

Dakota Coach

Volume 53 Issue #4

NDHSCA
2020

Coaches

CONVENTION

Is On!

In Mandan

Monday, July 27 - Thursday, July 30
Mandan Baymont Convention Center

Covid-19 Precautions are in Place

Renew Your Coaching Certificate
Learn from Great Speakers
Refresh Your Passion for Coaching

In This Issue

Executive Committee.....	3
President Wallstrum’s Message.....	4
Vice Pres. Rick Anderson’s message.....	5
Executive Secretary Message.....	6
Randy Johnson, NHSACA Message.....	9
NDHSCA Convention Information.....	11
NDHSCA Winter & JH COTY.....	12
NDHSCA Subway COTY.....	13
POWERade Outstanding Seniors.....	14
Gelaine Orvik Scholarship Recipients..	15
Scheels Scholarship Recipients.....	18
NHSACA Distinguished Service	20
NDHSCA Award of Merit.....	20
NDHSCA Special Recognition.....	21
NDHSCA Hall of Fame.....	22
NDHSCA Vice President Candidates...	23
NDHSCA Convention Schedule.....	25
NDHSCA Online Membership Info....	31
Advisory Committee Members.....	32
Insurance Information.....	34
Coaching Longevity Information.....	35
Post Season Award Criteria.....	36
Lifetime Membership Information.....	37
Paid Lifetime Members.....	38
Past Presidents.....	39
Longevity List.....	40
Forms.....	41
Gelaine Orvik Scholarship Form.....	43
NDHSCA Code of Ethics.....	45
Coaches Code of Conduct.....	46
Become a NDHSCA Member.....	47
3-Dimensional Coaching.....	48
Dakota Coach Publication Info.....	49

Featuring...

“Remembrance Day”

President Tim Wallsrum’s Message- page 4

Vice President Rick Anderson shares
“Life’s Lessons” page 5

Messages from Randy Johnson
NDHSCA & NHSACA news
beginning on page 9

**NDHSCA Summer
Convention Schedule**
page 25

**Scholarship and Award
Recipients** pages 15-22

2020 VP Candidates page 23

NDHSCA Note:

The Annual Coaches Convention will be held in Mandan at the Baymont Convention Center. Covid-19 precautions will be taken. We’ve been working closely with the Baymont, the Bismarck-Mandan Convention & Visitors Bureau, and the State of North Dakota.

Be Sure to Call the Mandan Baymont & Convention Center to book your room(s) at 701-663-7401. Call today!

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Message from NDHSCA President Tim Wallstrum

Memorial Day...Remembrance Day... Thanksgiving Day

This Memorial Day (originally called Decoration Day when it was first held at Arlington Cemetery on May 30th, 1868) I made my usual round trip to about 5 cemeteries in the area. It is about a 100-mile round trip in which I make it to many of my family's gravesites. I have family that fought in World War I, World War II, the Korean War, and the Vietnam War. I even learned this year that my great grandmother died in childbirth during the 1918 pandemic after contracting the Spanish Flu. Of course, I have family members who were buried a lot farther away in sites that I am not able to visit but still cherish. What a heritage!

I truly look forward to this day every year. It is spring and everything is fresh. It is a special day in which I get to stop and think of all the precious people that have gone before. There are specials on television and war movies all over the place. There are segments in the news like "a life well lived" that has veterans who tell their stories with such pride and humility. We lose many of these veterans every year and it is good that we pay our respects for all they have done so that we can enjoy the freedoms that we have. We think of all the things that so many of these people never had because of the sacrifices they made so that we could enjoy them. Eric posted a tweet last week that contained an inspiring quote from General George Patton that read "It is foolish and wrong to mourn the men who died. Rather we should thank God such men lived." What a heritage!

Memorial Day has kind of evolved into a day we honor all the special people that have gone before us, not just military personnel. Maybe it is Remembrance Day. After all, we put flowers at the sites of many of our special people who were not in the military. We lose more special people each day and Covid – 19 has amplified that. I get many messages each year of members of our Coaches Associations that have passed away. I remember sitting down at the Hall of Fame Banquet at one of our National Conventions. Across the table from me was a cowboy and his wife, they were the nicest people. As we talked, I learned that he was up for the Hall of Fame. He had been coaching football for fifty years. Not only that, he had also coached two other sports for fifty years and to top it off he was going back to coach that fall. We have hundreds of stories like this across our country. These people were all great leaders. What a heritage!

So maybe it is Thanksgiving Day, because of how thankful we are to have great leaders, in our lives. I am also thankful for the great leaders our National Association and our North Dakota High School Coaches Association have. At the National Level we have our Executive Director Dave Dougherty and President Ted Schroeder along with Darin Boysen the Executive Director of the Nebraska Coaches Association who is also our State Executive Director Representative on the National Board. In North Dakota we have our Executive Director Randy Johnson and his staff. These people have put in a tremendous amount of work behind the scenes to put on a convention and carry out the day to day activities of our associations. Our All-Star Chairs work long hard hours to put together the All-Star Games. And yet, after all that work, they agreed to postpone the National Convention and cancel the Nebraska Coaches Convention and all their All-Star Games. In North Dakota, we have also cancelled our All-Star Games and in hopes of minimizing risk, moved the convention to Mandan. All these changes have wiped out hours of work and added countless more. These are not easy decisions, but they were made in the interest of protecting our **heritage**. Who knows if we went in the correct direction? All we can say is that a man who walks with God is always moving in the right direction.

NDHSCA President Tim Wallstrum

Message from NDHSCA Vice President Rick Anderson



Life's Lessons for Athletes & Coaches

Greetings fellow coaches and readers. I sit here contemplating what has transpired in the last few months, losing a season of coaching, lost opportunities for athletes, and life changes in general. I decided to share some random thoughts.

I am reminded of all the things we do as coaches, most of the time we don't have time to reflect on all that we do. It is more than getting your athletes and teams to achieve at a high level and to perform to the best of their abilities. It is the lessons for life that are the most important.

This was a very long spring with challenges that we have never had to experience before. However, I would like to share some of the lessons that go along with coaching that may help all of us get through this time together.

Here are some of the lessons that I tell our kids we must learn if we are going to be successful in our sport and to use these lessons to be successful in life.

- The first lesson is survival, live to fight another day. Our health is the number one priority, as I tell my athletes you can't compete if you are injured or sick, so health comes first.

- Control what we can control and work to minimize our weaknesses to keep improving. Stay positive, turn what seems negative into positive motivation.

- Deal with adversity and disappointment together. We are not in this alone.

- Find a way to self-motivate. When you learn to do things on your own, the rewards you get will be much greater than if you do it because you were told to do it.

- Don't be afraid to make mistakes, because we can learn from them. Any time we learn something we can continue to move forward. It is not the mistake that is the problem, but the problem may be the response to the mistake.

- I am a teacher, but we all need to keep learning, both my athletes and me so we can keep moving forward.

The last thing we do in our programs, regardless of the sport, is to end practice or a game with the following questions. Did we do something today that will make us better? Can you go home and look in the mirror and say, that was as good as I could do today? If you can say yes you are fine but remember not every day will be a picnic.

I would like to commend all of you for great job you are doing and will continue to do for kids of our state. I believe North Dakota coaches are second to none, and you are so important to the lives of all of our kids.

Keep up the good work. Stay strong, healthy and safe

NDHSCA Vice President, Rick Anderson



From the NDHSCA Executive Secretary's Desk

-Randy Johnson

The North Dakota High School Coaches Association 2020 State Coaches Convention is **ON!** It will be held at the [Mandan Baymont Convention Center from July 27 through July 30](#). We have been working closely with the Baymont, Bismarck-Mandan Convention and Visitors Bureau and the State of North Dakota to make sure we can provide a great convention!

The convention will provide some important sessions for recertifying as a coach. Monday, July 27th we will offer CPR/AED/First Aid recertification. You need to take one of the three sessions we are offering. You will be able to retrieve your card via email, so it will be important to print your name and email address neatly. There is an extra \$15.00 fee for the course. We will also offer one session on concussion management and return. This session will work for the requirement to have training every two years. We are also offering sessions on injuries and taping. Coaches should attend both sessions on taping. Monday is filled with some great sessions. Tuesday through Thursday will be the sport specific sessions. I encourage people to look at the tentative schedule on our website and in this issue. This could change, so visit the website often.

The **NDHSCA** in partnership with **Universal Athletics** will have a taco bar on the evening of Thursday, July 29th. This is free for all convention attendees. Our plan is to have a bean bag tournament after the taco feed. Coaches will need to sign up for the bean bag tournament. More information will be available at the convention. The convention will conclude on Thursday evening with the NDHSCA Hall of Fame/Coach of the Year Banquet. Registering for the convention provides you with a banquet ticket. **Make plans now to attend the 2020 NDHSCA State Coaches Convention!** Sign up today by visiting our website: www.ndhsca.com!

There are many benefits for being a member of the NDHSCA. 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

(continued page 7)

Dakota Coach Summer 2020

(Randy Johnson's message continued)

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.

Are you running a camp this summer? I strongly encourage you to take out camp insurance from our provider. There is information available on our website: www.ndhsca.com. If you have any questions, please e-mail me with your phone number. I will call and we can discuss the advantages of taking out this insurance.

The North Dakota High School Coaches Association is a member of the National High School Athletic Coaches Association (NHSACA). With your membership to the NDHSCA, you are also a member of the NHSACA. Your dues help pay for this dual membership. The dual membership allows the NDHSCA to put you up for the National Coach of the Year Award, a chance to be inducted into the National Hall of Fame and provides many of the benefits listed above.

The North Dakota High School Coaches Association strongly supports multi-sport athletes. One of our jobs as a coach is to promote all sports in high school. Supporting other school coaches and their sport programs will benefit the student-athlete the most. There is significant evidence that multi-sport athletes during the high school years are less likely to have a major injury. Keep in mind, coaches working together will create amazing results for not only the school but also the student-athlete.

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 POWERade. The sponsors and their addresses are on the letter we send out with the name plates. POWERade truly enjoys the letters. Keep writing them!

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.

The North Dakota High School Activities Association has set up a Return to Competition Committee. This committee is looking into procedures for schools to follow so our athletes can return to play this fall safely following the COVID-19 pandemic. Indications right now sound like things will be back to basically normal in the fall. Keep your eyes peeled to the NDHSAA website for any updated information: www.ndhsaa.com.

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.

The North Dakota High School Coaches Association is here for coaches. If we can be of assistance to you at any time, please contact me, or one of the board members. We will do our best to assist in any way we can. **See you in Mandan in July!**



Sincerely for the Coaching Profession,
Randy Johnson
NDHSCA Executive Secretary



Fuel your team.

Ordering ahead online is easy!
Go to the nearest Subway
website to check it out.



Dakota Coach Summer 2020



Greetings from the National High School Athletic Coaches Association!

The National High School Athletic Coaches Association Executive Committee had to make one of the toughest decisions in the history of the organization. Due to the Corona Virus Pandemic they decided they needed to **postpone the 2020 National Convention to July 26 through July 29, 2021**. The 2021 National Convention will be held in Lincoln, Nebraska. The Executive Committee made the decision to postpone instead of cancelling simply so they could honor all the National Hall of Fame Inductees and National Coach of the Year Finalists like they have in the past. This means all of this year's Hall of Fame Inductees and Coach of the Year Finalists will be honored in 2021.

North Dakota has two coaches who will be inducted into the NHSACA National Coaches Hall of Fame in 2021. 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. They will be honored in 2021. The finalists from North Dakota for 2021 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 during the summer of 2021 in their quest to be named National Coach of the Year.

(continued page 9)

Dakota Coach Summer 2020

(Randy Johnson's message continued from page 8)

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. 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. Since you are a member of the NHSACA because you are a member of the NDHSCA, you have an opportunity to serve the coaches throughout the nation as well as the coaches in North Dakota. If you are interested in a National Board position, please contact Randy Johnson.

The 2022 National Convention will be in Des Moines, Iowa. The date of this National Convention has not been released yet. The 2023 National Convention will be back in Lincoln, Nebraska. This date has not yet been determined. 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 hope you have been healthy and safe. Take care!

Sincerely,

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



Coach Quote:
**“Faith is taking the first step
even when you don’t see the whole staircase”
-Martin Luther King, Jr.-**



2020 Convention UPDATES

The North Dakota High School Coaches Association Summer Coaches Convention beginning Monday, July 27 through Thursday, July 30 **has been moved to Mandan**. Rooms have been reserved for this convention at the **Baymont Convention Center**. Please call 701-663-7401 to reserve your room(s) today.

Registration for the convention 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. The **Convention site has been moved to Mandan** due to Covid-19 restrictions & concerns.
2. Convention registration is **\$65.00** & membership remains at **\$60.00** for a **total of \$125**. One needs to be a member to attend the convention.
3. Convention to be held at the **Baymont in Mandan**.
4. Dates of the convention are **July 27 through July 30, 2020**.
5. 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
6. May **recertify in CPR/AED/First Aid** – This will only be available on **Monday, July 27**. Cost will be **\$15.00** to recertify.
7. May recertify in **Concussion Management**. Right now this is only **one session** and it will be on **Monday, July 27**.
8. **Convention Social** will be held on Thursday, July 29th. More details at convention.
9. **NDHSCA Annual Meeting** will take place on **Thursday, July 30**. There will be a **Subway Lunch** for all meeting attendees.
10. **NDHSCA Hall of Fame/Coach of the Year Banquet** will be **Thursday, July 30**. A ticket is included in the price of the convention.
11. 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 speakers to the convention this summer. (The schedule is included in this issue of the Dakota Coach.)

A **tentative schedule is posted on our website:** www.ndhsca.com. 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 Mandan July 27-July 30!

NDHSCA WINTER ASSISTANT COTY



The 2019-2020 Winter Season recipient of the North Dakota High School Coaches Association Assistant Coach of the Year Award is **Alex Lundon**, Devils Lake Assistant Boys' Basketball Coach. **Alex** was nominated by Derek Gathman, Devils Lake Head Boys' Basketball Coach.

Coach Lundon has been coaching for 10 years as the Assistant Boys' Basketball Coach for Devils Lake. His main responsibility is dealing with the offensive side of the ball. He is also responsible for watching film, scouting reports, working with youth programs and coaching the Junior Varsity. **Alex** mentioned this past season was one to remember for the Firebirds. They were 14-12 on the season finishing third in the Eastern Dakota Conference Tournament qualifying for the State Tournament. Another highlight was having the opportunity to coach Grant Nelson, the NDHSCA POWERade Senior Athlete of the Year and North Dakota Mr. Basketball.

Derek Gathman, Devils Lake Head Boys' Basketball Coach, has this to say about **Coach Lundon**. "**Alex** is an outstanding coach who works very hard to help our basketball program succeed. I highly recommend **Coach Lundon** for the Winter Assistant Coach of the Year."

Alex and his wife Jocelyn have two children: Penelope and Wells.

NDHSCA WINTER JUNIOR HIGH COTY



The 2019-2020 Winter Season recipient of the North Dakota High School Coaches Association Junior High Coach of the Year Award is **Dave Schultheis**, Grand Forks Nathan Twining Middle School Boys' Basketball Coach. **Dave** was nominated by Mark Rerick, Grand Forks Public School Athletic Director.

Coach Schultheis is a 19 year coaching veteran being at the Grand Forks Air Force Base Nathan Twining Middle School. He also coaches Middle School Football, Volleyball and Track and Field. **Dave** tells parents "We as coaches may not be able to get through to our student athletes regarding X's and O's, but more importantly if we fail to teach them how to become young men/women than we've failed as coaches." He works with the athletes to develop individual skills, team chemistry and trust amongst each other. The players have learned respect for the game and their opponents.

Mark Rerick, Grand Forks Public School Athletic Director, has this to say about **Coach Schultheis**. **Dave's** willingness and dedication to coach for the entire school year on the Air Base provides a level of familiarity and continuity to our most transient population. He is often in attendance at our varsity and sub-varsity contests to support his former athletes. **Coach Schultheis** is an honest, caring and likeable individual.

Dave and his wife Joan have three children: Melissa, Daniel, and Terry.

2019-2020 NDHSCA-Subway Coaches of the Year

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
Class A Girls' Basketball	Justin Klein	Devils Lake HS
Class A Boys' Basketball	Jordan Wilhelm	Bismarck HS
Class B Boys' Basketball	Rick Smith	Four Winds HS
Class B Athletic Director	Randy Loing	Rolla HS
Class A Athletic Director	Paul Jundt	Bismarck Legacy HS

Fall Assistant COTY (Swimming & Diving)	Claudia Schoellkopf	Mandan HS
Winter Assistant COTY (Basketball)	Alex Lundon	Devils Lake HS
Winter Junior High COTY (Basketball)	Dave Schultheis	Nathan Twining MS (GF AFB)





2019-2020 NDHSCA POWERade Outstanding Senior Athlete Awards

<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' Swimming	Christopher Birnbaum	Bismarck Century HS	Dennis Kemmesat
B Girls' Basketball	Callie Ronningen	Langdon Area/Edmore/Munich	Rob Scherr
A Girls' Basketball	Jessica Mertens	Devils Lake HS	Justin Klein
A Boys' Basketball	Grant Nelson	Devils Lake HS	Derek Gathman
B Boys' Basketball	Carson Henningsgard	Hillsboro/Central Valley	Elliot Rotvold

Note: Due to Covid-19 restrictions the spring sports season was cancelled by the NDHSAA.

POWERADE®

Gelaine Orvik Scholarship Recipients

The recipients of the annual NDHSCA-Gelaine Orvik \$1,000 Scholarship have been identified and notified for 2020. After evaluation and assessment, the selection committee selected **Taylor Dean** from Stanley High School and **Skylar Strand** from Bismarck High School as beneficiaries. The Scholarships will be presented to the two young student/athletes at the NDHSCA Annual Awards Banquet, which will be held at the Mandan Baymont Convention Center on Thursday, July 30th.

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

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

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



Taylor Dean is ranked first in her class of 42 at Stanley High School. She will have earned more than 29 credits when she graduates; she has an ACT test composite of 29 and earned a GPA of 4.00 through seven semesters. Her academic classes include College Credit Classes in calculus, college composition 1 and college speech. Her GPA reflects her college credit classes as well as human anatomy.

Taylor lettered in cross-country as a ninth grader, in track & field as a 10th and 11th grader, and in volleyball, basketball, and softball for her four years in high school (although her senior year of softball was eliminated due to Coronavirus). She was a member of FBLA and S-Club for four years and participated in band for two years and Academic Olympics for two years. Taylor had also served as a team captain in basketball (three years), volleyball as a senior and in softball as a junior.

Taylor was nominated for this scholarship by her basketball and track & field coach, Kelly Roemmich. Kelly was also her math instructor. He praised her scholastically "as a math student . . . who worked hard at completing assignments accurately and in a timely fashion." Kelly added that "Taylor was also a very respectful student and would never be a disruption in class."

(Gelaine Orvik Scholarship Recipients continued page 16)

Dakota Coach Summer 2020

(Gelaine Orvik Scholarship Recipients continued)

Alecia Pulver additionally declares Taylor Dean as being a respectful student who enjoys a healthy relationship with her peers and adults. She is a positive role model for younger students. Taylor never avoids a challenge and is committed to perseverance and success. In basketball Kelly alluded to her time and effort to improve in the sport. Although she may not have been the fastest athlete, she made up by hustling. Taylor had a superlative work ethic and was the epitome of a student-athlete. Coach Roemmich asserts that Taylor isn't "an in your face leader", but she leads by example and always congratulates teammates when they perform well.

Overall, Taylor's recommendations center on her academics, commitment, work-ethic, dedication and positivity. She is a great leader and student-athlete with a commitment to be a true team person, all of which qualify her as a deserving recipient of the NDHSCA-Gelaine Orvik Scholarship.



Skyler Strand will graduate ranked first in his class of 282 in a Weighted Class Rank with an ACT test composite score of 27. He had a Weighted GPA of 4.05 with a curriculum that included AP government, AP psychology, AP US History, AP biology and Blended English 12.

Skyler competed and lettered in hockey and baseball for the four years he attended Bismarck High School. He was a leader and/or a captain in baseball as a junior and hockey as a senior. He was elected to be the team captain as a senior, but of course the season has been curtailed by the coronavirus pandemic.

Skyler was a member of Student Council for three years and senior class president. He was a member of DECA as a 9th grader and prom committee as a junior. He was a member of HOSA for three years and National Honor Society his final three years at Bismarck High School. Skyler also served two terms on the State Superintendent's Student Cabinet.

Skyler shared that he wanted to become a high school coach because coaches influence athletes and their life decisions. Student-athletes are such vulnerable people as they strive for success. Coaches also serve as positive role-models and as inspirations in how to lead, overcome adversity and be a part of a team. Coaches are constantly imparting leadership skills that influence athletes for their lifetime.

Skyler is praised by his baseball coach who has known Skyler as a student, player and co-worker. Coach Carr says "Skyler is a hard worker in everything he does." Carr adds that Skyler's "...positive attitude brightens any environment he is in and makes working with him a positive experience." During Skyler's senior hockey season, he endured a season ending injury. Coach shared, "True to Skyler's form, he turned lemons into lemonade by becoming a student assistant coach....because of Skyler's personality, work ethic, and motivation our team had a remarkable successful season."

(Gelaine Orvik Scholarship Recipients continued page 17)

Dakota Coach Summer 2020

(Gelaine Orvik Scholarship Recipients continued)

Skyler Strand received similar commendation from his baseball coach. Scott Kinnischtke calls Skyler “a true student of the game.” Scott points to Skyler’s “...interest in little parts of the sport that many players overlook.” Coach Kinnischtke added “Skyler was returning catcher for the Demons; officially the team does not have captains, but make no mistake---Skyler is our leader. His Coachability and sportsmanship are both top-notch. He has provided vocal support and is a great role model for the other players on the team, with his calm, collected, analytical nature.”

Skyler receives complementary accolades from the Bismarck High School Athletic Director. Scot Nustad compliments Skyler “...with being diligent, intelligent and pleasant. Nustad adds “Skyler is enthusiastic, thorough...and demanding of the best from himself.” Nustad’s final remark is that “Skyler will be a great ambassador for the NDHSCA-Gelaine Orvik –NDHSCA Scholarship’s values and commitment to the youth of North Dakota.”

Undoubtedly Skyler’s recommendations center on his academics, leadership, dedication, motivation, responsibility and reliability. His high school preparation, outstanding character and his vision for himself to be a leader of student-athletes make him a deserving recipient of the NDHSCA-Gelaine Orvik Scholarship.



QUOTE:

**Remember...the mountain, no matter how big it is,
is no match for your faith and desire to climb it. Mountains
are meant to be climbed. Wounds are meant to be healed
and problems are meant to become learning experiences.**

They all serve a purpose.

They make us stronger.

-Jon Gordon-

NDHSCA-Scheels Scholarship Recipients

The North Dakota High School Coaches Association Executive Committee selected the recipients for the NDHSCA Scheels Scholarships. **Haley Hase, Linton HS**; who plans to attend the University of North Dakota; **Olivia Reiser, North Star HS**; who plans to attend Lake Region State College; **Allie Wahlund, Minot HS**; who plans to attend North Dakota State University; and **Geoffrey Youngs**; who plans to attend Gustavus Adolphus College will each receive a \$750.00 scholarship from the NDHSCA and Scheels.

The scholarships will be presented to each student/athlete at the Annual NDHSCA Hall of Fame/COTY Banquet at the Mandan Baymont on Thursday, July 30. The four student/athletes collectively earned 30 athletic letters, involved in 98 different activities and ACT scores average 26. Three of the recipients have a GPA of 4.0 and are number one in their graduating class.



Haley Hase graduated from Linton High School with a 3.85 Grade Point Average (GPA). She earned 11 athletic letters in the sports of Basketball (2), Volleyball (3), Track and Field (4) and Wrestling Statistician (2). Haley was involved in Family Community and Career Leaders of America, Yearbook, Future Business Leaders of America, Acalympics, Band, Choir, National Honor Society, Student Council and was the Secretary of her class. She was praise by her teachers, coaches and administrators for being dedicated, a hard worker and displaying leadership skills.

Haley is the daughter of Heather and Bruce Hase.

Olivia Reiser graduated from North Star High School with a 4.0 Grade Point Average (GPA) and ranks first in a class of 18. Her ACT score was a 26. She earned 7 athletic letters in the sports of Volleyball (3) and Track and Field (4) She was a member of Students Against Drunk Driving, Student Council, Vocal Music, Instrumental Music, the Musical, National Honor Society, Family Community and Career Leaders of America, and was a Peer Tutor. Olivia's classroom instructors praise her for being honest, trustworthy and of great character.



Olivia is the daughter of Nancy and Robert Reiser.



Allie Wahlund graduated from Minot High School with a 4.0 Grade Point Average (GPA). Her ACT score was a 29 and she ranked first out of 453 graduates in her class. She earned 8 athletic letters in the sports of Cross Country (4) and Track and Field (4) She plans to compete at North Dakota State University in both sports. Allie was active in National Honor Society, Student Council, HOSA, Renaissance, and National Technical Honor Society. Her instructors commend her for being a hard worker, dependable and honest.

Allie is the daughter of Carla and Jay Wahlund.

(NDHSCA-Scheels Scholarship Recipients continued page 19)

Dakota Coach Summer 2020

(NDHSCA-Scheels Scholarship Recipients continued from page 18)



NDHSCA-Scheels Scholarship Recipients

Geoffrey Youngs graduated from Fargo South High School with a 4.0 Grade Point Average (GPA). His ACT score was a 25 and he ranked first in a class of 211 students. He has earned five athletic letters in Baseball (1) and Tennis (4). Geoffrey was active in Student Council, Fellowship of Christian Athletes, Band, Jazz Band, Pep Band, National Honor Society and Student Ambassador. His teachers and administrators commend him for being respectful, trustworthy and of high integrity.



Geoffrey is the son of Missy and Victor Youngs.

Each of the recipients will receive a \$750.00 NDHSCA Scheels Scholarship at the July 30th NDHSCA Hall of Fame/Coach of the Year Banquet in Mandan Baymont Convention Center.

SCHEELS

**According to a Women's Sports Foundation study:
Athletes Are Highly Engaged in Other School Extracurricular Activities:
Nearly half of student-athletes also participate in other types of
extracurricular activities. Over 60% of participants in other
extracurricular activities (i.e., school newspaper/ yearbook, performing
arts, academic clubs, and student government) are also student-athletes.
Sport is strongly associated with greater social involvement and diverse
interests in U.S. high schools.**

source: women'ssportsfoundation.org

FCA

Fellowship of Christian Athletes





2019-2020 NDHSCA Award Recipients

DISTINGUISHED SERVICE AWARD

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



Karen Hardie

The North Dakota High School Coaches Association will present the National High School Athletic Coaches Association Distinguished Service Award to **Karen and Rod Hardie** at the 2020 NDHSCA Hall of Fame/Coach of the Year Banquet on July 30. The convention and banquet will take place at the Mandan Baymont Convention Center.

Rod and Karen have been on the NDHSCA Executive Board for 20 years as the Membership Chairs. Over those years they have a combined 33 years working the registration desk at the NDHSCA State Conventions. Karen runs the registration table while Rod takes care of computer sign-up. They have been instrumental in the hosting of three NHSACA National Coaches



Rod Hardie

Conventions in North Dakota. For seven years they were in charge of the NDHSCA publication the Dakota Coach along with many other duties and volunteer work for the NDHSCA Board.

Between Karen and Rod they have coached for a total of 59 years. Karen served on the Tennis Advisory (3 years) and Rod on the Cross-Country Advisory (4 years). Rod has been a five-time NHSACA National Coach of the Year Finalist. He has presented five times at the NHSACA National Coaches Convention and additionally presented five times at the North Dakota High School Coaches Convention.

Congratulations to Karen and Rod Hardie and thank you for your service to NDHSCA and to the coaches and athletes of North Dakota.

AWARD OF MERIT

Craig Keating

KMAV & KMSR Radio Sportscaster

Mayville, North Dakota



The North Dakota High School Coaches Association Executive Committee voted to present Craig Keating with an Award of Merit plaque at this summer's State Convention. Craig began broadcasting as a senior in high school in 1998. Congratulations, Craig Keating, thank you for your service to North Dakota sports.

SPECIAL RECOGNITION AWARD

The North Dakota High School Coaches Association Executive Committee voted to present the following individuals with a Special Recognition plaque at this summer's 2020 State Convention during the NDHSCA Hall of Fame/Coach of the Year Banquet to be held at the Baymont Convention Center in Mandan..



Dave Bass
**State Track and
Field Meet
Official.**
**Dave is from
Valley City.**



Gary Lindquist
**Team Manager
for New Rockford
Athletics and
Sportswriter for
the New
Rockford
Transcript**



Gelaine Orvik
State Track and Field Meet Official.
**Retired long-time North Dakota High School
Coaches Association State Executive
Secretary.**
Gelaine resides in Fargo.



**UNIVERSAL
ATHLETIC**

2020 NDHSCA Coaches Hall of Fame Inductees

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 Mandan Baymont Convention Center on July 30, 2020.



Brian Midthun

**Athletic Director, Baseball Coach
and Football Coach,
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,
Track and Field Coach from Langdon High
School**

Victor Youngs

**Tennis Coach
from Fargo South High School**

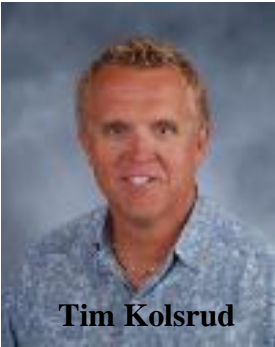




Vote For Your Next NDHSCA Vice President



Derrick Dixon



Tim Kolsrud

Derrick Dixon of Turtle Mountain Community High School and Tim Kolsrud of Bismarck High 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 Mandan Baymont Convention Center **July 27 through July 30, 2020**. Attend the Convention, learn more about your sport, socialize with other coaches and be sure to vote for your next NDHSCA Board Member.

COACH QUOTE:

Surround yourself with people that push you to do and be better. No drama or negativity, just higher goals and higher motivation. Good times and positive energy. No jealousy or hate. Simply bringing out the absolute best in each other.

-Anonymous-



Exclusive sports apparel and custom embroidery.

Dakota Coach Summer 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



2020 Coaches Convention Schedule

Monday, July 27th
Coaching Seminars

Registration Desk Open 7:00 am -2:30 pm
\$15 Extra Charge
 for CPR, AED, First Aid recertification.
 Registration for recertification must be
 complete before 7:30 am

7:30 AM Nautilus- College Credit Registration, Dr. Brad Strand

8:00 Coaching Seminars

Cutty Sark	Coaching & Conflict “Coach-Official Relations”	Chad Bjornson; Bismarck
Nautilus	Special Topics “Lower Extremity Injuries”	Rachel Johnson Krug; University of Mary
Santa Maria	Speed/Strength “Weight Room Culture”	Michael Silbernagel; University of Mary

9:00 Coaching Seminars

Cutty Sark	Coaching & Conflict “Challenges of Coaching Girls vs. Boys”	Jon Jahner; Bowman HS
Nautilus	Special Topics “Taping Session”	Rachel Johnson Krug; University of Mary
Santa Maria	Speed/Strength “Lower Body Strength Development”	Michael Silbernagel; Univ. of Mary

10:00 Coaching Seminars

Cutty Sark	Coaching & Conflict “Concussion Management & Return”	Dean Chumley; Sanford Health
Nautilus	Special Topics “Taping Session Continued”	Rachel Johnson Krug; University of Mary
Santa Maria	Speed/Strength “Weight Training for Athletic Success”	Michael Silbernagel; Univ. of Mary

11:00 Coaching Seminars

Nautilus	Coaching & Conflict “Coaching Duties & Responsibilities to NDHSAA”	Matt Fetsch, NDHSAA
Executive I	CPR/AED “CPR, AED, First Aid Recertification – Attend 1”	Christa Sommer; Garrison, ND
Nautilus	Special Topics “Coaching Duties & Responsibilities to NDHSAA”	Matt Fetsch, NDHSAA
Santa Maria	Speed/Strength “Nutrition for Peak Performance”	Kelsey Herrick; Sanford Health

NOON Pier 7 Seminar Luncheon (provided by NDHSCA)
Luncheon Speaker “Leadership Lessons from TED” Dr. Brad Strand; NDSU

1:30 Coaching Seminars

Nautilus	Coaching & Conflict “Expectations of Coaches”	Dave Zittleman; Bismarck Public Schools
Executive I	CPR/AED “CPR, AED, First Aid Recertification – Attend 1”	Christa Sommer; Garrison, ND
Nautilus	Special Topics “Expectations of Coaches”	Dave Zittleman; Bismarck Public Schools
Santa Maria	Speed/Strength “Supplements and Energy Drinks”	Kelsey Herrick; Sanford Health

2:30 Coaching Seminars

Santa Maria	Coaching & Conflict “In-Season & Off-Season Strength Training”	Kyle Kudrna; Sanford Health
Executive I	CPR/AED “CPR, AED, First Aid Recertification – Attend 1”	Christa Sommer; Garrison, ND
Nautilus	Special Topics “Skin Infections In Sports”	Alicia Wells; Sanford Health
Santa Maria	Speed/Strength “In-Season & Off-Season Strength Training”	Kyle Kudrna; Sanford Health

3:30 Coaching Seminars

Nautilus/Cutty	Coaching & Conflict “Coaches Panel”	Tracey Heisler; Grand Forks Red River
Nautilus/Cutty	Special Topics “Coaches Panel”	Tracey Heisler; Grand Forks Red River
Nautilus/Cutty	Speed/Strength “Coaches Panel”	Tracey Heisler; Grand Forks Red River

3:00 Vendor Set Up Pier 7

Dakota Coach Summer 2020

2020 NDHSCA Convention Schedule Continued



Tuesday, July 28th

7:30 AM – 2:30 PM Registration Desk Open Baymont Foyer

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

Nautilus 8:00 College Registration, Dr. Brad Strand; NDSU

8:30-4:30 Convention Exhibit Hall Open Pier 7

8:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Nautilus	Basketball	“Viking Basketball”	Ryan Montgomery; Valley City State
Santa Maria	Football	“Bison Football”	Randy Hedberg; NDSU
Ambassador	Swim & Dive	“Coyote Swimming”	Chris Pape; USD
Executive I	Track & Field	“1600m – 3200m Training”	Scott Reichenberger; Bismarck High
Cutty Sark	Volleyball	“Marauder Volleyball”	Korie Tetzlaff; University of Mary
Executive II	Wrestling	“Jimmie Wrestling”	Daniel Lovell; University of Jamestown

9:30-10:00 Visit Exhibits

10:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Nautilus	Basketball	“Viking Basketball”	Ryan Montgomery; Valley City State
Santa Maria	Football	“Bison Football”	AJ Blazek; NDSU
Prairie West	Golf	“Mindset for Golf”	Jeff Rasmussen; Bismarck Century HS
Ambassador	Swim & Dive	“Coyote Swimming”	Chris Pape; USD
Executive I	Track & Field	“Pole Vault”	Clayton Pritchard; NDSU
Cutty Sark	Volleyball	“Marauder Volleyball”	Korie Tetzlaff; University of Mary
Executive II	Wrestling	“Jimmie Wrestling”	Daniel Lovell; University of Jamestown
Embassy	X-Country	“Bison Cross Country”	Andrew Carlson; NDSU

11:00-11:15 Visit Exhibits

11:15 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Nautilus	Basketball	“Bison Basketball”	Joshua Sash; NDSU
Santa Maria	Football	“NDSU Defensive Back Man Tech Drills and Play”	Kody Morgan; NDSU
Prairie West	Golf	“Cougar Practice Drills”	Ronnie Stewart; Heart River HS
Ambassador	Swim & Dive	“Coyote Swimming”	Chris Pape; USD
Executive I	Track & Field	“High Jump”	Clayton Pritchard; NDSU
Cutty Sark	Volleyball	Volleyball”	????
Executive II	Wrestling	“Jimmie Wrestling”	Daniel Lovell; University of Jamestown
Embassy	X-Country	“Bison Cross Country”	Andrew Carlson; NDSU

12:15-1:00 Lunch and Visit Exhibits (On Your Own)

1:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Nautilus	Basketball	“On The Line – Up The Line Pressure Defense”	Joshua Jones; NDSU
Santa Maria	Football	“Social Media and Reaching the Target Audience”	Todd Hoffner; Mankato State
Prairie West	Golf	“Cougar Golf”	Ronnie Stewart; Heart River HS
Ambassador	Swim & Dive	“Jackrabbit Swimming”	Douglas Humphrey; SDSU
Executive I	Track & Field	“Javelin”	Justin St. Clair; NDSU
Cutty Sark	Volleyball	Volleyball	????
Executive II	Wrestling	“Dragon Wrestling”	Kris Nelson; MSUM
Embassy	X-Country	“Cross Country at its Best”	Maddie Van Beek; NDSU

2:00-2:30 Visit Exhibits

Dakota Coach Summer 2020

2020 NDHSCA Convention Schedule Continued

2:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Nautilus	Basketball	"Comet Basketball"	Dennis Hutter; Mayville State
Santa Maria	Football	"Culture and Chemistry Go Together"	Todd Hoffner; Mankato State
Ambassador	Swim & Dive	"Jackrabbit Swimming"	Douglas Humphrey; SDSU
Executive I	Track & Field	"100m – 110m Hurdles"	Stevie Keller; NDSU
Cutty Sark	Volleyball	Volleyball	????
Executive II	Wrestling	"Dragon Wrestling"	Kris Nelson; MSUM
Embassy	X-Country	"Cross Country Workouts"	Maddie Van Beek; NDSU

3:30-3:45 Visit Exhibits

3:45 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Nautilus	Basketball	"Comet Basketball"	Dennis Hutter; Mayville State
Santa Maria	Football	"The Future of Football"	Todd Hoffner; Mankato State
Ambassador	Swim & Dive	"Jackrabbit Swimming"	Douglas Humphrey; SDSU
Executive I	Track & Field	"300m Hurdles"	Stevie Keller; NDSU
Gym	Volleyball	"Saber Volleyball"	Jennifer Astle; Bismarck Legacy
Executive II	Wrestling	"Dragon Wrestling"	Kris Nelson; MSUM

Wednesday, July 29th

7:30-2:30 AM Registration Desk Open Baymont Foyer

Nautilus 8:00 College Registration, Dr. Brad Strand; NDSU



8:30 ROOM	SPORT	TOPIC	SPEAKER;
SCHOOL			
Nautilus	Basketball	"Fighting Hawk Basketball"	Paul Sather; UND
Santa Maria	Football	"Defensive Drill Circuit Training"	Brett Holinka; UND
Prairie West	Golf	"Learn from a Golf Pro"	Jordan Berglund; Golf Pro
Board Room	Softball	"Cobber Softball"	Chad Slyter; Concordia College
Ambassador	Swim & Dive	"Swimming Faster with Details"	Charlie King; MSUM
Executive I	Track & Field	"Shot Put"	Kyle Long; MSUM
Cutty Sark	Volleyball	"Training the HS Middle Hitter"	Patricia Ford; UWRF
Executive II	Wrestling	"Marauder Wrestling"	Adam Aho; University of Mary

9:30-10:00 Visit Exhibits

10:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Nautilus	Basketball	"Fighting Hawk Basketball"	Paul Sather; UND
Santa Maria	Football	"RPO's and Quick Passing Game"	Samuel King; UND
Prairie West	Golf	"Learn from a Golf Pro"	Jordan Berglund; Golf Pro
Board Room	Softball	"Cobber Softball"	Chad Slyter; Concordia College
Ambassador	Swim & Dive	"Training Principles for a 3 Month Season"	Charlie King; MSUM
Executive I	Track & Field	"Discus"	Kyle Long; MSUM
Cutty Sark	Volleyball	"Upgrading the Right Side Hitter"	Patricia Ford; UWRF
Executive II	Wrestling	"Marauder Wrestling"	Adam Aho; University of Mary
Embassy	X-Country	"Training Plans"	Laura Januszewski; Concordia College

11:00-11:15 Visit Exhibits

Dakota Coach Summer 2020

2020 NDHSCA Convention Schedule Continued



11:15 ROOMSPORT		TOPIC	SPEAKER; SCHOOL
Nautilus	Basketball	"Fighting Hawk Basketball"	Paul Sather; UND
Santa Maria	Football	"UND QB Drills and Offensive Game Planning"	Daniel Freund; UND
Prairie West	Golf	"Jimmies Golf"	Nathan Kapaun; University of Jamestown
Board Room	Softball	"Comet Softball"	Ashley Tomblin; Mayville State
Ambassador	Swim & Dive	"Coaching the New Generation"	Charlie King; MSUM
Executive I	Track & Field	"Triple Jump"	Trevor Barry; MSUM
Cutty Sark	Volleyball	"Creating a Fun Fast Paced Practice"	Patricia Ford; UWRF
Executive II	Wrestling	"Marauder Wrestling"	Adam Aho; University of Mary
Embassy	X-Country	"Nutrition/Mental Mindset for X-Country"	Laura Januszewski; Concordia College

12:15 - 1:00 Lunch and Visit Exhibits (On Your Own)

1:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Nautilus	Basketball	"Comet Basketball"	Darren Tighe; Mayville State
Santa Maria	Football	"Coaching Through Adversity"	Kal Triplett, Travis Mertens & Mark Bishop
Prairie West	Golf	"Jimmies Golf"	Nathan Kapaun; University of Jamestown
Board Room	Softball	"Comet Softball"	Ashley Tomblin; Mayville State
Ambassador	Swim & Dive	"Team Culture"	Nicole Mananian; Northern State
Executive I	Track & Field	"Long Jump"	Trevor Barry; MSUM
Cutty Sark	Volleyball	"Planning Effective Practice with One Court"	Jeremiah Tiffin; UND
Executive II	Wrestling	"Bison Wrestling"	Blanc Obenson; NDSU
Embassy	X-Country	"Marauder Cross Country"	Dennis Newell; University of Mary

2:00-2:30 Visit Exhibits

2:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Nautilus	Basketball	"Comet Basketball"	Darren Tighe; Mayville State
Santa Maria	Football	"Deacon Football"	Troy Mattern; Fargo Shanley HS
Board Room	Softball	"Jimmie Softball"	Kevin Gall; University of Jamestown
Ambassador	Swim & Dive	"Little Changes for Big Drops"	Nicole Mananian; Northern State
Executive I	Track & Field	"Marauder Track & Field"	Dennis Newell; University of Mary
Cutty Sark	Volleyball	"Basic Essential Techniques and How to Train Them"	Jeremiah Tiffin; UND
Executive II	Wrestling	"Bison Wrestling"	Blanc Obenson; NDSU

3:30-3:45 Visit Exhibits

3:45 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Nautilus	Basketball	"Comet Basketball"	Alex Herman; Mayville State
Santa Maria	Football	"Viking Football"	Matthew Crane; Kindred HS
Board Room	Softball	"Jimmie Softball"	Kevin Gall; University of Jamestown
Ambassador	Swim & Dive	"Event Specific Training"	Nicole Mananian; Northern State
Executive I	Track & Field	"Track & Field Technology & Software"	Kevin Morast; NDHSAA
Cutty Sark	Volleyball	"Going Outside Comfort Zone To Utilize Team Strengths"	Jeremiah Tiffin; UND
Executive II	Wrestling	"Bison Wrestling"	Blanc Obenson; NDSU

6:00 pm-10:00 pm Convention Coaches' Social in Pier 7
Taco Meal with Cash Bar
 Approximately 7:30 pm- Bean Bag Tournament
 Sponsored by **NDHSCA** and Universal Athletics

Dakota Coach Summer 2020

2020 NDHSCA Convention Schedule Continued



Thursday, July 30th

7:00-8:00 Fellowship of Christian Athletes gathering (Coffee, Juice & Rolls) in Pier 7

7:30-2:30 am Registration Desk Open Baymont Foyer

Special Note: All Tennis Sessions on Thursday will be held at Capital Racquet!

Special Note: All Coaches are urged to attend sport specific "Advisory Review & Planning" Sessions!

8:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Embassy College	Baseball	"Hitting, Throwing, Strength, Conditioning"	Michael Keeran; Bismarck State
Nautilus	Basketball	"Viking Basketball"	Vanessa Johnson; Valley City State
Santa Maria	Football	"Offensive Line Play – Skills & Drills"	Cory Volk; Bismarck Century HS
Pier 7	Golf	NDHSCA Advisory Committee Review & Planning	Justin Fletschock; NDHSAA
Board Room	Softball	"Building Hitters that Execute"	Amanda Reckamp; MSUM
Ambassador	Swim & Dive	" Fargo South Season Planning"	Skip Fisher; Fargo South HS
Capital Racquet	Tennis	"Learn From a Tennis Pro"	Rod Morasch; Capital Racquet
Executive I	Track & Field	NDHSCA Advisory Committee/Athletic.net/Provisionals	Kevin Morast; NDHSAA
Cutty Sark	Volleyball	"Cardinal Volleyball"	Rich Olson; Langdon HS
Executive II	Wrestling	"Best Move in the World"	Keenan Spiess; Fargo Davies HS

9:30-9-40 Break

9:40 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Embassy	Baseball	"Standards and Values in a Program"	Michael Keeran; Bismarck State College
Nautilus	Basketball	"Viking Basketball"	Vanessa Johnson; Valley City State
Santa Maria	Football	NDHSCA Advisory Committee Review & Planning	Justin Fletschock; NDHSAA
		"National Football Foundation"	Eric Olson; NDHSCA
Pier 7	Golf	"Round Table Discussion"	Ryan Nielson; Hillsboro HS
Board Room	Softball	"Building Hitters that Execute"	Amanda Reckamp; MSUM
Ambassador	Swim & Dive	"Motivating Divers: Extrinsic & Intrinsic"	Claudia Schoellkopf; Mandan HS
Capital Racquet	Tennis	NDHSCA Advisory Committee Review & Planning	Brenda Schell; NDHSAA
Executive I	Track & Field	"800m Training"	Jon Jahner; Bowman County HS
Cutty Sark	Volleyball	"The Whole Athlete"	Jessica Fritz; Rugby HS
Executive II	Wrestling	"Demon Wrestling"	Jeff Schumacher; Bismarck HS

10:50 Nautilus-Cutty Sark NDHSCA Annual Business Meeting Membership encourage to attend.

Those taking two Graduate Credits must attend.

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

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

1:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Embassy	Baseball	"Hitting Drills and Technique"	David Pearson; NDSU
Nautilus	Basketball	NDHSCA Advisory Committee Review & Planning	Justin Fletschock; NDHSAA
Santa Maria	Football	"Concepts of the 3-4 Defense"	Eric Issendorf; NDSCS
Pier 7	Golf	"IWanamaker for Golf"	Doyle Heisler; IWanamaker
Board Room	Softball	"Wildcat Softball"	Mike Oehlke; NDSCS
Ambassador	Swim & Dive	NDHSCA Advisory Committee Review & Planning	Kevin Morast; NDHSAA
Capital Racquet	Tennis	"Learn from a Tennis Pro"	Rod Morasch; Capital Racquet
Executive I	Track & Field	"Building Camaraderie"	Tracey Heisler & Jeff Bakke; GFRR HS
Cutty Sark	Volleyball	"Skyhawk Volleyball"	Tricia Sorensen; Shiloh Christian HS
Executive II	Wrestling	"Round Table Discussion"	Mark Lardy; Bismarck HS

2:00-2:10 Break

Dakota Coach Summer 2020

2020 NDHSCA Convention Schedule Continued

2:10 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Embassy	Baseball	"Pitching Drills"	David Pearson; NDSU
Gym	Basketball	"Huskie Basketball Drills"	Jeff Ralph; Wahpeton HS
Santa Maria	Football	"Concepts of the 3-4 Defense"	Eric Issendorf; NDSCS
Pier 7	Golf	"IWanamaker for Golf"	Doyle Heisler; IWanamaker
Board Room	Softball	"Wildcat Softball"	Mike Oehlke; NDSCS
Ambassador	Swim & Dive	"Round Table Discussion"	Ralph Manley; Mandan HS & Jake Solper; Minot HS
Capital Racquet	Tennis	"Coaches Session"	Scott McPherson; Bismarck Legacy
Executive I	Track & Field	"Strength and Conditioning for Track & Field"	Robert Fuller; Bismarck HS
Cutty Sark	Volleyball	"15 Tips for Better Practice"	Kyle Kuether; Bismarck State College
Executive II	Wrestling	NDHSCA Advisory Committee Review & Planning	Kevin Morast; NDHSAA
Nautilus	X-Country	NDHSCA Advisory Committee Review & Planning	Justin Fletschock; NDHSAA

3:10-3:20 Break

3:20 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Embassy	Baseball	NDHSCA Advisory Committee Review & Planning	Dewitt Mack; Mandan HS
Gym	Basketball	"What Learned About Practice"	Mike Hendrickson; Fargo South HS
Santa Maria	Football	"Concepts of the 3-4 Defense"	Eric Issendorf; NDSCS
Nautilus	9-Man Football	"Wolves 3-2 Defense"	Jack Biesterfeld; Kidder County HS
Board Room	Softball	NDHSCA Advisory Committee Review & Planning	Justin Fletschock; NDHSAA
Executive I	Track & Field	"Sprint Starts and Special Sprint Workouts"	Tim Jacobsen; Bismarck Century
Cutty Sark	Volleyball	NDHSCA Advisory Committee Review & Planning	Kevin Morast; NDHSAA

**5:00 pm-6 pm NDHSCA Awards Banquet Reception
in Baymont Foyer**

**6:00 pm NDHSCA Hall of Fame and COTY Banquet
in Pier 7**

Hall of Fame Class of 2020

Victor Youngs, Perry Platz, Roger Snortland, Brian Midthun

Other Awards include:

Gelaine Orvik Scholarship Recipients, Scheels Scholarship Recipients, Subway Coach of the Year, Junior High Coach of the Year, Assistant Coach of the Year, Distinguished Service, Award of Merit and Special Recognition Awards.





NDHSCA



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.



Order your next meal online!



North Dakota High School Coaches Association



2019-2020 NDHSCA 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

2020 Sports Advisory Committee Representatives

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

NDHSCA 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 NDHSCA Executive Committee Meeting.

Return Form to:

Randy Johnson, Executive Secretary
1527 N 33rd St. Unit 4, Bismarck, ND
58501

email: duck@westriv.com

Dakota Coach Summer 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 40.

Quote:

The number one thing on any team that will keep your players from being selfish is respect for the other players.

-Nick Saban-



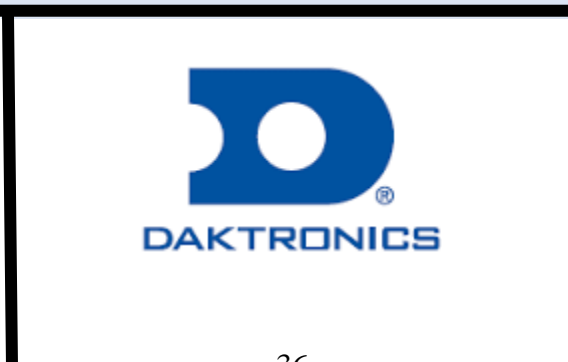
FCA

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.





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 one 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



Dakota Coach Summer 2020

20 Years

Charles Anderson, St. John
 Jennifer Astle, Bismarck Legacy
 Stacy Azure, Dunseith
 Alicia Clemenson West Fargo
 Cory Davis, St. John
 John Demery, Dunseith
 James Fahy, Dickinson
 Brandy George, Thompson
 Wade Gilbertson, Wahpeton
 Ryan Griggs, West Fargo
 Kelli Heier, Ray
 Brent Hintz, West Fargo Sheyenne
 Jason Horner, Bismarck Legacy
 Steve Ibach, Berthold
 Justin Johnsrud, Watford City
 Disa Julius, Minot
 Erik Kringlie, Valley City
 Aric Lee, Shiloh Christian
 Dustin Maasjo, Central Cass
 Troy Mattern, Fargo Shanley
 Roxane Miller, Oakes
 Nate Nelson, Divide County
 Ryan Nielsen, Hillsboro
 Scott Nustad, Bismarck High
 Scott Peterson, Minot
 Matthew Pfau, Minot
 Andrew Prokop, Bismarck
 Ray Saylor, Burke Central
 Brent Schafer, Mandan
 Cory Schall, Oakes
 Andrew Skunberg, Jamestown
 Boyd Southam, Mohall-Lansford-Sherwood
 Alex Starcevic, Thompson
 Rollin Swedberg, West Fargo Sheyenne
 David Weiler, Fargo South
 Robbie Werchau, Minot

25 Years

David Bjugson, May-Port CG
 Gregory Brown, Mandan
 Larry Eslick, Jamestown
 Brian Filibeck, Beulah
 Mike Gaukler, Hankinson
 Chris Gleason, Milnor
 Rick Gordon, Heart River
 Chris Haugen, Fargo Liberty MS
 Terrille Jacobson, Alexander
 Paul Jundt, Bismarck Legacy
 Dennis Kemmesat, Mandan
 Thomas Marcis, Bismarck Legacy
 Darin Mattern, Bismarck Century
 Brad Miller, Shiloh Christian
 Kevin Nelson, Dunseith
 Scott Reichenberger, Bismarck HS
 Thomas Scheeler, Minot
 Douglas Schmidt, Bismarck
 Jeffrey Stewart, Rugby
 Laura Tweeten, Washburn
 Brian Vance, Ellendale
 Nathan Walsh, Central Valley
 John Ward, Hazen
 Mark Wiest, Mandan
 John Wilson, Dickinson

2020 Longevity Award

30 Years

Paula Bachmeier,
 Des-Lacs Burlington
 George Brackin, Bismarck Century
 Kevin Bratland, Enderlin
 Dan Carlson, Grand Forks Central
 Jay DeCann, West 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, Divide County
 Sara Hegerle, Jamestown
 Greg Hoeckle, Carrington
 Curtis Johnson, Fargo Shanley
 Greg Jung, Dickinson
 Greg LaDouceur,
 Grand Forks Red River
 Sandy Laxdal, Cavalier
 Roger Norris, Wilton
 Steve Paintner,
 Grand Forks Central
 Scott Roehrich, Valley City
 Brent Ruff, Bismarck Century
 Jay Schobinger, Dickinson
 Wayne Shipman, Carrington
 Lisa Strand, Thompson

35 Years

Shane Alderman, Fargo South
 Chad Anderson, West Fargo
 Andy Braaten, Carrington
 Gerard Cederstrom, Minot
 Kevin Dockter, Underwood
 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
 Lyall Krueger, Surrey
 Ronald Leraas, Northern Cass
 Scott McPherson, Bismarck Legacy
 Dale Peaslee, Bowdon
 Paula Pierson, Fargo
 Doyle Plecity, Fargo
 Jeff Ralph, Wahpeton
 Jeff Schumacher, Bismarck HS
 Tom Six, Standing Rock
 Jerome Slag, New Salem
 Chris Sorensen, Hazen
 Tim Tandeski, Grand Forks RR
 David Wisthoff, Glenburn
 Kevin Ziegler, Bismarck Century

40 Years

Gary Ballard, Turtle Lake
 Mary Ann Donnay, Fargo Discovery
 Jay Gibson, West Fargo
 Rick Henry, Larimore
 Rich Hovland, Bismarck Century
 Tim White, Griggs County
 Davy Zinke, Valley City



45 Years

Brian Anderson, New Town Ken Disher, Minot High
 Gary Jackson, North Border Daryl Jung, New England

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
- Lifetime Membership Application Instructions
- NDHSCA Gelaine Orvik Scholarship Fund
- Sports Advisory Committee Membership
- Gelaine Orvik Scholarship Application
- Senior Scholarship Application
- Shrine Football Nominee
- Victory Milestones
- Special Recognition
- Sponsor Membership



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

Please Print or Type

Donor _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Work Phone _____ Cell Phone _____

E-mail Address _____

Amount of Donation _____ Date _____

Thank you for your generous Donation!

PLEASE RETURN THIS FORM

AND YOUR DONATION TO: ND High School Coaches Association
Randy Johnson, Executive Secretary
1527 North 33rd St, Suite 4, Bismarck, ND 58501

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PLEASE DETACH THIS BOTTOM PORTION FOR YOUR TAX RECORDS

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Amount of Donation _____ Date Donated _____

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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
- Other benefits include:
 - Reduced hotel rooms
 - Reduced car rental
 - Reduced items at Office Max
 - Reduced price of insurance

Please visit our website for more information www.ndhsca.com.

3D DIMENSIONAL COACHING™



“Coaching the Heart Behind the Jersey”

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

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



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

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

What is 3Dimensional Coaching™?

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

1st Dimension = Fundamentals (Physical)

2nd Dimension = Psychology (Mind)

3rd Dimension = Heart (Holism)

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

Why does it matter?

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

2nd Dimension issues?

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

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

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

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

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

www.fcacoachesacademy.com

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

Dakota Coach

The *Dakota Coach* is the official publication of the NDHSCA and is distributed without charge to all coaches by website; www.ndhsca.com. Notes, articles, opinions, or letters to the editor are welcome if they deal with high school coaching concerns. They will be printed as space permits. Opinions and views of the authors are their own and do not always reflect the official position of the NDHSCA.

Send comments or suggestions to Randy Johnson, Lisa Strand or to any of the members of the Executive Board. See page 2 for e-mail and mailing addresses or phone numbers.

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