



Volume 52 Issue #2

Dakota Coach

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page 10
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June 22-27, 2019



NHSACA National Convention

& NDHSCA Convention info



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Scott Knowlen

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Carolyn Olson

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Lyne Enget



Rodney Hardie

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Craig Kovash



Dave Zittleman



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NDHSCA**

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Scheels Team Night

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Message from NDHSCA President Tracy Heisler

The End of a Season



Congratulations to all the athletes and coaches of our fall sports! The months of August to November were full of fantastic performances across the state, and each was accompanied by smiles, cheers, tears, and, in some cases, all three. The cycle of emotions athletes, coaches, parents, and entire school populations experience emulate nature's transitions and each person's cycle through life's transitions.

Last spring at the State Track and Field Meet after my 4X4 finished, they were smiling, laughing, jumping around because they had PR'd, ran better than expected, and made the podium. The lone senior of the four came to me with sparkles in her eyes, tears running down her face, and said, "I just ran my last race. I didn't think I would care this much." Reality—life—jumps out at the most inopportune times.

As coaches, we need to be aware of the irony of this time of year. As the North Dakota winter blows across the state, many of our athletes are contemplating the finality which the closing of fall sports and the beginning of winter seasons really mean. For some, they know they may never competitively swim, play football, volleyball, or soccer again. Others see this winter season as a last opportunity to step on the court, ice, or mat.

For coaches, knowing another season/ year is around the corner helps to brighten those gloomy winter days, but some of our athletes are facing a reality of an end—something which could very well be an entirely new experience.

Just as spring prepares people for a new year, coaches need to help athletes prepare for new beginnings. Athletics teach our students skills to face life's adversities, challenges, endings and turn them into strengths, successes, and positive experiences. Be aware that because coaches always have the potential for a next season, our outlook may not mirror our athletes'. Consequently, taking special note of our seniors at the close and opening of each season and making sure they know their efforts have been appreciated helps them to shovel through life's winters and leap into its springs.

Once again, congratulations to our fall sports and the best of luck to those of winter! May the days be filled with the sun's warm rays and the roads clear of snow and ice!

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Dakota Coach Winter 2018-2019



Message from President Elect, Tim Wallstrum

Season's Greetings from the North Dakota Coaches Association,

It was a fantastic fall season. There was a lot of dedication, effort, victories and learning experiences. The season ending tournaments were exciting and new memories were made and records set. I would be remiss if I did not mention that a good friend of mine (the editor of this newsletter) won her unprecedented fifth State Class B Championship. Wow, it feels nearly impossible to win one.

I have always felt that teachers make great coaches because if you are a coach, you are a teacher. A person does have to be careful what they are teaching though. There is a manifest (intended) function of learning and a latent (unintended) function of learning. A coach may tell his players to act in a cool collected manner (manifest function) but loses control himself. We know that a student's grasp of what the coach is doing (latent function) is stronger.

I remember watching a coach whose team had just finished playing in the championship game of a tournament. Some of the players were still in the showers after the game but most of the team was sitting around on the gym floor waiting for them. The Athletic Director from the host school was, by himself, busy trying to get things cleaned up and put away after the tournament. The coach was getting tired of waiting and needed something to do so he started to pick up garbage and help stack the folding chairs onto the rack. Before long, every player who was sitting in the gym was up helping and the work was nearly all done before the last player was out of the locker room. The coach never asked a single player to help yet this continued to happen at every single tournament the rest of the year and that passed down to the younger teams in the program so that they were doing it too. Athletes learn as much from what they see us do as what they hear us say and that can be negative or positive.

"...if you are a coach, you are a teacher."

We coaches are always continuing to learn, and I was reading an article recently that caught my attention in the Coach and Athletic Director magazine (which we all have access to as a member of our association). It was about a baseball coach who had a group of athletes. Some were great, some not so great, and some on the far end. He later had the opportunity to move up a league or so and found that he was coaching some of the same athletes he had in previous years. The point to the story was that some of the players he had written off on the far end had advanced to a quality level of play. He found that we probably should not give up on our athletes as early as we do. It certainly made me think, I hope it does you, too.

Wow, its already time for another new year. Years are really starting to pile up, funny how that happens. Time is always flowing, and it never stops and never comes back. Coaches give an astronomical amount of time to our programs, our players, and our communities. It is interesting to listen to our athletes when they apply for scholarships. Some of them have been asked about the things they learned from being in athletics. Invariably one of the comments is that they really had to learn time management to be able to handle their daily academic load, their activities, family obligations and social life. I have always been amazed that my busiest athletes, who seem to be involved in every activity, are also some of my best students. (continued page 6)

Dakota Coach Winter 2018-2019

In a past article President Tracey Heisler said that one of the things she learned over the years as a coach was to delegate. In fact, she wished she had learned the skill earlier because it would have saved her a lot of time! One of the aspects I love most about coaching is being around other coaches. There is a kinship there, a shared set of values, expectations and experiences and I know we all tend to give people a lot of our time. But, this time of year especially, maybe we should think about the people who are losing this limited amount of time we are giving away. Maybe we should spend a little more time with our own family and maybe we should take a little more time to take care of ourselves. After all, we are always told, take care of yourself first or you won't be able to take care of anything else.

Hope you had a Merry Christmas! Happy New Year!

NDHSCA President Elect, Tim Wallstrum

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From the NDHSCA Executive Secretary's Desk

-Randy Johnson



The Fall Sport Season was filled with excitement and outstanding play. Congratulations to the State Champions, NDHSCA Subway Coach of the Year recipients and the NDHSCA POWERade Senior Athlete of the Year recipients. Your accomplishments are something you will cherish for a lifetime.

Merry Christmas and Happy New Year! Hopefully the Christmas break has provided you with time to spend with family and friends. Your batteries are recharge and ready to finish the school year off with a bang.

The North Dakota High School Coaches Association is hosting this summer's National High School Athletic Coaches Association National Convention this summer. The convention will be held in conjunction with the state convention. It will be at the Ramkota Hotel in Bismarck. The dates are June 22 through June 27. Coaches will have a great opportunity to network with coaches throughout the country. An individual would have the ability to obtain five Graduate Credits. You can take the Leadership conference on Saturday, June 22 and Sunday, June 23 for two Graduate Credits and the Sport Specific sessions from Monday, June 24 to Thursday, June 27 for two or three Graduate Credits. The cost of the credit is very reasonable at \$100.00 per credit. Information is posted on the State and National websites on what is required for the credits. All credits are through NDSU. I encourage coaches to take advantage of this opportunity. **Please remember all North Dakota Coaches will register through the NDHSCA site. Registration will be available the middle of January.** Mark your calendars now so you may attend this outstanding convention. **We need you to help make this the best National Convention ever!**

All coaches who are members of the North Dakota High School Coaches Association are also members of the National High School Athletic Coaches Association. With this partnership, you have multiple benefits available to you. Here is a link for some benefits: <http://www.hscoachesbenefits.org/>. Please use this link when you are traveling, need insurance, shopping Office Depot, and others. Every time these discounts are used the association receives a kickback. Thank you for your assistance in helping our association.

I ask coaches of the NDHSCA-POWERade Senior Athlete of the Year Award recipients to remind your athletes to write thank you letters to the sponsors. The addresses are on the letter sent to you and your athlete. These letters are something the sponsors enjoy reading.

Please remember to nominate Seniors who are interested in going into coaching for the Gelaine Orvik Scholarship. We offer two \$1,000.00 scholarships for graduates who are interested in the best profession. The application form is on-line now. Go to www.ndhsca.com. Look for "Gelaine Orvik Scholarship Application", download it and e-mail the application to duck@westriv.com. We need these applications by February.

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

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Dakota Coach Winter 2018-2019

North Dakota lost a legendary coach and teacher last September. Don Hanson was a coach at New Salem and Mandan for many years. He was also a professional baseball scout. Coach Hanson founded the Basketball Hoopster book in 1983. This book will continue to be published by his son Perry. Please keep the Don Hanson family in your prayers.

It is important for coaches to keep in mind the **Coaches Code of Ethics**. These can be found on our website as well as later in this newsletter. Follow these guidelines every day in practice and in games. These are the background to educational based athletics. As we continue through the season and nominate athletes for All District, All Region, All State and NDHSCA-POWERade Senior Athlete of the Year, please keep in mind the criteria for these awards which are posted on our website: www.ndhsca.com. This helps maintain the integrity of the award and the coaching profession!

Good Luck to all Winter Sport Teams. May your travels be safe and games filled with fun!

Sincerely for the Coaching Profession,



Randy Johnson, NDHSCA Executive Secretary

COACH QUOTE:

“Victory or defeat is not determined at the moment of crisis, but rather in the long and unspectacular period of preparation.”

-Anonymous-

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Greetings from the National High School Athletic Coaches Association



The National High School Athletic Coaches Association and the North Dakota High School Coaches Association is working to prepare for the summer convention in Bismarck, North Dakota. We are in the process of evaluating coaches for the National Coach of the Year recipient and building a schedule to attract coaches. The finalists for this summer's convention will be announced by the end of January. You will not want to miss this summer's National Convention.

North Dakota is well represented on the National Board.

- Dave Dougherty: Executive Director, Past President
- Tim Wallstrum: Volleyball Sport Chair
- Greg Brown: Girls' Track and Field Sport Chair
- Gelaine Orvik: Past President
- John Hutchison: Past President
- Randy Johnson: Past President and Webmaster

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

This summer's National Convention will be in Bismarck, North Dakota at the Ramkota from June 22 to June 27. We will be running the National Convention in conjunction with the State Convention. June 22 and 23 will be a Leadership Class where individuals can earn two graduate credits from North Dakota State University. June 24 to June 27 is the Sport Specific sessions where coaches may earn two or three graduate credits. This means in five days a person can continue their education and receive five graduate credits. Make plans to attend. It will be an outstanding conference.

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

In closing, make 2019 an amazing year! We will see you this summer in Bismarck at the National Convention!

Sincerely,

Randy Johnson, NHSACA Past President & Webmaster

2019 NDHSCA-NHSACA National Convention Information

Saturday, June 22 through Thursday, June 27

Ramkota Hotel, Bismarck, ND

All North Dakota Coaches will register through the NDHSCA website the way you do every year. Registration available the middle of January. Please register early.

Graduate Credit Available through NDSU – Up to 5 credits at only \$100 per credit!

Leadership Class – Saturday, June 22 and Sunday, June 23 (2 credits - \$200.00)

Sport Specific Sessions – Monday, June 24 through Thursday, June 27
(2 credits - \$200.00 or 3 credits - \$300.00)

Some outside work required. More required for the 3 credits. Information will be posted on the NDHSCA website for credit. If you have any questions, please contact Randy Johnson at duck@westriv.com.

Tentative schedule posted on website: www.ndhsca.com or www.nhsaca.org

****This works for recertification of coaching certificate**

Hear from University Coaches and National Coach of the Year Finalists!

Saturday, June 22:	Leadership Sessions
Sunday, June 23	Leadership Sessions
Monday, June 24:	Sport Specific Sessions Dakota Night sponsored by Universal Athletics
Tuesday, June 25:	Sport Specific Sessions NHSACA Hall of Fame Banquet (\$50.00)
Wednesday, June 26:	Sport Specific Sessions NHSACA National Coach of the Year Banquet (\$50.00)
Thursday, June 27:	Sport Specific Sessions NDHSCA Annual Meeting NDHSCA Hall of Fame/Coach of the Year Banquet (One ticket with registration through North Dakota)



NDHSCA- NHSACA NATIONAL HALL OF FAME INDUCTEES

North Dakota has the following inductees to the 2019 NHSACA National Hall of Fame



Scott Knowlen – Bismarck High School Wrestling Coach

Scott Knowlen was born and raised in Bismarck, North Dakota having graduated from Bismarck High School in 1980, where he competed in wrestling and won two individual state wrestling championships with an undefeated varsity record. He then attended Bismarck State College, earning All-American status in wrestling and winning a gold medal at the Jr. Pan American games in Cali, Columbia in the summer of 1982. Scott went on to receive his Bachelor of Science in Education degree from the University of North Dakota in 1984, winning two additional All-American certificates in wrestling. While at UND, he also earned Academic All-American certification for his classroom achievements. It was during his high school and collegiate wrestling

experiences that he credits much of his coaching philosophies and practices to many of his own wrestling coaches and teammates.

Scott's first head wrestling coaching assignment was at his high school alma mater in 1989, where he was hired as teacher/coach when he was 27 years old. Scott continued as head wrestling coach at BHS for 26 years, serving as co-head coach with Jeff Schumacher for the last 18 years. Before coming to Bismarck, he was a teacher and assistant wrestling coach at Mandan High School for five years.

Knowlen's overall dual meet coaching record at Bismarck High was 368-16-2, which included 15 undefeated seasons and a 145 consecutive dual meet win streak from 2001-2010. During his time as head coach, Knowlen's 26 state tournament appearances have yielded 15 State Individual Championships, 7 State Runner-Up and 4 Third Place finishes. In addition, his teams have qualified in all 16 Dual Meet Championships where Knowlen helped guide BHS to 12 State Dual Meet Championships and 4 State Dual Meet Runner-Up finishes (ND dual meet championships began in 2000). During his final season in 2015, the Bismarck Demons went out on top as State Champions in both the State Individual Tournament and the State Dual Tournament. Scott and Co-Head Coach, Jeff Schumacher, were also elected State Coach of the Year. Scott has coached 79 state champions, 7 North Dakota Senior Athletes of the Year, and 24 High School All-American wrestlers.

In his 26 years at the helm of the Bismarck Demon wrestling program, Knowlen's other coaching highlights include:

- induction into the NDHSCA Hall-of-Fame in 2013
- earning National Coach-of-the-Year honors in 2004 from the NHSACA
- voted 4X's Coach-of-the-Year by the NDHSCA members
- coaching the #1 Ranked Team in the Nation in 1992 as selected by USA Today

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Dakota Coach Winter 2018-2019

- coaching the #2 Ranked Team in the Nation in 1991 as selected by Amateur Wrestling News
- served 16 years (2000-2015) on the NDHSAA Wrestling Advisory Board as Class A President
- winning 18 WDA Conference Championships and 16 West Region Championships
- held all 5 Class A Wrestling coaching records (Most Career Wins, Best Career Won/Lost Record, Most Team Championships, Most Individual Champions and Most Dual Championships)
- served as USA Wrestling of ND Cadet & Junior Director for 28 years (1988-2015)
- co-head coaching with his best friend since high school, Jeff Schumacher, for 18 years
- coaching his son, Kael Knowlen, to two state individual championships (2013 and 2014)
- helping coach his best friend's son, Joe Schumacher, to 4 state individual championships (2008-2011)

Scott and his wife, Shelly, have a 26-year-old daughter, Amber, a 26-year-old son, Zac, a 24-year-old son, Kael, and a 21-year-old son, Jordan. He retired from the Business Administration Department at Bismarck High School in May of 2016.



Carolyn Olson – Grand Forks Red River Volleyball Coach

Carolyn Olson graduated from Jamestown High School in 1983. She attended and graduated from Valley City State University in 1987 with a major in physical education K-12 and minors in Spanish and athletic coaching. Carolyn earned her Master's Degree from the University of St. Thomas in 1999.

Carolyn's first teaching and coaching position was in Medicine Lake, Montana where she taught K-12 physical education, Health, Spanish and she coached girls' basketball (assistant), volleyball (head), and girls' track and field (head). In 1990, Carolyn took a job in Wood Lake, Minnesota where she taught Spanish, physical education and was the head volleyball and head track and field coach. In 1990, she moved to Williston, North Dakota to take a position teaching Spanish and coaching volleyball (assistant) and assistant girls' track and field at Williston High School. After a year as an assistant volleyball coach Carolyn was named as the head volleyball coach. Her 1992-93 team qualified for the state volleyball tournament.

Carolyn was hired at Red River High School in 1994 to teach high school physical education and as the head volleyball coach. A position she holds today. Carolyn took a one-year leave as head volleyball coach for the birth of her daughter in 2006. During her time in Grand Forks Public Schools, Carolyn has also coached volleyball for Schroeder Middle School for several years. In addition to her work with Grand Forks Public Schools, Carolyn has been involved with the Stars Junior Volleyball Club in Grand Forks.

Carolyn's Red River teams have won six Class A State Championships in volleyball (1997-98, 1998-99, 2001-02, 2003, 2009, 2011) and three runner-up finishes (1999-2000, 2010, 2012). Her 2001-02 and 2011 teams both had undefeated seasons. Coach Olson was selected as the East Region Coach of the Year eight times and State Class A Coach of the Year eight times. Carolyn was a finalist for the National Volleyball Coach of the Year three times and was the 2015 National Volleyball Coach of the Year. In 2016, Carolyn was inducted into the North Dakota High School Coaches Association Hall of Fame. She has coached the Optimist All Star Volleyball Match six times in her career.

(continued on page 12)

Dakota Coach Winter 2018-2019

Carolyn was elected to the North Dakota High School Coaches Association Executive Committee in 2006, serving a five-year term which included one year as president of NDHSCA (2008-09). Carolyn has been a regular Clinic speaker, speaker organizer, and served on the Volleyball advisory committee for the NDHSAA.

Carolyn and her husband Lionel have two children: Levi and McKenzie.

Congratulations to Carolyn Olson and Scott Knowlen on their selection to the National High School Athletic Coaches Association National Hall of Fame. They will be inducted this summer at the NHSACA Convention to be held in Bismarck.

NHSACA COACH OF THE YEAR NOMINEES

<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
Basketball – Girls'	Andy Braaten	Carrington 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
Soccer	Matt Pfau	Minot 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

2018-19 NDHSCA Subway Coach of the Year

SPORT

Name

SCHOOL

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



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



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.



Complete Senior Athlete guidelines available on page ____

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



Lyne Enget coached for 27 years at Center and Stanley. His coaching career started in Center as an Assistant Football Coach and Head Basketball Coach. In 1994 he moved to Stanley where he was a Head Football Coach, Head Track and Field Coach and Athletic Director. In Coach Enget's twenty-seven year coaching career, his football teams accomplished three Region Titles, one State Runner-up Finish and three State Titles. His Track and Field teams won one Regional Title. Lyne was named State Class A Football Coach of the Year three times, Class A Region Football Coach of the year 10 times and Region Track Coach of the Year one time. He was selected as a Head Coach for the Shrine Football Game three times, Assistant Coach for the Shrine Football Game three times and as an Assistant Coach for the Montana-Dakota All Star Football game three times.

Coach Enget served the North Dakota High School Coaches Association by being on the Class A Football Advisory eight years. He was the North Dakota Interscholastic Athletic Administrators Association's Northwest Region Representative and the District 16 Chairman. Lyne and Robin have two children: Chase and Kale.



Rodney Hardie is a 40 year coaching veteran. His coaching career started at Hazelton-Moffit as a basketball and track and field coach. He continued his coaching career at Kenmare, Fargo North, Fargo South and is now once again at Fargo North. Coach Hardie's teams have won 16 Boys' Track and Field Conference Titles, 16 Boys' Track and Field Regional Titles, five Boys' Track and Field State Titles, one Girls' Track and Field Conference Title, One Girls' Track and Field State Runner-up Title, five Boys' Cross Country Conference Titles and three State Boys' Cross Country State Titles. His Boys' Cross Country Teams were ranked nationally three times. Coach Hardie's teams have acquired 645 multi-team meet victories. Rod has been named State Coach of the Year three times in Cross Country, State Assistant Coach of the Year in Cross Country once, State Assistant Coach of the Year in Track and Field twice, a National Finalist for

Coach of the Year in Cross Country twice and a National Finalist for Coach of the Year as an Assistant Coach once.

Coach Hardie served the North Dakota High School Coaches Association as a Cross Country Advisory Board for one term. He was an Assistant Executive Secretary for seven years and served as a membership chair with responsibilities dealing with convention registration for eleven years. Rod and his wife Karen have three children; Ali, Evan and Elizabeth.

2019 NDHSCA Hall of Fame

(continued from page 7)



Craig Kovash is a 36 year coaching veteran. His entire coaching career has been at Dickinson Trinity where he has coached boys' and girls' track and field, football and boys' basketball. Coach Kovash has four Boys' Track and Field State Titles, seven Boys' Track and Field State Runner-up Titles, 18 Boys' Track and Field Regional Titles and four Boys' Track and Field Region Runner-up Titles. He has thirteen Girls' Track and Field Regional Titles, two Girls' Track and Field Regional Runner-up Titles and seven Girls' Track and Field Regional Titles as an Assistant Coach. Craig has also coached three State Titles, two Runner-up Titles and eleven Regional Titles as an Assistant Football Coach. His Boys' Track and Field Teams have 265 wins while his Girls' Track and Field Teams have 172 victories. Coach Kovash has been named State Boys' Track and Field Coach of the Year once, Regional Boys' Track and Field Coach of the Year four times and Regional Girls' Track and Field Coach of the Year one time. He was inducted into the Dickinson Catholic Schools Hall of Fame and also named the USA Track and Field and Cross Country Coaches Association State Boys' Track and Field Coach of the Year one time.

Craig has served his association by being on the Class B Boys' Track and Field Advisory for six years. Craig and his wife Carrie have two children Michaela and Kendra.



Dave Zittleman has been a coach and athletic director for 30 years. He began his coaching career as an Assistant Boys' and Girls' Cross Country Coach in Mandan. His coaching career continued with stops at Minot State University, The University of Mary and has been at Bismarck Public Schools since 2003. Coach Zittleman has ten Boys' Cross Country State Titles, two Boys' Cross Country State Runner-up Titles, ten Boys' Cross Country Regional Titles and four Boys' Cross Country Regional Runner-up Titles. He also has eleven Boys' Track and Field State Titles, two Boys' Track and Field State Runner-up Titles, thirteen Boys' Track and Field Regional Titles and one Boys' Track and Field Region Runner-up Title. Dave also has Girls' Cross Country State Titles, one Girls' Cross Country State Runner-up Title, five Girls' Cross Country Regional Titles, one Girls' Cross Country Region Runner-up Title, one Girls' Track and Field State Runner-up Title and one Girls' Track and Field Region Runner-up Title as an Assistant Coach. His Boys' Track and Field Teams have 155 victories while his Cross Country Teams have 89 victories. Coach Zittleman has been named State Class A Boys' Cross Country Coach of the Year seven times, State Class A Boys' Track and Field Coach of the Year six times, West Region Boys' Cross Country Coach of the Year ten times, West Region Boys Track and Field Coach of the Year seven times, NDCAC Track and Field/Cross Country Coach of the Year four times and North Dakota Associated Press Sportscasters and Sportswriters Association Male Coach of the Year twice. Dave was also named the National High School Athletic Coaches Association Boys' Cross Country National Coach of the Year in 2013. He was inducted into the North Dakota High School Track and Field Hall of Fame in 2012. Coach Zittleman was a finalist for the National Federation Boys' Track and Field National Coach of the Year, West Region Athletic Director of the Year and the NAIA National Men's Cross Country Coach of the Year.

Dave has served his association by being on the NDHSCA Executive Committee for five years holding the office of President during the 2010-2011 School Year. He served on the Track and Field Advisory Board for four years and is currently the President of the West Region Athletic Directors. Coach Zittleman is currently on the NDHSAA Tournament Committee and President of the Bismarck Community Bowl Authority.

Fall Assistant Coach of the Year



The 2018 Fall Season recipient of the North Dakota High School Coaches Association Assistant Coach of the Year Award is **Paul Lean**, Fargo Davies Assistant Boys' Cross Country Coach. **Paul** was nominated by Jason Holland, Fargo Davies Head Boys' Cross Country Coach.

Coach Lean has been coaching for 28 years with 20 of those years dedicated to Cross Country. He also coaches Track and Field. His overall cross country record is 154-46. **Paul** has coached 37 All State Competitors. His responsibilities include attempting to make the season as low of stress as possible on the head coach. Assist the head coach plan and implement practice plans, organize meals for away trips, plan and implement race strategies and plan the CORE workouts on practice days. **Coach Lean** was the State Track and Field Coach of the Year once and the East Region Boys Track and Field Coach of the Year three times. He has served on Track and Field Advisory for eight years, a convention speaker five times and is currently serving as Past President on the North Dakota High School Coaches Association Executive Board. **Paul** is very instrumental in securing the Scheels Scholarship given to four graduating Seniors of coaches who are members of the NDHSCA. **Coach Lean's** season highlights include placing 4th in the gold division and 3rd in the green division at the Mustang Meet in Minneapolis. The athletes ran awesome!

Jason Holland, Head Boys' Cross Country Coach at Fargo Davies says this about **Coach Lean**. "**Paul** gives 100% to our athletes in helping them meet their goals. Our runners are fully prepared for the championship racing season with his expertise."

Paul and his wife Teri have three children: Sadie, Noah and Ingrid.

Paul Lean of Fargo Davies High School is the 2018 North Dakota High School Coaches Association's Fall Assistant Coach of the Year.





Fall NDHSCA Junior High Coach of the Year

The 2018 Fall Season recipient of the North Dakota High School Coaches Association Junior High Coach of the Year Award is **Sean Napton**, Fargo Discovery Middle School Cross Country Coach. **Sean** was nominated by Jason Edwards, Fargo Davies Head Girls' Cross Country Coach.

Coach Napton is an eleven-year coaching veteran with the last three years as a Junior High Cross Country Coach. He has also coached track and field as well as boys' and girls' basketball. **Sean** has coached five All State Competitors. He is responsible for leading the Middle School Cross Country Program as well as assist with the varsity and junior varsity teams. His middle school team had a perfect season as well as a perfect score in the EDC Meet. **Coach Napton** is a Level 1 NFHS certified coach. His highlight for the season is having a record number of participants out for cross country.

Jason Edwards, Head Girls' Cross Country Coach at Fargo Davies has this to say about **Coach Napton**. "**Sean** consistently consistently gets his athletes to set performance goals and teaches them how to reach those goals, and break through their limits. He consistently gets 15-20, 7th and 8th graders out which is a tribute to the team atmosphere he is helping create. **Coach Napton** welcomes all abilities and his only requirement is a positive attitude and willingness to work hard.

Sean Napton of Fargo Discovery Middle School is the 2018 North Dakota High School Coaches Association's Fall Junior High Coach of the Year.



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.

Vice President Nominations

Rick Anderson and Jeremy St. Aubin to run for Vice President

The North Dakota High School Coaches Association has made nominations for balloting for the Association's Vice President. The balloting will be conducted at the Annual Coaches Convention held this summer at the Bismarck Ramkota, June 22 through June 27.

The two candidates will be Rick Anderson, currently the Head Cross Country and Head Boys' Track and Field Coach at Griggs County and Jeremy St. Aubin, Head Golf at South Border.



Rick Anderson is a graduate of Cook, Minnesota High School and Mayville State University. Coach Anderson is a 45-year coaching veteran. In those 45 years, he has coached Boys' and Girls' Cross Country, Boys' and Girls' Track and Field, Boys' Basketball and Girls' Basketball. Rick was named State Track and Field Coach of the Year once, Boys' Cross Country Coach of the Year seven times, Girls Cross Country Coach of the Year once, Regional Track and Field Coach of the Year ten times, Regional Boys' Cross Country Coach of the Year ten times and Regional Girls' Cross Country Coach of the Year four times. He has coached Boys' Cross Country to four State Championships and Girls' Cross Country to one State Championship. Coach Anderson has served the association by being on the Cross Country Advisory Committee 16 times and the Girls' Basketball Advisory four times.

Jeremy St. Aubin is a graduate of Towner High School and the University of North Dakota. Coach St. Aubin is a 16-year coaching veteran. In those 16 years, he has coached Boys' and Girls' Golf and is the Head Strength and Conditioning Coach. Jeremy was named State Golf Coach of the Year six times and Regional Golf Coach of the Year 13 times. His golf teams have won one State Title. Jeremy has a career coaching record of 204-77. Coach St. Aubin has served his association by being on the Golf Advisory Board for six years.

Jeremy and his wife Lisa have two children: Emily and Zach.



Coach Quote:

“I’d say handling people is the most important thing you can do as a coach. I’ve found every time I’ve gotten into trouble with a player, it’s because I wasn’t talking to him enough.”

-Lou Holtz-

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 Winter 2018-2019



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
<u>BASEBALL:</u>		
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
<u>BASKETBALL – Boys’:</u>		
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
<u>BASKETBALL – Girls’:</u>		
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
<u>CHEERLEADING (Appointed by Cheerleading Advisory):</u>		
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
<u>CROSS COUNTRY:</u>		
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
<u>FOOTBALL:</u>		
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
<u>GOLF:</u>		
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
<u>GYMNASTICS:</u>		
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
<u>HOCKEY (Appointed by Hockey Advisory):</u>		
Mat Ekblad; Williston HS	Girls’ Representative	2015-2019
Jason Bennett; Minot HS	Boys’ Representative	2016-2020
Scott Pederson; Fargo Davies HS	Boys’ Representative	2017-2021
Patrick Johnson; West Fargo HS	Girls’ Representative	2018-2022
<u>SOCCER:</u>		
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
<u>SOFTBALL:</u>		

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
Lyll Krueger; Surrey HS	B Division West Representative	2016-2020
Greg Jung; Dickinson 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):

Larry Eslick; Jamestown HS	A Division President	2016-2019
Chad Barstad; Velva HS	B Division President	2017-2020
Dave Wolding; New Salem HS	B Division Representative	2018-2021



**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.



BW T&F Enterprises

Dakota Coach Winter 2018-2019

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:

No coach ever stops learning, that's what makes the great coaches great. They strive to learn more every day and they never stop asking questions."



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.

<p style="text-align: center;"><u>20 years</u></p> <p>Teri Bjerk, Dunseith Danielle Borseth, Mandan Shari Christenson, Oakes Liane Filkowski, Dickinson 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 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</p>	<p style="text-align: center;"><u>30 Years</u></p> <p>Mark Gibson, Bismarck Jeff Hagler, North Star Jane Hart, Langdon Area Mike Hendrickson, Fargo South David Hoff, Bottineau Steve Paintner, GF Central Gary Schell, Stanley Wayne Shipman, Carrington Doug South, Kenmare</p>	<p style="text-align: center;"><u>35 Years</u></p> <p>Randy Burwick, Hettinger Jeff Carpenter, Thompson Gerard Cederstrom, Minot Rick Christianson, Midkota Steven Dunrud, Bottineau Dennis Gerke, North Sargent Jim Jones, West Fargo Craig Kovash, Dickinson Trinity Lyall Krueger, Surrey Dale Peaslee, Carrington Chris Sorensen, Hazen Bernie Wasser, Minot Ron Wingenbach, Bismarck Century</p>
<p style="text-align: center;"><u>25 Years</u></p> <p>Sean Allan, Grand Forks Central Michael Babinski, Drayton Jeremy Brandt, Beulah 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</p>		<p style="text-align: center;"><u>40 Years</u></p> <p>Shawn Flaherty, New England Nancy Paintner, Griggs C Central Julie Stavn, Bismarck Century Jeryl Thompson, Drayton Tim White, Griggs County Central</p>
<p style="text-align: center;"><u>45 Years</u></p> <p style="text-align: center;">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</p>		

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

Hertel, Dale; Fargo South HS
Hofer, Dr. Herb; Cankdeska Cikana CC
Holinka, Gerald; Dickinson Trinity HS
Holmen, Barry; Minot HS
Holmen, Robert; Minot HS
Hornecker, Brian; Minot HS
Horner, Dennis; Midway HS
House, Leon; Mandan HS
Howell, Joe; Lisbon HS
Howson, Jim; Hatton HS
Hutchison, Donna; Grand Forks Red River HS
Hutchison, John; Northwood HS
Hutchison, Lonny; Northwood HS
Imdieke, Dan; Linton HS
Jaeger, Kerry; Grand Forks Red River HS
Jensen, Julie; Kindred HS
Jeske, James; Killdeer HS
Johnson, Harlan; Parshall HS
Johnson, Wayne; Rolette HS
Jung, Greg; Dickinson HS
Kaiser, Tim; Wahpeton HS
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
Waldal, Bob; Beach HS
Walhaug, Gary; Surrey HS
Walker, Larry; Killdeer HS
Wheeling, Bob; Killdeer HS
Wilson, Jerry; Bismarck Century HS
Wisthoff, David; Glenburn HS
Zimney, Bob; Grand Forks Red River HS
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

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MINOT - 701.852.1010 ASK FOR SANDRA LOVELACE
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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.

ONLINE MEMBERSHIP REGISTRATION LINK

PLEASE TAKE NOTE!

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

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



Membership Application and Registration includes payment before season application deadline.

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

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

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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.**

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



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 - ▶ Confidence
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Dakota Coach Winter 2018-2019

Dakota Coach

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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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