



Volume 52 Issue #3

# Dakota Coach



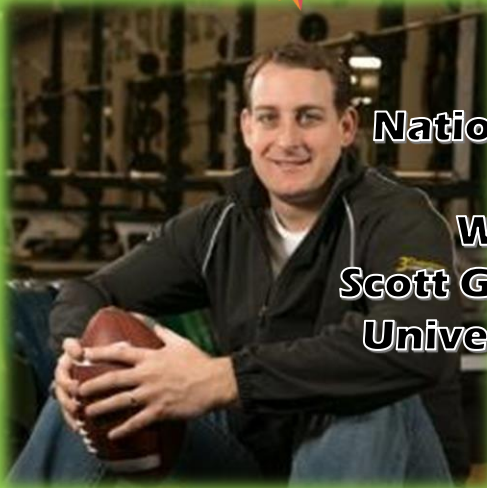
**NHSACA/NDHSCA**

## **National Coaches Convention**

**June 22-27, 2019**

*Bismarck  
Mandan*  
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Ramkota, Bismarck, ND



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**Wes Simmons of 3-D Coaching**  
**Scott Garvis, Iowa / Ed Kershner, Florida,**  
**University and National COTY Finalists**  
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# NHSACA National Convention and NDHSCA Convention



## -draft schedule available-

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Wes Simmons, 3 D Coaching



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## NDHSCA Vice President Candidates



Jeremy St. Aubin



Rick Anderson

Voting will take place at the NDHSCA  
Coaches Convention in June 2019



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# Leadership, Pride & Humility

message from President Tracey Heisler



As I sit to begin this, the calendar says we should be seeing the signs of spring, but the snow whipping around outside sends quite a different message. The juxtaposition of the weather reflects the role coaches need to teach our athletes and students. In James Kerr's *Legacy*, a book reflecting 15 lessons in leadership, he reflects on the aspects that made New Zealand's National Rugby team a world dominating power. The first lesson deals with character in that:

**“Successful leaders balance pride with humility: absolute pride in performance; total humility before the magnitude of the task.”**

Imagine the enormity of this statement. Leaders need to take pride in all they do—to the point of instilling in others respect, determination, fortitude, compassion, and integrity; yet, all the while, they must do it while realizing the tremendous responsibility this task places on them. They must never believe themselves better, more important, or greater than others.

Humility is not something widely recognized in our world. Rather, the flamboyant and outrageous actions of people are ‘liked,’ ‘retweeted,’ or ‘shared’ across social media, and that is what our athletes see. Drawing attention to themselves is considered normal behavior; therefore, those actions are what our athletes believe to be acceptable and, at times, necessary. On the national level, the concern for these actions is reflected in that more and more rules about uniforms and displays of celebration have been installed—rules to promote humility rather than arrogance.

Hence the juxtaposition—pride is necessary for leadership, but when pride becomes arrogance, all humility is lost, and with that, leadership. New Zealand's National Rugby team cleans their own locker room. This is the first lesson they teach all their players: To be great rugby players, they need to be great human beings. With humility, they understand the opportunities playing rugby at the national level gives them and the responsibilities to humanity that come with it.

Athletics is a powerful tool in teaching young people to be great human beings—something our world greatly needs. With that, coaches must never lose sight of the influence we have over our athletes to teach them the difference between pride and arrogance and the importance of maintaining humility with success.

I want to congratulate all the winter sports on battling through freezing temps, blowing winds, and ridiculous amounts of snow. I also want to wish the best of luck to our spring sports, and I hope all of you have snow shovels handy, strong backs, and unending patience for the weather this upcoming spring season!

*-President Heisler*

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## *Message from Past President, Paul Lean*

### Make the Commitment



Well, the spring season is upon us. Hopefully, we can actually get outside soon to have our contests. I would like to say congratulations to all our fall and winter teams and coaches for having a successful season. This goes out to all the teams and coaches, not just the state champions, COTY, or senior athletes of the year. We can all find success in what we did during our season. If you improve the skills of your players, you had success. If you improved the culture of your team, you had success. Success should not always be found in wins or championships. Every team can have success.

Five years ago I was elected onto the NDHSCA Board. I was a little nervous about what I was getting myself into, but looking back, I really had no reason to be nervous. The board members all are such good people. I have worked with nine different members and this summer we will add a new VP and both candidates are great people as well. The assistant executive secretaries (Scott, Bill, and Lisa) do an awesome job of taking care of their areas of expertise. And of course, there is our Executive Secretary, Randy Johnson, who is one of the hardest working individuals I know. He puts countless hours into meeting agendas, planning the summer convention, and generally making our association function. I have spent most of my career coaching track and cross country and spent some time as a volleyball and basketball coach, but in the last five years I have learned so much more about wrestling, baseball, softball, hockey, soccer, golf, tennis, football and swimming. I have a whole new appreciation of all sports now that I have served on the NDHSCA Board. We are a small part of something very big and that big thing is COACHING! What an awesome career we have chosen, I encourage everyone to become involved with the association. It will change your life...in a GOOD WAY!

Here is a snippet of my first President's message back in the Fall of 2016 when I put out a challenge to our membership to "commit to the coaching profession". "You can do this in three ways, the first is to use every opportunity to increase your knowledge. Attending our State Convention each summer is a great way to learn. Even if you just take away a couple of things, it is still a great learning experience. Networking is also a great way to improve. Sessions aren't the only place to pick up ideas; talking with coaches while out for supper or visiting at the social are also great ways to pick the minds of some pretty awesome coaches from around the state. The second way to commit is to use your leadership to build our association by encouraging other coaches to become members. Go back to your schools and spread the word about our great association. All coaches, whether they are head, assistant, or junior high, need to stand united in our profession. The third way to commit is to become involved and active in the NDHSCA. We are always looking for convention speakers, advisory members, vice president candidates, and national sport chairs. These are great ways to become involved."

As I leave the board, I challenge our membership again to "commit to our coaching profession". We expect the very best from our student-athletes and they should expect the very best from us. Our association is a great way for each of us to grow as an individual and as a coach, but you have to put in the effort for that to happen. We have some excellent coaches right here in our state to learn from, we just need to get together to have those conversations. I learn a lot during convention. I learn from the 8-5 sessions and also at the after 5 sessions sitting with colleagues at supper or out and about until the wee hours of the morning. I learned how they worked through struggles, how they handled certain situations, and what they learned from another coach a few years earlier. We are never too old to learn!

Thank you for having the confidence five years ago to vote me onto the Board, it has been a great experience. I hope that you also have the opportunity to be a part of this association as a board member. I might be off the board, but I will still be around coaching and working with some of the best student-athletes in the world doing what I love... coaching kids!

Dakota Coach Spring 2019

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**Fargo – (701-298-2918)** Ask for Maari Boatman or Brian Wagner  
**Minot – (701-852-1010)** Ask for Collin Wible  
**Bismarck – (701-255-7255)** Ask for Kate Walth  
**Grand Forks – (701-780-9424)** Ask for Molly Engen



## From the **NDHSCA** Executive Secretary's Desk

*-Randy Johnson*

Spring is here! The Winter Season provided some challenges for schools with winter weather. It seemed like there were school closings every other week in February and part of March. It sounds like the worst is behind us. The Winter Sport Season was a dandy. There was great competition and some outstanding performances. Congratulations to all State Champions, NDHSCA Subway Coach of the Year Recipients and NDHSCA POWERade Senior Athlete of the Year Recipients! What an exciting season.

The North Dakota High School Coaches Association is hosting this year's National High School Athletic Coaches Association National Coaches Convention this summer. The dates are **June 22 through June 27** at the Ramkota Hotel in Bismarck. Mark your calendars. We expect coaches to attend. **Our goal is to have at least 700 coaches from North Dakota.** Your attendance can help make this one of the best National Conventions ever. A tentative schedule is posted on our website: [www.ndhsca.com](http://www.ndhsca.com) and in this issue. Registration is now open. **Please register today!** You can register by going online to our website and hit the 2019 National Convention Registration. **Remember all North Dakota coaches must register through North Dakota.** This convention will help in the process of coaching recertification. It is a National Convention and it is right in your back yard. The cost of registering is only \$125.00. This will include membership for 2019-2020, a ticket to the Thursday NDHSCA Hall of Fame/COTY Banquet, admission to the Universal Social on Monday and ability to attend all sessions at the convention.

The convention schedule is coming together. We have attempted to get a great lineup of speakers in all disciplines. **Keep in mind you will have the opportunity to listen to the National Coach of the Year Finalists in all sports.** This is amazing. They will share some secrets to their success! Their accomplishments have given them national recognition. Coaches have the opportunity to earn up to five Semester hours of credit from North Dakota State University. (You will need to attend all sessions from Saturday, June 22 through Thursday, June 27 to earn 5 credits.) The requirements for credit are on our website. Check it out!

The NDHSCA is trying to provide as many benefits as possible to its membership. Here are a few of these advantages of being a member.

- \$1,000,000 Liability Coverage
- Opportunity to be named Coach of the Year
- Opportunity to serve on NDHSCA Advisory Committee
- Opportunity to serve on NDHSCA Executive Board
- Opportunity to have a voice involving your sport
- Free admission to most high school, college and university contests
- Discounts on supplies from Office Depot
- Discounts on Life Insurance and Long-Term Care Insurance
- Discounts on hotels while traveling
- Discounts on some vacation spots
- Scholarship possibilities for graduating sons and daughters
- Ability to nominate graduating Seniors for scholarships

*continued on page 7*



# Dakota Coach Spring 2019

Randy Johnson, Executive Secretary Message, continued from page 6



These are just a few of the things we are trying to assist our membership with. If you have any questions, please feel free to contact me at [duck@westrv.com](mailto:duck@westrv.com).

POWERade of North Dakota continues to sponsor the Senior Athlete of the Year Award. I encourage coaches and recipients of this award to write thank you letters to our sponsors. The sponsors and their addresses are on the letter when we send the name plates. This is the biggest note I receive back from our sponsors. They truly enjoy the letters. Keep them coming!

Subway continues to give the NDHSCA a sizeable donation for Coach of the Year awards. We ask schools to stop at Subway as much as possible. You can order ahead of time and pay when you pick up the subs. There is information available on our website. Please order correctly to speed up the process.

Coaching is one of the greatest professions. You have more impact on young people in this occupation than any other. I encourage coaches to look at the Coaches Code of Ethics and Coaches Code of Conduct regularly. These codes are what we stand for in the professional world. Coaches expect exceptional behavior out of their athletes so please display what is required.

I encourage all coaches to attend the National Coaches Convention June 22 through June 27 at the Ramkota Hotel in Bismarck. This is a golden opportunity for you to visit with some of the best high school coaches in the country. See you in Bismarck!



*NDHSCA Executive Secretary, Randy Johnson*

## **Deadlines for Coaches to Join**

### **the North Dakota High School Coaches Association in Order to be Considered for Coach of the Year**

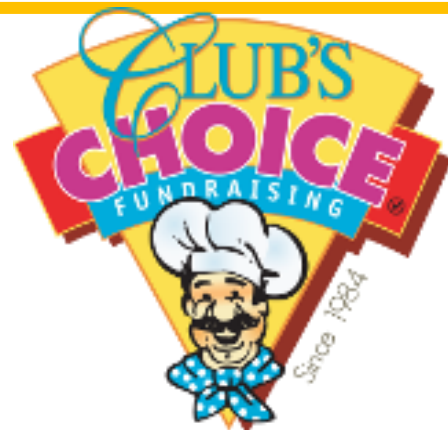
September 15 – Deadline for Fall Coaches to join the NDHSCA

January 15 – Deadline for Winter Coaches to join the NDHSCA

April 15 – Deadline for Winter Coaches to join the NDHSCA

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## Greetings from the National High School Athletic Coaches Association

*from Randy Johnson, NHSACA Past President*

The North Dakota High School Coaches Association is hosting the 2019 National High School Athletic Coaches Association National Coaches Convention in conjunction with the NDHSCA State Convention. The dates of the convention will be June 22 through June 27. It will be at the Ramkota Hotel in Bismarck.

North Dakota has two coaches who will be inducted into the NHSACA National Coaches Hall of Fame. They are as follows:

- Scott Knowlen – Bismarck High Wrestling Coach
- Carolyn Olson – Grand Forks Red River Volleyball Coach

**Congratulations Scott and Carolyn on your induction!**



North Dakota has seventeen finalist for the NHSACA National Coach of the Year Award. The finalists from North Dakota are as follows:

- Todd Olson; Fargo Public Schools – Athletic Director
- Jeff Feichtner; Fargo North High School – Baseball
- Mike Hendrickson; Fargo South High School – Boys' Basketball
- Rick Anderson; Griggs County Central High School – Boys' Cross Country
- Sean Allan; Grand Forks Central High School – Girls' Cross Country
- Dan Smrekar; Bismarck St. Mary's High School – Football
- Perry Piatz; Kindred High School – Golf
- Patrick Johnson; West Fargo High School – Softball
- Kent Van Ells; Dickinson High School – Special Sports
- Jake Solper; Minot High School – Swimming
- Scott McPherson; Bismarck Legacy High School – Tennis
- Craig Kovash; Dickinson Trinity High School – Boys' Track and Field
- John Ward; Hazen High School – Girls' Track and Field
- Tim Wallstrum; Kenmare High School – Volleyball
- Derrick Dixon; Turtle Mountain Community High School – Wrestling
- Rod Hardie; Fargo North High School – Assistant COTY Boys'
- Tim Delmore; Grand Forks Red River High School – Assistant COTY Girls'

**The North Dakota High School Coaches Association wishes them Good Luck  
this summer in their quest to be named National Coach of the Year!**

*(message continued on page 9)*

# Dakota Coach Spring 2019

*(message from Randy Johnson, NHSACA Past President continued from page 8)*

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



Starting the 2019-2020 year, Jake Solper from Minot will become the Swimming Sport Chair for the National High School Athletic Coaches Association. This will add another person from North Dakota to the NHSACA Board of Directors.

Tim Wallstrum will be running for the Vice President position of the National High School Athletic Coaches Association. We wish Tim Good Luck!

The 2020 National High School Athletic Coaches Association National Convention will be held in Lincoln, Nebraska. The dates of the 2020 National Convention will be July 19 through July 23.

In closing, we are hoping to see all North Dakota Coaches at the National Convention this summer in Bismarck. See you in June!

***Randy Johnson***  
***NHSACA Past President***

**Order your next team meal online!**



## COACH QUOTE:

**It comes down to this:**

**What kind of father/mother are you? What kind of husband/wife are you? What kind of coach/teammate are you? What kind of son/daughter are you? What kind of friend are you?**  
**Success comes in terms of relationships.**

**-Joe Ehrmann-**



## NDHSCA



### Coaches Convention Planned

The North Dakota High School Coaches Association is hosting the National High School Athletic Coaches Association National Coaches Convention in conjunction with the NDHSCA Coaches Convention this summer. The convention will be held **June 22 through June 27** at the Ramkota Hotel in Bismarck, North Dakota. Rooms have been reserved for this convention at the Ramkota. We also have rooms reserved at the Expressway Suites and the Everspring Inn and Suites. Hotel information can be found on our website: [www.ndhsca.com](http://www.ndhsca.com). **Please call to reserve rooms immediately!**

**Registration for the convention is now open!** All North Dakota Coaches need to register through the NDHSCA website: [www.ndhsca.com](http://www.ndhsca.com). Here are some key points in preparation and registration for the convention.

1. Convention registration will be \$65.00. Membership remains at \$60.00.
2. Convention is held at the Ramkota Hotel in Bismarck
3. Dates of the convention are June 22 through June 27
4. June 22 through June 23 – Leadership Conference
  - a. May attend this conference even if you do not take it for credit
5. June 24 through June 27 – Sport Specific Sessions
6. Up to five semester hours of credit available. Cost is \$100.00 per credit.
  - a. Two credits – Leadership Conference (June 22 – June 23)
    - i. Some outside work is necessary
  - b. Two or three credits – Sport Specific Conference (June 24 – June 27)
    - i. Some outside work is necessary for the three credits
  - c. See our website for requirements on Graduate Credit: [www.ndhsca.com](http://www.ndhsca.com)
7. May recertify in **CPR/AED/First Aid** – Sunday, June 23 (**Cost: \$15.00**)
8. May recertify in **Concussion Management** – Sunday, June 23
9. Universal Athletic Social – Monday, June 24 (All convention attendees may attend)
10. **NHSACA** National Hall of Fame Banquet – Tuesday, June 25
11. **NHSACA** National Coach of the Year Banquet – Wednesday, June 26
12. **NDHSCA** Hall of Fame/Coach of the Year Banquet – Thursday, June 27

**All Athletic Directors and coaches are reminded** this will work for the recertification process of coaches. This is the year for the first group of coaches to become recertified. Take advantage of this National Convention.

**Please register now!** Our goal is to have at least 700 North Dakota Coaches present. This is a golden opportunity to attend a National Convention in the state of North Dakota. It is also in beautiful Bismarck.

*continued on page 12*

## NDHSCA Coaches Convention Planned

The NDHSCA Annual Meeting will take place on Thursday, June 27. There will be a free Subway Lunch for all meeting attendees. It is important to be present to learn what is happening with your coaching association.

A tentative schedule is posted on our website: [www.ndhsca.com](http://www.ndhsca.com). This will be updated weekly so continue to check it our online.

This convention is for all coaches. You may ask your assistant coaches, junior high coaches and elementary coaches to attend. It will be a great learning experience. We have the NHSACA National Coach of the Year Finalists speaking along with a number of college and university coaches. It will be a great event with a number of special ceremonies to attend. **Make North Dakota proud and attend this outstanding event.**

If you have additional questions, please feel free to contact Randy Johnson, NDHSCA Executive Director at: 701-870-1064 or e-mail at [duck@westriv.com](mailto:duck@westriv.com).

**See you in Bismarck June 22 through June 27.** Looking forward to having you!

# BW T&F Enterprises



# 2019 NDHSCA-NHSACA National Convention Information

The North Dakota High School Coaches Association is hosting the National High School Athletic Coaches Association National Coaches Convention this summer. This will work for recertification of coaches.

**Where:** Ramkota Hotel - Bismarck, North Dakota

**When:** June 22 through June 27

**Registration:** Please visit our website: [www.ndhsca.com](http://www.ndhsca.com)

**Registration is currently open**

**Leadership Seminar:** June 22 and June 23

**Sport Specific Seminar:** June 24 through June 27

**Graduate Credit Possible through NDSU:**

- \$100.00 per graduate credit (Pay to NDHSCA)
- Leadership Seminar – 2 graduate credits
- Sport Specific Seminar – 2 or 3 graduate credits

**CPR Recertification:** Sunday, June 23

**Concussion Management Certification:** Sunday, June 23

**Universal Athletic Social:** Monday, June 24 (meal provided!)

**NHSACA National Hall of Fame Banquet:** Tuesday, June 25

**NHSACA National Coach of the Year Banquet:** Wednesday, June 26

**NDHSCA Hall of Fame/Coach of the Year Banquet:** Thursday, June 27

**NDHSCA Annual Meeting:** Thursday, June 27

Tentative Schedule is on our Website: [www.ndhsca.com](http://www.ndhsca.com)

## Register Today!

**Reserve Your Rooms now!**

Information is on our website: [www.ndhsca.com](http://www.ndhsca.com)



# Dakota Coach Spring 2019

## 2018-2019 NDHSCA WINTER ASSISTANT COTY



The Winter 2018-2019 Season recipient of the North Dakota High School Coaches Assn. Assistant Coach of the Year Award is **Andrea Bitz**, Jamestown HS Assistant Gymnastics Coach. Dave Tews, Jamestown's Head Gymnastics Coach, nominated **Andrea**.

**Coach Bitz** has been coaching for 23 years with 13 of those years as an assistant gymnastics coach at Jamestown HS. Her overall Gymnastics Coaching record is 140-48. **Andrea** has coached 25 All-State Competitors and three State Champions. Her responsibilities include assisting in spotting, developing practice plans, preparing goal sheets and tracking progress of the athletes. **Coach Bitz** provides coaches training and spotting techniques to the Jamestown Volunteer coaches. Some highlights from this past season include coaching two State Champions and two All-State Competitors.

Dave Tews, Head Gymnastics Coach at Jamestown High School says this about **Coach Bitz**. "**Andrea** is a lover of practice and practice planning. She leads discussion on practice plans and has been in charge of our conditioning program. **Coach Bitz** is the reason we have developed a very strong program in Jamestown." **Andrea** and her husband Nathan have two children, Madison and Jackson.

## 2018-2019 NDHSCA JUNIOR HIGH ASSISTANT COTY



The 2018-2019 Winter Season recipient of the North Dakota High School Coaches Association Junior High Coach of the Year Award is **Chris Haugen**, West Fargo Liberty Middle School Boys Basketball Coach. **Chris** was nominated by Tom Kirchoffner, West Fargo Sheyenne Head Boys Basketball Coach.

**Coach Haugen** is a 25 year coaching veteran, with the last 13 years being at West Fargo Liberty Middle School. He also coaches Junior High Girls Basketball. He is responsible for organizing and scheduling all the Junior High Basketball Games as well as practices. **Coach Haugen** takes his boys out to do community service. He works with the Salvation Army, Churches United for the Homeless, the YMCA, Christmas Boxes for kids around the world, and Feed My Starving Children. **Chris** was inducted into the Luther College Athletic Hall of Fame in 1987.

Tom Kirchoffner, Head Boys Basketball Coach at West Fargo Sheyenne has this to say about **Coach Haugen**. "**Chris** is a coach of the finest quality. He is very passionate, enthusiastic and cares about his players. He models what education-based athletics is all about"

**Chris** is married to his wife Sunny.

### Coach Quotes

Anytime you get an award as a coach, you've got to be the ultimate fool to think it wasn't your assistant coaches and all the players responsible for the award.

-Don Meyer

# ***2018-19 NDHSCA Subway Coach of the Year***

<b><u>SPORT</u></b>	<b><u>Name</u></b>	<b><u>SCHOOL</u></b>
Class A Girls Golf	Lindsay Reede	Bismarck Century HS
Class A Boys' Tennis	Max Weisser	Grand Forks Central HS
Class A Boys' Soccer	George DuBois	Grand Forks Central HS
Class B Girls' Cross Country	Bill Jansen	Rugby HS
Class A Girls' Cross Country	Jason Edwards	Fargo Davies HS
Class B Boys' Cross Country	Brian Anderson	New Town HS
Class A Boys' Cross Country	Shane Wahlstrom	Williston HS
Nine Man Football	Steve Kleinjan	New Salem-Almont HS
Class A Football	Josh Krivarchka	Langdon Area
Class AA Football	Scott Roehrich	Valley City HS
Class AAA Football	Mark Gibson	Bismarck HS
Class A Girls' Swimming	Emily Jensen	Minot HS
Class A Volleyball	Anna Folk	Mandan HS
Class B Volleyball	Lisa Strand	Thompson HS
Class B Wrestling	Dave Wolding	New Salem-Almont HS
Class A Wrestling	Peter Dobitz	Dickinson HS
Class A Wrestling	Trevor Conrad	Dickinson HS
Class A Gymnastics	Courtney Engel	Grand Forks Public Schools
Class A Girls' Hockey	Rob McIvor	Devils Lake HS
Class A Boys' Hockey	Grant Paranica	Grand Forks Central HS
Class A Boys' Swimming	Jake Solper	Minot HS
Class B Girls' Basketball	Dan Welder	Kidder County HS
Class A Girls' Basketball	Justin Klein	Devils Lake HS
Class A Boys' Basketball	Jacoby Lloyd	Jamestown HS
Class B Boys' Basketball	Brandy George	Thompson HS



**CONGRATULATIONS TO ALL RECIPIENTS!**

# 2018-19 POWERade Senior Athlete of the Year

<u>SPORT</u>	<u>ATHLETE</u>	<u>SCHOOL</u>	<u>HEAD COACH</u>
A Girls' Golf	Gabrielle Easton	Bismarck St. Mary's HS	Matthew Mullally
A Boys' Soccer	Telvin Vah	West Fargo HS	James Moe
A Boys' Tennis	Michael Janes	Bismarck Legacy HS	Scott McPherson
B Girls' Cross Country	Lana Krack	Thompson HS	Lindsay George
A Girls' Cross Country	Megan Lundstrom	Fargo Davies HS	Jason Edwards
B Boys' Cross Country	Isaac Huber	Edgeley-Kulm	Myla Buckeye
A Boys' Cross Country	Alexander Luz	Fargo North HS	Gary Mailloux
Nine Man Football	Evan Henke	New Salem-Almont-Glen Ullin	Steve Kleinjan
A Football	Kaden Kuntz	Dickinson Trinity HS	John Odermann
AA Football	Haley Bucholz	Fargo Shanley HS	Troy Mattern
AAA Football	Will Madler	Bismarck HS	Mark Gibson
A Girls' Swimming	Carly Palmer	Bismarck Century HS	Kathy Aspaas
A Girls' Volleyball	Averi Beyer	Fargo Davies HS	Melissa Wilson
B Girls' Volleyball	Taylor Zak	Thompson HS	Lisa Strand
B Wrestling	Kyle Burwick	Hettinger-Scranton	Randy Burwick
A Wrestling	Ryan Ripplinger	Bismarck HS	Mark Lardy & Jeff Schumacher
A Gymnastics	Dacia Rambousek	Dickinson HS	Kent Van Ells
A Girls' Hockey	Skylar Ackerman	Bismarck HS	Tim Meyer
A Girls' Hockey	Baylee Kram	Dickinson HS	Al Takle
A Boys' Hockey	Cole Hanson	Grand Forks Central HS	Grant Paranica
A Boys' Swimming	Jayden Porter	Bismarck Century HS	Dennis Kemmesat
B Girls' Basketball	Taylor Zak	Thompson HS	Jason Brend
A Girls' Basketball	Megan Zander	Mandan HS	Abby Thomas
A Boys' Basketball	Luke Lennon	West Fargo HS	Adam Palczewski
B Boys' Basketball	Ben Bohl	Minot Bishop Ryan HS	Jeremy Feller

## 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.





# NHSACA

## COACH OF THE YEAR FINALISTS

<u>Sport</u>	<u>Coach or Athletic Director</u>	<u>School</u>
Athletic Director	Todd Olson	Fargo Public Schools
Baseball:	Jeff Feichtner	Fargo North High School
Basketball – Boys'	Mike Hendrickson	Fargo South High School
Cross Country – Boys'	Rick Anderson	Griggs County Central
Cross Country – Girls'	Sean Allan	Grand Forks Central High School
Football	Dan Smrekar	Bismarck St. Mary's High School
Golf	Perry Platz	Kindred High School
Softball	Patrick Johnson	West Fargo High School
Special Sports	Kent Van Ells	Dickinson High School
Swimming & Diving	Jake Solper	Minot High School
Tennis	Scott McPherson	Bismarck Legacy High School
Track & Field – Boys'	Craig Kovash	Dickinson Trinity High School
Track & Field – Girls'	John Ward	Hazen High School
Volleyball	Tim Wallstrum	Kenmare High School
Wrestling	Derrick Dixon	Turtle Mountain Community High School
Assistant COTY – Boys'	Rod Hardie	Fargo North High School
Assistant COTY – Girls'	Tim Delmore	Grand Forks Red River High School

## NDHSCA-NHSACA NATIONAL HALL OF FAME INDUCTEES

Scott Knowlen – Bismarck High School Wrestling Coach

Carolyn Olson – Grand Forks Red River Volleyball Coach

## NHSACA DISTINGUISHED SERVICE AWARD

Tim Wallstrum – Kenmare High School Volleyball Coach,  
NHSACA Volleyball Chair, NDHSCA Vice President, Optimist Co-Chair

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# **NDHSCA AWARDS**

to be presented at the NDHSCA Banquet June 27, 2019

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## **Award of Merit**

The North Dakota High School Coaches Association announces the Award of Merit Recipients for the 2019 NDHSCA Hall of Fame/Coach of the Year Banquet.

**Myron Loberg – NDSU Volunteer Track and Field Coach**

**Mark Weber – Emmons County Sports Writer**

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## **Special Recognition**

The North Dakota High School Coaches Association announces the Special Recognition Recipients for the 2019 NDHSCA Hall of Fame/Coach of the Year Banquet.

**Selmer Flom – (Deceased) Long time tournament worker for District, Regional and State Tournaments hosted in Minot.**

**Jeff Risk – Long time Football, Basketball and Baseball official.  
Jeff is from Minot.**

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## **2019 NDHSCA Hall of Fame**

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 in June of 2019.

The inductees are as follows:

**Lyne Enget;** Deceased Football, Basketball and Track and Field Coach from Stanley High School

**Rodney Hardie;** Cross Country and Track and Field Coach from Fargo North High School

**Craig Kovash;** Head Track and Field Coach from Dickinson Trinity High School

**Dave Zittleman;** Activities Director at Bismarck Public Schools

# Dakota Coach Spring 2019



Tentative  
**2019 NHSACA-NDHSCA National  
 Convention Schedule  
 Ramkota, Bismarck, ND**



1:00 Friday, June 21 NDHSCA Executive Board Meeting (Governors Room)

## Saturday, June 22; Leadership Seminar

7:00 – 12:00 **NHSACA-NDHSCA** Registration Open

7:30 AM College Credit Registration, Dr. Brad Strand; NDSU (2 credits) Heart Room

8:00 ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Heart	Leadership	“Coaching Ethics”	Dr. Jim Haussler; Bismarck Schools

9:00 ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Heart	Leadership	“Coaching Athletes for Life, Not Just the Season”	Pete Moe; CMAA Washburn, ND

10:00 ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Heart	Leadership	“Character-Drive Department/Program Philosophy”	Mark Rerick; Grand Forks Schools

11:00 ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Heart	Leadership	“Core Value Based Coaching”	Mark Rerick; Grand Forks Schools

12:00 – 12:30 Lunch on your own

12:00 – 6:00 NDHSCA Executive Board Meeting (Governors Room)??

12:30 ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Heart	Leadership	“Best Practice Practices for Coaches”	Mark Rerick; Grand Forks Schools

1:00 – 6:00 NHSACA Executive Board Meeting (Room 3130)

1:30 ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Heart	Leadership	“The Coaching Profession and the Changing Culture”	Ed Kershner; Oviedo, FL

2:30 ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Heart	Leadership	“The Coaching Profession and the Changing Culture”	Ed Kershner; Oviedo, FL

3:30 ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Heart	Leadership	“Winning the Situation Game”	Ed Kershner; Oviedo, FL

4:30 ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Heart	Leadership	“Coach/Official Relationships”	Brent Engebretson; Velva ND

5:30 ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Heart	Leadership	“Coaching The Line”	Dr. Brad Strand; NDSU

6:30 ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Heart	Leadership	“The Truth About Achievement”	Dr. Brad Strand; NDSU

# Dakota Coach Spring 2019

NDHSCA-NHSACA Tentative Schedule continued

## Sunday, June 23; Leadership Seminar

**7:30 – 2:00 NHSACA-NDHSCA Registration Open**

<b>8:00 ROOM</b>	<b>SEMINAR</b>	<b>Topic</b>	<b>SPEAKER; SCHOOL</b>
Heart	Leadership	"Social Media: Do's and Don'ts"	Scott Garvis, Ankeny HS, Iowa

<b>9:00 ROOM</b>	<b>SEMINAR</b>	<b>Topic</b>	<b>SPEAKER; SCHOOL</b>
Heart	Leadership	"Setting Up a Coach Mentoring Program in Schools"	Dan Brunner; WIFCA

**9:00 – 12:00 NHSACA Executive Board Meeting (Room 3130)**

<b>10:00 ROOM</b>	<b>SEMINAR</b>	<b>Topic</b>	<b>SPEAKER; SCHOOL</b>
Heart	Leadership	"Concussion in Sports Management & Return"	Candy Vander Wal, LAT; Sanford Health Samantha Stroh, LAT; Sanford Health Dr. Jon Kolberg; Sanford Health

<b>11:00 ROOM</b>	<b>SEMINAR</b>	<b>Topic</b>	<b>SPEAKER; SCHOOL</b>
Heart	Leadership	"Skin Infections in Sports"	Alicia Wells, LAT; Sanford Health Dr. Jon Kolberg; Sanford Health

**12:00 – 12:30 Lunch on own**

<b>12:30 ROOM</b>	<b>SEMINAR</b>	<b>Topic</b>	<b>SPEAKER; SCHOOL</b>
Heart	Leadership	"Long Term Athletic Development"	Chris Rivinius, CSCS; Sanford Health Nicklaus Jolliffe, CSCS; Sanford Health
Cannonball	Leadership	"AED, CPR, First Aid Recertification" (Extra \$15 Cost)	Christa Sommer; Garrison NDHP

**1:00 - 2:00 NHSACA Past Presidents' Meeting (Governors Room)**

**1:00 - 2:00 NHSACA Sport Chair Meeting (Lamborn)**

**1:00 - 2:00 NHSACA Region Director Meeting (Patterson)**

<b>1:30 ROOM</b>	<b>SEMINAR</b>	<b>Topic</b>	<b>SPEAKER; SCHOOL</b>
Heart	Leadership	"Taping of Common Injuries in Sports"	Alicia Wells, LAT; Sanford Health Dean Chumley, LAT; Sanford Health
Cannonball	Leadership	"AED, CPR, First Aid Recertification" (Extra \$15 Cost)	Christa Sommer; Garrison NDHP

**2:00 - 3:00 NHSACA Board of Directors Meeting (Governors Room)**

<b>2:30 ROOM</b>	<b>SEMINAR</b>	<b>Topic</b>	<b>SPEAKER; SCHOOL</b>
Heart	Leadership	"Taping Demonstration Lab"	Alicia Wells, LAT; Sanford Health Dean Chumley, LAT; Sanford Health
Cannonball	Leadership	"AED, CPR, First Aid Recertification" (Extra \$15 Cost)	Christa Sommer; Garrison NDHP

**3:00 – 4:00 NHSACA Board of Directors Committee Meetings**

Grand Pacific North	Awards, Nominations, and Credentials Committee
Grand Pacific South	Professional Education Committee
Patterson North	Hall of Fame Committee
Patterson South	By-Laws, Policies, and Procedures Committee
Lamborn North	Regional Directors, Growth and Development Committee
Lamborn South	Publications, Resolutions, and Social Media Committee

# Dakota Coach Spring 2019

NDHSCA-NHSACA Tentative Schedule continued

3:30 ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Heart	Leadership	"Return to Performance"	Candy Vander Wal, LAT; Sanford Health Brandon Dirk, PT; Sanford Health

**4:20** NDHSCA – NHSACA Board of Directors Load for Fort Lincoln  
**4:30 – 9:00** NDHSCA – NHSACA Board of Directors and Special Guests Dinner and Activities (Fort Lincoln)

4:00 – 6:00 Exhibitor Setup at Ramkota (Courtyard)

## Monday, June 24; Sport Specific Sessions

7:30 – 4:00 **NHSACA-NDHSCA** Registration Open

7:30 – 9:30 AM Exhibitor Setup at Ramkota (Courtyard)

8:00 AM College Credit Registration, Dr. Brad Strand: NDSU (2 or 3 Credits) Grand Pacific-Patterson

8:30 – 10:00 ROOM	TOPIC	SPEAKER; SCHOOL
Grand Pacific-Patterson	General Session #1 "Three-Dimensional Coaching"	Wes Simmons

### 10:00-10:15 Visit Exhibitors

10:15 ROOMSPORT	TOPIC	SPEAKER; SCHOOL
3130	Athletic Director "Battling The Recognition Monster"	Rich Montgomery; Rock Falls, IL
Lamborn	Basketball "Three-Dimensional Coaching Presentation"	Mitch Hull; Wes Simmons
Sheyenne	Football "NHSACA National COTY Presentations"	Jeff Bellar; Sport Chair
2160	Swimming "Introductions and Convention Information"	Ralph Manley, Sport Chair
	"Round Table – Current Issues in Swimming"	Jake Solper; Minot ND
Heart	Track & Field "Sprint Relays"	Craig Kovash; Trinity HS ND
	"Use of Tires for Strength Training"	John Ward; Hazen HS ND
Cannonball	Volleyball "Opposite the Little Things"	Tim Wallstrum; Kenmare HS ND
Lamborn	Wrestling (With Basketball) "Three-Dimensional Coaching Presentation"	
Governors	X-Country "GFC Girls XC Workouts"	Sean Allan; ND
	"Fun, Family and Fit for Life"	Doug Butler; FL

11:15 ROOMSPORT	TOPIC	SPEAKER; SCHOOL
3130	Athletic Director "Wearing Many Hats"	Jack Tarr; Malcolm, NE
G Pacific North	Baseball "TBD"	Jeff Fiechtner; Fargo, ND
Lamborn	Basketball "Mayfield High School Basketball"	George Maya; NM
Sheyenne	Football "Three-Dimensional Coaching Presentation"	Mitch Hull; Wes Simmons
3160	Golf "NHSACA National COTY Presentations"	Leon Braisted; Sport Chair
Patterson North	Softball "The Art of Pitching"	Patrick Johnson, ND
B Foyer North	Special Sports "The Psychology of Success"	Scott Duley;
Sheyenne	Swimming (With Football) "Three-Dimensional Coaching Presentation"	
Patterson South	Tennis "NHSACA National COTY Presentations"	Michael Kypriss; Sport Chair
Heart	Track & Field "Relay Exchanges"	Michael Lashley; Lingle-Ft. Laramie HS WY
	"Training Young Triple Jumpers"	Leroy Millsap, IL
Cannonball	Volleyball "Lots of Lies About Nothing"	Wayne Moorman, MT
2130	Wrestling "NHSACA National COTY Presentations"	Herman Andrews; Sport Chair
Governors	X-Country "Glastonbury XC-Teamwork, Mirrors, Family"	Brian Collins; CT
	"Lansing XC – Beginner to Elite Plan for All"	Tim Simpson; MI

### 12:15 – 1:00 Lunch on your own

12:15 – 1:15 NHSACA Past President's Lunch (Restaurant)

# Dakota Coach Spring 2019

NDHSCA-NHSACA Tentative Schedule continued

<u>1:00 ROOM</u>	<u>SPORT</u>	<u>TOPIC</u>	<u>SPEAKER; SCHOOL</u>
3130	Athletic Director	"Three-Dimensional Coaching Presentation"	Mitch Hull; Wes Simmons
G Pacific North	Baseball	"NHSACA National COTY Presentations"	Heath Hayes; Sport Chair
Lamborn	Basketball	"NDSU Basketball"	David Richman; NDSU
3160	Golf	"NHSACA National COTY Presentations"	Leon Braistad; Sport Chair
Sheyenne	Football	"Quarterback Fundamentals–Bison 3/5 Step Passing"	Randy Hedberg; NDSU
Patterson North	Softball	"TBD"	Duane Trewern; NM
		"TBD"	Keith Borkowski; CT
B Foyer North	Special Sports	"Badminton – From Nope to Dope"	Lerina Johnson; AZ
2160	Swimming	"Speed Development"	Allan McCallum; University of Mary
Patterson South	Tennis	"NHSACA National COTY Presentations"	Michael Kypriss; Sport Chair
Heart	Track & Field	"Sprint Starts"	Don Larson; NDSU
Cannonball	Volleyball	"Ball Control, Repetitions, Basic Skills"	Jennifer Walsh, Bismarck State
2130	Wrestling	"University of Mary Wrestling"	Adam Aho; University of Mary
Grand Pacific	X-Country	"NDSU Cross Country"	Andrew Carlson; NDSU

## 1:00 – 2:00 NHSACA Executive Board Meeting (Room 3130)

### 2:00 – 2:30 Visit Exhibitors

<u>2:30 ROOM</u>	<u>SPORT</u>	<u>TOPIC</u>	<u>SPEAKER; SCHOOL</u>
Lamborn	Basketball	"NDSU Basketball"	David Richman; NDSU
3160	Golf	"NHSACA National COTY Presentations"	Leon Braistad; Sport Chair
Sheyenne	Football	"NDSU Tight End/Fullback Fundamentals"	Tyler Roehl; NDSU
2160	Swimming	"Technique"	Allan McCallum; University of Mary
Heart	Track & Field	"Training the Multi-Event Athlete"	Stevie Keller; NDSU
Cannonball	Volleyball	"Reflections on 32 Years of Coaching"	Jennifer Walsh; Bismarck State
2130	Wrestling	"University of Mary Wrestling"	Adam Aho; University of Mary
Grand Pacific	X-Country	"NDSU Cross Country"	Andrew Carlson; NDSU

## 2:30 - 4:00 NHSACA Board of Directors Meeting (Governors Room)

### 3:30 – 4:00 Visit Exhibitors

<u>4:00 – 5:00 ROOM</u>	<u>TOPIC</u>	<u>SPEAKER; SCHOOL</u>
<b>NHSACA National Regional Meetings (Need to attend the Region Meeting for your State)</b>		
3160	Region I (ME, NH, VT, NY, CT, RI, MA)	
3130	Region II (NJ, PA, WV, DE, MD, VA, DC)	
2130	Region III (NC, SC, GA, TN, KY, AL, FL)	
Cannonball	Region IV (OH, IN, MI, WI, IL)	
Heart	Region V (MO, KS, OK, TX, LA, AR, MS)	
Lamborn	Region VI (MN, IA, ND, SD, NE, CO)	
Sheyenne	Region VII (MT, WY, ID, OR, WA, AK)	
2160	Region VIII (NM, UT, NV, CA, AZ, HI)	

<u>6:00 – 9:00 ROOM</u>	<u>TOPIC</u>	<u>SPEAKER; SCHOOL</u>
Grand Pacific-Patterson	<b>NHSACA-NDHSCA Social - Dakota Night</b> (Sponsored by Universal Athletics) Silent Auction	

# Dakota Coach Spring 2019

NDHSCA-NHSACA Tentative Schedule continued

## Tuesday, June 25; Sport Specific Sessions

### 7:30 – 5:00 NHSACA-NDHSCA Registration Open

8:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
G Pacific North	Baseball	"Offensive Strategy"	Scott Eul; Minot State
Lamborn	Basketball	??	Dave Joerger; Sacramento Kings
Riverwood	Golf	"Proper Fitting and Proper Use of Technology"	Tim Doppler; Riverwood Pro
Sheyenne	Football	"Culture & Defense"	Pete Stanton & Jason Thier; Dickinson State
2160	Swimming	"Patriot Swimming"	Kathy Aspaas; 2017 National COTY Century HS
Heart	Track	"Building A Sprint Culture"	Tommy Badon; University of Louisiana
Cannonball	Volleyball	"Blue Hawk Volleyball"	Jennifer Hartman; Dickinson State
2130	Wrestling	"Track Wrestling and How To Use It"	Mandy Antony; Track Wrestling
Governors	X-country	"Developing a XC Community"	Charles Covington; MS
		"The Core of Running"	Shane Fruit; NE

### 8:00 – 9:45 NHSACA State Executive Directors Meeting (Room 3130)

### 9:30 – 10:00 Visit Exhibitors

10:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
G Pacific North	Baseball	"Developing Pitchers"	Scott Eul; Minot State
Lamborn	Basketball	??	Dave Joerger; Sacramento Kings
Riverwood	Golf	"Teaching with the Launch Monitor Video"	Tim Doppler; Riverwood Pro
Sheyenne	Football	"Offense"	Michael McGuire; Dickinson State
2160	Swimming	"Patriot Swimming"	Kathy Aspaas; 2017 National COTY Century HS
Heart	Track & Cross	"Mechanics of Speed"	Tommy Badon; University of Louisiana
Patterson North	Track & Field	"Mechanics of the Shot Put"	Justin St. Clair; NDSU
Cannonball	Volleyball	"Blue Hawk Volleyball"	Jennifer Hartman; Dickinson State
2130	Wrestling	"Recruitment and Retention of Wrestlers I"	Mike Moyer; NWCA

### 9:45 – 11:15 NHSACA Board of Directors Meeting (Governors Room)

### 11:00 – 11:15 Visit Exhibitors

11:15 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
G Pacific South	Assistant Coach	"The Pius Way"	Jim Hanson; NE
		"Building Team & Community"	Donna DeKrey; WY
3130	Athletic Director	"Developing Student Leadership"	Aaron Steckler; Cedar Rapids; IA
G Pacific North	Baseball	"Skippers Baseball"	Paul Twenge; MN
Lamborn	Basketball	"Using Positive Words to Power Your Program"	Jodi Stanley; WY
3160	Golf	"NHSACA National COTY Presentations"	Leon Braistad; Sport Chair
Sheyenne	Football	"Running Back Play"	Russell McCarvel; Dickinson State
B Foyer South	Soccer	"TBD"	Scott Steinbrook; NE
Patterson North	Softball	"Hitting Drills"	Justin Chaney; MS
B Foyer North	Special Sports	"Differentiation in Coaching"	Julie Shepherd; MT
2160	Swimming	"Magician Swim Team – Version 2.0"	Jake Solper; Minot, ND
Patterson South	Tennis	"NHSACA National COTY Presentations"	Michael Kypriss; Sport Chair
Heart	Track & Field	"Sprint Relays"	Tommy Badon; University of Louisiana



# Dakota Coach Spring 2019

NDHSCA-NHSACA Tentative Schedule continued

Cannonball 2130 Governors	Volleyball Wrestling X-Country	“Blue Hawk Volleyball” “Recruitment and Retention of Wrestlers II” “Montana XC By Numbers” “Distance Training Principles”	Jennifer Hartman; Dickinson State Mike Moyer; NWCA Joanne Cleveland; MT Eric Pooley; SD
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## 12:15 – 1:00 Lunch on Your Own

## **12:15 – 2:00 NHSACA Executive Committee Meeting (Room 3130)**

<b>1:00 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
GPacific-Patterson 3130	Assistant Coach Athletic Director	“Three-Dimensional Coaching Presentation” “NHSACA National ADOTY Presentations”	Mitch Hull; Wes Simmons Scott Garvis; Sport Chair
GPacific-Patterson Lamborn	Baseball Basketball	“Three-Dimensional Coaching Presentation” “Team Building”	Mitch Hull; Wes Simmons Dawn Seiler; SD
GPacific-Patterson Sheyenne	Golf Football	“Three-Dimensional Coaching Presentation” “NHSACA National COTY Presentations”	Mitch Hull; Wes Simmons Jeff Bellar; Sport Chair
GPacific-Patterson	Soccer	“Three-Dimensional Coaching Presentation”	Mitch Hull; Wes Simmons
GPacific-Patterson	Softball	“Three-Dimensional Coaching Presentation”	Mitch Hull; Wes Simmons
GPacific-Patterson 2160	Special Sports Swimming	“Three-Dimensional Coaching Presentation” “10 x 10 ABC of Great Falls Swimming”	Mitch Hull; Wes Simmons Ed McNamee; Great Falls, MT
GPacific-Patterson	Tennis	“Three-Dimensional Coaching Presentation”	Mitch Hull; Wes Simmons
GPacific-Patterson	Track & X-Country	“Three-Dimensional Coaching Presentation”	Mitch Hull; Wes Simmons
GPacific-Patterson 2130	Volleyball Wrestling	“Three-Dimensional Coaching Presentation” “Recruitment and Retention of Wrestlers III”	Mitch Hull; Wes Simmons Mike Moyer; NWCA

## 2:00 – 2:15 Visit Exhibitors

<b>2:15 – 3:15 ROOM</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
Grand Pacific-Patterson	General Session #2 “Development of Athletes” (Four-Time All American, Javelin Gold Medal in NACA Championships)	Justin St. Clair; NDSU

## 3:15 – 3:30 Visit Exhibitors

<b>3:30 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
Lamborn 3160	Basketball Golf	“NHSACA National COTY Presentations” “NHSACA National COTY Presentations”	Jeff Halseth & Derek Sonderland Leon Braistad; Sport Chair
Sheyenne	Football	“NHSACA National COTY Presentations”	Jeff Bellar; Sport Chair
B Foyer North 2160	Special Sports Swimming	“Coaches Working Together to Benefit the Athlete” “Building a Championship Culture”	Kim Wilson; OK Lucas Smith; Tupelo MS
Heart	Track & Field	“Off Season Speed and Agility Workouts” “Middle Distance; 4 x 400 Relay” “Team Building Process”	David Emeott; Michigan Doug Dorame; NM Troy Sturgeon, SD
Cannonball 2130	Volleyball Wrestling	“Hope is Not a Strategy” “How to Manage a Roster of 10-12” “Recruitment and Retention of Wrestlers IV”	Jeff Barkell; WY Darcy White; NE Mike Moyer; NWCA
Governors	X-Country	“Mental Training with the Titans” “Successful Strategies for Small Schools”	Jeremy Haselhorst; NE Greg Warnick; MS

## **5:00 – 8:00 NHSACA Hall of Fame Banquet/Coach & Athletic Director 40 under 40 (Grand Pacific-Patterson)**

# Dakota Coach Spring 2019

NDHSCA-NHSACA Tentative Schedule continued

## Wednesday, June 26; Sport Specific Sessions

**8:00 – 5:00 NHSACA-NDHSCA Registration Open**

**7:30 – 9:30**

**NHSACA Board of Directors Meeting (Governors Room)**

<b>8:30 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
G Pacific North	Baseball	"Hitting Drills & Techniques"	David Pearson; Des Moines ACC
Lamborn	Basketball	"Minot State University Basketball"	Matt Murken; Minot State
Riverwood	Golf	"Junior Golf – College Preparation"	Mike Herzog; Hawktree Pro
Sheyenne	Football	"Fighting Hawk Football"	Bubba Schweigert; UND
Patterson North	Softball	"Bison Softball"	Melissa Chmielewski; NDSU
2160	Swimming	"University of Minnesota Swimming"	Kelly Kremer; University of Minnesota
Capital Racquet	Tennis	"Singles"	Rod Morasch; Tennis Pro Capital Racquet
Heart	Track & Cross	"110m Hurdles"	Mike Thorson; University of Mary
Cannonball	Volleyball	"Marauder Volleyball"	Korie Tetzlaff; University of Mary
2130	Wrestling	"Beaver Wrestling"	Evan Forde; Minot State

<b>9:30 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
G Pacific South	Assistant Coach	"Building a Successful Small School Program" "Evolution"	Richard Donovan; SD Robin Smith; MT
3130	Athletic Director	"TBD"	Liz Flikkema; Manhattan Christian, MT
G Pacific North	Baseball	"Hitting Drills & Techniques"	David Pearson; Des Moines ACC
Lamborn	Basketball	"Minot State University Basketball"	Matt Murken; Minot State
Riverwood	Golf	"Teaching/Coaching Relationship"	Mike Herzog; Hawktree Pro
Sheyenne	Football	"Fighting Hawk Football"	Eric Schmidt; UND
B Foyer South	Soccer	"Fitness Training for Soccer Players" "TBD"	James Hill; SD Tim Beck; AZ
Patterson North	Softball	"Bison Softball"	Melissa Chmielewski; NDSU
B Foyer North	Special Sports	"NHSACA National COTY Presentations"	Wylene Hudson; Special Sports
2160	Swimming	"University of Minnesota Swimming"	Kelly Kremer; University of Minnesota
Capital Racquet	Tennis	"Doubles"	Rod Morasch; Tennis Pro Capital Racquet
Heart	Track	"300m Hurdles"	Mike Thorson; University of Mary
Cannonball	Volleyball	"Marauder Volleyball"	Korie Tetzlaff; University of Mary
2130	Wrestling	"Beaver Wrestling"	Evan Forde; Minot State
Governors	X-Country	"Small School XC Programs" "Cougar Cross Country"	Cory Manlove; WY Rick Anderson; ND

**10:30 – 11:00 Visit Exhibitors**

<b>11:00 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
G Pacific South	Assistant Coach	"Longevity In Coaching" "What It Takes To Be A Great Assistant" "Grand Forks Red River Athletics"	Bill Rex; IA Tim Gonzales; WY Tim Delmore; Grand Forks, ND
3130	Athletic Director	"TBD"	Stephanie Blackwell; Bixby, OK
G Pacific North	Baseball	"Pitching Drills"	David Pearson; Des Moines ACC
Lamborn	Basketball	"The 6 <sup>th</sup> Man and Team's Role Players" "1-3-1 Defense"	John Harder; FL Trudy Samuelsen; NE
3160	Golf	"NHSACA National COTY Presentations"	Leon Braistad; Sport Chair
Sheyenne	Football	"Fighting Hawk Football"	Dan Freund; UND
B Foyer South	Soccer	"Developing the Attributes of Your Team" "TBD"	Chris Allen; IA William Phelps; CT
Patterson North	Softball	"Elkhorn South Defense/21 Outs" "Defensive Drills"	Terry Graver; NE Jerry Pease; OK

# Dakota Coach Spring 2019

NDHSCA-NHSACA Tentative Schedule continued

2160	<b>Swimming</b>	<i>"University of Minnesota Swimming"</i>	Kelly Kremer; University of Minnesota
Patterson South	<b>Tennis</b>	<i>"NHSACA National COTY Presentations"</i>	Michael Kypriss; Sport Chair
Heart	<b>Track &amp; Field</b>	<i>"Coaching the Team Aspect in Track &amp; Field"</i>	Timothy Egan; CT
		<i>"Sprints &amp; Relays"</i>	Susan Loeffler; MT
		<i>"Track &amp; Field Success in Small Town Nebraska"</i>	Nancy Lockmon; NE
Cannonball	<b>Volleyball</b>	<i>"Marauder Volleyball"</i>	Korie Tetzlaff; University of Mary
2130	<b>Wrestling</b>	<i>"NHSACA National COTY Presentations"</i>	Herman Andrews; Sport Chair
Governors	<b>X-Country</b>	<i>"Servant Leadership"</i>	John Silliti; MT
		<i>"Workout – Share Out"</i>	Brad Dekrey; WY

## 12:00 – 1:00 Lunch on Your Own

<b>1:00 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
G Pacific South	<b>Assistant Coach</b>	<i>"What It Takes To Be An Excellent Assistant"</i>	Chad Chronister; OK
		<i>"Fargo Athletics"</i>	Rod Hardie; Fargo, ND
3130	<b>Athletic Director</b>	<i>"Jack of All Trades – Small School AD"</i>	Bill Clements; Dakota Valley, SD
G Pacific North	<b>Baseball</b>	<i>"TBD"</i>	Dan Griesbaum; MI
Lamborn	<b>Basketball</b>	<i>"Alexandria Basketball"</i>	Wendy DeVorak Kohler; MN
3160	<b>Golf</b>	<i>"NHSACA National COTY Presentations"</i>	Leon Braistad; Sport Chair
Sheyenne	<b>Football</b>	<i>"NHSACA National COTY Presentations"</i>	Jeff Bellar; Sport Chair
B Foyer South	<b>Soccer</b>	<i>"Monitoring Player Performance Using GPS"</i>	Mike Bare; IL
Patterson North	<b>Softball</b>	<i>"Building Competition into Practices"</i>	Todd Mercial; IA
B Foyer North	<b>Special Sports</b>	<i>"Thirty-six Years of Gymnastics at DHS"</i>	Kent Van Ells; ND
2160	<b>Swimming</b>	<i>"Round Table Swimming Drills &amp; Skills"</i>	Ralph Manley; Mandan, ND
Patterson South	<b>Tennis</b>	<i>"NHSACA National COTY Presentations"</i>	Michael Kypriss; Sport Chair
Heart	<b>Track &amp; Field</b>	<i>"Training the 800m Runner"</i>	Greg Williams; Iowa
		<i>"Training 200/400/800 Runners – Less is More"</i>	Kevin Kearney; Iowa
Cannonball	<b>Volleyball</b>	<i>"Team Defined"</i>	Toby Manzanaras; NM
2130	<b>Wrestling</b>	<i>"NHSACA National COTY Presentations"</i>	Herman Andrews; Sport Chair
Governors	<b>X-Country</b>	<i>"TBD"</i>	Dan Iverson; IL
		<i>"Warrior Country"</i>	Dan Chinana; MN

## 2:00 – 2:30 Visit Exhibitors

<b>2:30 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
3130	<b>Athletic Director</b>	<i>"Ideas on Coaching Your Coaches"</i>	Todd Olson; Fargo, ND
G Pacific North	<b>Baseball</b>	<i>"TBD"</i>	Alex Bohl; IA
Lamborn	<b>Basketball</b>	<i>"NHSACA National COTY Presentations"</i>	Jeff Halseth & Derek Sonderland
3160	<b>Golf</b>	<i>"NHSACA National COTY Presentations"</i>	Leon Braistad; Sport Chair
Sheyenne	<b>Football</b>	<i>"NHSACA National COTY Presentations"</i>	Jeff Bellar; Sport Chair
Patterson North	<b>Softball</b>	<i>"Building a Championship Culture/Practice Plans"</i>	Lori McFerren; LA
2160	<b>Swimming</b>	<i>"Glastonbury Swimming Secrets to Success"</i>	Suzanne Hoydt; CT
Patterson South	<b>Tennis</b>	<i>"NHSACA National COTY Presentations"</i>	Michael Kypris; Sport Chair
Heart	<b>Track &amp; Field</b>	<i>"Building the Total Track Program"</i>	Pete Boudreaux, LA
		<i>"Track Placement"</i>	Herman Andrews; AZ
Cannonball	<b>Volleyball</b>	<i>"TBD"</i>	Betty Wroubel; MI
2130	<b>Wrestling</b>	<i>"NHSACA National COTY Presentations"</i>	Herman Andrews; Sport Chair
Governors	<b>X-Country</b>	<i>"Cross Country Finalists Round Table"</i>	James Ford & Forry Flaagan

<b>3:30 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
Gym	<b>Basketball</b>	<i>"Patriot Basketball"</i>	Darin Mattern; Century HS
Sheyenne	<b>Football</b>	<i>"Langdon Area Football"</i>	Josh Krivarchka; Langdon Area
Heart	<b>Track &amp; Field</b>	<i>"How to Build a Winning Program"</i>	Johnathan Perkins; MS
Cannonball	<b>Volleyball</b>	<i>"Rover Defense"</i>	Tim Guernsey; CT

# Dakota Coach Spring 2019

NDHSCA-NHSACA Tentative Schedule continued

- 4:30 – 5:30 NHSACA Coach of the Year Awards Banquet Reception (Courtyard)**  
 (Doors to Banquet Open at 5:00)
- 5:30 – 8:30 NHSACA National Coach of the Year Awards Banquet (Dakota Ballroom)**  
 (Serve at 5:45)

## Thursday, June 27; Sport Specific Sessions

**7:30 – 2:30 NDHSCA Registration Open**

- 7:30 – 8:30 FCA Breakfast (Governors Room – Coffee, Juice, Rolls)**
- 8:00 – 11:00 NHSACA Executive Committee Meeting (3130)**

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

<b>8:30 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER;SCHOOL</b>
G Pacific North	Baseball	“Marauder Baseball”	Mark Moriarty; University of Mary
Lamborn	Basketball	“Marauder Basketball”	Rick Neumann; University of Mary
Sheyenne	Football	“Program Offensive Development”	Craig Bagnell; University of Mary
Riverwood	Golf	“Golf Workouts”	Chuck Ruppert; Golf Pro
Patterson North	Softball	“Round Table Discussion”	
2160	Swimming	“Round Table Discussion”	Ralph Manley; Mandan HS
Patterson South	Tennis	<b>NDHSCA Advisory Committee Review &amp; Planning</b>	Paul Christen; Mandan HS
Heart	Track & Field	<b>NDHSCA Advisory Committee Review &amp; Planning</b>	Tracey Heisler; Red River HS
Cannonball	Volleyball	“How to Develop a Winning Climate in a Short Time”	Jane Passa; NDSCS
2130	Wrestling	“Demon Wrestling”	Mark Lardy & Jeff Schumacher; Bismarck High

<b>9:45 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
G Pacific North	Baseball	“Marauder Baseball”	Mark Moriarty; University of Mary
Lamborn	Basketball	“Marauder Basketball”	Rick Neumann, University of Mary
Sheyenne	Football	“Two By Two Pass Progressions”	Craig Bagnell; University of Mary
Riverwood	Golf	“Golf Drills and Correcting Ball Flight”	Chuck Ruppert; Golf Pro
Patterson North	Softball	<b>NDHSCA Advisory Committee Review &amp; Planning</b>	Kevin Ziegler; Century HS
2160	Swimming	“Round Table Discussion”	Ralph Manley; Mandan HS
Patterson South	Tennis	“Round Table Discussion”	Scott McPherson; Legacy HS
Heart	Track & Field	“Triple Jump Drills and Technique”	Tim Delmore; Grand Forks RR HS
Cannonball	Volleyball	“Getting Athletes Recruited – Don’t Overlook JUCCO”	Jane Passa; NDSCS
2130	Wrestling	“Demon Wrestling”	Mark Lardy & Jeff Schumacher; Bismarck High
Governors	X-Country	<b>NDHSCA Advisory Committee Review &amp; Planning</b>	Rick Anderson; Griggs County

**10:45 Exhibit Hall Take Down**

**10:55 NDHSCA Annual Business Meeting**

**Light Lunch provided by NDHSCA to General Business Meeting Attendees**

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

# Dakota Coach Spring 2019

NDHSCA-NHSACA Tentative Schedule continued

1:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
G Pacific North	Baseball	<b>NDHSCA Advisory Committee Review &amp; Planning</b>	Dewitt Mack; Mandan HS
Lamborn	Basketball	"Concepts in Titan Basketball"	Gregg Grinsteiner; Dickinson Trinity HS
Sheyenne	Football	"Ball Disruptions"	Matt Splon; University of Mary
3160	9-Man Football	"Beach Football"	Mike Zier; Beach HS
G Pacific North	Golf	<b>NDHSCA Advisory Committee Review &amp; Planning</b>	Jeremy St. Aubin; South Border
2160	Swimming	<b>NDHSCA Advisory Committee Review &amp; Planning</b>	Skip Fisher; Fargo South HS
Heart	Track & Field	"Discus Drills and Technique"	Brad Leingang; Bismarck HS
Cannonball	Volleyball	"Patriot Volleyball"	Jamie Zastoupil; Bismarck Century HS
2130	Wrestling	<b>NDHSCA Advisory Committee Review &amp; Planning</b>	Larry Eslick; Jamestown HS

2:10 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Lamborn	Basketball	<b>NDHSCA Advisory Committee Review &amp; Planning</b>	Mike Santjer; Rugby HS
Sheyenne	Football	"Attacking Protections with Pressure"	Ben Davis; University of Mary
3160	9-Man Football	"New Salem-Almont-GU Football"	Steve Kleinjan; New Salem HS
Heart	Track & Field	"Javelin Drills and Technique"	Tim Tandeski; Grand Forks Red River
Cannonball	Volleyball	"Brave Volleyball"	Anna Folk; Mandan HS

3:20 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Lamborn	Basketball	"Marauder Basketball"	Joe Kittel; University of Mary
Sheyenne	Football	<b>NDHSCA Advisory Committee Review &amp; Planning</b>	Bret Johnsrud; Hazen HS
Heart	Track & Field	"High Jump Drills and Technique"	Brad Townsend & Dallas Hinderer; BHS & CHS
Cannonball	Volleyball	<b>NDHSCA Advisory Committee Review &amp; Planning</b>	Jamie Zastoupil; Century HS

**5:00-5:45 NDHSCA AWARDS BANQUET RECEPTION (Courtyard)**

**5:45 NDHSCA Hall of Fame & COTY Banquet (Grand Pacific-Patterson)**

## Friday, June 28

**8:00 – 12:00 NDHSCA Executive Board Meeting (Governors Room)**

To find updates and final schedule, visit  
NDHSCA online at:

[www.ndhsca.com](http://www.ndhsca.com)

Article reprinted from the National Federation of State High School Associations <https://www.nfhs.org/HomePage>



## “There Is No Constitutional Right To Be a Bully”

By Rex R. Schultze and Justin Knight on October 09, 2018

“There is no constitutional right to be a bully.” *Sypniewski v. Warren Hills Reg. I Bd. of Educ.*, 307 F.3d 243, 264 (3d Cir. 2002).

Under the First Amendment, a school may prohibit students and spectators at school-sponsored events (such as a basketball game) from engaging in conduct or speech intended to insult, intimidate or otherwise harass others. Court decisions make it clear that schools may adopt and enforce reasonable rules and regulations governing spectators’ conduct at extracurricular activities.

### **Sportsmanship Rules and the First Amendment---Impinging on the Rights of Others**

There is some disagreement whether the traditional First Amendment student-speech rules apply to students who attend school-sponsored extracurricular activities as spectators. On one hand, attending the event is voluntary – students are not required to attend. School staff may or may not be present to supervise the event. Student spectators are not subject to instruction or curriculum as they are during the school day, and students and adults are largely treated the same and held to the same expectations – spectators are spectators.

On the other hand, the school is the government, and the First Amendment is implicated whenever the government regulates speech. Students are still students, and students at a school-sponsored event are subject to school rules and discipline. In any event, regardless of whether the First Amendment’s student-speech rules apply, **schools can (and should) prevent students from engaging in insulting or intimidating behaviors toward others.**

The seminal United States Supreme Court case on student speech under the First Amendment is the 1969 decision in *Tinker v. Des Moines Independent Community School District* where the Supreme Court formulated the rule that neither “students [n]or teachers shed their constitutional rights to freedom of speech or expression at the schoolhouse gate.” However, the *Tinker* court was careful to distinguish the student’s wearing of armbands from conduct that affected others, and wrote:

“The school officials banned and sought to punish petitioners for a silent, passive expression of opinion, *unaccompanied by any disorder or disturbance on the part of petitioners*. There is here no evidence whatever of petitioners’ interference, actual or nascent, with the schools’ work or of *collision with the rights of other students to be secure and to be let alone*. Accordingly, this case does not concern speech or action that intrudes upon the work of the schools or the *rights of other students*.” (Emphasis supplied).

Over the past 50 years, the Supreme Court has revisited the *Tinker* holding several times, and state and federal anti-discrimination and anti-bullying statutes have been enacted that apply to public school districts. While

the Supreme Court has not been entirely clear or consistent in the “rule” to be applied in its post-Tinker cases, it has been consistent about two principles. One, the scope of a student’s First Amendment rights is what is appropriate for the children in school or the activity involved. Two, schools may regulate or prohibit student speech at a school-sponsored event that infringes on the rights of others, as opposed to political speech that simply makes others uncomfortable.

Recent cases in the Tinker progeny held that the right to be let alone includes the right to be free from physical intrusions as well as psychological attacks. One court held that a school district properly disciplined a student after he posted racist and degrading comments about other students on his own blog. If a school may discipline a student for racist and offensive blog posts, it follows that a school may discipline students for in-person speech that is racist and/or offensive and is intended to convey an intimidating or harassing message.

In addition, if students organize a particular event that can reasonably be determined to be intended to target students on the basis of sex, race or ethnicity, the school may prohibit any speech that members of the public might “reasonably perceive to bear the imprimatur of the school.

### **Forecasting a Substantial Disruption**

In order to prevent harm to other students, schools may prohibit speech that could reasonably be anticipated to cause a substantial disruption to the school environment. For example, a court found that a school district could permissibly require students to remove the American flag t-shirts that they wore to insult or provoke the Mexican students on Cinco de Mayo. In that case, different groups of students had fought with each other and engaged in other disruptive conduct for some time.

One group, primarily composed of Mexican-American students, planned to wear Mexican shirts on Cinco de Mayo. Another group of non-Mexican students planned to wear American shirts to “counter” the Mexican shirts. School officials heard murmurs of simmering tensions over the dueling shirts and instructed students wearing American shirts to turn them inside out or remove them. School officials were concerned that fights would break out over the shirts.

On appeal, the federal circuit court ruled in favor of the school officials, noting that they do not have to wait for a disruption to occur before they act to prohibit such speech. Instead, they may prohibit speech if there is a reasonable forecast of a substantial disruption and to allow spectators to enjoy a game with an unobstructed view.

### **Spectator and Sportsmanship Rules**

Courts have consistently held that reasonable sportsmanship rules at school-sponsored events are constitutional. For instance, in a recent case a father was prohibited from attending a basketball game because he had violated the district’s “Parental/Spectator Guidelines.” The father filed suit, asserting that the “Guidelines” were unconstitutional and violated his First Amendment rights.

In dismissing his claim, the court noted the importance of the “Guidelines” as “*reflect[ing] a substantial government interest in protecting young students from witnessing heated confrontations between a parent and a coach, or from hearing parents and spectators rant about a coach’s alleged incompetence. The good experience of the other student-athletes in the game should not be disrupted by parents or spectators who strongly disagree with a coach’s*

# Dakota Coach Spring 2019

*decisions or the way he coaches the team. Behavior like [the father's] only serves to harass and disrupt the functioning of the entire basketball program to the detriment of all participants."*

The court also addressed the father's claim that the district's "Athletic Code" was unconstitutional. The court noted that the sportsmanship requirements in the "Athletic Code" were allowable and operated to "*shield student-athletes from anything that would detract from their participation in interscholastic sports.*"

In another case, a school banned a frequent spectator from attending school events for a period of time because he made abusive and/or profane statements at several events. The spectator filed suit, challenging the school's actions.

In upholding the district's ban, the court commented that "school officials . . . have the authority and responsibility for assuring that parents and third parties conduct themselves appropriately while on school property." In exercising that authority, schools must take into account the fact that *high school athletic events "are commonly attended by the families of the participants, including younger siblings, as well as by other high school students and the high school students participating in the event."* Thus, the court reasoned, the school has a responsibility to ensure that conduct at its events is appropriate in light of these circumstances.

Schools with sportsmanship rules or other similar school rules may apply those rules to ensure that a student's speech or conduct does not detract from other students' participation in the activity. The school may also take into consideration the fact that families of participants will be exposed to any purported bullying behavior. Schools have authority under their sportsmanship rules to discipline students for intimidating or harassing behaviors.

## **Students as a Captive Audience**

The United States Supreme Court also has held that a school district has more leeway to censor speech in settings where students are a "captive audience." The "captive audience" doctrine provides an exception under the First Amendment to allow the government to prohibit offensive speech as intrusive when the captive audience cannot avoid the objectionable speech.

For example, students playing in a basketball game cannot leave the game to avoid the offensive conduct. It seems highly unlikely that a court would require a student to decide between not playing in a game and having to endure insulting comments from other students. Under the "captive audience" doctrine, a school has the authority to prohibit offensive speech directed toward students who are held in a captive audience.

## **Overall**

All in all, there is strong authority for a school to prohibit or otherwise censor student speech that is intended to harass, intimidate, insult or otherwise bully others. From Tinker to other established principles of First Amendment case law, a school administrator may act in response to such conduct and may take reasonable steps intended to prohibit such conduct. In doing so, however, the administrator must take care to distinguish behavior that is directed at others for the purpose of intimidating or bullying them from speech on political or other matters of public concern that is offensive only because others might disagree with the viewpoint expressed.





## *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.



# POWERade Outstanding Senior Athlete Guideline Summary

**Class B Guidelines:** Select one nominee from each District to advance for the Regional Selection.  
Select one nominee from each Region to advance for the State Selection.

**Class A Guidelines:** Select two nominees from each conference/region to advance to the State Selection.

**Any deviations from these guidelines must be accepted by all regions in the sport and by the NDHSCA Executive Committee before the balloting process begins!**

## **Nomination Guidelines:**

Is a **senior in good standing and enrolled** in an NDHSAA school.

Is nominated by the respective sport's varsity head coach who **sends supportive data** district/regional/tournament manager.

Competes for a **varsity team** during the respective sport season.

Displays exceptional skills in the respective sport during the athlete's **Senior Season.**

If Senior nominees are **close in comparison the career stats** may be taken into consideration for determining the recipient.

Displays **exceptional sportsmanship** during their Senior Season.

Displays **leadership qualities** during their Senior Season.

Displays **commendable citizenship** during their Senior Season.

**Does not** commit any NDHSAA violations after July 31 entering their Senior year.

**Never been** suspended or served a suspension from the respective athletic team or the school of representation after July 31 preceding their senior year.

**The form is available online at the NDHSCA site and/or through your Region Representative. Forms need to be signed by your Athletic Director or Principal before submission for award.**



# Dakota Coach Spring 2019



North Dakota High School  
Coaches Association

## GENERAL LIABILITY INSURANCE PROGRAM

As a membership benefit, coverage is provided by the Commercial General Liability Policy issued to the National Organization of Coaches Association Directors. This policy will provide general liability coverage to the North Dakota High School Coaches Association and its members.

## CARRIER

Houston Casualty Company

## POLICY PERIOD

August 1, 2018 – August 1, 2019

## LIMITS OF INSURANCE

\$1,000,000	Each Occurrence
\$1,000,000	General Aggregate (per Member)
\$1,000,000	Products/Completed Operations
\$1,000,000	Personal & Advertising Injury
\$ 300,000	Fire Damage
\$ 50,000	Sexual Abuse (per Member)
Excluded	Medical Payments

## COVERAGES

- ❖ Educator Professional Liability
- ❖ Participant Legal Liability for insured members
- ❖ Liability assumed under insured written contract
- ❖ Defense Cost outside limits

## EXCLUSIONS

- ❖ The use of automobiles, buses, watercraft and aircraft
- ❖ Property of others in the care, custody, and control of the insured.
- ❖ This insurance does not apply to members that coach at an All-Star game that is not approved by your state coaches association.

## CAMP INSURANCE

Today, most Coaches are involved in some type of sports camp. Please note that our General Liability Program follows insured members while working at camps and/or conducting their own personal camp.

In addition, Participant/Accident Coverage is required for coaches and/or participants. Should an accident occur during a camp, clinic or event, this secondary coverage helps offset the loss suffered by families affected by such accidents.

## NEW PROCEDURE FOR CAMP INSURANCE

- ❖ Participant Waivers - Signed waivers must be in place for all participants attending camps. The waiver must have indemnification language and acknowledgement that primary medical insurance is in place for the participant.
- ❖ Participant/Accident (Medical) - If you cannot secure such a waiver, **you must purchase** coverage for all participants attending your camp.
- ❖ Additional Insured/Certificate of Insurance - If you require a certificate of insurance naming an additional insured, **you must purchase** the Participant/Accident (Medical) coverage for all participants attending your camp.
- ❖ Proof of Insurance - If you require a certificate of insurance showing proof of insurance and you have the required waiver in place, **you DO NOT have to purchase** the Participant/Accident (Medical) coverage.

## PURCHASE INSURANCE

- ❖ Camp Insurance Request form is available on our website: [www.loomislapann.com](http://www.loomislapann.com)

## INSURANCE ADMINISTRATOR

**LOOMIS & LAPANN, INC.**  
INSURANCE SINCE 1852

[www.loomislapann.com](http://www.loomislapann.com)

(P) 800-566-6479 | (F) 518-792-3426

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*Disclaimer: This is an insurance overview for summary purposes only; for complete policy terms and conditions please refer to the NOCAD Master Policy.*



# North Dakota High School Coaches Association



## 2018-2019 NDHSAA SPORTS ADVISORY COMMITTEES

SPORT	REPRESENTATION	TERM
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### BASEBALL:

DeWitt Mack; Mandan HS	A Division West Representative	2015-2019
Kip Erickson; Washburn HS	B Division West Representative	2016-2020
Joel Swanson; West Fargo Sheyenne HS	A Division East Representative	2017-2021
Nathan Walsh; Hillsboro	B Division East Representative	2018-2022

### BASKETBALL – Boys’:

Mike Santjer; Rugby HS	B Division Representative	2016-2019
Rick Smith; Four Winds HS	At Large Representative	2017-2020
Thomas Kirchoffner; West Fargo Sheyenne HS	A Division Representative	2012-2021

### BASKETBALL – Girls’:

Brent Hintz; West Fargo Sheyenne HS	A Division Representative	2016-2019
Kelly Roemmich; Stanley HS	At Large Representative	2017-2020
Laurie Seiben; Grafton HS	B Division Representative	2018-2021

### CHEERLEADING (Appointed by Cheerleading Advisory):

Luann Burris; Grand Forks Central HS	A Division Representative	2016-2019
Ruth VanWechel; Mayville-Portland CG	B Division Representative	2017-2020
Billie Ann Caya; Bismarck HS	At Large Representative	2018-2021

### CROSS COUNTRY:

Rick Anderson; Griggs County HS	B Division East Representative	2015-2019
Jason Holland; Fargo Davies HS	A Division East Representative	2016-2020
Laura Tweeten; Washburn HS	B Division West Representative	2017-2021
Greg Brown; Watford City HS	A Division West Representative	2018-2022

### FOOTBALL:

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
Mike Zier; Beach HS	Nine Man Representative	2018-2022

### GOLF:

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
Greg Limke; West Fargo HS	A Division Boys’ Representative	2018-2022

### GYMNASTICS:

Robbie Werchau; Minot HS	West Representative	2016-2019
Courtney Engel; Grand Forks Central/Red River HS	East Representative	2017-2020
Amanda Lantz; Mandan HS	At Large Representative	2018-2021

### HOCKEY (Appointed by Hockey Advisory):

Al Takle; Dickinson HS	Girls’ Representative	2015-2019
Jason Bennett; Minot HS	Boys’ Representative	2016-2020
David Benson; West Fargo Sheyenne HS	Boys’ Representative	2017-2021
Patrick Johnson; West Fargo HS	Girls’ Representative	2018-2022

### SOCCER:

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
James Moe; West Fargo HS	Boys’ East Representative	2018-2022

**SOFTBALL:**

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
Michael Loll; Hankinson HS	Class B East Representative	2018-2022

**SWIMMING & DIVING:**

Skip Fisher; Fargo South HS	Girls' Representative	2016-2019
Richard "Dick" Fisher; Fargo North HS	Boys' Representative	2017-2020
Thomas Wheeling; Bismarck Legacy HS	At Large Representative	2018-2021

**TENNIS (Appointed by Tennis Advisory):**

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
Daniel Keith; Bismarck Century HS	West Girls' Representative	2014-2018

**TRACK & FIELD – Boys':**

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
Kelley Utt; Maple Valley-Enderlin	B Division East Representative	2018-2022

**TRACK & FIELD – Girls':**

Tracey Heisler; Grand Forks Red River HS	A Division East Representative	2015-2019
Lyllall Krueger; Surrey HS	B Division West Representative	2016-2020
Tim Kolsrud; Bismarck HS	A Division West Representative	2017-2021
Heidi Eckart; Hillsboro Central Valley	B Division East Representative	2018-2022

**VOLLEYBALL:**

Dale Peaslee; Carrington HS	At Large Representative	2016-2019
Jamie Zastpil; Bismarck Century HS	A Division Representative	2017-2020
Kasey Grochow; Surrey HS	B Division Representative	2018-2021
Tera Paulson; Hankinson HS	Volleyball Executive Appointee	2015-Present

**WRESTLING (Appointed by Wrestling Advisory):**

Chad Barstad; Velva HS	B Division President	2017-2020
Dave Wolding; New Salem HS	B Division Representative	2018-2021
Mark Lardy; Bismarck HS	A Division President	2019-2022



**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

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

1527 North 33<sup>rd</sup> Street Unit 4; Bismarck, ND 58501

# Longevity Information for 2019 Recognition

The NDHSCA has an ongoing list of longevity winners. The years of coaching recognized are 20, 25, 30, 35, 40, 45, 50, etc. Please send an e-mail to Scott Grochow at [Scott.Grochow@k12.nd.us](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 2019 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.



# Dakota Coach Spring 2019

## 2019 NHSACA National Convention: Potential Costs

1. Registration: \$125.00
2. Hall of Fame Luncheon: \$50.00/Ticket
3. COTY Banquet: \$50.00/Ticket
4. Graduate Credit TBD
5. Convention ¼ Zip Shirt \$35.00/Each
6. Guest Badge: \$10.00/Each
7. Donations:



Registrants are provided an opportunity to donate to assist the NHSACA in its mission of Recognizing, Serving and Educating Coaches. 8. Hotel Rates: \$109.00 single or double occupancy

### Coach Quote:

A coach must never forget that they are a leader and not merely a person with authority.

-John Wooden-



Allard Trophy



## 2019 Coaching Longevity

The 2019 list for Coaching Longevity is printed below. Individuals wishing to receive plaques will be announced at the 2019 North Dakota High School Coaches Association Summer Convention to be held at the Bismarck Ramkota Hotel and Conference Center. The banquet will be held June 27. 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

Teri Bjerck, Dunseith  
 Danielle Borseth, Mandan  
 Shari Christenson, Oakes  
 Liane Filkowski, Dickinson  
 Marlen Haugen, Central Cass  
 Roger Moe, Park River Area  
 John Montclair, Standing Rock  
 Ryan Nielson, Hillsboro  
 Ryan Okerson, Bismarck Century  
 Brendon Parsley, Dakota Prairie  
 Tera Paulson, Hankinson  
 Eric Pearson, Minot  
 Lucas Rustad, Fargo Shanley  
 Benjamin Schafer, Ray  
 Cory Schall, Oakes  
 Andy Skunberg, Jamestown  
 Alex Starcevic, Thompson  
 Mark Varriano, Grand Forks Red River  
 Cory Volk, Bismarck Century  
 Robert Watson, Standing Rock  
 Mark Wiest, Mandan  
 Melissa Wilson, Fargo Davies  
 Dean Winczewski, Minot

### 25 Years

Sean Allan, Grand Forks Central  
 Michael Babinski, Drayton  
 David Bjugson, May-Port CG  
 Jeremy Brandt, Beulah  
 Toni Cottingham, Underwood  
 Michelle Cremers, Grand Forks Red River  
 Skip Fisher, Fargo  
 Justin Foss, Hatton-Northwood  
 Jerlyn Gabrielson, Flasher  
 Adam Hill, Mott-Regent  
 Paul Jundt, Bismarck Legacy  
 Sandy Laxdal, Cavalier  
 Dewitt Mack, Mandan  
 Rich Olson, Langdon Area  
 Dobie Thom, Benson County-Maddock  
 Mark Woodbury, West Fargo

### 30 Years

Mark Gibson, Bismarck  
 Jeff Hagler, North Star  
 Jane Hart, Langdon Area  
 Mike Hendrickson, Fargo South  
 David Hoff, Bottineau  
 Brent Lysne, Williston  
 Steve Paintner, GF Central  
 Gary Schell, Stanley  
 Wayne Shipman, Carrington  
 Jason Smedshammer, Fargo South  
 Doug South, Kenmare



### 35 Years

Randy Burwick, Hettinger  
 Jeff Carpenter, Thompson  
 Gerard Cederstrom, Minot  
 Rick Christianson, Midkota  
 Steven Dunrud, Bottineau  
 Dennis Gerke, North Sargent  
 Tim Jacobson, Fargo Davies  
 Jim Jones, West Fargo  
 Craig Kovash, Dickinson Trinity  
 Lyall Krueger, Surrey  
 Dale Peaslee, Carrington  
 Jeffrey Schumacher, Bismarck  
 Chris Sorensen, Hazen  
 Bernie Wasser, Minot  
 Ron Wingenbach, Bismarck Century

### 40 Years

Shawn Flaherty, New England  
 Nancy Paintner, Griggs C Central  
 Julie Stavn, Bismarck Century  
 Jeryl Thompson, Drayton  
 Tim White, Griggs County Central

### 45 Years

**Brian Anderson, New Town**  
**Rick Anderson, Griggs County Central**  
**Fred Fritel, Fargo Davies**  
**Gary Jackson, North Border-Walhalla**  
**Daryl Jung, New England**  
**Arley Larsen, Ray**



# 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  
Anderson, Rick; Griggs Co. Central 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  
Brown, Greg; Watford City HS  
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  
Hausssler, 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, Arley; Ray HS  
Larson, Nancy; DesLacs-Burlington HS  
Lehman, Cory; Fargo South HS  
Leier, Dwight; Maddock HS  
Limke, Greg; West Fargo HS  
Loberg, Myron; Devils Lake HS  
Lockwood, Ed; Fargo Public Schools  
Long, Jeri; Glenburn HS  
Lyon, Jerry; Minot HS  
Maclver, Philip; Wahpeton JHS  
Mack, Bruce; Surrey HS  
Mailloux, Gary; Fargo North HS  
Marsh, John; Fargo South HS  
Marshall, Joel; Hazen HS  
Martin, Phil; Lisbon HS  
McCleary, Barry; Napoleon HS  
McPherson, Scott; Bismarck Century HS  
Michaelson, Dave; Dickinson HS  
Miller, Steve; Bismarck HS  
Mitzel, Frank; Minto HS  
Nagel, Lee; Wahpeton HS  
Olson, Carolyn; Grand Forks Red River HS  
Olson, Douglas; Beulah HS  
Olson, Linette; Bismarck Century HS  
Omdahl, Chad; Hatton-Northwood HS  
Opdahl, Mike; Larimore HS  
Opp, Leland; Hazen HS  
Overby, Dennis; Northwood HS  
Peterson, Paul; Larimore HS  
Phillion, Rick; Minot HS  
Pierson, Paula; West Fargo HS  
Plecicity, 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  
Walhaug, Gary; Surrey HS  
Walker, Larry; Killdeer HS  
Wheeling, Bob; Killdeer HS  
Wilson, Dean; Carl Ben Eielson MS  
Wilson, Jerry; Bismarck Century HS  
Wisthoff, David; Glenburn HS  
Zimney, Bob; Grand Forks Red River HS  
Zinke, Davy; Valley City 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, Eric; Gwinner 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 HS  
Chapper Farrell, Minot HS

Bob King, Valley City HS  
Gelaine Orvik, Fargo South HS

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

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MINOT - 701.852.1010 ASK FOR SANDRA LOVEFACE  
BISMARCK - 701.255.7255 ASK FOR KATE WALSH  
GRAND FORKS - 701.780.9424 ASK FOR JASON HEINTZ

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- 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 Spring 2019

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# 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 Spring 2019

## 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:

- September 15 for Fall Season Sports
- January 15 for Winter Season Sports
- April 15 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®

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Look for more Scheels information coming in the Winter Issue  
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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 \_\_\_\_\_

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Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

E-mail Address \_\_\_\_\_

Amount of Donation \_\_\_\_\_ Date \_\_\_\_\_

**Thank you for your generous Donation!**

**PLEASE RETURN THIS FORM**

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

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

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Amount of Donation \_\_\_\_\_ Date Donated \_\_\_\_\_

## 3D DIMENSIONAL COACHING™

### “Coaching the Heart Behind the Jersey”

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

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



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



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

### What is 3Dimensional Coaching™?

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

1st Dimension = Fundamentals (Physical)

2nd Dimension = Psychology (Mind)

3rd Dimension = Heart (Holism)

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

### Why does it matter?

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

### 2nd Dimension issues?

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

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

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

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

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

[www.fcacoachesacademy.com](http://www.fcacoachesacademy.com)

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

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# Dakota Coach Spring 2019

## 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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