748-2345  
(c) 701-870-1064  
[duck@westriv.com](mailto:duck@westriv.com)



**Assistant Executive  
Secretary  
Scott Grochow**

409 7<sup>th</sup> Avenue SE  
Rugby, ND 58368

**Phone Numbers:**

(h) 701-776-5201  
(w) 701-776-6854  
(c) 701-771-2709  
[scott.grochow@k12.nd.us](mailto:scott.grochow@k12.nd.us)



**Assistant Executive  
Secretary  
Bill Jansen**

410 7<sup>th</sup> Avenue SE  
Rugby, ND 58368

**Phone Numbers:**

(h) 701-776-7758  
(w) 701-776-5201  
(c) 701-351-0844  
[william.jansen@k12.nd.us](mailto:william.jansen@k12.nd.us)



**Assistant  
Executive  
Secretary - Dakota  
Coach  
Lisa Strand**

1511 7<sup>th</sup> Avenue NE  
Thompson, ND 58278

**Phone Numbers:**

(h) 701-599-2620  
(w) 701-599-2765  
(c) 218-779-3404  
[lisa.strand@tps-k12.org](mailto:lisa.strand@tps-k12.org)



**Membership  
Chairperson  
Karen Hardie**

2472 Lilac Lane  
Fargo, ND 58102

**Phone Numbers:**

(h) 701-237-5624  
(w) 701-446-5200  
(f) 701-446-5299  
[hardiek@fargo.k12.nd.us](mailto:hardiek@fargo.k12.nd.us)



**Lions' Basketball Co-  
Chairs**

**Michael Sorlie**

PO Box 5

Gwinner, ND 58040

**Phone Numbers**

(c) 701-527-5273

(h) 701-678-3823

[michael.sorlie@k12.nd.us](mailto:michael.sorlie@k12.nd.us)

**Mike Hendrickson**

1408 57<sup>th</sup> Avenue S

Fargo, ND 58104

**Phone Numbers**

(c) 701-367-6546

(h) 701-367-6546

[hendrim@fargo.k12.nd.us](mailto:hendrim@fargo.k12.nd.us)

**Shrine Football  
Chair**

**Bill Lorenz**

1431 Chestnut Street  
Grand Forks, ND 58201

**Phone Numbers**

(c) 218-791-3121

(h) 701-795-7818

[wlorenz280@mygfschools.org](mailto:wlorenz280@mygfschools.org)

**Optimists' Volleyball  
Co-Chairs**

**Lisa Strand**

1511 7<sup>th</sup> Avenue NE

Thompson, ND 58278

**Phone Numbers:**

(c) 218-779-3404

(h) 701-599-2620

[lisa.strand@tps-k12.org](mailto:lisa.strand@tps-k12.org)

**Tim Walstrum**

PO Box 402

Kenmare, ND 58746

**Phone Numbers**

(c) 701-340-8221

(h) 701-385-3376

[twallstrum@mykps.us](mailto:twallstrum@mykps.us)



# Dakota Coach Winter 2018



*Message from the NDHSCA President Eric Olson*

## ***"Why do I coach?"***

***Greetings from the NDHSCA.*** It's the time of year where we have an opportunity to sit down and give thanks for all our blessings around us. I hope you and your family had a chance to do that during the holiday season.

The fall season is in the books, and winter season is well underway. I would like to congratulate our fall individual award winners and team champions, along with all the coaches and competitors for a fun-filled fall sports season. It's always entertaining to watch communities rally around their local teams and individuals during the regular and post season. I believe the school & community support is the best part of high school athletics here in North Dakota.

The last few years during the off-season, I've tried finding coaching and leadership books to read. One book I have read recently is *Inside Out Coaching* written by former NFL player Joe Ehrmann. I had the opportunity to meet and listen to him at a conference three years ago and was intrigued by a few questions he wanted coaches to ask of themselves: "Why do I coach?" "Why do I coach the way I do?" "What does it feel like to be coached by me?" "How do I define & measure success?"

All these questions should make coaches reflect on their coaching style and philosophy. I must admit, my first few years of coaching, I was coaching for the glory of the wins and championships. I owe plenty of apologies to those players and teams for not understanding the big picture and ultimate importance of what a coach should be. I'm very glad that I have learned how to be a better mentor and coach, albeit a few years late. I know I still make my mistakes as a coach and mentor, but those mistakes happen much less frequently compared to when I started. I challenge all of you to find a good book to help improve your coaching and leadership. If you need any book ideas, I'd be glad to recommend a few of my favorites.

I want to remind coaches their responsibility of being part of the NDHSCA, in which our Code of Ethics can be found on page 29 of this newsletter. At the top of the list is to "exemplify the highest moral character, behavior and leadership." We expect North Dakota Coaches to be the leaders in our craft and have the responsibility to provide the character and leadership skills we want the youth of our state to follow. As I tell my class of 5<sup>th</sup> graders at North Sargent: "Work hard to impress someone today!"

I've mentioned it before, but I need to reiterate the quality of leadership we have at the top of our Association. Randy Johnson makes our organization what it is. He does a tremendous amount of work behind the scenes and does a great job of being the leader of the NDHSCA. Our Assistant Executive Secretaries: Bill Jansen & Scott Grochow oversee the COTY and Senior Athlete ballots and Longevity records. What you see here in the *Dakota Coach* can be attributed to Lisa Strand who does an awesome job with our newsletter. Rod & Karen Hardie have the immense responsibility of membership and registration. All these people should be commended for their thankless work for our organization.

If you have a chance to support or thank our sponsors, please do so. They provide help in many different ways to our organization. You can find our different sponsors in various advertisements throughout this newsletter.

I wish all our coaches and athletes a memorable winter sports season. Just remember, in the end what you're doing is playing a game. Have fun playing a game, and in doing so, I hope people can use sports as a learning tool for life. Until next time---



***President Eric Olson***



### *What I Know Now That I Wish I Knew Then*

*Tracey Heisler, President Elect*



Remember being young, confident, and trusting—believing that you have the knowledge and means to handle every situation? Ah, the joy of ignorance! Life is learning from experiences and using that knowledge for future success. Some parts of life would be much easier and more productive if one had all the prudent knowledge from the start, and coaching falls into that category. Fortunately, young coaches learn from the veterans who have experienced the battles that all coaches must wage. I have been fortunate to learn from some of the best coaches—my own and my colleagues. Another advantage I have had is that I experienced being a rookie coach twice. After coaching for five years, I took a twelve-year hiatus to have three children and raise them to the point of semi-self-sufficiency (the jury is still deliberating on the proficiency level of those said children) before returning to the coaching ranks. I was granted a ‘do over’ as a new head coach in the same program I once headed—only this time, I had five years’ worth of knowledge to tap. Even though I had tremendous mentors, some knocks I had to learn on my own. That being said, as I look back on my years of coaching, I realize that I know now many tricks of the trade I wish I knew when I began.

One ‘thing’ I wish I would have known when I started coaching [or, to be honest one thing I wish I would have accepted] was my inability to remember everything. I wished I would have taken meticulous notes about practice, weather, competitions, and all other aspects of the season. Today, I can peruse my many notebooks and know the workout for every day since my return to coaching. I know if we had a blizzard, driving rain, or even miraculous sunshine for practice and how that affected practice/ competition. I know how the athletes recovered and performed after a workout and how prom affected performance. I know when athletes peaked—or should have if Mother Nature had been on board with competition weather. Taking these notes are easy and quick, but more importantly, they are essential for my current practice plans each week. Having those notes gives me options—without reinventing the wheel—for each of my athletes. More importantly, I have the data I need to evaluate the season and adjust for future success.

My next ‘I wish I knew’ is one that took me a long time to learn. As a matter of fact, it is still something I need to master: delegating. I have been blessed with amazing assistant coaches who make me look good, but I don’t always use all my resources. Assistant coaches are one’s assistants for reason—to assist. Many times head coaches feel the need for total control. [According to my husband, being a control freak is part of my DNA.] As coaches, we have a tremendous amount of work—that which most of us consider mundane—paperwork outside of practice and competition, so delegating some of that to our assistants is essential for success and sanity. Don’t be afraid to give assistants tasks such as being the webmaster, running the Remind app, maintaining records, checking eligibility, etc. Taking one of the items that do not directly involve coaching athletes off my plate allows for more quality time with athletes.

Finally, the last piece of advice I have for young coaches is an epiphany for all young coaches. Never assume common sense reigns. I have learned no matter how obvious something is to me, it is not to teenagers. Their brains are an entity all their own; hence, they provide constant entertainment and occasional frustration.

They are so busy growing and stuffing their heads with academics that they sometimes miss the aspects we would once consider common sense. Cover all your bases—think “What would a teen think?” and head off any

*(continued next page)*

# Dakota Coach Winter 2018

*(President Elect Tracy Heisler Message continued)*

problems by explaining EXACTLY what is expected of them in school, out of school, at practice, at competition, and everywhere in between. I have found if I am clear with my expectations, few, if any, problems arise, and if they do, I have my resources in place.

Twenty-five years ago, I may have moved around the track more quickly, but today, I am much more efficient. Many of those “learn by doing” experiences in the field of coaching are truly valuable, but if I can save some time and energy for someone else, all the better. Someday, I hope to be among the ranks of the knowledgeable veterans of our field, but for now, I will keep plugging away at what I love and use my many resources to become better with each season.

Good luck with this winter season and remember each challenge brings its own chance to learn and reap ultimate rewards.

*Tracey Heisler, NDHSCA President Elect*



**SCHEELS®**

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**COACH QUOTE:**

**There is do and do not, there is no try.**

**Yoda (Star Wars)**



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



### ***Happy New Year!***

The Christmas break provides time to spend with family and friends. Hopefully everyone is recharged and ready for 2018.

Congratulations to the fall State Team Champions, State Coach of the Year recipients and the POWERade Senior Athlete of the Year recipients. It was a great fall and I am sure the winter will be no different.

I remind the coaches of the POWERade Senior Athlete of the Year recipients to write thank you letters to our sponsors. These letters assist us when we need to renew the contracts. Please take the time for you and your athletes to write letters to the key individuals listed in the letter sent with the name plate.

Remember to nominate Seniors who are interested in coaching as a profession for the Gelaine Orvik Scholarship. We offer two \$1,000.00 scholarships for graduates interested in the best profession. The application form is on-line now. Go to [www.ndhsca.com](http://www.ndhsca.com). Look for "Gelaine Orvik Scholarship Application", download it and e-mail the application to [duck@westriv.com](mailto:duck@westriv.com). We need these applications by March.

The North Dakota High School Coaches Association also gives out four \$750.00 NDHSCA-Scheels Scholarships. These are available for any graduating Senior who has one of their parents as a coach. Applications are also available on our website: [www.ndhsca.com](http://www.ndhsca.com). Please have your child look for the "Scheels Scholarship Application."

All members of the North Dakota High School Coaches Association are also members of the National High School Athletic Coaches Association. Part of your membership dues are used to pay for this dual-membership. Remember as members of our association, you are eligible for multiple benefits. Here is the link for some benefits: <http://www.hscoachesbenefits.org/>. Please use this link when you are traveling, need insurance, shopping at Office Depot and other places. Every time these discounts are used the association receives a kickback. Thank you for your assistance in helping our association.

I was informed this fall of the passing of Bill Fruhwirth. Bill was a long-time boys' basketball coach at Larimore. He coached his team to a State Championship in 1978. Coach Fruhwirth was inducted into the NDHSCA Coaches Hall of Fame in 2008. NDHSCA sends condolences to the family during this time of loss. Please keep the Fruhwirth's in your prayers.

It is very important to keep in mind the Coach's Code of Ethics. These can be found on our website and later in this newsletter. All coaches should read these periodically to keep in mind the significance of educationally based athletics. As we continue through the season and enter the post-season, coaches will be asked to nominate and vote for All-District, All-Region, All-State, POWERade Senior Athlete of the Year and Coach of the Year. Keep in mind the criteria for these awards as you are asked to vote (these are also in this issue of the Dakota Coach). Please maintain the integrity of this profession and the idea of educationally based athletics!

Please mark the following items on your calendar. The National High School Athletic Coaches Association National Convention will be held this summer in Sioux Falls, South Dakota on June 23 to June 27. The North Dakota High School Coaches Association State Convention will be held in Fargo at the Ramada Convention Center (formerly the Baymont – same place – different name) on July 24 through July 27. We are

*(continued next page)*

# Dakota Coach Winter 2018

(Message from Randy Johnson continued)

looking to have some dynamic speakers and provide a great educational conference once again. Keep your eyes on our website, [www.ndhsca.com](http://www.ndhsca.com), as we get closer to the dates. Finally, North Dakota will host the National High School Athletic Coaches Association National Convention in 2019. It will be held in Bismarck with the Ramkota being the host. We will hold our State Convention in conjunction with the National. The dates will be June 22 – June 27, 2019.

Good Luck to all winter sport teams. May everyone compete to the best of their ability and the season be filled with awesome memories!



@ndhsca1



**Randy Johnson**  
**NDHSCA Executive Secretary**

## 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. We are in the process of evaluating coaches for the National Coach of the Year recipient. The finalists for this summer's convention will be announced by the end of January.

North Dakota is well represented on the National Board.

**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

We need a few more sport chairs. If you are interested in being a sport chair, please contact Randy Johnson and we will work to hopefully get you on the National Board.

This summer's National Convention will be in 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.

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](http://www.nhsaca.org), frequently for information.

In closing, make 2018 an outstanding year!

**Sincerely,**  
**Randy Johnson**  
**NHSACA Past President & Webmaster**





## Dakota Coach Winter 2018

### *Vice President Candidates for 2018*

The North Dakota High School Coaches Association has made nominations for balloting for the Association's Vice President. The balloting will be conducted at the Annual Coaches Convention held this summer at the Fargo Ramada, July 24 through July 27. The two candidates will be 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.



**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.



#### Coach Quote:

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

-Phil Jackson-



# National Hall of Fame Inductees

Recently the NDHSCA Executive Board unanimously voted to induct Dan Carr and Gary Schauer into the NHSACA Hall of Fame. The ceremony will take place in June at the National Convention in Sioux Falls, SD. Congratulations to Gary and Dan.

## Dan Carr



Dan Carr is a graduate of Verndale (MN) High School; he earned an Associate of Arts Degree from Central Lakes Community College (MN) and his BS Degree from Mayville State University (ND). He earned his Master's Degree from North Dakota State University. Dan began his professional coaching career in 1977 at Mayville State University as an Assistant Men's Basketball Coach. He moved to Belgrade (MN) High School in 1978 and was the head boys' basketball coach and head track and field coach. In 1981 Coach Carr became head boys' basketball coach at Linton High School (ND) where he remains today, except for a one year stay at NDSU as Graduate Assistant for Men's Basketball while he worked on his MS Degree. Dan later added head boys and girls golf to his coaching responsibilities at Linton High School.

Coach Carr has been a leader in his profession as Class B Representatives to the NDHSCA Advisory Committee to NDHSAA (1996-1999). He has served as NDHSCA Lions All Star Basketball Regional Player selection committee for eleven years. He has served as Conference Scheduling Committee Chairman for three years and several times chaired the District and Regional Coach of the Year Committee. Carr has been a clinician for the NDHSCA Coaches Convention twice. He has also been a clinician for the NHSACA National Coaches Convention four times.

Dan Carr's coaching has a 40-year span with two years as a college coach. He has guided his high school boys' basketball teams to 720 victories during his 38-year tenure. Carr has coached his Linton basketball teams to 22 Conference Titles and 18 District Titles. Linton Boys' Basketball Teams have also been Region Runner-up titlists eight times and Regional Champions eleven times. The Linton Lions Boys' Basketball Teams have also been NDHSAA State Runner-up titlists once (1987) and State Champions three times (1984, 1985 & 2009). Coach Carr has mentored his boys' golf team to a Regional Championship and his girls' golf teams to ten Conference Titles and eight Regional Championships.

Carr's coaching has resulted in his being selected NDHSCA Boys' Basketball District Coach of the Year fourteen times and NDHSCA Regional Coach of the Year seven times. He has also been named NDHSCA Boys' Basketball State Coach of the Year two times (1984 and 2005). He has selected for these awards by his peers at each level. He has also named Girls' Golf Regional Coach of the Year 7 times and State Girls Golf Coach of the Year in 1995.

Dan's 1984-1985 team earned him High School Male Team Coach of the Year by the North Dakota Sportswriters and Sportscasters Association. Dan has coached the NDHSCA Lions All Star Basketball Team four times (1984, 1985, 1987, and 2009). He was named National Federation State Coach of the Year in 2003 and 2007. Dan was nominated for National High School Athletic Coaches Association Boys' Basketball coach of the Year in 2004, 2008, 2011, and 2014. He was chosen by the NHSACA Selection Committee as NHSACA Boys' Basketball Coach of the Year Finalist in each of these four years. He earned NHSACA Boys' Basketball National Coach of the Year in 2014.

Coach Carr was named to the Central Lakes Community College (Brainerd, MN) Athletic Hall of Fame in 2003. Carr was also named to the Mayville State University Coaches Hall of Fame in 2013 and the North Dakota High School Coaches Association Hall of Fame in 2015. In 2016, Carr became the winningest coach in North Dakota basketball history.

Dan continues to coach and teach in Linton, ND. He and his wife, Anne, have four children: Katie, Lacey, Kyle and Megan and four grandchildren: Carter, Easton, Jaxon and Josie.

# National Hall of Fame Inductee

## Gary Schauer



Gary Schauer grew up in Ashley North Dakota and graduated from Ashley High School in 1970. He graduated from college at Valley City State University in 1974 with majors in science and physical education and competed in track and field during those four years.

Gary coached a total of 42 years throughout his career in the following schools; Bowden (74-78) Esmond (78-76) Bismarck (86-93) Ashley (93-95) Langdon (95-09) Edgley-Kulm (09-14) and South Border (15-17). He coached several sports including varsity football, track and field, boys' basketball, girls' basketball, and cross country.

While coaching girls' basketball he earned a total of 550 wins, with eleven district titles, ten regional titles, three state runner-up finishes and two state championships which occurred at Bismarck High School in 1991 and Langdon High School in 2005. Gary was also honored with the opportunity to coach the Lion's All Star game five times. He was voted Regional Coach of the Year five times, State Coach of the Year three times and was selected as a National Coach of the Year finalist three times.

During his time coaching boys' basketball he won a total of 277 games with two district titles, one regional title and one third place finish at the state tournament. Gary was voted as Regional Coach of the Year one time.

While coaching girl's track and field, Gary acquired two regional titles. He was selected as Regional Coach of the Year one time and State Coach of the Year one time.

Gary started the cross country program at Langdon High School in 1998 with the help of Rodger Snortland. Later that same year, they finished as regional champions and state runners up and Gary was selected as Regional Coach of the Year.

Gary served on the North Dakota High School Coaches executive committee from 1991-1996, while serving as president from 1993-94.

Gary would also like to mention that none of the accomplishments previously listed would be possible without the support of his lovely wife Linda, whom is currently the pastor at Zion Lutheran at Ashley, North Dakota. They have two kids, Christy and Eric. Gary also has a daughter, Heidi.

### Coach Quote:

"When you don't know what you don't know,  
it's a lot different than when you do know what you don't know."

-Bill Parcels-

# Dakota Coach Winter 2018

## *North Dakota's NHSACA COTY National Nominees*

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





# 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:

- **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** has coached for 44 years, the last 15 at New Town High School. His coaching career started at Maple Valley as an Assistant Football Coach, Head Boys' Basketball Coach and Head Boys' and Girls' Track and Field Coach. He continued his coaching career at Litchville, Watford City, Valley City and is currently coaching at New Town High School as the Head Boys' and Girls' Cross Country Coach as well as the Head Boys' and Girls' Track and Field Coach. In Coach Anderson's 44 years of coaching he holds Region Runner-Up Titles six times in Boys' Track and Field, four times in Girls' Cross Country, two times in Boys' Basketball, one time in Boys' Cross Country and one time in Boys' Golf. His teams have won the Regional Championship thirteen times in Boys' Cross Country, five times in Boys' Track and Field, four times in Boys' Basketball and two times in Girls' Cross Country. Brian's teams have also accomplished State Runner-Up Titles two times in Boys' Cross Country, two time in Girls' Cross Country and one time in Boys' Track and Field.

Additionally, his teams have won the State Championship twelve times in Boys' Cross Country, four times in Boys' Track and Field, one time in Boys' Basketball and one time in Girls' Cross Country. Coach Anderson has 412 Boys Basketball victories. He was named the National High School Athletic Coaches Association Boys' Cross Country National Coach of the Year in 2017. Brian also has been named State Coach of the Year in Boys' Cross Country eight times, Boys' Track and Field twice, Boys' Golf once and the North Dakota Sportscasters and Sportswriters Male Coach of the Year once.

Coach Anderson has served his association on Boys' Basketball Advisory for four years, Boys' Cross Country Advisory four years and the North Dakota High School Coaches Association Executive Board for five years, serving as President in 1998. He has also been a clinician at the State Convention and National Convention numerous times.

Brian and his wife Shelley have three children: Molly, Scott and Paige.



## Dakota Coach Winter 2018

### *2018 NDHSCA Hall of Fame Inductees continued*



**Clint Chamberlain** coached for 41 years. He started his career at Minot High School and finished it out at Williston High School. Clint's Track and Field teams accomplished two Regional Runner Up Titles. His Girls' Cross Country Teams finished with one Regional Runner-Up Title and one State Runner-Up Title. Coach Chamberlain's Boys' Cross Country Teams finished with six Regional Runner-Up Titles, seven Regional Titles, six State Runner-Up Titles, and four State Championships. His teams won 16 dual and triangular meets while winning 134 multi-team meets. Clint was named State Coach of the Year five times, West Region Coach of the Year twice and a National High School Athletic Coaches Association National Finalist three times. He received Williston's Follow the Leader Award twice and was inducted into the Moorhead State University Hall of Fame.

Coach Chamberlain served his organization by serving on the Cross Country Advisory Committee for eight years. He was also a clinician at the North Dakota High School Coaches Association State Convention four times and a National High School Athletic Coaches Association Clinician three times.

Clint and his wife Wendy have five children: David, Tiffany, Renae, Callie and Chris.



**Gregg Grinsteinner** has coached for 35 years. All his years have been at Dickinson Trinity High School. Coach Grinsteinner's Boys' Basketball Teams have won thirteen Roughrider Tournament Championships, five District Titles, three Regional Runner-Up Titles, twelve Regional Titles, three State Runner-Up Titles and two State Championships. His teams have won 464 games. Gregg also served as an Assistant Football Coach for 30 years. During his time as offensive coordinator for the Titans, they won twelve Regional Titles, three State Runner-Up Titles and three State Championship titles. Coach Grinsteinner was voted District Coach of the Year five times, Regional Coach of the Year five times, State Coach of the Year once, North Dakota Associated Press Sportscasters and Sportswriters Coach of the Year once, National High School Athletic Coaches Association Finalist twice and was a Lions All-Star Basketball

Coach five times. Gregg Grinsteinner was inducted into the Dickinson Trinity High School Hall of Fame in 2015.

Coach Grinsteinner served the North Dakota High School Coaches Association by being on Boys' Basketball Advisory for four years and Lions All-Star Basketball selection committee thirteen times. He was also a State Clinician four times and a National Clinician twice. Gregg served on the North Dakota High School Coaches Association Executive Board for five years serving as President during the 2011-2012 school year.

Gregg and his wife Carol have four children: Amy, Aaron, Nikki and Katelyn.



### *2018 NDHSCA Hall of Fame Inductees continued*



**Randy Johnson** is a 31-year coaching veteran. All his years have been at Hazen High School. He has coached Boys' and Girls' Track and Field, Boys' Basketball, Girls' Basketball and has also served as Hazen's Athletic Director. Coach Johnson's Boys Track and Field teams have won four conference titles, two Regional Runner-Up Titles, nineteen Regional Titles, three State Runner-Up Titles and two State Championships. His Boys Basketball teams have won two District Titles and four Regional Runner-Up Titles. Randy has also served as an Assistant Coach for Girls Track and Field. These teams have won six Conference Championships, six Regional Runner-Up Titles, twenty-two Regional Titles, three State Runner-Up Titles and ten State Championships. He also was an Assistant Girls' Basketball Coach. These teams won two District Titles, two Regional Runner-Up Titles, two Regional Championships, one State Runner-Up Title and one State Title. His boys' basketball teams won 333 games. The Bison Boys Track and Field teams have accomplished 228 multi-team victories under his direction. Coach Johnson has been named Regional Athletic Director of the Year twice, State Athletic Director of the Year once, District Basketball Coach of the Year four times, Regional Basketball Coach of the Year twice, State Track and Field Coach of the Year once, Regional Track and Field Coach of the Year 18 times. He was also a National High School Athletic Coaches Association National Finalist once and a nominee twice.

Coach Johnson served the North Dakota High School Coaches Association by being on the Boys' Basketball Advisory three years and Boys' Track and Field Advisory four years. Randy has been on the North Dakota High School Coaches Association Executive Board for seventeen years. He was the NDHSCA President 2003-2004. Randy was an Assistant Executive Secretary for eight years and is currently the Executive Secretary. A position he has held for three years. Randy served the National High School Athletic Coaches Association as Boys' Track and Field Sport Chair for five years and Regional Director for five years. Coach Johnson served on the National High School Athletic Coaches Association Executive Board for five years and was President during the 2015-2016 school year. He remains on the NHSACA Board of Directors serving as their webmaster.

Randy Johnson resides in Hazen.

**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





# ***Fall 2017 NDHSCA- POWERade Outstanding Senior Athlete Awards***

### **2017-2018 NDHSCA-POWERade Outstanding Senior Athlete Awards**

<b><u>SPORT</u></b>	<b><u>ATHLETE</u></b>	<b><u>SCHOOL</u></b>	<b><u>HEAD COACH</u></b>
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 Streng
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



## ***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.



# ***2017 NDHSCA-SUBWAY*** **Coach of the Year**

<b><u>SPORT</u></b>	<b><u>F.NAME</u></b>	<b><u>L.NAME</u></b>	<b><u>SCHOOL</u></b>
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	Streng	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



# 2018 Fall Season Assistant Coach of the Year



**Coach Alexander** has been coaching for 21 years with 16 of those years as an assistant volleyball coach in Kenmare. Her career record is 558 wins with 71 losses. She has also coached Junior High Basketball and Junior High Volleyball. **Faye** plans

practices with the head coach, tracks player rotations, and helps with decisions for playing at the varsity level. She is responsible for the locker rooms and athletes during bus trips. **Coach Alexander's** highlights from this past

year were having winning seasons with the C-Team and Junior Varsity and being a team host during the District Tournament.

Tim Wallstrum, Kenmare's Head Volleyball Coach says this about **Coach Alexander**. "**Faye** is an outstanding coach. She is a splendid example for an Assistant Coach. Her professionalism and energy are outstanding."

**Faye** and her husband Tom have two children: David and Robert.

**Faye Alexander** of Kenmare High School is the 2017 North Dakota High School Coaches Association's Fall Assistant Coach of the Year.

# 2017 Fall Season Junior High COTY



The 2017 Fall Season NDHSCA recipient of the Junior High Coach of the Year Award is **Todd Kosel**, Ellendale-Edgeley-Kulm Coop Junior High Football Coach. **Todd** was nominated by Jon Schiele, Ellendale-Edgeley-Kulm's Head Football Coach.

**Coach Kosel** is a 30-year coaching veteran with his last four years as the Junior High Football Coach for the Ellendale-Edgeley-Kulm Coop. He has also coached Boys' Basketball, Boys' and Girls' Golf and Boys' and Girls' Track and Field. His overall career Junior High record is 38-27. His main focus is Junior High Football; however, he also is an assistant

at the varsity level. **Todd** has coached two Junior High Football players who were selected team, receiving two letters of recommendation from towns they played tournaments in for the All-State team in later years. Coach Kosel's highlights from the last couple of years is his first group of Junior High football players won the State Nine-Man Football Championship in 2016.

Jon Schiele, Ellendale-Edgeley-Kulm Coop Head Football Coach, has this to say about **Coach Kosel**. "**Todd** stresses the importance of school and character. Kids feel comfortable with him on the field. He shares his knowledge with the student-athletes he coaches.

**Todd** and his wife Loni have three children: Amanda, Trent and Tyler.

**Todd Kosel** of Ellendale-Edgeley-Kulm Coop is the 2017 North Dakota High School Coaches Association's Fall Junior High Coach of the Year



# North Dakota High School Coaches Association

## 2016-17 NDHSCA SPORTS ADVISORY COMMITTEES

SPORT	REPRESENTATION	TERM
<b><u>BASEBALL:</u></b>		
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
<b><u>BASKETBALL – Boys':</u></b>		
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
<b><u>BASKETBALL – Girls':</u></b>		
Ron Metz; Bismarck Century HS	At Large Representative	2015-2018
Brent Hintz; West Fargo Sheyenne HS	A Division Representative	2016-2019
Laurie Seiben	B Division Representative	2017-2020
<b><u>CHEERLEADING (Appointed by Cheerleading Advisory):</u></b>		
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
<b><u>CROSS COUNTRY:</u></b>		
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
<b><u>FOOTBALL:</u></b>		
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
<b><u>GOLF:</u></b>		
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
<b><u>GYMNASTICS:</u></b>		
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
<b><u>HOCKEY (Appointed by Hockey Advisory):</u></b>		
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
<b><u>SOCCER:</u></b>		
James Moe; West Fargo HS	Boys' East Representative	2014-2018
Thomas Marcis; Bismarck Legacy HS	Boys' West Representative	2015-2019
Matt Pfau; Minot HS	Girls' West Representative	2016-2020
Nick Christianson; Fargo Davies HS	Girls' East Representative	2017-2021

# Dakota Coach Winter 2018

## 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, Executive Secretary

# Dakota Coach Winter 2018

## 10 Principles of Successful Coaches

**Successful coaches weave these 10 principles** into all aspects of their team's activities—whether it be during the off-season or pre-season, or in practice and in games.

**Consistent and clear standards and values.** Pre-set team values are the foundation for every successful team. What is your team's identity? Great teams establish their own culture.

**The team members feel a collective responsibility to learn and follow the team values.** People commit to the team values and live it in their actions. "This is the way we do things around here" is something the team members are proud to express. The feeling is that "we don't want to do anything that would let down the coaches, the team and each other". Everyone is accountable.

**Master Teachers, Master Motivators.** This first way for a coach gain credibility is to respect and trust is how much they know and how well they can teach it. Successful coaches understand the game and their players and how to teach both.

**Positive role models.** Coaches must consistently display the team values in their actions, and it carries down to the seniors so that they serve as role models for the team values. In a successful program, the freshmen or sophomores can be told, "If you are not sure how hard to work or how to act in any situation, just watch our seniors and follow their lead." Your older players and most talented players must be your best workers.

**All roles are valued.** When there is relationship-based leadership, everyone who contributes to the team's overall value. Credit is shared. When all roles are valued, players are more willing to accept roles and the team is more successful.

**Positive rites of passage.** Intentionally created positive traditions provide a path for athletes to feel welcomed, and to grow into leadership roles. Nothing that could be considered hazing is ever present.

**Consistent performance feedback.** Coaches know how to balance praise and correction. Athletes take correction as a compliment—they are coachable.

**Trust.** With a successful team, players trust each other and their coaches. They trust their training. Mutual trust among players and coaches allows direct, open, honest communication and fearless play.

**Sense of Urgency.** There is a high-energy level during both practice and games. Individual and team discipline is visible in the focused attention and focused effort of everyone. Details are important. Only disciplined teams have a chance to win championships.

Impact the player's lives! Players in these programs treasure the experience so much that they carry the lessons and values over beyond the season and into their lives overall. They build successful "teams" of their own—whether it be in sports or other endeavors.





# *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](mailto:scott.grochow@k12.nd.us)) or Bill Jansen ([william.jansen@k12.nd.us](mailto: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



## Allard Trophy

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

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

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**MINOT - 701.852.1010** ASK FOR SANDRA LOVELACE  
**BISMARCK - 701.255.7255** ASK FOR KATE WALTH  
**GRAND FORKS - 701.780.9424** ASK FOR JASON HEINTZ

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North Dakota High School Coaches Association



North Dakota High School Coaches Association

# FORMS AVAILABLE ONLINE

Available on the NDHSCA website

Search “NDHSCA” or enter  
[www.ndhsca.com](http://www.ndhsca.com)



All State Football Nominee

Assistant Coach of the Year

Junior High Coach of the Year

Award of Merit Recommendation

Hall of Fame Nomination Form

Lifetime Membership Application Instructions

NDHSCA Gelaine Orvik Scholarship Fund

Gelaine Orvik Scholarship Application

Victory Milestones

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**Dakota Coach Winter 2018**

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# 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](mailto:gjoly@loomislapann.com)  
Lori George: [lgeorge@loomislapann.com](mailto:lgeorge@loomislapann.com)  
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## Dakota Coach Winter 2018

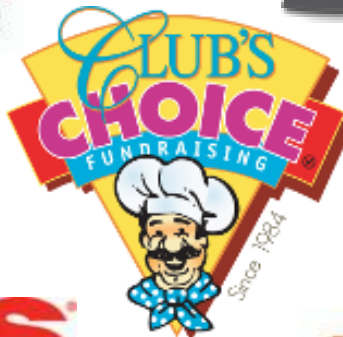
### Longevity Information For 2018 Recognition

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](mailto:Scott.Grochow@k12.nd.us), or Bill Jansen at [William.Jansen@k12.nd.us](mailto: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 22 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

# North Dakota High School Coaches Association



## *Coaches Code of Conduct*



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

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

## ONLINE MEMBERSHIP REGISTRATION LINK

### **PLEASE TAKE NOTE!**

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

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



**Membership Application and Registration** includes payment before season application deadline.

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

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

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

# SCHEELS®

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



**Sponsor of the  
Outstanding  
Senior Athlete Awards**





# 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 \_\_\_\_\_

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 \_\_\_\_\_

# Dakota Coach Winter 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](http://www.fcacoachesacademy.com)**

- 
- A 3D pyramid diagram representing the '3D Pyramid of Coaching Success'. The pyramid is divided into three horizontal layers. The top layer is red and labeled 'HEART'. The middle layer is green and labeled 'PSYCHOLOGY'. The bottom layer is blue and labeled 'FUNDAMENTALS'.
- ▶ Motivation
  - ▶ Confidence
  - ▶ Emotions
  - ▶ Team Cohesion

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15 minutes later pick up your order at the selected location



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## Dakota Coach Winter 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](http://www.ndhsca.com). Notes, articles, opinions, or letters to the editor are welcome if they deal with high school coaching concerns. They will be printed as space permits. Opinions and views of the authors are their own and do not always reflect the official position of the NDHSCA.

Send comments or suggestions to Randy Johnson, Lisa Strand or to any of the members of the Executive Board. See page 2 for e-mail and mailing addresses or phone numbers.



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NDHSCA Gelaine Orvik Scholarship**

**North Dakota High School  
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POWERade**

*Outstanding Senior Athlete Award*



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