

Dakota Coach



Volume 53 Issue #3

Renew Your Coaching Certificate!

2020 NDHSCA COACHES CONVENTION

Monday, July 27-Thursdays, July 30

Fargo Ramada



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NDHSCA Note:
 At the time of this publication all Spring activities are still on hold. Please check with your AD, the NDHSAA website, NDHSCA and your email for any updates.

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Message from NDHSCA President Tim Wallstrum

Sports: Keep It Fun!

Ah, the smell of fresh baking buns in the oven is one of my favorite memories. The way I grew up was much different. I had my mom home and every meal was prepared from scratch. We were guided and watched most of the time. When our chores were done, we had the freedom to do what we wanted under her watchful eye.

Today it seems kids really do not have time to be kids. I am torn by that. Junior High girls start their season in the middle of October and then join the high school teams in January while their coaches are always careful not to surpass the quarter limitations. They finally finish their seasons just before the varsity moves into their playoffs. Shortly after the season is over many of those girls are practicing for AAU basketball, which they play most of the spring. Once summer comes, they are off to summer league events and camps before the fall seasons begin and it starts all over again. Plus, if they participate in several sports these demands are multiplied. We have many scenarios like this across the state.

The demands of sports are grueling. For years we have been discussing the importance of multi-sport athletes and the benefits of participating in a wide range of activities knowing the repetitive actions of single sport athletes can cause damage to our young competitors. We have also learned that there is a great deal of transfer from one sport to another and so we march on. Some of the girls say that they like to be busy and this is what they want to do. Some of them say that it is what they need to do to stay competitive in their sport against other teams and for a position on their own team.

Some college coaches have presented at our clinics and occasionally the topic of recruiting has come up. One coach was asked why more North Dakota kids are not recruited. His answer was that North Dakota kids do not play enough; they should play more. I also know of one parent who told the high school coach that the purpose of high school sports was to get them more playing time, so they were ready for club sports.

As a coach, part of me loves to see kids playing. I know that the more they are playing the more they are developing. I also know that all my players other coaches are thinking the same thing. If I decide to back off on camps and open gyms the other coaches pick up that time, so the kids have not benefited and the sport I coach has lost ground and interest. I may even be viewed as uninvolved and apathetic by community members.

So, what do we do? I Don't think there is one right answer. As professional educators and leaders, I think the best thing we can do is follow our NDHSCA Code of Ethics and Code of Conduct the best that we can. Here are some of those key points.

- 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
- Promote ethical relationships among coaches
- Strive to develop in each athlete the qualities of leadership, initiative and good Judgment
- Encourage a healthy respect for the overall athletic program and its vital roles in education.

(continued page 5)

Dakota Coach Spring 2020

(NDHSCA President Wallstrum's message continued from page 4)

As kids we all loved to play and that is part of why we were enticed to become coaches. We know that having fun is the most common answer kids give when they are asked why they play sports. Let's remember that and keep it fun!

The recent health scare not only in our nation but around the world has really altered people's lives. I am saddened for all the people affected and have endangered loved ones. An untold number are at a financial loss due to income, investments, or occupation. I am heartfelt by the fact that kids and coaches who have worked so hard not only in this season but for many seasons do not have the chance to live out their dreams, which may have been once in a lifetime. All we can do is remember that it really isn't the destination that has the value, it was the journey and that can never be taken away. Take care, be safe and count your many blessings. Keep your faith!

NDHSCA President Tim Wallstrum

Message from NDHSCA Past President, Eric Olson



The “Why”

Greetings to all of our NDHSCA readers! First off, I want to congratulate all the winter team champions, and individual Senior Athlete and Coach of the Year winners. We rely on High School sports in North Dakota to get us through our long winters, and our student-athletes and coaches did a great job of keeping us entertained yet again this year.

I invite all coaches to join us in Fargo July 27-30 for the annual NDHSCA State Coaches Convention. It always promises to be a great time of learning, networking, and catching up with old friends. It's one of my favorite weeks of the year, and typically marks the end of the summer before the grind of the new school year begins. Right before our NDHSCA state convention is held, the NHSACA national convention will be held in Lincoln, Nebraska on July 20-23. Make sure you save the date and we'd love to see great attendance at each. At this time, both events are still on as planned.

When I started on the NDHSCA Executive Board 5 years ago, I spoke about creating relationships with those around you and your teams, your fellow coaches in your building, student-athletes, parents, and all of those that help your program in any way. I spoke of it before, but one of the best pieces of advice I received a few years back was from an older coach who told me “to make sure your players know that you love them and care for them.” I've taken those words to heart, and it's something I've strived to accomplish with the people I have around me. When my former players or students stop by my classroom for a visit, or send text messages on my most challenging days, it serves as a reminder for me. They are my “why” I do what I do—to make a difference in the life of others.

(continued page 6)

Dakota Coach Spring 2020

(Past President Olson's message continued from page 5)

I want coaches, players and fans to remember the purpose that sports serve in our lives. Too many people consider sports to be life or death depending on the outcome. There are so many things you can learn from participating in sports that can carry over to dealing with life. I encourage you all to enjoy the sporting events you attend. Cheer on your favorite teams or participants, thank the officials and workers for giving their time, be appreciative of the coaches who dedicate so much to their teams. Sports should be a learning tool for the game of life. A "win" can show up in many more ways than just the scoreboard. Allow the athletes to have fun, work hard, and enjoy the time spent with their friends.

This will be my last article before my term on the board expires at the conclusion of the convention in July. It's hard to describe how these last five years have changed me as a person and as a coach. Not only have I learned about different sports that I hadn't been exposed to in the past, but also all that goes into putting on a week-long convention, all-star games, scholarships, etc. The NDHSCA is in great hands with its leadership and has a very strong influence at the National level as well. I owe a large debt of gratitude to those who made the last 5 years possible. Not only do I have my own family to thank, but I want to thank all of the members of the board I've been able to work alongside. I have enjoyed my time on the executive board and am forever thankful for the opportunity to serve the coaches of our state.

NDHSCA Past President, Eric Olson

Quote:

**“Consult not your fears
but your hopes and
your dreams. Think not
about your frustrations,
but about your
unfulfilled potential.
Concern yourself not
with what you tried and
failed in, but with what
it is still possible for
you to do.”**

-Pope John XXIII-





From the NDHSCA Executive Secretary's Desk

-Randy Johnson



March 2020 will be remembered by all coaches, players, and fans for a long, long time. The COVID – 19 corona virus brought the state and country to a shutdown with only essential businesses staying open. It is important during these times to control a person's focus. Focus on the positive, focus on what a person has and what a person can change. This is an opportunity for outstanding growth. It is important to band together. I am confident this will pass and our schools, teams, families, state, country and we, as individuals, will be stronger. Rise to the occasion and adapt like coaches do all the time when they are faced with adversity! Coaches make a difference. That is why coaching is the greatest profession!

Spring is here! Even though the winter sports season was suspended at the end, it did provide some great performances. Congratulations to all the State Qualifiers, State Champions, NDHSCA Subway Coach of the Year Recipients, and NDHSCA POWERade Senior Athlete of the Year Recipients. The North Dakota High School Coaches Association will name the COTY and SATY recipients for Class A Girls' and Boys' Basketball as well as Class B Boys' Basketball soon. We will honor those recipients with a state-wide media release.

Earlier this winter, I was informed that Carmen Howell passed away. Carmen was the wife of long time Lisbon Track and Field Coach, Joe Howell. The NDHSCA sends its greatest condolences to the Howell Family during this difficult time. Please keep the Howell family in your prayers.

The 2020 North Dakota High School Coaches Association Summer Convention is taking shape. The convention is scheduled to be held in Fargo at the Ramada (3333 – 13th Avenue South) from Monday, July 27 through Thursday, July 30. We will finish the four-day conference with the NDHSCA Hall of Fame/Coach of the Year Banquet on Thursday, July 30. The schedule is almost complete. There are just a few items left to put into place. Our plan is to have the registration online by late April. A schedule will also be posted on our website. There is some information available later in this Dakota Coach. Please check it out. It looks to be another great time for coaches to learn, collaborate, and gather steam for another great school year. I encourage everyone to attend. Make plans now by setting those dates aside!

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Dakota Coach Spring 2020

(continued page 8)

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

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



It is important we continue to push membership of all coaches in our schools. Visit with them about all the perks available through joining the NDHSCA. If you have any questions, please feel free to contact me at duck@westriv.com.

POWERade of North Dakota continues to sponsor the Senior Athlete of the Year Award. I encourage coaches and recipients of this award to write thank you letters to our sponsors. The sponsors and their addresses are on the letter we send out with the name plates. POWERade truly enjoys the letters. Keep them coming!

Subway continues to give the NDHSCA a sizeable donation for Coach of the Year Awards. We ask schools to stop at Subway as much as possible. You can order ahead of time and pay when you pick up the subs. Their information is available on our website. Please order correctly to speed up the process. Follow up on your order with a phone call to the Subway from which you are ordering.

I encourage coaches to look at the Coaches Code of Ethics and Coaches Code of Conduct regularly. These codes are what we stand for in the professional world. Coaches expect exceptional behavior out of their athletes. It is only appropriate that we model the same behavior.

In closing, please keep in mind the North Dakota High School Coaches Association is here to help you as a coach. Feel free to contact me or one of the board members if you have any questions or concerns. We are here to serve the coaching profession. **See you in Fargo in July!**

Sincerely for the Coaching Profession,
Randy Johnson
NDHSCA Executive Secretary



POWERADE®

Dakota Coach Spring 2020



Greetings from the National High School Athletic Coaches Association!

The National High School Athletic Coaches Association National Convention is slated to be held in Lincoln, Nebraska July 20 through July 23. The format of this convention will be a little different. It will be held at the high school. This will be quite an event. There are 2000 coaches expected to attend. I encourage coaches to register. You do this by visiting the NHSACA Website: www.nhsaca.org. If you have any questions, please feel free to contact Randy Johnson at duck@westriv.com.

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

- Lisa Strand – Thompson High School Volleyball Coach
- Randy Johnson – Hazen High School Athletic Director, Track and Field Coach and Basketball Coach

Congratulations Lisa and Randy on your induction!

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

- Guy Fridley: Dickinson HS - Athletic Director
- Dean Winczewski: Minot HS – Boys' Basketball
- Ron Metz: Bismarck Century HS – Girls' Basketball
- Brad Lies: Bismarck Century HS – Boys' Cross Country
- Scott Reichenberger: Bismarck HS – Girls' Cross Country
- Ron Wingenbach: Bismarck Century HS – Football
- Jeremy St. Aubin: South Border HS – Golf
- Nick Christianson: Fargo Davies HS – Soccer
- Scott Kost: Central Cass HS – Softball
- Dave Tews: Jamestown HS – Special Sports
- Talia Butery: Fargo North HS – Swimming
- Victor Youngs: Fargo South HS – Tennis
- Tim Jacobsen: Bismarck Century HS – Boys' Track and Field
- Bill Jansen: Rugby HS – Girls' Track and Field
- Lisa Strand: Thompson HS – Volleyball
- Randy Burwick: Hettinger HS – Wrestling
- Rodney Breitbach: Bismarck Century HS – Boys' Assistant Coach
- Tim Tandeski: Grand Forks Red River HS – Girls' Assistant Coach

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

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Dakota Coach Spring 2020

(Randy Johnson's message continued from page 9)

North Dakota is very well represented on the National Board. The following individuals work with the National Board in hopes of bettering opportunities for coaches nationwide.

- Dave Dougherty: Executive Director, Past President
- Tim Wallstrum: 3rd Vice President
- Greg Brown: Girls' Track and Field Sport Chair
- Jake Solper: Swimming Sport Chair
- Gelaine Orvik: Past President and Past Executive Director
- John Hutchison: Past President and Voice of Hall of Fame and COTY Banquets
- Randy Johnson: Past President and Webmaster

North Dakota can be very proud of the state's representation at the National level. This is one of the opportunities you have as a member of our association. Please keep in mind if you are a member of the North Dakota High School Coaches Association, you are also a member of the National High School Athletic Coaches Association. This is part of the membership dues you pay to our association.

The NHSACA has decided to have the 2021 National Convention in Lincoln, NE as well. The date of the 2021 National Convention is July 26 through July 29. The 2022 National Convention will be in Des Moines, Iowa. The date of this National Convention has not been released yet. North Dakota will host their State Conventions around the National Convention so coaches from North Dakota can attend both.

I encourage people to visit the NHSACA Website often: www.nhsaca.org. There is a lot of information on the website for coaches. Please put this website in your favorites. It is another great resource for coaches.

In closing, we are hoping to see you at the NHSACA National Convention in Lincoln, NE this summer. Take care and stay safe!

Sincerely,

***Randy Johnson
Past President and Webmaster***



Coach Quote:

“Success is peace of mind which is a direct result of the self-satisfaction in knowing you did your best to become the best you are capable of becoming.

-John Wooden-



2020 Convention Information

The North Dakota High School Coaches Association Summer Coaches Convention will be held in Fargo at the Ramada (3333 – 13th Avenue South) from Monday, July 27 through Thursday, July 30. Rooms have been reserved for this convention at the Ramada. Please call to reserve today (701-235-3333).

Registration for the convention should be open around April 25. We will send an e-mail out letting people know when it is open. All coaches will need to register through the NDHSCA website: www.ndhsca.com. Here are some key points about this summer's convention.

1. Convention registration is **\$65.00**. Membership remains at **\$60.00**. Need to be a member to attend the convention.
2. Convention is held at the **Ramada in Fargo**
3. Dates of the convention are **July 27 through July 30**
4. Up to **two semester hours of credit** available through NDSU
 - a. Cost is \$65.00 per credit
 - b. A person may take one or two credits
 - c. Website has the criteria for the syllabus to earn the credits
 - d. Final registration for credit will be at the hotel
5. May **recertify in CPR/AED/First Aid** – This will only be available on **Monday, July 27**. Cost will be **\$15.00** to recertify
6. May recertify in **Concussion Management**. Right now this is only **one session** and it will be on **Monday, July 27**.
7. **Convention Social** will be held, details will be shared at a later date.
8. **NDHSCA Annual Meeting** will take place on **Thursday, July 30**. There will be a **Subway Lunch** for all meeting attendees.
9. NDHSCA **Hall of Fame/Coach of the Year Banquet** will be **Thursday, July 30**
10. Many **great sessions** all week.



All Athletic Directors and coaches are reminded this will work for the **recertification** process of coaches. We have worked hard to bring a number of different coaches to the convention this summer. (The coaches are listed on another page.)

A **tentative schedule will be posted on our website:** www.ndhsca.com in the near future. This will be updated weekly so continue to check it our online.

This convention is for all coaches. **Please invite assistant and junior high coaches to attend.** It will be a great learning experience.

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

We look forward to seeing you in Fargo July 27-July 30!

NDHSCA COACHES CONVENTION

Monday, June 27 through Thursday, June 30, 2020
Fargo Ramada, 3333 13th Avenue South, Fargo, ND

Monday's Events

Registration open: 7:00 AM to 2:30 PM

- Registration for NDSU Graduate credit – 7:30 AM (Must attend if taking it for credit)
- Seminar Sessions – 8:00 AM to 5:00 PM
 - Coaching & Conflict
 - Special Topics
 - Speed – Strength – Nutrition
- CPR/AED/ First Aid Recertification
 - Need to attend one session
 - Cost is \$15.00 per person
- Concussion Management Recertification – There is only one session that day
- Noon Lunch provided by the NDHSCA with a speaker
- Practice Taping Session
- Coaches Panel



↓ Speaker Line-Up for Monday

Coaching and Conflict:

Dave Klundt, Fargo	Nick Walker, Bowman County HS	Dr. Jay Albrecht, MSUM
Dr. Dawn Hammerschmidt	Jon Jahner, Bowman County HS	Matt Fetsch, NDHSAA
Mike Berg, Grand Forks	Todd Olson Fargo Public Schools	

Special Topics:

Dr. Shannon David, NDSU	Leah Cherney, Sanford Health Concordia College
Matt Fetsch, NDHSAA	Keith Weidrich, Sanford Health MSUM
	Todd Olson Fargo Public Schools

Speed/Strength/Nutrition

Kelsey Herrick, Sanford Health	Jason Miller, NDSU
Randy Martin Sanford Health	Jim Kramer, NDSU
Sam Thielen, Sanford Health	



CPR/AED/First Aid

Christa Sommer, NDHP

Noon Luncheon Speaker

Dr. Brad Strand, NDSU

Coaches Panel

Andy Braaten, Carrington	Carolyn Olson, Fargo Davies	Laurie Sieben, Grafton
Randy Syrstad, North Sargent	Moderated by: Tracey Heisler, Grand Forks, Red River HS	

Dakota Coach Spring 2020

**Tuesday,
July 28**

Registration Open: 7:30 AM to 2:30 PM
Registration for NDSU Graduate Credit: 8:00 AM
(Those taking for credit must attend if didn't sign up on Monday)
Sport Specific Sessions throughout the day.
Vendors open for visits.

**Wednesday,
July 29**

Registration Open: 7:30 AM to 2:30 PM
Registration of NDSU Graduate Credit- Last chance to register for credit.
Sport Specific Sessions throughout the day.
Vendors open for visits.

**Thursday,
July 30**

Fellowship of Christian Athletes (Coffee, Juice, Rolls): 7:00 AM to 8:00 AM
Registration Open: 7:30 AM to 2:30 PM
NDHSCA Advisory Committee Review and Planning Meetings
Sport Specific Sessions
NDHSCA Annual Business Meeting: 10:50 AM with Lunch provided by Subway.
NDHSCA Hall of Fame Luncheon for Inductees.
NDHSCA Awards Banquet Reception from 5:00 PM to 6:00 PM
NDHSCA Hall of Fame/ Coach of the Year Banquet beginning at 6:00 PM

2020 NDHSCA CONVENTION SPEAKERS

Basketball:

Dave Richman, NDSU
Paul Sather, UND
Jeff Ralph, Wahpeton HS

Ryan Montgomery, Valley City State
Vanessa Johnson, Valley City State
Mike Hendrickson, Fargo South HS

Dennis Hutter, Mayville State
Darren Tighe, Mayville State
Alex Herman, Mayville State

Baseball:

David Pearson, NDSU

Scott Berry, Mayville State

Cross Country:

Andrew Carlson, NDSU
Maddie Van Beek, NDSU

Jason Holland, Fargo Davies HS
Laura Januszewski, Concordia College

Jeff Morris, Perham HS

Football:

Randy Hedberg, NDSU
AJ Blazek, NDSU
Kody Morgan, NDSU
Brett Holinka, UND
Samuel King, UND
Daniel Freund, UND

Jack Biesterfeld, Kidder County
Eric Issendorf, NDSCS
Travis Mertens, Four Winds HS
Troy Mattern, Fargo Shanley HS
Matthew Crane, Kindred HS
Nick Walker, Bowman County HS

Todd Hoffner, Mankato State
Kal Triplett, Larimore HS
Mike Zier, Beach HS
Mark Bishop, Four Winds HS
Andrew Delabarre, LaMoure HS

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2020 NDHSCA CONVENTION SPEAKERS

Golf:

Matt Cook, Rose Creek	Joseph Christianson, Concordia College	Doyle Heisler, Iwanamaker
Steve Kennedy, NDSU	Nathan Kapaun, University of Jamestown	Jeremy St. Aubin, South Border HS
Matthew Johnson, NDSU		

*Tuesday afternoon sessions will be at the NDSU Golf Training Facility.
Golf Coaches will especially want to attend Tuesday!*

Softball:

Chad Slyter, Concordia College	Kevin Gall, University of Jamestown	Mike Oehlke, NDSCS
Ashley Tomblin, Mayville State	Amanda Reckamp, MSUM	

Swimming and Diving:

Douglas Humphrey, SDSU	Nicole Mananian, Northern State	Chris Pape, USD
Ralph Manley, Mandan HS	Skip Fisher, Fargo South HS	Jake Solper, Minot HS
Charlie King, MSUM	Claudia Schoellkopf, Mandan HS	

Tennis:

Brenda Schell, NDHSAA	Oliver Summers, Courts Plus	Jason Thiner, Courts Plus
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Track & Field:

Don Larson, NDSU	Jon Jahner, Bowman County HS	Ryan Milner, MSUM
Clayton Pritchard, NDSU	Tracey Heisler, Grand Forks RR HS	Kyle Long, MSUM
Justin St. Clair, NDSU	Jeff Bakke, Grand Forks RR HS	Trevor Barry, MSUM
Steve Keller, NDSU	Tim Jacobsen, Bismarck Century HS	Jeff Morris, Perham HS
Adam Mead NDSU	Kevin Morast, NDHSAA	

Volleyball:

Jane Passa NDSCS	Shari Christenson, Oakes HS	Jeremiah Tiffin, UND
Jennifer Lopez, NDSU	Faith Dooley, Concordia	Sarah Dryburgh, Fosston HS
	Patricia Ford, University of Wisconsin- River Falls	

Wrestling:

Blanc Obenson, NDSU	Daniel Lovell, University of Jamestown	Kris Nelson, MSUM
Jeff Schumacher, Bismarck HS	Quincy Osbourn, Concordia College	Mark Lardy, Bismarck HS
	Keenan Spiess, Fargo Davies HS	



2019-2020 NDHSCA Award Recipients Announced

DISTINGUISHED SERVICE AWARD

The following individuals will be receiving the National High School Athletic Coaches Association Distinguished Service Award at this summer's North Dakota High School Coaches Association State Hall of Fame/Coach of the Year Awards Banquet.

Karen and Rod Hardie – Co-membership Chairs for the NDHSCA.

Karen and Rod Hardie of Fargo have been instrumental in the NDHSCA Membership.

AWARD OF MERIT

The North Dakota High School Coaches Association announces the Award of Merit Recipients for the 2020 NDHSCA Hall of Fame/Coach of the Year Banquet.

Craig Keating – KMAV & KMSR Radio Sportscaster

Mayville, North Dakota

SPECIAL RECOGNITION

The North Dakota High School Coaches Association announces the Special Recognition Recipients for the 2020 NDHSCA Hall of Fame/Coach of the Year Banquet.

Dave Bass – State Track and Field Meet Official.

Dave is from Valley City.

**Gary Lindquist – New Rockford Team Manager,
Sportswriter for the New Rockford Transcript**

Gelaine Orvik – State Track and Field Meet Official.

Long time North Dakota High School Coaches Association State Executive Secretary.

Gelaine is from Fargo.

NDHSCA TO INDUCT FOUR INTO COACHES HALL OF FAME

The North Dakota High School Coaches Association will be inducting the following coaches into the 2020 NDHSCA Coaches Hall of Fame at this summer's NDHSCA State Convention. The banquet honoring these coaches will take place at the Ramada on July 30, 2020.



Brian Midthun

Athletic Director, Baseball Coach and Football Coach from Enderlin High School

Perry Piatz

Athletic Director, Basketball Coach and Golf Coach from Kindred High School



Roger Snortland

Deceased Cross Country Coach, Football Coach, Wrestling Coach and Track and Field Coach from Langdon High School



Victor Youngs

Tennis Coach from Fargo South High School



QUOTE:

“Don't look to become a person of success, look to become a person of value.”

-Albert Einstein-

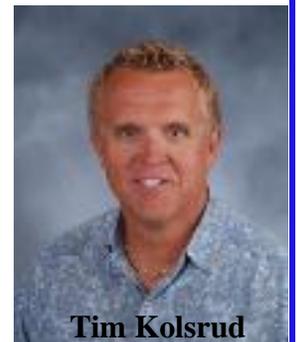
NDHSCA Members to vote for a new Vice President.

Derrick Dixon and **Tim Kolsrud** are on this year's ballot for your association's Vice President. The balloting will be conducted during the Annual Coaches Convention held this summer at the Fargo Ramada

July 27 through **July 30**. Attend the Convention, learn and vote for one of these fine candidates.



Derrick Dixon



Tim Kolsrud

Dakota Coach Spring 2020

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



NDHSCA-Subway 2019-20 Coaches of the Year

SPORT

COACH

SCHOOL

Class A Girls' Golf	Scott Foltz	Minot HS
Class A Boys' Tennis	Victor Youngs	Fargo South HS
Class A Boys' Soccer	Ian Costello	Fargo Davies HS
Class A Boys' Cross Country	Shane Wahlstrom	Williston HS
Class A Girls' Cross Country	Carla Wahlund	Minot HS
Class B Boys' Cross Country	Rick Anderson	Griggs County Central HS
Class B Girls' Cross Country	Bill Jansen	Rugby HS
Nine Man Football	Jack Biesterfeld	Kidder County HS
Class A Football	Josh Krivarchka	Langdon Area/Edmore/Munich
Class AA Football	Scott Olsen	Hillsboro/Central Valley
Class AAA Football	Ron Wingenbach	Bismarck Century HS
Class A Girls' Swimming	Skip Fisher	Fargo South HS
Class A Volleyball	Carolyn Olson	Fargo Davies HS
Class B Volleyball	Shari Christenson	Oakes HS
Class B Wrestling	Dave Wolding	New Salem Almont HS
Class A Wrestling	Larry Eslick	Jamestown HS
Class A Gymnastics	Kent Van Ells	Dickinson HS
Class A Girls' Hockey	Josh Issertell	Fargo Davies HS
Class A Boys' Hockey	Grant Paranica	Grand Forks Central HS
Class A Boys' Swimming	Ralph Manley	Mandan HS
Class B Girls' Basketball	Rob Scherr	Langdon Area/Edmore/Munich





NDHSCA-POWER-Aid 2019-20 Athletes of the Year

<u>SPORT</u>	<u>ATHLETE</u>	<u>SCHOOL</u>	<u>HEAD COACH</u>
A Girls' Golf	Lily Bredemeier	Grand Forks Red River HS	Eric Sanders
A Boys' Tennis	Geoffrey Youngs	Fargo South HS	Victor Youngs
A Boys' Soccer	Nobin Gurung	Fargo South HS	Amer Vatres
A Boys' Cross Country	Micade Shumway	Williston HS	Shane Wahlstrom
A Girls' Cross Country	Kelby Rinas	Mandan HS	Hilary Feist
B Boys' Cross Country	Robert White	New Town HS	Brian Anderson
B Girls' Cross Country	Reagan Baesler	Hillsboro/Central Valley	Kirk Zink
Nine Man Football	Bo Belquist	New Rockford/Sheyenne	Elliot Belquist
A Football	Jacob Svihovec	Bowman County HS	Todd Frie
AA Football	Oscar Benson	Hillsboro/Central Valley	Scott Olsen
AAA Football	Cade Feeney	Bismarck Century HS	Ron Wingenbach
A Girls' Swimming	Mayson Sheldon	Mandan HS	Ralph Manley
A Volleyball	Kameron Selvig	Jamestown HS	Sara Hegerle
A Volleyball	Kenzee & Madison Langlie	Fargo Davies HS	Carolyn Olson
B Volleyball	Nicole Schmitz	Oakes HS	Shari Christenson
B Wrestling	Garrett Jangula	Napoleon HS	Kriss McCleary
A Wrestling	Drew Steidler	Bismarck St. Mary's HS	Luke Mellmer
A Gymnastics	Elicca Stugelmeyer	Bismarck Legacy HS	Linda Grina
A Girls' Hockey	Josie Hell	Fargo North/South/Shanley	Chad Christensen
A Boys' Hockey	William Lawson-Body Jr.	Grand Forks Central HS	Grant Paranica
A Boys' Swimmimg	Christopher Birnbaum	Bismarck Century HS	Dennis Kemmesat
B Girls' Basketball	Callie Ronningen	Langdon Area/Edmore/Munich	Rob Scherr

POWERADE®

Dakota Coach Spring 2020

The following coaches will be honored at the
National High School Athletic Coaches Association
convention to be held July 20-23 in Lincoln, Nebraska.



2020 NHSACA

COACH OF THE YEAR FINALISTS ANNOUNCED

Sport	Name	School
Athletic Director	Guy Fridley	Dickinson 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	Talia Butery	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

2020 NHSACA Hall of Fame Inductees Announced

North Dakota has the following inductees to the 2020 National High School Athletic Coaches Association National Hall of Fame:

Randy Johnson – Hazen High School Athletic Director, Track & Field Coach and Basketball Coach

Lisa Strand- Thompson High School Volleyball Coach



NORTH DAKOTA COACHES



ONLINE MEMBERSHIP REGISTRATION LINK

PLEASE TAKE NOTE!

The 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.



SUBWAY

**Order your next
meal online!**





North Dakota High School Coaches Association



2019-2020 NDHSAA SPORTS ADVISORY COMMITTEES

SPORT	REPRESENTATION	TERM
<u>BASEBALL:</u>		
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
<u>BASKETBALL – Boys':</u>		
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
<u>BASKETBALL – Girls':</u>		
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
<u>CHEERLEADING (Appointed by Cheerleading Advisory):</u>		
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
<u>CROSS COUNTRY:</u>		
Jason Holland; Fargo Davies HS	A Division East Representative	2016-2020
Laura Tweeten; Washburn HS	B Division West Representative	2017-2021
Scott Reichenberger; Bismarck HS	A Division West Representative	2018-2022
Cherry Heinz; New Rockford-Sheyenne HS	B Division East Representative	2019-2023
<u>FOOTBALL:</u>		
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
<u>GOLF:</u>		
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
<u>GYMNASTICS:</u>		
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
<u>HOCKEY (Appointed by Hockey Advisory):</u>		
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
<u>SOCCER:</u>		
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

North Dakota High School Coaches Association

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':

Lyll 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
Kaycee 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 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 5850

Dakota Coach Spring 2020



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.

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 check if your name is on the list. Scott and Bill will e-mail coaches from the data base asking them their wishes to receive a Longevity Plaque. Please let them know if you have any questions.

Most recent longevity list found on page 30



FCA

Fellowship of Christian Athletes

POWERADE.

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.



Quote:

“I alone cannot change the world,
but I can cast a stone across the waters
to create many ripples.”

-Mother Theresa-





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
Brandt, Jeremy; Beulah HS
Brenner, Henry; ND School for the Deaf
Brown, Greg; Watford City HS
Burckhard, Richard; Parshall HS
Burriss, 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, James; St. Thomas 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
Kvislen, Paul; Kindred 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
Michaelson, Dave; Dickinson HS
Miller, Steve; Bismarck HS
Mitzel, Frank; Minto HS
Nagel, Lee; Wahpeton HS
Olson, Carolyn; Davies 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
Sabree, Yahya; Dunseith HS

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
Walhaug, Gary; Surrey HS
Walker, Larry; Killdeer HS
Wheeling, Bob; Killdeer HS
Wilson, Dean; Carl Ben Eielson MS
Wilson, Jerry; Bismarck Century HS
Wisthoff, David; Glenburn HS
Zimney, Bob; Grand Forks Red River HS
Zinke, Davey; Valley City

Honorary Lifetime Members

Marcy Bilkre; Minot HS
Chipper Ferrell; Minot HS
Gelaine Orvik; Fargo South 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



20 Years

Charles Anderson Rolette
Jennifer Astle Bismarck
Stacy Azure Dunseith
Alicia Clemenson West Fargo
Cory Davis Saint John
John Demery Dunseith
James Fahy Dickinson
Brandy George Thompson
Wade Gilbertson Wahpeton
Ryan Griggs West Fargo
Kelli Heier Ray
Brent Hintz Mapleton
Jason Horner Bismarck
Steve Ibach Berthold
Justin Johnsrud Watford City
Disa Julius Minot
Erik Kringlie Valley City
Aric Lee Bismarck
Dustin Maasjo Wheatland
Troy Mattern Fargo
Roxane Miller Oakes
Nate Nelson Crosby
Ryan Nielsen Hillsboro
Scott Nustad Bismarck
Scott Peterson Minot
Matthew Pfau Minot
Andrew Prokop Bismarck
Ray Saylor Lignite
Brent Schafer Mandan
Cory Schall Fullerton
Andrew Skunberg Jamestown
Boyd Southam Sherwood
Alex Starcevic Thompson
Rollin Swedberg West Fargo
David Weiler Fargo
Robbie Werchau Minot

25 Years

David Bjugson Roseau
Gregory Brown Watford City
Larry Eslick Jamestown
Brian Filibeck Beulah
Mike Gaukler Hankinson
Chris Gleason Milnor
Rick Gordon Dickinson
Chris Haugen Fargo
Terrille Jacobson Alexander
Paul Jundt Bismarck
Dennis Kemmesat Mandan
Thomas Marcis Bismarck
Darin Mattern Bismarck
Brad Miller Bismarck
Kevin Nelson Dunseith
Scott Reichenberger Bismarck
Thomas Scheeler Minot
Douglas Schmidt Bismarck
Jeffrey Stewart Rugby
Laura Tweeten Washburn
Brian Vance Ellendale
Nathan Walsh Reynolds
John Ward Hazen
Mark Wiest Mandan
John Wilson Dickinson

2020 Longevity Award

30 Years

Paula Bachmeier, Burlington
George Brackin, Bismarck
Kevin Bratland, Enderlin
Dan Carlson, Grand Forks
Jay DeCann, Fargo
Noel Eckroth, Wahpeton
Dave Erickson, Hettinger
Brad Fitzgerald, Saint John
Robert Goll, Park River
David Gumke, Watford City
Dave Handt, Lichville-Marion-
Montpelier
Perry Hanson, Bismarck
Kent Harding, Crosby
Sara Hegerle, Jamestown
Greg Hoeckle, Carrington
Curtis Johnson, Moorhead
Greg Jung, Dickinson
Greg LaDouceur, Grand Forks
Sandy Laxda, Cavalier
Roger Norris, Wilton
Steve Paintner, Grand Forks
Scott Roehrich, Valley City
Brent Ruff, Bismarck
Jay Schobinger, Dickinson
Wayne Shipman, Carrington
Lisa Strand, Thompson

35 Years

Shane Alderman, Fargo
Chad Anderson, West Fargo
Andy Braaten, Carrington
Gerard Cederstrom, Minot
Kevin Dockter, Riverdale
Dennis Gerke, Mandaree
Scott Grochow, Rugby
Jane Hart, Langdon
Michael Holm, Tioga
Barry Holmen, Minot
William Jansen, Rugby
Jim Jonas, West Fargo
Craig Kovash, Dickinson
Lyll Krueger, Surrey
Ronald Leraas, Hunter
Dale Peaslee, Bowdon
Paula Pierson, Fargo
Doyle Plecity, Fargo
Jeff Ralph, Wahpeton
Jeffrey Schumacher, Bismarck
Tom Six, Steele
Jerome Slag, New Salem
Chris Sorensen, Hazen
Tim Tandeski, Grand Forks
David Wisthoff, Glenburn
Kevin Ziegler, Bismarck

40 Years

Gary Ballard, Turtle Lake
Mary Ann Donnay, Fargo
Jay Gibson, West Fargo
Rick Henry, Grand Forks
Rich Hovland, Bismarck
Tim White, Cooperstown
Davy Zinke, Valley City

45 Years

**Ken Disher,
Minot High**



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
- Hall of Fame Nomination Form
- Award of Merit Recommendation
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- NDHSCA Gelaine Orvik Scholarship Fund
- Sports Advisory Committee Membership
- Gelaine Orvik Scholarship Application
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Dakota Coach Spring 2020

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



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 accepting 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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Randy Johnson, Executive Secretary
1527 North 33rd St, Suite 4, Bismarck, ND 58501

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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 from 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

Become A Member

This is a friendly reminder for you and your assistant coaches to sign up for membership to the North Dakota High School Coaches Association for the 2019-2020 school year if you have not done so. Our membership runs July 1 through June 30.

Sign up at: www.ndhsca.com.

MEMBERSHIP DEADLINES

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



NDHSCA MEMBERSHIP BENEFITS

- \$1,000,000 Liability Insurance
- Opportunity to be named a Coach of the Year including Assistant and Junior High
- Opportunity for your graduating Senior to be issued a scholarship from the NDHSCA and Scheels
- Eligible to be part of the All Star Coaching Staff
- Eligible for the NDHSCA Coaches Hall of Fame
- Eligible to be nominated for the NHSACA National Coach of the Year/Athletic Director of the Year Award
- Eligible to be on Sports Advisory
- Free admission to most regular season high school contests
- Free admission to many College and University contests – please contact the University before attending
- Free admission to one NDSU Football ticket – Information is on the website
- Free admission to UND Football Games – Information is on the website
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 - Reduced hotel rooms
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Please visit our website for more information www.ndhsca.com.

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

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



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



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

What is 3Dimensional Coaching™?

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

1st Dimension = Fundamentals (Physical)

2nd Dimension = Psychology (Mind)

3rd Dimension = Heart (Holism)

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

Why does it matter?

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

2nd Dimension issues?

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

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

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

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

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

www.fcacoachesacademy.com

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

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Dakota Coach Spring 2020

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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