



Dakota Coach

Volume 53 Issue #1

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NDHSCA 2019 Hall of Fame Inductees

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**Read the NDHSCA
Annual Meeting
Minutes**



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Congratulations



Rick Anderson
of Griggs County

**Newest member of the
NDHSCA Executive Committee**



**Bison
Football
Ticket
Info.**

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2019-2020 NDHSCA Executive Committee



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Message from NDHSCA President Tim Wallstrum

Here's To New Adventures!

Wow, What a summer convention! The National High School Athletic Coaches Association held their convention in conjunction with the North Dakota High School Coaches Association making it a huge undertaking. I know that the people who attended received a real treat and the coaches who were not able to attend missed out on a great opportunity. We have had many compliments from throughout the country which has a lot to do with the type of coaches we have in North Dakota and especially the people you have elected to your executive board. Randy Johnson, your executive secretary, was instrumental in this process. He put a huge amount of time and work into the success of this convention.

One of the center pieces at our conventions is the awards ceremonies and you have to be excited for our National Award winners. Scott Knowlen and Carolyn Olson who were inducted into NHSCA Hall of Fame. We also had two finalists become National Coach of the Year in their respective areas, Todd Olson as Athletic Director and Kent Van Ellis in Special Sports. In our NDHSCA awards banquet we also inducted four Hall of Famers; Lyne Enget, Rod Hardie, Craig Kovash, and Dave Zittleman. These are huge honors and to have it all happen right here in our home state has to be extra special, and these are only a few of the honors that were awarded during the convention.

The sessions provided as an educational tool for our coaches were outstanding. I was really impressed with our Leadership Seminar where we had the largest number of people earn credits that I have seen at a convention. These sessions covered a wide range of topics and they were all valuable. The Sports Specific sessions were also first-rate. We were able to gather information from coaches as we have been able to in the past, but we were also able to hear the finalists from across the nation speak. This was very informative and moving. In several sessions a speaker had the audience in tears a number of times and laughing at other times.

The networking at these conventions has always been my favorite part. Coaches are often rivals across the playing surfaces but at these conventions you come together as friends and share information, stories, success, failures, and laughter. The friendships I have developed by being a part of these associations have been invaluable.

Now, the circle continues. The new year is underway and we have a new crop of student athletes that are excited to get things going. I have always felt that the convention fires me up for the new season and I am excited to handle the new year when it is over. Our athletes deserve our enthusiasm. In retrospect, it was a rewarding past year culminated by a superior set of conventions and it is now time to put our sights on a new adventure. I wish you all good luck in the coming year. May all your seasons be successful.

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NDHSCA President Tim Wallstrum





Message from NDHSCA Immediate Past President Tracey Heisler

Fast, Fast, Fast

Whenever I ran into people this summer, the same question was always asked, “How is your summer going?” Always, the same reply, “Fast.” FAST. That is the word that sums up the way life moves for all of us. We are constantly preparing and anticipating for events, and all of the sudden, they come and go—fast.

That is one of the words that I would use to describe this past year of being president of the NDHSCA. Fast. We often think we have lots of time for our experiences, but the opposite is quite true.

This past year saw our state host the national coaches’ convention, and thanks to Randy Johnson and his hard work, it was a huge success. Being allowed to be a part of the event and rubbing elbows with some of the best high school coaches in the nation was an experience I will never forget. The knowledge these people shared inspired me to be a better coach and person. When I think back on what I learned and will remember most, I would have to say the importance of networking. Yes, I gained knowledge, but more importantly I gained resources. I know these people will always have time to answer my questions, offer ideas or advice, or just listen to me when I need it. Of course, I left the convention with grand plans of organizing my notes, making new plans and strategies, and implementing many other ideas. Well, now it is August—summer goes. . . FAST!

I asked my 17-year-old daughter who will be starting her senior year of high school what I should write about in this fall article, and she didn’t hesitate in answer. She said:

“Remind them to have fun. After I graduate, I am not going to remember to always jockey the ball. I am going to remember when Riley fell and we all laughed. I am going to remember the scavenger hunt. I am going to remember all the fun my friends and I had while playing sports.”

Now think of how fast our seasons go. How many of us feel strapped for time to fit in all the plans for the season. Coaches feel pressure to implement all the strategies and practice plans—get everything in, so the season is successful. When we find the season going too fast, sometimes “things” have to be left out. I guess the message is don’t leave out the fun.

When listening to the coaches who spoke at convention and hearing about their programs and the successes they have, an underlying theme is evident. Yes, kids and coaches have to work hard; yes, they have to do the right things; BUT, most importantly, they have fun while doing it.

Good luck to all the fall sports. Enjoy the nice weather and take advantage of every minute because “it goes fast!”

Immediate Past President Tracey Heisler





From the NDHSCA Executive Secretary's Desk

-Randy Johnson



Welcome back to a new school year! The batteries are recharged, and we are ready for another outstanding year in high school sports. Arenas and fields are ready for play. It is time to get the 2019-2020 season underway. Good Luck to all teams!

Summer 2019 was remarkable. North Dakota hosted the National High School Athletic Coaches Association National Convention in conjunction with the State Convention at the Ramkota Hotel in Bismarck with great success. This was made possible by an excellent NDHSCA Executive Board and a number of exceptional coaches who volunteered to make this a National Convention one of the best. North Dakota hospitality made this a year to remember! Thank you coaches for creating such a wonderful event!

North Dakota had two coaches with unbelievable resumes inducted into the NHSACA National Coaches Hall of Fame. Scott Knowlen, wrestling coach at Bismarck High School and Carolyn Olson, volleyball coach from Grand Forks Red River High School were installed on June 25th. Congratulations Scott and Carolyn!

North Dakota was also very fortunate to have two NHSACA National Coach of the Year recipients. Todd Olson from Fargo Public Schools was named the NHSACA National Athletic Director of the Year and Kent Van Ells from Dickinson High School was named the NHSACA National Special Sports Coach of the Year in Gymnastics. Hats off to Todd and Kent for this marvelous accomplishment!

A special thank you to President Tracey Heisler for her year guiding this organization. Her enthusiasm and energy were awesome for the organization. In addition, thank you Coach Lean for your years of service. You were great asset to the association and will continue to be in the future. The NDHSCA is stronger today because of your presence. Tracey and Paul, we greatly appreciate all the work you do for the NDHSCA.

Congratulations go out to Rick Anderson for being named the North Dakota High School Coaches Association Vice President. You will be a strong asset to the organization. A special thank you to Jeremy St. Aubin for being willing to run for the position. Both of you have exceptional character and are a great representation for the coaches of North Dakota.

The North Dakota High School Coaches Association has benefits to offer coaches. Here are some of the benefits available to its members:

- \$1,000,000 Liability Insurance
- Eight free digital subscriptions to the Coach and AD Magazine - sign up before September 5
- Visit our website, www.ndhsca.com, hit the benefit link and use the items on the page
- Free admission to most regular season high school athletic contests
- Free admission to most University or College sporting events
- Chance to be named Coach of the Year in your sport
- Opportunity to run for the Executive Board
- Eligible to be on the All-Star Coaching Staff

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Dakota Coach Fall 2019

Message from Executive Secretary Randy Johnson, continued.

- May serve on Sports Advisory
- Nominate Assistant and Junior High Coaches for the Coach of the Year Award
- Nominate a graduating Senior for the NDHSCA Gelaine Orvik Scholarship
- Your graduating son or daughter may apply for the NDHSCA Scheels Scholarship
- Leadership possibility with the National High School Athletic Coaches Association

These are just a few of the benefits. You will be amazed at what else the NDHSCA does to help its members.

Please recruit new members to the North Dakota High School Coaches Association. Every coach in your school needs to be a member. This is a professional organization working for the benefit of coaches.

The NDHSCA Office received some sad news the second week of August. Ken Rio, a long-time football and track and field coach from Grand Forks Central passed away. Coach Rio was in the first North Dakota High School Coaches Association Hall of Fame class. He is also in the National High School Athletic Coaches Association Hall of Fame. Ken spent 18 years as the Athletic Director for Grand Forks Schools as well. He volunteered to work the State Track and Field Meet for many years. Coach Rio paved the way for lot of coaches and Athletic Directors in North Dakota. We offer our condolences to the family of Ken Rio.

The North Dakota High School Coaches Association has contact with the Jason Foundation. The Jason Foundation was developed in hopes of preventing Teen Suicide. Please take time to read through the information. I will send e-mails whenever I have updates from this non-profit organization. Keep in mind if we can save one life, it is worth it.

Take time to read the NDHSCA Coaches Code of Ethics and the NDHSCA Coaches Code of Conduct. These are located on our website, www.ndhsca.com. Coaches have a great impact on young people. It is important we do it in a correct manner.

In closing, I want to wish everyone an outstanding athletic year. Remember – COACHING is the greatest profession on earth! You have so much influence on young people’s lives. Be the individual who makes a difference in our youth through positive leadership. You truly are molding tomorrow’s leaders.

***Sincerely for the Coaching Profession,
Randy Johnson
NDHSCA Executive Secretary***



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**WE INVITE COACHES TO
CONTACT THEIR LOCAL
SCHEELS STORE TO
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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

GREETINGS FROM THE NATIONAL HIGH SCHOOL ATHLETIC COACHES ASSOCIATION

Dave Dougherty, NDHSCA Executive Director

The NHSACA/NDHSCA National Convention was a resounding success. The ND Coaches Association's Executive Board, led by executive director Randy Johnson, planned, organized and carried out a great convention. Along with the executive board, many, many ND coaches in every individual sport volunteered hundreds of hours supporting the National Sport chairs with their duties. All Coaches in the NDHSCA should be extremely proud of their leaders and their entire organization for your dedication to your association and to high school sports. The Board of Directors of our national organization include many North Dakota coaches. They include:

- Randy Johnson: Past President and Website Manager
- Greg Brown: Girls Track and Field Sport Chair
- Tim Wallstrum: Just finished serving as Volleyball Sport Chair and the newly elected 3rd Vice President of the association
- Gelaine Orvik: Past President and Past Executive Director
- John Hutchison: Past President and the voice of the Hall of Fame and COTY Banquets
- Dave Dougherty: Past President and current Executive Director
- Beginning next year: Jake Solper, the new Swimming and Diving Sport Chair

North Dakota also had a number of National Coach of the Year Finalists this past year. These coaches include the following:

- 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

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Dakota Coach Fall 2019

NHSACA report from Executive Director Dave Dougherty, continued

North Dakota had two National Coach of the Year Award Recipients. They were:

- Todd Olson National Athletic Director of the Year Fargo Schools
- Ken Van Ells National Special Sports Coach of the Year for Gymnastics from Dickinson H.S.

North Dakota had two coaches inducted into the NHSACA National Hall of Fame. They were:

- Scott Knowlen, wrestling coach from Bismarck High School.
- Carolyn Olson, volleyball coach from Grand Forks Red River.

Next Year's convention will be in Lincoln, NE July 20-23, 2020. It will be a great convention as the Nebraska Coaches Association will have over 2,000 coaches in attendance.

*Sincerely,
Dave Dougherty
NHSACA Executive Director*



NDHSCA- NHSACA NATIONAL HALL OF FAME INDUCTEES

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

Carolyn Olson – Grand Forks Red River Volleyball Coach

Scott Knowlen – Bismarck High School Wrestling Coach



2019 NHSACA COACH OF THE YEAR RECIPIENTS



**National Athletic Director of the Year
Todd Olson of Fargo Public Schools
awarded by Joe Cliff, NHSACA President**



**National Special Sports for Gymnastics
Coach of the Year
Kent Van Ells of Dickinson
awarded by Joe Cliff, NHSACA President**



2019 40 UNDER 40 RECIPIENT

**Jason Edwards
Fargo Davies High School**



2020 NHSACA COACH OF THE YEAR NOMINEES

Sport	Name	School
Athletic Director	Guy Fridley	Dickinson High School
Baseball	Brady Schwab	Thompson High School
Basketball – Boys'	Dean Winczewski	Minot High School
Basketball – Girls'	Ron Metz	Bismarck Century High School
Cross Country – Boys'	Brad Lies	Bismarck Century High School
Cross Country – Girls'	Scott Reichenberger	Bismarck High School
Football	Ron Wingenbach	Bismarck Century High School
Golf	Jeremy St. Aubin	South Border High School
Soccer	Nick Christianson	Fargo Davies High School
Softball	Scott Kost	Central Cass High School
Special Sports	Dave Tews	Jamestown High School
Swimming & Diving	Brent Newmann	Grand Forks Public School
Tennis	Victor Youngs	Fargo South High School
Track & Field – Boys'	Tim Jacobsen Bismarck	Century High School
Track & Field – Girls'	Bill Jansen	Rugby High School
Volleyball	Lisa Strand	Thompson High School
Wrestling	Randy Burwick	Hettinger High School
Assistant COTY –	Boys' Rodney Breitbach	Bismarck Century High School
Assistant COTY – Girls'	Tim Tandeski	Grand Forks Red River High School



SCHEELS[®] -NDHSCA Scholarship Recipients



Braxton Rolle of Hebron HS and Kyanne Derr of Glenburn HS were presented the Scheels-NDHSCA Scholarship by Tyler Halm at the 2019 summer convention.



NDHSCA President Tracey Heisler, & accepting the award for Kyle Burwick of Hettinger HS is his father, Randy Burwick, with Scheels Representative Tyler Halm.



2019 Gelaine Orvik Scholarship Recipients

Maria Blessum of Rugby HS, Gelaine Orvik (presenter) & Isaak Huber of Edgely HS.



NDHSCA 2019 Hall of Fame



Kyle & Chase Enget

Lyle Enget, Craig Kovash, Dave Zittleman and Rod Hardie were inducted into the NDHSCA 2019 Hall of Fame at the State Convention held in Bismarck in June. Kyle and Chase Enget accepted the award on behalf of their father, Lyle, former football coach and athletic director at Stanley and Powers Lake. Craig Kovash is a long-time coach of Track and Field at Dickinson High School. Dave Zittleman of Bismarck Public Schools is the Track and Field coach and athletic director in Bismarck. Rod Hardie of Fargo North Boys' Cross Country was also inducted. Please join us in congratulating the latest members of the 2019 North Dakota High School Coaches Association Hall of Fame.



Craig Kovash



Dave Zittleman



Rod Hardie

Award of Merit Recipients



Mark Weber
of the Emmons County Record
with NDHSCA President Heisler



Myron Loberg
Track & Field, Cross Country Coach
with NDHSCA President Heisler

Special Recognition Recipient *Jeff Risk*

Jeff has officiated high school basketball for forty-two years and high school football for forty years in North Dakota. During that time, Jeff officiated in 38 State A and B Boys and Girls Basketball Tournaments and in 5 State Football Championship games. Besides high school and college basketball and football, Risk was a minor league baseball umpire, working up to as high as AA. Along with the thousands of high school games Jeff has worked, he also has served many roles promoting officiating and instructing officials. Jeff is the Athletic Director at Nedrose High School, he and his wife Tammy reside in Minot.



Jeff Risk
with President Heisler

2019 NDHSCA Annual Business Meeting

June 27, 2019; 10:55 AM

Bismarck Ramkota Convention Center
Grand Pacific-Patterson Room



Minutes 6/27/2019

President Heisler called the meeting to order at 11:04.

Ralph Manley moved to accept the 2018 NDHSCA Annual Business Meeting Minutes as printed in the Fall Dakota Coach, Dave Zittleman seconded the motion. Motion passed without any dissenting voice vote.

Executive Secretary Randy Johnson presented the financial Report as follows:

- \$ 98.83 – FPSFCU Primary Shares Account Balance June 1, 2019
- \$ 31,966.21 – FPSFCU Checking Account June 1, 2019
- \$ 23,865.63 – FPSFCU Gelaine Orvik Scholarship Account Balance June 1, 2019
- \$ 74,190.26 – FPSFCU Money Market Share Balance June 1, 2019
- \$130,120.93 – FPSFCU Total Cash on Hand June 1, 2019

Randy pointed out this year's balance was as of June 1 because of the National Convention being in June. The balance last year as of June 30, 2018 was \$90,831.34. This is for comparison. The outstanding income is as follows:

- Outstanding Income – Lions All Star Basketball (August 1, 2019 Request)
- Outstanding Income – NDHSAA Support of Convention (Request following Convention)
- Outstanding Income – Bismarck-Mandan CVB (Request following Convention)
- Outstanding Income - Subway Second installment Payment

Randy felt the association is in good shape financially and should do quite well with the National Convention even though expenses are higher. Bret Johnsrud moved to accept the financial report as printed, Ralph Manley seconded the motion. Motion passed unanimously.

Randy Johnson gave a convention update as follows:

- 435 North Dakota Coaches registered for convention. The last count on the National level was around 154 registrations.
- 41 registered for two credit Leadership Class, 49 registered for two credit sport specific class and 34 registered for three credit sport specific class
- There are roughly 30 coaches registered for membership for 2019-2020 that were not able to attend the convention

Carolyn Olson moved to accept the convention update as reported, Dave Zittleman seconded the motion. Motion passed without any dissenting voice vote.

(Annual Business Meeting Minutes continued)

Dakota Coach Fall 2019

2019 NDHSCA Annual Business Meeting Minutes continued

Lisa Strand gave the Dakota Coach report. She mentioned the Dakota Coach goes out quarterly and is found on our website. Things are going well. If anyone has any articles that they feel should be printed in the Dakota Coach, please let Randy or Lisa know. Lisa will work to get it released and printed. Kaycee Grochow moved to accept the Dakota Coach Report; Ralph Manley seconded the motion. Motion passed unanimously.

Randy Johnson reported on the 2018-2019 NDHSCA Membership. There were 1,290 paid members, 155 total lifetime members and 6 new lifetime memberships. Jeremy St. Aubin moved to accept the membership report; Carolyn Olson seconded the motion. Motion passed without any dissenting voice vote.

President Elect Tim Wallstrum introduced the NDHSCA Vice President nominees for 2019. They are Rick Anderson from Griggs County Central High School and Jeremy St. Aubin from South Border High School.

Scott Grochow reported on the POWERade Senior Athlete of the Year Balloting. This is done by Survey Monkey and they will continue to do it this way. It has been going well. Scott is working on a form for the nomination of NDHSCA POWERade Senior Athlete so there is consistency. Michael Sorlie moved to accept the report; Jon Jahner seconded the motion. Motion passed unanimously.

Scott Grochow reported on the NDHSCA Subway Coach of the Year Award. This is also done electronically through Survey Monkey. Everything is going well and the number of coaches who vote is going up. Dave Zittleman moved to accept the report; James Haak seconded the motion. Motion passed without any dissenting voice vote.

Dave Dougherty reported on the 2019 NDHSCA-NHSACA National Convention as follows: The NHSACA/NDHSCA National Convention has been a resounding success. The ND Coaches Association's Executive Board, led by executive director Randy Johnson, planned, organized and carried out a great convention. Along with the executive board, many, many ND coaches in every individual sport volunteered hundreds of hours supporting the National Sport chairs with their duties. All coaches in the NDHSCA should be extremely proud of their leaders and their entire organization for your dedication to your association and to high school sports. The Board of Directors of our national



(Annual Business Meeting Minutes continued)

Dakota Coach Fall 2019

2019 NDHSCA Annual Business Meeting Minutes continued

organization include many North Dakota coaches. They include:

- Randy Johnson: Past President and Website Manager
- Greg Brown: Girls Track and Field Sport Chair
- Tim Wallstrum: Just finished serving as Volleyball Sport Chair and the newly elected 3rd Vice President of the association
- Gelaine Orvik: Past President and Past Executive Director
- John Hutchison: Past President and the voice of the Hall of Fame and COTY Banquets
- Dave Dougherty: Past President and current Executive Director.
- And beginning next year: Jake Solper, the new Swimming and Diving Sport Chair.

The NHSACA National Coach of the Year Finalists from North Dakota were as follows:

<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

National COTY Award Recipients from North Dakota were:

- **Todd Olson** National Athletic Director of the Year Fargo Schools
- **Ken Van Ells** National Special Sports Coach of the Year for Gymnastics from Dickinson H.S.

North Dakota had two coaches inducted into the NHSACA National Hall of Fame. They were:

- **Scott Knowlen**, wrestling coach from Bismarck High School.
- **Carolyn Olson**, volleyball coach from Grand Forks Red River.

Next Year’s convention will be in Lincoln, NE July 20-23. It will be a great convention as the Nebraska Coaches Association will have over 2,000 coaches in attendance. Carolyn Olson moved to accept the report; Dave Zittleman seconded the motion. Motion passed unanimously.

(Annual Business Meeting Minutes continued)

2019 NDHSCA Annual Business Meeting Minutes continued

Michael Sorlie and Mike Hendrickson teamed up to report on the Lions All Star Basketball Report. The teams are set. The players will report on Friday, July 12. The games will be played at Bismarck Legacy High School on Monday, July 15 and at West Fargo High School on Tuesday, July 16. A huge thank you was given to the coaches who helped choose the teams. Things went smoothly. Ralph Manley moved to accept the report; Rick Anderson seconded the motion. Motion passed without any dissenting voice vote.

Lisa Strand gave the Optimist All Star Volleyball report as follows: The 2019 All Star Volleyball Series was held June 7-12 beginning in Fargo. The players from the East and West checked in at the Expressway Inn and Suites on Friday, June 7. Optimist All Star Chair, Lori DeKeyser, discussed the upcoming activities and rules. The first practice was held at Fargo North. After practice the players were treated to supper and the opportunity to paint a wall hanging with an inspirational message to take home with them. Other activities included a picnic and an escape room. Practices went well at Fargo North, but due to a conflict on Monday, practice was held at Ben Franklin Middle School. Monday, June 10, the first match was played at Fargo North beginning at 7:00 pm. In front of a good crowd, the East was victorious defeating the West 3 sets to 1 in some thrilling volleyball. On Tuesday, June 11, the team traveled to Mandan for the final match of the series. This was the first time Mandan has hosted the series and the match was well attended. The West won the match 3-0 with the East winning the fourth set. (Four sets are played regardless of the outcome of the first three sets to give the opportunity for more playing time.) Thank you to the Optimists for continuing their support of the series, especially Lori DeKeyser who handles most everything. Thank you to all the players, coaches, and the host sites and all the people involved who help make this series a success. Carolyn Olson moved to accept the report; Jon Jahner seconded the motion. Motion passed unanimously.

Eric Olson presented the Shrine Football All Star Report for Bill Lorenz as follows: The Shrine Football All Star Contest is ready to go. The players will be reporting on Tuesday, July 9. They will report and stay at Mayville State University again. This is also where they will practice. The games are scheduled for Saturday, July 13 at Cushman Field in Grand Forks. The 11-man game will begin at 4:00 and the 9-man game will start at approximately 7:00. The selection process went well, and everything is on track to be a success. Mike Sorlie moved to accept the report; Dave Zittleman seconded the motion. Motion passed without any dissenting voice vote.

Scott Grochow reported on the Longevity Award process. Awards are given for 20 years, 25 years, 30 years, 35 years, 40 years, 45 years, 50 years and every five-year increment after that. Scott sends out e-mails with those who are supposed to be in that category. He checks to see if they would like a plaque or not. If they like a plaque, it will be ordered. The NDHSCA does not mail out Longevity Plaques. They must be picked up. The awards will be given at tonight's banquet. Kaycee Grochow moved to accept the report; Ralph Manley seconded the motion. Motion passed unanimously.

Randy Johnson talked about the handshake agreement with POWERade of North Dakota. The key to the success of this program is the letters being sent to the three distributors. They enjoy the opportunity to read them. It is very important to continue with this thoughtfulness.

(Annual Business Meeting Minutes continued)

Dakota Coach Fall 2019

2019 NDHSCA Annual Business Meeting Minutes continued

Paul Lean reported about the Scheels Agreement. We have a two-year agreement. He hopes people will continue to set up team nights with Scheels for these events. They do help fund the scholarships. Randy Johnson talked about the Subway Agreement. The NDHSCA is waiting for the second installment from the two Subway Divisions. Subway has decided to go with a different company. Randy is currently working with them to hopefully secure another contract for the coming school year. The amount of money is substantial. This money is used to fund the Coach of the Year Awards and also one of the Gelaine Orvik Scholarships.

Dave Zittleman gave a report on the website. He mentioned Randy and he are working to get everything updated. This is a timely process. Once Randy gets the documents finished and e-mails them to Dave, they will be put on the site. He also mentioned if there is something else that needs to be put on the site, please let Dave or Randy know. They will work to get this done. Kaycee Grochow moved to accept the report; Carolyn Olson seconded the motion. Motion passed unanimously.

Eric Olson reported on the Twitter Account. He mentioned we try to send out a Tweet with Monday Motivation and also Tweet out happenings throughout the state. A couple of areas where we work to send out the Tweets is with Coach of the Year and Senior Athlete of the Year. We also recognize the Team Champions. Our Twitter Account is gaining more and more people. Jon Jahner moved to accept the report; Greg Brown seconded the motion. Motion passed without any dissenting voice vote.

Randy Johnson mentioned the dates for next summer's NDHSCA State Convention will be July 27 through July 30. This will be Monday through Thursday. The convention will end with the NDHSCA Hall of Fame/Coach of the Year Banquet. The convention will be at the Fargo Ramada.

Eric Olson reported on ways to become involved with the North Dakota High School Coaches Association. Some of the ways to become involved would be to e-mail potential speakers, being on Advisory, running for Vice President, nominating people for the Assistant and Junior High Coach of the Year, sending potential articles for the Dakota Coach, getting your school coaches to attend the State Convention and being an active person with this association.

Randy Johnson discussed our liability insurance. He mentioned it is important to understand it is liability insurance. If there is ever any question on if something is covered, please contact Randy. Randy also mentioned the importance of carrying camp insurance. This camp insurance will assist in being able to help pay deductibles and prevent the parent from filing a lawsuit against the coach or organization. Information is on our website.

Randy Johnson reported on the Gelaine Orvik Scholarship Fund. The fund has a balance of \$23,865.63. This was the balance as of June 1. Money will be transferred out of this fund to pay the scholarships being awarded. Money will be transferred back in as it comes through. Randy has not transferred any money from membership donations into the account since December 31, 2018. Other donation money has been transferred into the account. Right now, \$920.00 has been ear-marked for the Gelaine Orvik Scholarship from memberships this year. We have also received donations from Universal Athletics by way of the horse races with others coming in soon.

(Annual Business Meeting Minutes continued)

Dakota Coach Fall 2019

2019 NDHSCA Annual Business Meeting Minutes continued

Paul Lean moved to have Randy Johnson be the North Dakota High School Coaches Association Executive Secretary for the 2019-2020 term; Gelaine Orvik seconded the motion. It was asked if there were other nominations. None were given. The motion passed without any dissenting voice vote.

President Heisler called for any other business. There was none.

Ron Metz handed out the door prizes for attending.

Randy Johnson mentioned there were Subway Sandwiches, chips, cookies and sodas for attendees. Please eat until everything is gone.

President Heisler adjourned the meeting at 12:00 Noon.



A promotional graphic for Subway. On the left, the Subway logo is displayed in its characteristic green and yellow colors. To the right, a photograph shows a Subway sandwich on a white plate, accompanied by several Subway-branded items: a bag of "Simply Lemons" chips, a bag of "Subway to go!" cookies, and a box of "Subway to go!" drinks. The text "Order your next team meal online!" is written in a bold, black, sans-serif font across the center of the image.

COACH QUOTE:

Coaches have to watch for what they don't want to see and listen to what they don't want to hear.

-John Madden-





NDSU FOOTBALL

NDSU Athletics will have a limited number of tickets available to NDHSCA members for the following 2019 home football games:

- **10/19 vs. Missouri State**
- **11/9 vs. Western Illinois**
- **11/16 vs. South Dakota**

These are the only games tickets will be available to NDHSCA Members.

Policies and Procedures for Requesting NDHSCA Tickets

NDHSCA members may begin requesting 1 complimentary ticket and 1 additional ticket to purchase beginning at 8:00am on the Monday of game-week. All requests must be submitted via email to ndsu.bisontickets@ndsu.edu - Tickets are limited and orders will be filled based on ticket availability and frequency of an individual's requests. Submitting a request does not guarantee tickets will be awarded. - Tickets will be awarded and confirmations sent on the Wednesday of game-week. - Tickets can be picked up 90 minutes prior to kick-off on game-day. Per NCAA rules, no tickets can be picked up in advance of that time. - Coaches picking up tickets will be required to present their current NDHSCA membership card with a valid photo ID at the time of pick-up. - Failure to pick-up tickets can result in a loss of future ticket opportunities for that individual.

To purchase tickets for a game not listed above, please visit www.GoBison.com. Single game tickets will go on sale the day before each home game and can be purchased online only starting at 7:00 AM.

Coach Quote:

Great coaches are great humanitarians. They really care for the athlete as people first and athletes second. This is paramount in gaining respect.

-Gordie Gillespie-



Allard Trophy

Dakota Coach Fall 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



2019-2020 NDHSAA SPORTS ADVISORY COMMITTEES

SPORT	REPRESENTATION	TERM
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BASEBALL:

Kip Erickson; Washburn HS	B Division West Representative	2016-2020
Hans Anderson; Fargo Davies HS	A Division East Representative	2017-2021
Nathan Walsh; Hillsboro	B Division East Representative	2018-2022
DeWitt Mack; Mandan HS	A Division West Representative	2019-2023

BASKETBALL – Boys':

Rick Smith; Four Winds HS	At Large Representative	2017-2020
Thomas Kirchoffner; West Fargo Sheyenne HS	A Division Representative	2012-2021
Brandy George; Thompson HS	B Division Representative	2019-2022

BASKETBALL – Girls':

Kelly Roemmich; Stanley HS	At Large Representative	2017-2020
Laurie Seiben; Grafton HS	B Division Representative	2018-2021
Jim Petrik; Bismarck Legacy HS	A Division Representative	2016-2019

CHEERLEADING (Appointed by Cheerleading Advisory):

Ruth VanWechel; Mayville-Portland CG	B Division Representative	2017-2020
Billie Ann Caya; Bismarck HS	At Large Representative	2018-2021
Luann Burris; Grand Forks Central HS	A Division Representative	2019-2022

CROSS COUNTRY:

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
Cherry Heinz; New Rockford-Sheyenne HS	B Division East Representative	2019-2023

FOOTBALL:

Jim Dooley; Beulah HS	AA Division Representative	2016-2020
John Tuchscherer; Dickinson HS	AAA Division Representative	2017-2021
Mike Zier; Beach HS	Nine Man Representative	2018-2022
Josh Krivarchka; Langdon HS	A Division Representative	2019-2023

GOLF:

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
Dan Wolf; West Fargo HS	A Division Girls' Representative	2019-2023

GYMNASTICS:

Courtney Engel; Grand Forks Central/Red River HS	East Representative	2017-2020
Amanda Lantz; Mandan HS	At Large Representative	2018-2021
Robbie Werchau; Minot HS	West Representative	2019-2022

HOCKEY (Appointed by Hockey Advisory):

Jason Bennett; Minot HS	Boys' Representative	2016-2020
David Benson; West Fargo-Sheyenne	Boys' Representative	2017-2021
Patrick Johnson; West Fargo HS	Girls' Representative	2018-2022
Al Takle; Dickinson HS	Girls' Representative	2019-2023

SOCCER:

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
Thomas Marcis; Bismarck Legacy HS	Boys' West Representative	2019-2023

SOFTBALL:

Trevor Yetterboe; Wilton 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
Gerard Cederstrom; Minot HS	Class A West Representative	2019-2023

SWIMMING & DIVING:

Richard "Dick" Fisher; Fargo North HS	Boys' Representative	2017-2020
Thomas Wheeling; Bismarck Legacy HS	At Large Representative	2018-2021
Skip Fisher; Fargo South HS	Girls' Representative	2019-2022

TENNIS (Appointed by Tennis Advisory):

Paul Christen; Mandan HS	West Boys' Representative	2016-2020
Matt Nielson; Valley City HS	East Boys' Representative	2017-2021
Scott McPherson; Bismarck Legacy HS	West Girls' Representative	2018-2022
Chad Anderson; West Fargo-Sheyenne HS	East Girls' Representative	2019-2023

TRACK & FIELD – Boys':

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
Sean Allen; Grand Forks Central	A Division East Representative	2019-2023

TRACK & FIELD – Girls':

Lyall Krueger; Surrey HS	B Division West Representative	2016-2020
Tim Kolsrud; Bismarck HS	A Division West Representative	2017-2021
Jeremy Anderson; Thompson HS	B Division East Representative	2018-2022
Darrin McGinnon; West Fargo HS	A Division East Representative	2015-2019

VOLLEYBALL:

Jamie Zastpil; Bismarck Century HS	A Division Representative	2017-2020
Kasey Grochow; Surrey HS	B Division Representative	2018-2021
Rich Olson; Langdon HS	At Large Representative	2019-2022
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 NDHSCA 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:

E-mail: duck@westriv.com

Randy Johnson, Executive Secretary
1527 North 33rd Street Unit 4; Bismarck, ND 58501

Longevity Information for 2020 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 2020 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.



FCA
Fellowship of Christian Athletes



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.



Coach Quote:

“I do not think about coaching as being the boss. Rather, I am here to see how all the parts fit together. I am in the middle of this storm and that is where the calm is supposed to be.”

-Mark Pavlik-





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.



North Dakota High School Coaches Association

Paid Lifetime Memberships

Aardahl, Vern; Milnor HS
Amundson, Greg; Mandan HS
Anderson, Brian; Watford City HS
Anderson, Darrell; Bismarck HS
Anderson, Darryl; Mandan HS
Askvig, Curtis; Surrey HS
Benson, Ron; Mott-Regent HS
Berg, Mike; Grand Forks Central HS
Berglund, Darrell; Hazen HS
Berglund, Kathy; Hazen HS
Bettenhausen, LeRoy; Watford City HS
Boehm, Darrin; West Fargo HS
Brackenburg, Wayne; Mohall-L-Sherwood HS
Brenner, Henry; ND School for the Deaf
Brown, Greg; Watford City HS
Buen, Gene; Velva HS
Burckhard, Richard; Parshall HS
Burris, LuAnn; Grand Forks Central 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
Dockett, Dwight; Hope-Page HS
Dolan, Michelle; Ray HS
Dooley, James; Beulah HS
Dwyer, Michael; Shiloh Christian HS
Filibeck, Brian; Beulah 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, 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
McKinnon, Darin; West Fargo HS
McPherson, Scott; Bismarck Century HS
Miller, Steve; Bismarck HS
Mitzel, Frank; Minto HS
Nagel, Lee; Wahpeton HS
Olson, Douglas; Beulah HS
Olson, Linette; Bismarck Century HS
Omdahl, Chad; Hatton-Northwood HS
Opdahl, Mike; Larimore HS
Opp, Leland; Hazen HS
Overby, Dennis; Northwood HS
Peterson, Paul; Larimore HS
Pheasant, 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
Simfenderfer, Jason; Beulah HS
Sluke, David; Grafton HS
Smrekar, Dan; Bismarck St. Mary's HS
Snortland, Keith; Warwick HS
Solberg, Sheryl; NDHSAA
Sondrol, Rick; Central Valley HS
Sorensen, Chris; Hazen HS
Stanley, Len; Bismarck State College
Stegman, Wayne; Drayton HS
Stein, Bruce; Hankinson HS
Stibbe, Peggy; Discovery MS
Strand, Fred P; Hatton-Northwood HS
Suelzle, Tom; Watford City HS
Thompson, Jeryl; Drayton HS
Towers, Ken; Grand Forks Red River HS
Trieglaff, Robert; Fargo North HS
Vigen, Randy; Central Valley HS
Wagner, Chuck; Killdeer HS
Wagner, Doug; DesLacs-Burlington HS
Waldal, Bob; Beach HS
Walhaug, Gary; Surrey HS
Walker, Larry; Killdeer HS
Wheeling, Bob; Killdeer HS
Wilson, Jerry; Bismarck Century HS
Wisthoff, David; Glenburn HS
Zimney, Bob; Grand Forks Red River HS



NDHSCA Past Presidents

Anderson, Brian; Watford City HS
Bertsch, Jonathan; Wells County HS
Beyer, Ed; Hillsboro HS
Braaten, Andy, Carrington HS
Brown, Dale; Minot Ryan HS
Cahill, Bill; Jamestown HS
Carlson, Duane; Minot HS
Carlson, Jack; Dickinson HS
Coleman, Randy; Hazen HS
Dougherty, Dave; Watford City HS
Faris, Loren"Lefty"; Mandan HS
Feeney, Robert; Bismarck HS
Gambucci, Serg; Grand Forks Central HS
Grinsteinner, Gregg; Dickinson Trinity HS
Grochow, Scott; Rugby HS
Hatlestad, Walt; Fargo North HS
Heisler, Tracey; Grand Forks Red River 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



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
- Shrine Football Nominee
- Special Recognition
- Sponsor Membership
- Sports Advisory Committee Membership



Dakota Coach Fall 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

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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

North Dakota High School Coaches Association



Coaches Code of Conduct



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

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

ONLINE MEMBERSHIP REGISTRATION LINK

PLEASE TAKE NOTE!

Convention and Membership Registration is on-line only. Visit our website www.ndhsca.com. **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.

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North Dakota High School Coaches Association



NDHSCA Gelaine Orvik Scholarship Fund



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

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

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- 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.

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- The social structure of our culture has drastically changed over past 20 years
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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?”

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- ▶ Motivation
 - ▶ Confidence
 - ▶ Emotions
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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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