



Volume 52 Issue #4

Dakota Coach

NHSACA/NDHSCA

National Coaches Convention

June 22-27, 2019

**Ramkota Hotel
Bismarck, ND**



National and State Combined in one!



Register Today!

**Up to 5
Graduate Credits
Available**

**Hear from NHSACA COTY Finalists, High School,
College and University Coaches along with nationally
recognized speakers!**

DON'T MISS OUT!

NHSACA National Convention and NDHSCA Convention

Information & Highlights

Page 14



In This Issue

- Executive Committee..... 3
- President Heisler’s Message..... 4
- Vice President Ron Metz Message..... 5
- Executive Secretary Message..... 7
- Randy Johnson, NHSACA Message....10
- National Convention Information..... 13
- Gelaine Orvik Scholarship..... 18
- Scheels Scholarship 21
- Spring Asst. & JH COTY 22
- 40 Under 40..... 23
- Special Recognition..... 23
- Award of Merit..... 23
- NHSACA/Subway COTY..... 24
- POWERade Sr. Athlete of the Year....26
- NHSACA Finalists..... 27
- Lifetime Membership Information..... 30
- POWERade Sr.AOTY Guidelines..... 32
- Insurance Information..... 33
- Advisory Committee Members..... 35
- Longevity Membership Information....36
- 2019 Coaching Longevity List..... 38
- Paid Lifetime Members..... 39
- Past Presidents..... 40
- Forms Available Online Info..... 41
- NDHSCA Code of Ethics..... 44
- Coaches Code of Conduct..... 45
- On-Line Registration..... 46
- Gelaine Orvik Scholarship Form..... 47
- 3 Dimensional Coaching.....48
- Dakota Coach Publication Info..... 50



GELAINE ORVIK & SCHEELS SCHOLARSHIP RECIPIENTS ANNOUNCED

Page 18

follow us on  @ndhsca1

NDHSCA Vice President Candidates



Jeremy St. Aubin



Rick Anderson

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



Loomis & LaPann, Inc.

INSURANCE SINCE 1852

Page 33

2018-2019 Executive Committee



**President
Tracey Heisler**

1120 22nd Street NW
East Grand Forks, MN
56721

Phone Numbers:
(h) 218-779-3021
(w) 218-779-3021
(c) 218-779-3021
theisler020@mygfschools.org



**President Elect
Tim Wallstrum**

PO Box 402
Kenmare, ND 58746

Phone Numbers:
(h) 701-385-3376
(w) 701-385-3376
(c) 701-340-8221
twallstrum@mykps.us



**Vice President
Ron Metz**

1335 20th Street North
Bismarck, ND 58501

Phone Numbers:
(h) 701-471-5197
(w) 701-323-4900
(c) 701-471-5197
ron_metz@bismarckschools.org



**Immediate Past
President
Eric Olson**

121 Maplewood Dr.
Gwinner, ND 58040

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



**Past President
Paul Lean**

130 Eagle Street N
Fargo, ND 58103

Phone Numbers:
(h) 701-261-6581
(w) 701-446-5781
(c) 701-261-6581
leanp@fargo.k12.nd.us



**Executive Secretary
Randy Johnson**

1527 North 33rd St, Unit 4
Bismarck, ND 58501

Phone Numbers:
(h) 701-870-1064
(w) 701-870-1064
(c) 701-870-1064
duck@westriv.com



**Assistant Executive
Secretary
Scott Grochow**

409 7th Avenue SE
Rugby, ND 58368

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



**Assistant Executive
Secretary
Bill Jansen**

410 7th Avenue SE
Rugby, ND 58368

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



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

1511 7th Avenue
NE

Thompson, ND 58278
Phone Numbers:
(w) 701-599-2765
(c) 218-779-3404
lisa.strand@tps-k12.org



**Membership
Chairperson
Karen Hardie**

2472 Lilac Lane
Fargo, ND 58102

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



**Lions' Basketball
Co-Chairs
Michael Sorlie**

PO Box 5
Gwinner, ND 58040
Phone Numbers
(c) 701-527-5273
(h) 701-678-3823
michael.sorlie@k12.nd.us

Mike Hendrickson
1408 57th Avenue S
Fargo, ND 58104
Phone Numbers
(c) 701-367-6546
(h) 701-367-6546
hendrim@fargo.k12.nd.us

**Shrine Football
Chair
Bill Lorenz**

1431 Chestnut Street
Grand Forks, ND 58201

Phone Numbers
(c) 218-791-3121
(h) 701-795-7818
wlorenz280@mygfschools.org

**Optimists' Volleyball
Co-Chairs
Lisa Strand**

1511 7th Avenue NE
Thompson, ND 58278

Phone Numbers:
(c) 218-779-3404
lisa.strand@tps-k12.org

Tim Wallstrum
PO Box 402
Kenmare, ND
58746

Phone Numbers
(c) 701-340-8221
(h) 701-385-3376
twallstrum@mykps.us



Roles in Coaching Athletes

Message from President Tracey Heisler



Congrats to all for surviving brutal weather this winter and spring! This last year is the prime example of how creative, flexible, and diligent our North Dakota coaches are. We had to find places to practice, negotiate multiple schedule changes, organize transportation—all at the mercy of Mother Nature.

I would guess most of the general public has no idea of how challenging the role of a coach really is. What they see is the coach in action at the competition which is just the “tip of the iceberg”—even smaller than the three foot high glacier which covered the south end of Cushman Field in mid-April . . . (another story for another time!)

Just as the work load outside of the classroom has greatly increased in the last decade, so has that work load for coaches. Because of the changes in culture, society, expectations, and technology, the amount of administrative duties has risen exponentially in the last ten years. These requirements can become so overwhelming that the art of working with kids becomes secondary.

As coaches, yes, we have to do those duties, and many other roles, that are not remotely along the lines with “coaching athletes,” so we must remember that we coach for kids.

I often think that what people see as “coaching” looks much more glamorous than the reality. I also find young/ new coaches become overwhelmed by all the extra behind the scenes requirements, and the even more draining anxiety, tension, and emotional strain that comes with coaching. Veteran coaches, I challenge you to reach out to those young people and help them to find balance. Young coaches, reach out to those veteran coaches for advice. We need to keep good people in this profession.

I believe that coaches learn best from their peers. With that I encourage all of you to attend our state convention this summer. This year you will not only have the chance to learn from some of North Dakota’s best but also the best in the nation. Not often are we given this opportunity in our own back yard.

I was greatly humbled last summer at the National Convention when hearing from the candidates for National Coach of the Year. These people are not only amazing technicians and strategists but also amazing human beings. To learn from them and be inspired by them is one of the greatest opportunities in my coaching career.

I hope everyone has a chance to regroup, re-energize, and rewind over the summer. Enjoy the warmth our summer weather brings because the cold will be back—sooner than we want and lasting longer than we want. . . (track coach issues!)

Hope to see many of you at the convention this summer!

-President Heisler

Coach Quotes

To be as good as it can be, a team has to buy into what you as the coach are doing. They have to feel you’re a part of them and they’re a part of you.

-Bobby Knight-

Message from Vice President, Ron Metz



What are you doing to get better?

I would first like to say thank you to everyone for the confidence you have in me to elect me to this position. Also thank you for everyone on the executive board for being so inviting and helpful since I have been on the board. It has been a very enlightening experience so far with all that is involved in this position.

It has always been of importance to me to try to give back to a profession that has truly given me so much. The longer I coach the more I realize the importance of giving back. In my years in South Dakota I was involved with the associations there as a convention speaker and sectional director. Moving to North Dakota and being asked to speak at a convention was a real privilege, then being selected to serve on the advisory and now the executive board, I am further honored. These have all been life growth experiences. I encourage all to get involved. If you are interested in speaking, advisory or anything please contact an executive committee member. We are always looking for names to add to our lists.

I would also like to encourage everyone to attend the convention this summer. Wow! The National convention right here in our state. It is a real honor to have this convention here. We have a very strong membership and I think we should show the other states how strong that membership is by having a huge representation of that membership at the convention this June. I realize the June date does put changes into our “normal” summer plans but feel it is well worth the change to make every effort possible to attend these dual conventions. There is a great line up of speakers and it should be a very educational as well as inspirational experience for all. Please plan on attendance and encourage other coaches in your system to attend or join our association and attend.

We are consistently asking and requiring our athletes to do what they can to get better. What do we do to make ourselves better? The convention gives us that opportunity. When I was just getting started in the coaching profession, I had a veteran coach tell me that it is good to go to conventions and clinics to continuously learn more. He said don't try to learn everything. There will be way too much, and you won't be able to use it all. Just to pick one or two things you are sure you can use and go with them. Then do this each time you attend, and you will continuously build a strong program and make yourself better.

Always give your life a good balance.

All the best to all.

See you at the convention in June.

Ron Metz

NDHSCA Executive Committee Vice President



Dakota Coach Summer 2019

SCHEELS®

PROUD SPONSOR OF THE NORTH DAKOTA HIGH SCHOOL COACHES ASSOCIATION



**WE INVITE COACHES TO
CONTACT THEIR LOCAL
SCHEELS STORE TO
SECURE INFORMATION ON
TEAM SHOPPING NIGHTS.**

Fargo – (701-298-2918) Ask for Andrew Manning

Minot – (701-852-1010) Ask for Collin Wible

Bismarck – (701-255-7255) Ask for Kate Walth

Grand Forks – (701-780-9424) Ask for Marty McDonald



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

-Randy Johnson

Congratulations to all the State Coach of the Year recipients, Senior Athlete of the Year recipients and State Champions! These are times you will cherish for a lifetime.

The North Dakota High School Coaches Association is hosting the 2019 NHSACA National Coaches Convention this summer in Bismarck at the Ramkota Hotel. This is in conjunction with our State Convention. The only difference is we will be hosting this in June. The dates are June 22 through June 27. **I strongly encourage all coaches to attend!** This is a National Convention in your backyard. You will have a chance to listen to some professional coaches, college coaches and National High School Coach of the Year Finalists. It does not get any better than this. Remember this convention will work for recertification as a coach! We will be offering CPR/AED/First Aid recertification on Sunday, June 23. There is an extra cost for this of \$15.00. You have an opportunity to get up to 5 Semester Hours of Graduate Credit. You would need to attend every day and do a little outside work for this, but it is worth it. Please visit our website: www.ndhsca.com to register, see a tentative schedule and view what is required for graduate credit. North Dakota has a goal of at least 700 coaches from North Dakota attending. Help make this happen by registering today!

North Dakota has two coaches being inducted into the National High School Athletic Coaches Association Hall of Fame this summer. They are **Scott Knowlen**, long time wrestling coach at Bismarck High School and **Carolyn Olson**, volleyball coach at Grand Forks Red River High School. They will be inducted on Tuesday, June 25 during the NHSACA National Hall of Fame Banquet starting at 5:00 at the Ramkota Hotel. Congratulations Scott and Carolyn on this honor!

North Dakota has 17 NHSACA National Coach of the Year Finalists. They will be honored on Wednesday, June 26 at the NHSACA National Coach of the Year Banquet to be held at the Ramkota Hotel in Bismarck. The finalists are as follows:

- | | | |
|---------------------------------|------------------|---------------------------------|
| • 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 Piatz | 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 |

continued on page 8

Dakota Coach Summer 2019

Randy Johnson, NDHSCA Executive Secretary message continued...

- | | | |
|-------------------------------------|-----------------|---------------------------------------|
| • 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 |

The North Dakota High School Coaches Association is proud of these individuals. We hope to have at least one National Coach of the Year recipient this summer. Congratulations and Good Luck!

The NDHSCA received word from the Coach and Athletic Director Magazine that Jason Edwards will be award the 40 Under 40 Award this summer. Jason will receive this award at the NHSACA Hall of Fame/40 Under 40 Banquet on Tuesday, June 25. Congratulations Jason on this award!

The North Dakota High School Coaches Association and the National High School Athletic Coaches Association strongly supports multi-sport athletes. It is our job as coaches to promote all programs in our schools. Supporting other school coaches and their sport programs will benefit the student-athlete the most. There is significant evidence that multi-sport athletes during the high school years are less likely to have a major injury. Sanford Health will have a session dealing with this research at this summer's convention. I strongly encourage you to attend the Saturday and Sunday Leadership Conference. Keep in mind, coaches working together will create amazing results for not only the school but also the student-athlete.

It is critical for coaches to stay present on the rules of their sport. It is also important for coaches to read the criteria for All State, All Star, Senior Athlete of the Year and other special awards. Many problems can be avoided by coaches doing their homework to read, ask questions and follow through with what is best for everyone involved. Coaches should review Coaching Ethics and Coaches Code of Conduct periodically. These reminders help us stay in tune with the main purpose of coaching. Remember: Coaches have a major impact on the development of young people. Your influence changes lives!

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

continued on page 9...

Dakota Coach Summer 2019

Randy Johnson, NDHSCA Executive Secretary message continued...



I recently visited with our Liability Insurance Provider. The insurance company strongly recommends purchasing camp insurance if you are running a camp during the summer. Camp insurance may help individuals who are injured at camp pay for their medical expenses not covered by that individuals Health Insurance. If you have any questions, please contact me by e-mail: duck@westriv.com or phone: 701-870-1064. I am more than willing to assist you.

A special thank you goes to the NDHSCA Executive Board for all their work this past year. With us hosting the National Convention this summer, there has been a lot of extra time and effort put in. You will see an outstanding convention this summer because of their efforts. They truly are amazing!

I wish everyone a great summer. I encourage your attendance at the 2019 NDHSCA-NHSACA National Coaches Convention in Bismarck June 22 through June 27. You will enjoy the experience! Be sure to register today!

See you in Bismarck in June!

Randy Johnson, NDHSCA Executive Secretary





Greetings from the National High School Athletic Coaches Association



from Randy Johnson, NHSACA Past President

The preparations for the 2019 National High School Athletic Coaches Association National Convention are nearing completion. The convention will be held in Bismarck at the Ramkota Hotel. The dates of the convention are **June 22 through June 27**. The cost for the convention is **\$125.00**. This cost includes membership for the 2019-2020 school year and convention registration. **You must register through the North Dakota website:** www.ndhsca.com. An individual may also earn up to five semester hours of graduate credit through NDSU at a cost of \$100.00 per credit. Here are the options available:

- Two Graduate Credits – Leadership Conference June 22 & June 23
- Two Graduate Credits – Sport Specific Sessions June 24 through June 27
- Three Graduate Credits – Sport Specific Sessions June 24 through June 27
 - Requirements for the credit are posted on our website
 -

The National Convention is being hosted in conjunction with the North Dakota High School Coaches Association State Convention. Since North Dakota is the host state, it works best to have our State Convention and the National Convention at the same time. There is a tentative schedule posted on the North Dakota High School Coaches Association website and in this issue. Check it out. You will not want to miss this event.

Here are some key events and dates with this summer's National Convention:

- Sunday, June 23 – Recertification & Certification in Concussion Management
- Sunday, June 23 – Recertification & Certification in CPR/AED/First Aid (\$15.00 cost)
- Monday, June 24 – Universal Athletics Social with free taco bar and “horse racing”
- Tuesday, June 25 – **NHSACA** Hall of Fame / 40 under 40 Banquet
- Wednesday, June 26 – **NHSACA** Coach of the Year Banquet
- Thursday, June 27 – **NDHSCA** Hall of Fame/Coach of the Year Banquet
- Thursday, June 27 – **NDHSCA** Annual Meeting

There are a lot of great sessions with some outstanding speakers. Register today at our North Dakota website.

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 upcoming induction into the NHSACA Hall of Fame!

NHSACA message continued on page 11

Dakota Coach Summer 2019

Randy Johnson, NHSACA message continued from page 10

North Dakota has seventeen finalists 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!

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.

The National High School Athletic Coaches Association and the North Dakota High School Coaches Association work together to give extra benefits to members. We currently offer to members eight

NHSACA message continued on page 12

Dakota Coach Summer 2019

NDHSCA message continued from page 11

digital subscriptions to the Coach and AD Magazine for all North Dakota members free of charge. There is also a possibility for discount rates at hotels, Office Depot, life insurance, long term care insurance and many others. Since you are a member click this link: <http://www.hscoachesbenefits.org/>. See what benefits are available to member coaches! Please visit our national website, www.nhsaca.org, frequently for information.

In closing, we hope to see all North Dakota Coaches at the National Convention this summer in Bismarck. It will be an event you do not want to miss. See you in June!

Sincerely,



Randy Johnson
NHSACA Past President and Webmaster

COACH QUOTE:

A champion is someone who does not settle for that day's practice, that day's competition, that day's performance. They are always striving to be better. They don't live in the past.

-Briana Scurry-





NDHSCA/NHSACA



Coaches Convention

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 certification of coaches.

Where: Ramkota Hotel - Bismarck, North Dakota

When: June 22 through June 27

Registration: Please visit our website: 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 and in this issue of the Dakota Coach:

Register Today!

Reserve Your Rooms now!

Dakota Coach Summer 2019

Convention Registration Information

NDHSCA is hosting the National High School Athletic Coaches Association convention! 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. **Please call to reserve rooms immediately!**

Registration for the convention is open! All North Dakota Coaches need to register through the NDHSCA website: 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 will be 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
(You 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
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
13. **NDHSCA** Annual Meeting, Thursday, June 27- Free Subway Lunch for all meeting attendees.
Attend to learn more about your association and give input.

All Athletic Directors and coaches are reminded the convention fulfills certification and recertification of coaches. This is the year for the first group of coaches to become recertified. Take advantage of this National Convention.

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



NHSACA/NDHSCA

Condensed Convention Schedule

For full schedule go online to www.ndhsca.com

12:30 – 5:30 Friday, June 21 NDHSCA Executive Board Meeting & Lunch

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 -12:00 Noon **Coaching & Leadership Seminars (must attend if taking for credits)**

12:00 – 12:30 **Lunch on your own**

12:00 – 12:30 **NDHSCA Executive Board Lunch**

12:30 -7:30 PM **Coaching & Leadership Seminars**

1:00 – 6:00 PM **NHSACA Executive Board Meeting**

Sunday, June 23; Leadership Seminar

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

8:00 – 10:00 AM **Coaching and Leadership Seminars**

9:00 – 12:00 **NHSACA Executive Board Meeting**

10:00 – 12:00 **Coaching and Leadership Seminars**

12:00 – 12:30 **Lunch on your own**

12:30 – 4:30 PM **Coaching and Leadership Seminars**

1:00 - 2:00 **NHSACA Past Presidents' Meeting**

1:00 - 2:00 **NHSACA Sport Chair Meeting**

1:00 - 2:00 **NHSACA Region Director Meeting**

2:00 - 3:00 **NHSACA Board of Directors Meeting**

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

4:15 **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)

(schedule continued on page 16)

Dakota Coach Summer 2019

(condensed Convention Schedule continued)

Monday, June 24; Sport Specific Sessions

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

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

8:30 – 10:00 AM *General Session #1*

10:15 – 12:15 PM *Sport Specific Sessions*

12:15 – 1:00 PM *Lunch on your own*

12:15 – 1:15 PM **NHSACA Past President's Lunch**

1:00 – 3:30 PM *Sport Specific Sessions*

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

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

4:00 – 5:00 PM **NHSACA National Regional Meetings**

(Need to attend the Region Meeting for your State)

6:00 – 9:00 PM **NHSACA-NDHSCA- Dakota Night Social and Silent Auction**

Sponsored by



Tuesday, June 25; Sport Specific Sessions

7:30 AM – 5:00 PM **NHSACA-NDHSCA** Registration Open

8:00 – 9:45 AM **NHSACA State Executive Directors Meeting**

8:30 -9:30 AM *Sport Specific Sessions*

9:30 – 10:00 AM *Visit Exhibitors*

10:00-12:15 PM *Sport Specific Sessions*

9:45 – 11:15 AM **NHSACA Board of Directors Meeting**

12:15 – 1:00 PM *Lunch on Your Own*

12:15 – 2:00 PM **NHSACA Executive Committee Meeting**

1:00 – 4:30 PM *Sport Specific Sessions*

5:00 – 8:00 PM **NHSACA Hall of Fame Banquet/Coach & Athletic Director 40 under 40**

Wednesday, June 26; Sport Specific Sessions

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

7:30 – 9:30 AM **NHSACA Board of Directors Meeting**

8:30 – 12:00 PM *Sport Specific Sessions*

12:00 – 1:00 PM *Lunch on Your Own*

1:00 – 4:30 PM *Sport Specific Sessions*

4:30 – 5:30 PM **NHSACA Coach of the Year Awards Banquet Reception
(Doors to Banquet Open at 5:00)**

5:30 – 8:30PM **NHSACA National Coach of the Year Awards Banquet**

(schedule continued on page 17)

Dakota Coach Summer 2019

(condensed Convention Schedule continued)

Thursday, June 27; Sport Specific Sessions

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

7:30 – 8:30 AM **FCA Breakfast**

8:00 – 11:00 AM **NHSACA Executive Committee Meeting**

8:30 – 10:45 AM **Sport Specific Sessions**

10:55 AM **NDHSCA Annual Business Meeting**

Light Lunch provided by NDHSCA to General Business Meeting Attendees

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

1:00 - 4:30 PM **Sport Specific Sessions conclude**

5:00 - 5:45 PM **NDHSCA AWARDS BANQUET RECEPTION**

5:45 PM **NDHSCA Hall of Fame & COTY Banquet**

Friday, June 28

8:00 – 12:00 PM **NDHSCA Executive Board Meeting**

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



NDHSCA-Gelaine Orvik Scholarship Recipients Announced

The recipients of the annual NDHSCA-Gelaine Orvik \$1,000 Scholarships have been identified and notified. After evaluation and assessment, the selection committee selected **Maria Blessum** from Rugby High School and **Isaac Huber** from Edgeley High School as beneficiaries. The Scholarships will be presented to the two young student/athletes at the NDHSCA Annual Awards Banquet, which will be held at the Bismarck Ramkota Convention Center on Thursday, June 27th.

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

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

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

Maria Blessm of Rugby High School



Maria Blessum is ranked first in her class of 37 at Rugby High School. She will have earned more than 30 credits when she graduates; she has an ACT test composite score of 32 and a 4.00 GPA through seven semesters and her academic classes includes College Credit Classes in College Algebra, Trigonometry and composition. Maria competed in volleyball, basketball and track & field for all four years of high school, and has earned four athletic letters in volleyball, basketball and track & field (12 total letters). Maria was member of National Honor Society, FBLA, FFA, Math Team, student council, Sources of Strength, Academic Olympics, and Catholic Youth Organization. In addition to her participation and earning letters in athletics, she was a captain of her track & field teams (junior and senior years), basketball team (senior year) and volleyball teams (junior and senior years).

Dakota Coach Summer 2019

Maria Blessum; Gelaine Orvik Scholarship Recipient continued from page 27

Maria has also prepared for her coaching profession by her love for teaching and her communication skills. She attests to her love for coaching and honor for her high school coaches as she declares “My coaches have had a substantial impact on my life.” She anticipates her role as a coach “. . . to teach athletes that there are many lessons to be learned through athletics beyond just winning and losing.” Those lessons include but are not limited to the value of hard work, teamwork, and dedication; also the crucial respect for those around, the importance of emotional and intellectual strength - - - not just physical strength; humility in success and strength in defeat.”

Maria was praised by her high school principal as being tenacious, a rare leader with maturity and willingness to go beyond to accomplish her goals. He additionally states that she is astute, punctual, a role model, and the consummate scholar. He continues to characterize her as being intelligent, determined, personable, creative, and innovative. Maria has integrity and is concerned about her school, community, peers and family.

Maria receives great praise from Kim Anderson, who has had contact with her as a teacher, coach, and a cooperating student in an elementary school. Ms. Anderson elaborates on her athletic successes of being All-State in volleyball, Optimists All-Star Volleyball selection, finalist for NDHSCA senior athlete of the year in volleyball, Lions All-Star Basketball selection and State Champion in Pole Vault as a junior. Anderson continues her praise of Maria’s work ethic, respect for others, competitiveness, sacrifice, and self-confidence. Anderson closes her praise with “She has a sincere interest in betterment of North Dakota Education and athletics. . . .She deservedly represents the ideals and values that are associated with Coach Orvik’s expectations in athletes.

Maria was nominated for this scholarship by Jennifer Brossart, Rugby HS girls’ basketball coach. Jennifer supports Maria with the same accolades identified by Kimberly Anderson and Jared Blikre. She additionally identifies Maria’s leadership skills and helpfulness to others. She has “. . .demonstrates determination and dedication to be the best she can be. She is held in high regard by her peers, teachers and her community.”

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

Isaac Huber of Edgeley High School



Isaac Huber will graduate fourth in his class of 22 at Edgeley High School with an ACT test composite score of 23. He had a 3.88 GPA through seven semesters with curriculum that included chemistry, physics, anatomy, college English Composition and College Speech.

Isaac competed for four years in cross-country, basketball and track & field; he also competed in football as a 9th grader. He lettered in all three sports for four years. He was a leader and/or captain in cross-country and track & field for four years for the Rangers.

Isaac also participated in 4H, FFA, band/choir, Science Olympiad, Acalypmics, SmartLAB coding and POD.

Isaac has been a three-sport athlete throughout high school and will continue his track & field and cross-country experience at the North Dakota State University. He was nominated for the scholarship by his coach, Jon Schiele, who praised Isaac as a worthy recipient for the award “. . . as he exhibits all of the values and ideals put

Dakota Coach Summer 2019

Isaac Schiele; Gelaine Orvik Scholarship Recipient continued from page 28

forth by Coach Orvik.” He is identified as “. . . being the best student and athlete that he can be and has excelled in the sports of basketball, cross-country and track & field.” The awards he has received throughout his athletic career “. . . are a direct reflection on his work ethic, loyalty and coachability.”

In response to the application form’s request for an explanation of reason for his desire to be a high school coach, **Isaac** alludes to his fascination with viewing his father’s video of a state championship performance. Likewise, he learned from his many coaches’ different philosophies and teaching perspectives that were all very similar regarding teamwork, dedication, sacrifice and enjoyment. He applauds his coaches for the great leadership he was shown as he grew up; he saw “. . . how beneficial (great coaches) can be to a young child’s life. Helping people has always been a thing I enjoy; there is nothing better than seeing athletes or a team grow throughout the season and accomplish goals they didn’t think were imaginable. Coaches truly help as many people as possible and leave the world a better place.

Isaac received recommendation from his high school principal/athletic director with the ultimate praise of “I have had the opportunity to witness Isaac’s character in the classroom, community, hallways, and athletic field. Isaac Huber’s is a student/athlete who displays leadership, advocacy for others, positive relationships with other student/athletes, and a ‘get-it-done’ mentality.” Mr. Kosel’s analysis of **Isaac**, with “. . .his experiences of being a state champion and a Gatorade Athlete of the Year have enhanced his skill set to make him a better student, athlete, leader, communicator and a respected young man in our community and state.”

Patsy Schlosser praises **Isaac** for his performance in her math & science classes---Algebra I, geometry, Algebra II, college algebra (a dual credit class) and physics. Schlosser delineates Isaac’s success through his attentiveness, respectfulness, self-confidence, imagination, assertiveness, dependability, cooperative spirit and encouraging nature.

Overall, **Isaac’s** recommendations, academic success, leadership, self-motivation, dedication, responsibility and reliability make him a deserving recipient of the NDHSCA-Gelaine Orvik Scholarship.

NDHSCA - SCHEELS **Scholarship Recipients Announced**

The North Dakota High School Coaches Association Executive Committee selected the recipients for the NDHSCA Scheels Scholarships. **Kyle Burwick, Hettinger HS;** who plans to attend the University of Wisconsin - Madison; **Kyanne Derr, Glenburn HS;** who plans to attend the University of North Dakota; **Annah Greenmyer, North Sargent HS;** who plans to attend the University of North Dakota; and **Braxton Rolle, Hebron HS;** who plans to attend Bismarck State College will each receive a \$750.00 scholarship from NDHSCA and Scheels.

The scholarships will be presented to each student/athlete at the Annual NDHSCA Hall of Fame/COTY Banquet at the Bismarck Ramkota on Thursday, June 27th. The four student/athletes collectively earned 39 athletic letters, involved in 120 different activities and ACT scores average 29. Three of the recipients have a GPA of 4.0. Each of the recipients will receive a \$750.00 NDHSCA Scheels Scholarship at the June 27th NDHSCA Hall of Fame/Coach of the Year Banquet in Bismarck at the Ramkota Convention Center.

Dakota Coach Summer 2019

NDHSCA-SCHEELS Scholarship Recipients



Kyle Burwick graduated from Hettinger High School with a 4.0 Grade Point Average (GPA). He ranks first out of 18 graduates and scored a 29 on his ACT test. Kyle earned 12 athletic letters in the sports of Wrestling (4), Football (4), and Baseball (4). He was a member of FBLA, Acalympics, Science Olympics, Husky Wrestling Club, Student Librarian, Student Council, National Honor Society, and the Nighthawk Leadership Council. He has been commended by teachers for being knowledgeable, dedicated and humble.

Kyle is the son of Randy and Connie Burwick.

Kyanne Derr graduated from Glenburn HS with a 4.0 Grade Point Average (GPA) and ranks first in a class of 14. Her ACT score was a 26. Kyanne has earned 7 athletic letters in the sports of Volleyball (4), Softball (2) and Track and Field (1). She was a member of band, choir, student council, Jazz Band, Sources of Strength, Speech, Drama, and a NDHSAA Distinguished Student Finalist. Kyanne's classroom instructors praise her for being organized, dedicated, and a hard worker.

Kyanne is the daughter of Larry and Donanne Derr.



Braxton Rolle graduated from Hebron High School with a 3.987 Grade Point Average (GPA). His ACT score was a 33. He has earned nine athletic letters in cross country (4), basketball (3), and track and field (2). Braxton is active in FFA, Acalympics, Math Meet, Science Olympics, and National Honor Society. His teachers commend him for being mature, compassionate and of high morality.

Braxton is the son of Dean and Peggy Rolle.

.Annah Greenmyer graduated from North Sargent HS with a 4.00 Grade Point Average (GPA). Her ACT score was a 28 and she ranked first out of 20 graduates in her class. She has earned 12 athletic letters in the sports of volleyball (4), basketball (4) and football stats (4). Annah was active in speech, one act play, choir, band, SADD, FCCLA, Relay for Life, Student Council, Speech Meet Judge and was the NDHSAA Distinguished Student Runner-Up. Her instructors commend her for being positive, a leader, a hard worker and an outstanding person.

Annah is the daughter of Ron and Chelie Greenmyer.



2019 NDHSCA SPRING ASSISTANT COTY



The 2019 Spring Season recipient of the North Dakota High School Coaches Association Assistant Coach of the Year Award is **Erick Egan**, Bowman County Assistant Track and Field Coach. **Erick** was nominated by Jonathan Jahner, Bowman County Head Track and Field Coach.

Coach Egan has been coaching for ten years with the last seven years as an Assistant Track and Field Coach for Bowman County. He has coached five State Class B Track and Field placers in the long and triple jump. **Coach Egan** has coached 14 athletes who qualified in the long jump and 12 athletes who have qualified in the triple jump. **Erick** also serves as an assistant boys' basketball coach and has coached football in the past. He is responsible for training and

coaching the horizontal jumps at Bowman County.

Jonathan Jahner, Bowman County Head Track and Field Coach has this to say about **Erick**. "**Coach Egan** shows great passion for all aspects of track and field. He uses opportunities, including NDHSCA conventions, to develop strategies, programming, and motivational tactics to get the most out of his athletes."

Erick Egan of Bowman County is the 2019 North Dakota High School Coaches Association's Spring Assistant Coach of the Year in the sport of Track and Field.

2019 NDHSCA SPRING JUNIOR HIGH ASSISTANT COTY



The 2019 Spring Season recipient of the North Dakota High School Coaches Association Junior High Coach of the Year Award is **Daniel Seykora**, Rugby's Junior High Track and Field Coach. **Daniel** was nominated by Scott Grochow, Rugby's Head Boys' Track and Field Coach and Bill Jansen, Rugby's Head Girls Track and Field Coach.

Coach Seykora has been coaching for eleven years with the last ten years as a Junior High Track and Field Coach in Rugby. He is responsible for coaching the Junior High Boys Track and Field Team as well as all the jumping events in Rugby. **Daniel** has also coached basketball and football. His overall career coaching record in track and field is 50 wins with 10 losses.

Coach Jansen and Coach Grochow, Head Track and Field Coaches at Rugby say this about **Daniel**. "**Coach Seykora** cares about the sport of track and field. He is passionate about making sure the athletes he works with are set for success. With **Daniel** as part of our program, I have no doubt we will be successful well into the future. He has a very valuable part of the Rugby Track and Field program for the last ten years. **Coach Seykora** is always willing to help where needed. He does an excellent job of putting our junior high athletes in events and assisting them as they perform."

Daniel and his wife Ashley have two children: Harper and Beckett.

Daniel Seykora of Rugby is the 2019 North Dakota High School Coaches Association's Junior High Coach of the Year in the sport of track and field.

40 Under 40



The North Dakota High School Coaches Association has been informed that **Jason Edwards**, Fargo Davies Cross Country Coach and Track and Field Coach will be the recipient of the Coach and Athletic Director 40 Under 40 Award. Jason will be recognized this summer at the 2019 NDHSCA-NHSACA National Coaches Convention in Bismarck. He will receive the award at the NHSACA Hall of Fame/40 Under 40 Banquet on Tuesday, June 25. This banquet starts at 5:00 at the Ramkota Hotel. Congratulations Jason!

Special Recognition Award Recipients



The North Dakota High School Coaches Association Executive Committee voted to present the following individuals with a Special Recognition plaque at this summer's State Convention. These individuals have been very instrumental in the success of NDHSAA sponsored tournaments. Special Recognition will be presented to **Jeff Risk** and the late **Selmer Flom** of Minot.



Award of Merit



The North Dakota High School Coaches Association Executive Committee voted to present **Myron Loberg** and **Mark Weber** with an Award of Merit plaque at this summer's State Convention. They are recognized for assisting high school sports.



2018-19 NDHSCA Subway Coach of the Year

<u>SPORT</u>	<u>Name</u>	<u>SCHOOL</u>
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 Paronica	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
Class A Boys' Track & Field	Darin McKinnon	West Fargo HS
Class A Girls' Track & Field	Tracey Heisler	Grand Forks Red River HS
Class B Boys' Track & Field	Jon Jahner	Bowman County HS
Class B Girls' Track & Field	Jeremy Anderson	Thompson HS
Class A Girls' Tennis	Paul Kolesar	Fargo Davies
Class A Girls' Soccer	Andy Foss	Bismarck HS
Class B Baseball	Brett Omdahl	Park River/Fordville/Lankin
Class A Baseball	Aaron Finders	Williston HS
Class B Girls' Softball	Scott Kost	Central Cass HS
Class A Girls' Softball	Pat Johnson	West Fargo HS
Class B Girls' Golf	Mike Pulczynski	Kindred HS
Class B Boys' Golf	Ryan Nielsen	Hillsboro HS
Class A Boys' Golf	Josh Cichy	Grand Forks Central HS

(continued page 25)

Dakota Coach Summer 2019

(NDHSACA COTY Recipients continued)

Fall Assistant COTY
Fall Junior High COTY
Winter Assistant COTY
Winter Junior High COTY
Spring Assistant COTY
Spring Junior High COTY

Paul Lean
Sean Napton
Andrea Bitz
Chris Hagen
Erick Egan
Daniel Seykora

Fargo Davies HS
Fargo Discovery MS
Jamestown HS
West Fargo Liberty MS
Bowman County HS
Rugby JHS

CONGRATULATIONS TO ALL RECIPIENTS!



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.



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 Paronica
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
A Boys' Track & Field	Nathan Kraft	Bismarck Century	Tim Jacobson & Justin Miller
A Girls' Track & Field	MacKenzie Severson	Grand Forks Red River HS	Tracey Heisler
B Boys' Track & Field	Isaac Huber	Edgeley/Kulm HS	Jon Schiele
B Girls' Track & Field	Isatu Shirek	Thompson HS	Jeremy Anderson
Girls' Tennis	Raquel Egge	Minot HS	Scott DeLorme
Girls' Soccer	Allison Lepp	Minot HS	Matt Pfau
B Baseball	Adam Zavalney	Park River HS	Brett Omdahl
A Baseball	Parker Stroh	Grand Forks Central HS	Tim Gregoire
B Softball	Lexi Buhr	Central Cass HS	Scott Kost
A Softball	Gabby Nelson	Fargo Shanley HS	Vance Christianson
B Girls' Golf	Brooke Peterson	Bowman County HS	Todd Frie
B Boys' Golf	Jamison Fettig	Napoleon/Gackle/Streeter	Kelly McCleary
A Boys' Golf	Zach Johnson	Bismarck Century HS	Preston Brown

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 Piatz	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**

SAVE TIME

ORDER LUNCH ON YOUR MOBILE PHONE

ORDER ONLINE AT SUBWAY.COM OR ORDER THROUGH THE NEW SUBWAY® MOBILE APP

STEP 1

Go to SUBWAY.com or download the free SUBWAY® app from Google Play Store or iTunes App Store

STEP 2

Select participating restaurant

STEP 3

Place your order and pay online with credit, debit or SUBWAY® card

STEP 4

15 minutes later pick up your order at the selected location



Valid at participating locations. All chip related trademarks are owned by Frito-Lay North America, Inc. SUBWAY® is a Registered Trademark of Subway IP Inc. ©2016 Subway IP Inc.

NDHSCA AWARDS

to be presented at the NDHSCA Banquet June 27, 2019

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.

Award of Merit

Myron Loberg – NDSU Volunteer Track and Field Coach

Mark Weber – Emmons County Sports Writer

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

Special Recognition

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.

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.

2019 NDHSCA Hall of Fame

Lyne Enget; Deceased Football, Basketball and Track & 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



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

www.ndhsca.com



Lifetime Membership

To purchase a Lifetime Membership the prospective coach must have been:

- A North Dakota High School Coaches Association Member for 20 years
- An active high school coach for at least 25 years either in North Dakota or another state

Notes on Lifetime Membership

- Lifetime Membership may be purchased for a one-time fee of \$300. In order to become a Lifetime Member the person must be a member which is \$60. The lifetime Membership fee would be \$360 total.
- Lifetime Membership will carry all Active Membership benefits including \$1,000,000 Liability Insurance coverage
- A Lifetime Member relinquishes voting and office holding privileges if a member is no longer an active coach. If they are active in coaching, voting and office holding privileges continue.



NDHSCA Sponsored All Stars



The Optimists All Star Volleyball Series will be held Monday, June 10 at Fargo North HS and Tuesday, June 11 at Mandan HS. Matches will start at 7:00 pm.

The Shrine Bowl featuring ND's best football players will be played on Saturday, July 13th at Cushman Field in Grand Forks. The 11-man game will start at 4:00 pm with the 9-man game starting at 7:00 pm.



The Lions All Star Basketball Games will be held Monday, July 15 at Bismarck Legacy HS and Tuesday, July 16 at West Fargo HS. The girls will play first at 6:00 pm with the boy's game to follow at 8:00 pm



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 Summer 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

INSURANCE ADMINISTRATOR

LOOMIS & LAPANN, INC.
INSURANCE SINCE 1852

www.loomislapann.com

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

Greg Joly
Lori George
Karen Boller

gjoly@loomislapann.com
lgeorge@loomislapann.com
kboller@loomislapann.com

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
-------	----------------	------

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):

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
Al Takle; Dickinson HS	Girls' Representative	2019-2023

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	2018-2022

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 1527 North 33rd 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, or Bill Jansen at William.Jansen@k12.nd.us if you are one of these individuals. **Remember, this is the number of years you have been coaching through the spring of 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 Summer 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 rate



Quote for Coaches:

I do not think there is any other quality so essential to success of any kind as the quality of perseverance. It overcomes almost anything, even nature.

-John D. Rockefeller-



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) or Bill Jansen (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
 Robert Watson, Standing Rock
 Mark Wiest, Mandan
 Melissa Wilson, Fargo Davies

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
 Kurt Grensteiner, Bismarck
 Adam Hill, Mott-Regent
 Dewitt Mack, Mandan
 Rich Olson, Langdon Area
 Dobie Thom, Benson County-Maddock
 Mark Woodbury, West Fargo

30 Years

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
 Rick Hack, Ellendale
 Jim Jonas, 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
 Leon Kary, Mandan
 Nancy Paintner, Griggs C Central
 Julie Stavns, Bismarck Century
 Brad Strand, Fargo
 Jeryl Thompson, Drayton

45 Years

Brian Anderson, New Town
Rick Anderson, Griggs County Central
Gary Jackson, North Border-Walhalla
Daryl Jung, New England

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
Plecity, Doyle; West Fargo HS
Roeske, Marv; Concordia College

Schatz, Mike; New England HS
Schauer, Gary; Langdon HS
Schmitt, Dan; Dakota Prairie HS
Schneider, Jay; Devils Lake HS
Schreiner, Vernon; Minto HS
Sevre, Jocelyn; Hazen HS
Shirley, Marney; Jamestown HS
Sluke, David; Grafton HS
Smrekar, Dan; Bismarck St. Mary's HS
Snortland, Keith; Warwick HS
Solberg, Sheryl; NDHSAA
Sondrol, Rick; Central Valley HS
Sorensen, Chris; Hazen HS
Stanley, Len; Bismarck State College
Stegman, Wayne; Drayton HS
Stein, Bruce; Hankinson HS
Stibbe, Peggy; Discovery MS
Strand, Fred P; Hatton-Northwood HS
Suelzle, Tom; Watford City HS
Thompson, Jeryl; Drayton HS
Towers, Ken; Grand Forks Red River HS
Trieglaff, Robert; Fargo North HS
Vigen, Randy; Central Valley HS
Wagner, Chuck; Killdeer HS
Wagner, Doug; DesLacs-Burlington HS
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	Bob King, Valley City HS
Chapper Farrell, Minot HS	Gelaine Orvik, Fargo South HS



FORMS AVAILABLE ONLINE

Available on the NDHSCA website

Search “NDHSCA” or enter

www.ndhsca.com



- All State Football Nominee
- Assistant Coach of the Year
- Junior High Coach of the Year
- Award of Merit Recommendation
- Hall of Fame Nomination Form
- Lifetime Membership Application Instructions
- NDHSCA Gelaine Orvik Scholarship Fund
- Gelaine Orvik Scholarship Application
- Victory Milestones
- Senior Scholarship Application – Burger King \$500
- Shrine Football Nominee
- Special Recognition
- Sponsor Membership
- Sports Advisory Committee Membership



Dakota Coach Summer 2019

SCHEELS®

PROUD SPONSOR OF THE NORTH DAKOTA HIGH SCHOOL COACHES ASSOCIATION



**WE INVITE COACHES TO
CONTACT THEIR LOCAL
SCHEELS STORE TO
SECURE INFORMATION ON
TEAM SHOPPING NIGHTS.**

Fargo – (701-298-2918) Ask for Andrew Manning

Minot – (701-852-1010) Ask for Collin Wible

Bismarck – (701-255-7255) Ask for Kate Walth

Grand Forks – (701-780-9424) Ask for Marty McDonald

A Big THANK YOU to the following sponsors.



FCA



Allard Trophy



North Dakota High School Coaches Association



NDHSCA Code of Ethics



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

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



Coaches Code of Conduct



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

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

Dakota Coach Summer 2019

ONLINE MEMBERSHIP REGISTRATION LINK

PLEASE TAKE NOTE!

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

- 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®

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



**Sponsor of the
Outstanding
Senior Athlete Awards**



North Dakota High School Coaches Association



NDHSCA Gelaine Orvik Scholarship Fund



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

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

Please Print

Donor _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Work Phone _____ Cell Phone _____

E-mail Address _____

Amount of Donation _____ Date _____

Thank you for your generous Donation!

PLEASE RETURN THIS FORM

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

PLEASE DETACH THIS BOTTOM PORTION FOR YOUR TAX RECORDS

Gelaine Orvik Scholarship Donation made by _____

Amount of Donation _____ Date Donated _____

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

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

SAVE TIME

ORDER LUNCH ON YOUR MOBILE PHONE

ORDER ONLINE AT SUBWAY.COM OR ORDER THROUGH THE NEW SUBWAY® MOBILE APP

STEP 1

Go to SUBWAY.com or download the free SUBWAY® app from Google Play Store or iTunes App Store

STEP 2

Select participating restaurant

STEP 3

Place your order and pay online with credit, debit or SUBWAY® card

STEP 4

15 minutes later pick up your order at the selected location



SUBWAY

Valid at participating locations. All chip related trademarks are owned by Frito-Lay North America, Inc. SUBWAY® is a Registered Trademark of Subway IP Inc. ©2016 Subway IP Inc.

Dakota Coach Summer 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. 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.

SUBWAY™

Sponsor of NDHSCA

Coach of the Year Awards and NDHSCA Gelaine Orvik Scholarship

North Dakota High School
Coaches Association and
POWERade
Outstanding Senior Athlete Award

