



Volume 53 Issue #2

Dakota Coach



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NDHSCA 2020 HALL OF FAME

Gelaine Orvik Scholarship Information

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@ndhsca1



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*Bios
on
page 8*

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Message from NDHSCA President Tim Wallstrum



It's All About Relationships

I was just reading about Iris Westman in my UND Alumni Magazine. She is reported as being the oldest living North Dakotan at 114 years of age. She is one of the oldest people in the United States and was a teacher in North Dakota and Minnesota. It is a neat article and she talks a lot about being **grateful**. It is the season for being grateful. I hope you had a tremendous Thanksgiving that lasted all the way through the Holidays. What an awesome opportunity we have been given to influence young people across this state. Those students will eventually spread out across this whole country. I often tell my students that I know that our country is in trouble but that I am not worried because as my students go out into the world and interject their knowledge and influence, I know we will be just fine. It is hard to believe that we are already halfway through the school year. They seem to go faster every year. We had another fantastic fall sports season. I am always amazed at the talent that our state puts out in our competition arenas.

I enjoyed reading the Paul 'Bear' Bryant article in the November issue of the Coach and AD Magazine. It is entitled 'Coach Your Own Way'. He starts out by saying that it's important to be yourself. If you try to imitate someone else, the kids will think you are a phony. Get some ideas from other folks but coach your own way. Wow, now those are some words of wisdom. I have often said the same thing about teaching in the classroom. I have been told quite a few times in my career that I would like to be a fly on the wall in your practices. I wonder why they would say that because my practices are not much different from anybody else's. Bryant says that everyone works hard on the big things. Don't forget the little things, the fundamentals that win games. The Winning Edge.

There is another great article by Peter C. Scales that entices you to respect your staff and players and give them credit when you win. It also says that we need to teach our students to work, sacrifice, and have self-discipline because they don't get it at home or at school anymore – so much has been taken away from a teacher's ability to do that. Our athletic venues are really the only place left to teach those things. We should measure our success by whether our athletes grow as players and people of character.

Scales says, "To have the spiritual talent of a champion, coaches need to help their players understand that the highest realization of their potential is found in relationships to others and serving ideas bigger than themselves. It is about making what you can give to the team more important than what you can get from the team."

It is all about relationships. The whole holiday season is all about relationships. We should be grateful because the people we have in our families and our coaching family are simply the best anywhere. I hope you had time this Holiday season to build those relationships even stronger. I wish you a belated Happy Thanksgiving, Merry Christmas, and a Joyous New Year from the NDHSCA Executive Committee.



NDHSCA President Tim Wallstrum



Message from NDHSCA President Elect, Ron Metz

HAPPY HOLIDAYS

Holiday greetings from the NDHSCA! As we transition from the fall to our winter seasons we find the year moving by as rapidly as ever. We would all like to say congratulations to the Fall state competition qualifiers as well as all our State Champions. Also, congratulations to our Fall Powerade Senior Athletes of the Year and the Subway Coaches of the Year.

During this special time of the year we should focus on these 13 perspective words. **Hope.** The hope that our players find their roles and develop with the systems we have placed in front of them. **Action.** The action plan we have will help us improve our athletes as participants, young adults and improve ourselves as coaches. **Patience.** The phrase “patience is a virtue”, is so appropriate when working with student athletes. Especially early in our seasons. Keep patient when developing young athletes and blending them with your experienced athletes. **Passion.** Keep the passion for what we do and why we do it as coaches. Display that passion to our athletes as they prepare every day. **Young.** Remember how young the athletes we work with are every day. They have a tremendous amount of “life” happening to them. We are only a small portion of their day. **Heaven.** Thank heaven for the opportunities we are given to influence our young athletes. **Obligation.** Remember the obligation we have to our athletes for their physical, social and emotional development. We teach by example. **Leadership.** Our leadership, in what we do, how we act, and how we convey our message has a tremendous influence on those we work with. **Integrity.** Stay honest with yourself and your values. Your integrity makes a profound statement about who you are and what you are trying to accomplish. Don’t let the pressures of competition compromise you. **Dedication.** Stay dedicated to your beliefs and your system. This conveys confidence to your athletes in your system and what you are trying to accomplish from your season. **Attitude.** Keep a positive attitude. The season will have many ups and downs. How we react to the ups and downs is directly relayed to our athletes. No highs too high. No lows too low. Stay positive and moving forward. **Yeah.** Cheer yourself and your athletes on. Spirit is contagious and sometimes we must provide it. Do it with passion. **Season.** Good luck during this winter season. Together, what this all comes down to is simply **HAPPY HOLIDAYS!**

Finally, a couple of reminders. Encourage membership in our great coaches’ association. Also, plan for the summer coaches’ convention, July 27th – 30th at the Fargo Ramada Inn. The executive board is here for our membership, please contact us with your needs/concerns.

Here is hoping you and your families have had the most blessed and Happy Holiday season.

NDHSCA President Elect, Ron Metz





From the NDHSCA Executive Secretary's Desk

-Randy Johnson



Happy New Year! Hopefully you had a very Merry Christmas. The Christmas break is always a good time for family and friends. It gives a coach an opportunity to recharge the batteries and finish the school year off with energy.

Congratulations to the Fall State Champions, NDHSCA Subway Coach of the Year recipients, and the NDHSCA POWERade Senior Athlete of the Year recipients! Your accomplishments are outstanding and something to be cherished forever.

The North Dakota High School Coaches Association Executive Board has implemented a guideline for the NDHSCA POWERade Senior Athlete of the Year Award. The guideline states: **“Nominations for the NDHSCA POWERade Outstanding Senior Athlete of the Year Award must be an individual.”** This guideline will go into effect immediately with the 2019-2020 Winter Season being the first it is implemented. This means it will no longer be allowed for any two people to be put on the ballot as one person. Any deviation from the NDHSCA POWERade Outstanding Senior Athlete of the Year Award guidelines must be accepted by the Executive Committee prior to the balloting beginning. The guidelines are posted on the NDHSCA website: www.ndhsca.com.

The NDHSCA is partnering with Sanford Power to host a football coaches' clinic at North Dakota State University this spring. This was formerly called the NDSU Football Coaches Clinic. The purpose for this organization to get involved in this process is to have the opportunity to bring in high school coaches to speak at the clinic. NCAA rules do not allow Universities to host coaching clinics and have high school coaches present. NDSU is interested in having high school coaches throughout the country present, so the NDHSCA is getting involved to help with more education opportunities for coaches. This year's date of the clinic will be April 3 - 4, 2020. It will take place at the Fargo Dome.

The North Dakota High School Coaches Association would like to offer condolences to the Shawn Flaherty family. Shawn passed away on Wednesday, December 4 in Dickinson from injuries sustained in an automobile accident. Shawn was a 40-year coaching veteran for the New England Public School District. We send our deepest sympathy to Shawn's family and the New England School.

Preparation for the 2020 [North Dakota High School Coaches Association](#) State Coaches Convention are underway. The dates of this summer's clinic will be Monday, July 27 through Thursday, July 30. Monday will be sessions on coaching items such as nutrition, speed, strength, coaching conflicts, concussion management, etc. This is the only day to renew your concussion management for certificate renewal and also a coach can renew CPR, AED and First Aid. Tuesday through Thursday will be the sport specific sessions at the State Convention. Mark your calendars and plan to attend. Keep in mind your attendance works for Coaching Certificate renewal which is required every five years.

(continued on page 6)



Dakota Coach Winter 2019-20

Message from Executive Secretary Randy Johnson, continued.

We are finishing the clinic with the NDHSCA Hall of Fame/Coach of the Year Banquet on Thursday night. Coaches have the opportunity to earn either one or two Graduate Credits from North Dakota State University for attending the Convention. The cost will be \$65.00 per credit this year.

The **National High School Athletic Coaches Association** National Convention is scheduled for Monday, July 20 through Thursday, July 23 in Lincoln, NE. The National Hall of Fame Banquet is scheduled for Wednesday, July 22 and the National Coach of the Year Banquet is scheduled for Thursday, July 23. There will be about 2,000 coaches at this convention. It will be a great time with some outstanding speakers.

It is very important for coaches to remember that 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 another advantage of being a member of our association. With this partnership, you have multiple benefits available for you to take advantage of. Here is a link for some benefits: <http://www.hscoachesbenefits.org/>. Please use this link when you are traveling, need insurance, shopping Office Depot, and others. Every time these discounts are used the association receives a kickback. Thank you for your assistance in helping our association.

Coaches of the NDHSCA-POWERade Senior Athlete of the Year Award recipients are reminded to have your athletes write thank you letters to the sponsors. The addresses are on the letter sent to you and your athlete. I also encourage you as a coach to write these letters. These letters are something the sponsors enjoy reading and are a big part of us being able to renew this sponsorship every year.

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

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

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

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

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



Dakota Coach Winter 2019-20

Greetings from the National High School Athletic Coaches Association!

The National High School Athletic Coaches Association is gathering all the Coach of the Year Nominees from the states to begin the evaluation process. Coach of the Year nominees are evaluated on Longevity, Win/Loss Record, Championship Years, Service to High School Sports, Coaching Honors and Membership points. The evaluation will be taking place to obtain eight finalists from throughout the country that will have the opportunity to become the NHSACA National Coach of the Year in their respected discipline. The finalists will be announced around the middle of January.



The 2020 **NHSACA National Convention** will be held in Lincoln, Nebraska on July 20-23. It will be a great convention with over 2,000 coaches present. I highly encourage North Dakota coaches to attend. It will be worth your time. Nebraska has some interesting places to tour. One of the main attractions will be at the downtown Haymarket area. This is where the Nebraska Coaches Association and the Nebraska High School Activities Association is located. They have an active Hall of Fame exhibit located by their office. It is quite a sight to see. Be sure to take some time to look at attractions like this while attending the National Convention.

The NHSACA is beginning a new award this year. This award is called the Kathy Holloway Award. It is named after Kathy Holloway who is a Past President of the NHSACA. The award is designed to honor female coaches who have made a huge impact in High School Athletics throughout the nation.

The Board of Directors of our national organization consists of many North Dakota coaches including:

- Greg Brown: Girls Track and Field Sport Chair
- Jake Solper: Swimming and Diving Sport Chair
- Tim Wallstrum: 3rd Vice President
- Gelaine Orvik: Past President and Past Executive Director
- John Hutchison: Past President and the voice of the Hall of Fame and COTY Banquets
- Dave Dougherty: Past President and current Executive Director
- Randy Johnson: Past President and webmaster

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

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

On behalf of the NHSACA, I hope you had a very Merry Christmas and a Happy New Year!



Sincerely,

Randy Johnson
Past President and Webmaster

NDHSCA Vice President Candidates

The North Dakota High School Coaches Association has made nominations for balloting for the Association's Vice President. The balloting will be conducted at the Annual Coaches Convention held this summer at the Fargo Ramada July 27 through July 30.

The two candidates will be **Derrick Dixon**, currently the Head Wrestling Coach at Turtle Mountain Community High School and **Tim Kolsrud**, currently the Head Girls Track and Field Coach and Assistant Football Coach at Bismarck High School.



Derrick Dixon is a graduate of Milwaukee Bay Technical High School and the University of Wisconsin-River Falls. Coach Dixon is a 42-year coaching veteran. In the 42 years, he has coached Wrestling and Football at Turtle Mountain Community High School in Belcourt. Derrick was named the National High School Athletic Coaches Association National Coach of the Year Finalist in Wrestling twice, 2015 and 2018. He was also named the North Dakota High School Coaches Association State Coach of the Year in Wrestling three times, 1991, 2004 and 2014 as well as the North Dakota High School Coaches Association West Region Wrestling Coach of the Year five times. Coach Dixon has served on the National Federation of High School Wrestling Rules Committee for four years. He was issued the USA Wrestling National Coach Silver Level Certification at the Olympic Training Center in Lake Placid. Derrick is the Head Coach for Team North Dakota at the North American Indigenous Games.

Derrick Dixon and his wife Kathy have three children: Reanna, Megan and Marisa.



Tim Kolsrud is a graduate of Mayville-Portland High School, Mayville State University and Colorado State University. Coach Kolsrud is a 38-year coaching veteran. In the 38 years, he has coached Girls Track and Field, Football, and Junior High Basketball. Tim was named the State Girls Track and Field Coach of the Year once, 2006 and the West Region Girls Track and Field Coach of the Year numerous times. He has coached the Bismarck High School Girls Track and Field Team to four State Championships, 2006, 2008, 2009, and 2010. As an Assistant Football Coach he has eight State Championship teams, two with Hope High School, 1981 and 1982 and six with Bismarck High School, 2001, 2008, 2009, 2011, 2012 and 2018. Coach Kolsrud has served on the Girls Track and Field Advisory for two years.



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

Dakota Coach Winter 2019-20



2020 NHSACA COACH OF THE YEAR NOMINEES

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





NDHSCA 2020 Hall of Fame

The North Dakota High School Coaches Association Executive Committee voted unanimously at the Fall Meeting to induct four coaches into the North Dakota High School Coaches Association Hall of Fame. The inductees are as follows:

- Brian Midthun; Retired Athletic Director, Baseball and Football Coach from Enderlin High School
- Perry Piatz; Head Boys and Girls Golf Coach, formerly Athletic Director and Girls and Boys Basketball Coach from Kindred High School
- Roger Snortland; Deceased Track and Field, Cross Country, Football, Wrestling and Girls Basketball Coach from Langdon High School
- Victor Youngs; Tennis Coach from Fargo South High School



Brian Midthun coached for 38 years at North Sargent and Enderlin High School. His coaching career started in North Sargent High School at Gwinner where he was a Football and Girls Basketball Coach. In 1987 he moved to Enderlin where he coached football, baseball and served as the Athletic Director. In Coach Midthun's 38-year coaching career his baseball teams won two State Championships, 11 Regional Titles and six Regional Runners-Up. His football teams won three Regional Titles and were Conference Champions twice.

Coach Midthun was named the National High School Athletic Coaches Association Baseball Coach of the Year Finalist once, North Dakota Interscholastic Athletic Administrators Association Regional Athletic Director of the Year twice and the North Dakota High School Coaches Association Regional Football Coach of the Year twice. He was twice named the North Dakota High School Coaches Association Baseball Coach of the Year and the North Dakota High School Coaches Association Regional Baseball Coach of the Year nine times.

Brain served North Dakota Coaches a number of ways. He was the National High School Athletic Coaches Association Baseball Sport Chair for three years, served on the National Federation High School Baseball Rules Committee five years, North Dakota High School Activities Association Ad-Hoc Re-Districting Committee for two years, North Dakota High School Activities Association Athletic Review for five years, North Dakota Interscholastic Athletic Administrators SE Representative for five years, North Dakota High School Coaches Association Football Advisory for three years and the North Dakota High School Coaches Association Baseball Advisory for five years. Coach Midthun also served the North Dakota High School Activities Association as the Regional Softball Chairman for six years. He was also the North Dakota High School Activities Association Regional Baseball Chairman for 11 years.

Brian and his wife Janet have two children: Abbey and Logan.

(HOF continued page 12)

NDHSCA Hall of Fame Class of 2020

Perry Piatz has coached for 33 years at Gackle-Streeter and Kindred. His coaching career started at Gackle-Streeter as Head Boys Basketball, Head Boys and Girls Golf, Assistant Girls Basketball and Assistant Football. In 1999 he moved to Kindred where he was Head Boys and Girls Golf, Head Boys Basketball, Assistant Girls Basketball, Head Girls Basketball and Athletic Director. In Coach Piatz's 33-year coaching career his Boys Golf Teams won five State Titles, one State Runner-Up, nine Regional Titles, two Regional Runners-Up and four Conference Titles. His Girls Golf Teams won one State Title, one State Runner-Up, two Regional Titles, one Regional Runner-Up and three Conference Titles. He led the Girls Basketball Teams to one State Title, one State Runner-Up, three Regional Titles, three District Titles and three Conference Titles. Perry's Boys Basketball Teams won three Regional Titles, five District Titles and three Conference Titles. Coach Piatz's teams won 410 basketball games and golf teams won 1336 multi-team meets.



Perry was named the National High School Athletic Coaches Association National Coach of the Year Finalist in Golf twice, North Dakota High School Coaches Association State Boys Golf Coach of the Year four times and North Dakota High School Coaches Association Regional Boys Golf Coach of the Year ten times. He was named the North Dakota High School Coaches Association Regional Girls Golf Coach of the Year once, North Dakota High School Coaches Association Regional Girls Basketball Coach of the Year three times and the North Dakota High School Coaches Association Regional Boys Basketball Coach of the Year twice. Coached Piatz was also honored by being named the North Dakota High School Coaches Association District Boys Basketball Coach of the Year four times and the North Dakota High School Coaches Association District Girls Basketball Coach of the Year twice. He was honored to coach the girls' basketball Lions All Star Team twice.

Coach Piatz served the coaches of North Dakota by being the North Dakota High School Activities Association Regional Girls Basketball Tournament Chairperson for six years. He also managed 14 North Dakota High School Activities Association Regional Tournaments. He presented five times on golf at the North Dakota High School Coaches Association State Convention. Perry also managed three State Golf Tournaments for the North Dakota High School Activities Association.

Perry and his wife Sandi have two children: Alexis and Peyton.

(HOF continued page 13)

POWERADE®

NDHSCA Hall of Fame Class of 2020



Roger Snortland coached for 29 years at Central Valley and Langdon. His coaching career started at Central Valley as a football, boys' basketball and track and field coach. In 1969, he moved to Langdon where he coached football, wrestling, girls' basketball, track and field and cross country. In Coach Snortland's 29-year coaching career his football teams won two conference titles and his wrestling teams won one conference title. Roger's Girls' Track and Field Teams won two State Titles, one State Runner-Up, 12 Regional Titles and two Regional Runners-Up.

Roger's football teams won 46 games. His wrestling teams won 21 dual matches. Coach Snortland's Girls Track and Field Teams took first in 56 meets throughout his coaching career. Roger Snortland was responsible for starting the girls' cross-country program in Langdon. He worked to help raise money so the program could be started. In the three years Roger worked with cross country they were Regional Champions, State Runner-Up and 3rd in State. Coach Snortland had a lot of love for his athletes and students. He really did not want any credit. Roger Snortland passed away in 2001.

Roger was named the North Dakota High School Coaches Association State Girls' Track and Field Coach of the Year four times. Roger and his wife Kathy have two children: Chris and Steven.



Victor Youngs has coached for 36 years at Fargo North, Moorhead, Concordia College and Fargo South. His career started at Fargo North as an Assistant Boys Tennis Coach. In 1986, he became the Head Girls Tennis Coach at Moorhead High School for one season. From that time on he has been a tennis coach at Fargo South High School. During the 2018 year he also was an Assistant Tennis Coach at Concordia College. Coach Youngs' boys' tennis teams have won five State Titles, eight State Runners-Up, four Regional Titles, 11 Regional Runners-Up and five regular season titles. Victor's tennis teams have won 335 dual matches.

Coach Youngs has been recognized by the National High School Athletic Coaches Association as a National Coach of the Year Finalist in Tennis six times. He was named the North Dakota High School Coaches Association State Tennis Coach of the Year seven times and the North Dakota High School Coaches Association Regional Tennis Coach of the Year four times. Victor was inducted into the North Dakota Tennis Association Hall of Fame in 2019.

Victor Youngs has served his association by serving on tennis advisory for six years, presenting at the North Dakota High School Coaches Association State Convention seven years and speaking at the National High School Athletic Coaches Association National Convention six times. He has been a helper at the North Dakota High School Coaches Association State Convention on three different occasions. Coach Youngs also assisted when North Dakota hosted the National Convention in 2012.

Victor was the North Dakota High School Activities Association State Tennis Tournament Manager for two years and the North Dakota High School Coaches Association East Region Tennis Tournament Manager four times.

Victor and his wife Missy have three children: David, Julia and Geoffrey.

NDHSCA -Subway 2019-20 Coach of the Year

SPORT

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Class A Boys' Tennis
Class A Boys' Soccer
Class A Boys' Cross Country
Class A Girls' Cross Country
Class B Boys' Cross Country
Class B Girls' Cross Country
Nine Man Football
Class A Football
Class AA Football
Class AAA Football
Class A Girls' Swimming
Class A Volleyball
Class B Volleyball

Name

Scott Foltz
Victor Youngs
Ian Costello
Shane Wahlstrom
Carla Wahlund
Rick Anderson
Bill Jansen
Jack Biesterfeld
Josh Krivarchka
Scott Olsen
Ron Wingenbach
Skip Fisher
Carolyn Olson
Shari Christenson

SCHOOL

Minot HS
Fargo South HS
Fargo Davies HS
Williston HS
Minot HS
Griggs County Central HS
Rugby HS
Kidder County HS
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Fargo South HS
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Fall Assistant Coach of the Year

The 2019 Fall Season recipient of the North Dakota High School Coaches Association Assistant Coach of the Year Award is **Claudia Schoelkopf**, Mandan Assistant Girls' Swimming and Diving Coach. **Claudia** was nominated by Ralph Manley, Mandan's Head Swimming and Diving Coach.

Coach Schoelkopf has been coaching for 23 years. She is also the Boys' Assistant Swimming and Diving Coach. **Claudia** has coach 15 Girls and 26 Boys to the All State Swimming and Diving Team. She has also coached five girls and eight boys to All-American Diving Recognition. Her responsibilities include planning and supervising diving practices and competitions. Keeping statistics on divers throughout the season. She manages and updates the NDHSAA NOW State Team Site. **Claudia** also does the meet set-up for all home meets. She schedules the workers for the diving table, reports the results to the North Dakota High School Activities Association, compiles the statistics for the season memory book and completes All-American Diving Application with video when divers qualify.

Coach Schoelkopf was honored with the 2014 Winter Season Assistant Coach of the Year Award and has been a National High School Athletic Coaches Association Finalist for National Assistant Coach of the Year twice, once in 2015 and again in 2018. **Claudia** stated 2019 was a season of many firsts with a lot of new athletes. There were many victories celebrated such as learning dives and increasing the difficulty throughout the season. In the Western Dakota Association she had divers place 2nd, 12th and 15th. Two of the divers were first year competitors. Her top finisher at the State Competition this year was 10th.

Ralph Manley, Head Girls' Swimming and Diving Coach at Mandan has this to say about **Coach Schoelkopf**. "**Claudia** is highly respected by her fellow coaches, officials and divers within our state and the nation. She generously shares her knowledge and skills with her fellow coaches during practices, meets and has spoken many times at the state and national convention. **Claudia** is an outstanding coach."

Coach Quote:

Passion and hunger are the two ingredients that I look for first in making the judgement on an athlete, assistant coach, a horse trainer or anybody I do business with.

-Rick Pitino-



Allard Trophy



NDHSCA-Sanford Power Football Coaches Clinic



April 3 & 4, 2020



The North Dakota High School Coaches Association is partnering with Sanford Power to sponsor the **NDHSCA-Sanford Power Football Coaches Clinic** in Fargo at the Fargo Dome on Friday, April 3 and Saturday, April 4, 2020.

This was formerly the "NDSU Football Coaches Clinic". The change is a result of NCAA Division I rules. The current rules do not allow Division I universities to host a coaches' clinic with high school coaches in attendance.

We are working with the NDSU Football Coaching Staff to make this a great event. Here are some of the items coaches can look forward to at the clinic this spring:



- Speaker, Hue Jackson, former NFL Coach
- Attend an NDSU Spring Football Practice
- Other Speakers include the NDSU Football Staff
- Listen to High School coaches from across the USA
- Great socialization and relationship building with coaches
- Graduate Credit available



Bring your entire staff at a reduced rate! More information will be made available in the near future! Watch for it on social media, in your email or on the NDHSCA website!

Looking forward to seeing you at the NDHSCA-Sanford Power Football Coaches Clinic!

DON'T MISS OUT!



2020 NHSACA National Coaches Convention

July 20-23, 2020 in Lincoln, Nebraska

<https://www.hscoaches.org/summer-convention>

NATIONAL HALL OF FAME



Randy Johnson

NHSACA 2020 NOMINEES



Lisa Strand

Randy Johnson grew up on a farm near Roseglen, North Dakota. He graduated high school from North Shore – Makoti in 1982. While in high school, Randy competed in basketball and track and field.

Randy went on to graduate from Minot State University the winter of 1987 with a Bachelor of Science major in both Mathematics and Physical Education. During his collegiate years, he competed in basketball for four years and track and field for one year. Randy was a student assistant in basketball during the 1986-1987 season at Minot State University.

Randy began his teaching and coaching career in Hazen the fall of 1987. He taught Mathematics, Physical Education and Health. While at Hazen Mr. Johnson filled coaching roles in junior high girls' basketball, junior high boys' basketball, junior high track and field, assistant girls' basketball, assistant boys' basketball, assistant track and field, head boys' basketball and head boys' track and field. He also served as Hazen's Athletic Director. Randy spent his entire 31 years in Hazen and retired the spring of 2018 to better serve the North Dakota High School Coaches Association as their Executive Secretary.

Coach Johnson had many accomplishments during his 31 years of coaching in Hazen. Two Boys' Track and Field State Titles, Three Boys' Track and Field State Runner-Ups, 19 Boys' Track and Field Regional Titles, three Boys' Track and Field Regional Runner-Ups, 11 Girls' Track and Field State Titles as an assistant, three Girls' Track and Field State Runner-ups as an assistant, 23 Girls' Track and Field Regional Titles as an assistant, six Girls' Track and Field Regional Runner-Ups as an assistant, four Boys' Basketball Regional Runner-Ups, two Boys' Basketball District Titles, one Girls' Basketball State Title as an assistant, one Girls' Basketball State Runner-Up as an assistant, two Girls' Basketball Regional Titles as an assistant, two Girls' Basketball Regional Runner-Ups as an assistant, and two Girls' Basketball District Titles as an assistant. Randy's Track and Field teams acquired 5,092 multi-team victories and his basketball teams won 333 games.

Randy Johnson accomplished many coaching honors throughout his career. He was named the State Athletic Director of the Year two times, Regional Athletic Director of the Year three times, Boys' Track and Field State Coach of the Year once, Boys' Track and Field Regional Coach of the Year 19 times, Boys' Basketball Regional Coach of the Year twice, Boys' Basketball District Coach of the Year four times, and was a finalist for the National High School Athletic Coaches Association Boys' Track and Field Coach of the Year twice. He served on Track and Field Advisory for four years and Basketball Advisory for three years. Coach Johnson was inducted into the North Dakota High School Coaches Association Hall of Fame in 2018.

(continued page 18)

Dakota Coach Winter 2019-20

(2020 National Hall of Fame Nominees continued)

Randy Johnson has served on the North Dakota High School Coaches Association Executive Board for 20 years. He was the NDHSCA President in 2003-2004, Assistant Executive Secretary from 2006 to 2015 and the Executive Secretary from 2015 to present. Coach Johnson also served on the National High School Athletic Coaches Association for 18 years holding the office of President in 2015-2016. Randy is a current Past President and webmaster for NHSACA.

Lisa Strand grew up in Northwood, North Dakota where she attended elementary and high school. In junior high and high school, Lisa competed in basketball and track and field and played park board slow pitch softball. Upon graduation, Lisa attended Mayville State University and Moorhead State University. While at Mayville State, she competed in volleyball and fast pitch softball for 2 years before transferring to Moorhead State. During the summer months, Lisa has coached t-ball, little league, babe ruth baseball and softball. Lisa graduated from Moorhead State with a degree in Mass Communications. She later returned to Mayville State earning a BS degree in Education in the fall of 1988.

Lisa began her teaching career in the fall of 1989 teaching social studies and coaching at Thompson High School. She has worked with many athletes at all levels of various sports during her years at Thompson including junior high volleyball, assistant softball, co-coach of varsity track and field, assistant and head girls' basketball (10 years) and head volleyball (31 years). Lisa also served 4 years as Assistant Athletic Director at THS.

Lisa Strand has been at Thompson High School for her entire thirty-one-year coaching career. Coach Strand has been blessed to have several track and field athletes compete at the State level. As coach of the girls' basketball team, Thompson made two appearances at the State Tournament placing 1993 and 1994. The volleyball teams she has coached have been to the State Tournament fifteen times, winning the State title five times in 1997, 1998, 2004, 2005, and 2018. Her teams have also won several district, region, and invitational volleyball tournaments over the past thirty-one years. Her current volleyball record stands at 930 wins, 234 losses, and 5 invitational tournament ties.

Coach Strand has been honored to be named Region Girls' Basketball Coach of the Year and as Region Volleyball Coach of the Year. She has been named State Coach of the Year in the sport of volleyball three times. She has been a finalist for the NHSACA National Coach of the Year three times. She has served on the North Dakota High School Coaches Association Executive Board for nine years. She was the NDHSCA President in 2013-2014 and has served as the Assistant Executive Secretary, Dakota Coach Publication for the past four years. Coach Strand was inducted into the North Dakota High School Coaches Association Hall of Fame in 2017. She has served as Co-Chair of the Optimist All Star Volleyball Series from 2010 to the present. She has been honored as coach of the All Star Volleyball Match several times during her career. She has been a speaker at the NDHSCA Convention, served on an ad hoc committee and served on the NDHSCA Volleyball Advisory. Coach Strand was awarded the North Dakota Associated Press Sportswriters and Sportscasters Association Female Sport High School Coach of the Year one time. She was also inducted into the Mayville State University Coaches Hall of Fame in 2015.

Lisa and Kevin Strand's family includes; daughter, Jettie, son, Jace, and Jace's fiancée Ashley (Jace and Ashley will be married on June 12, 2020!).

ONLINE MEMBERSHIP REGISTRATION LINK

PLEASE TAKE NOTE!

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

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



Membership Application and Registration includes payment before season application deadline.

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

Reminder: Credit card payment is the fastest way to receive your card.

Lifetime Members: Remember to **log on** to the NDHSCA Registration Link **each year** and check lifetime member. Please update your data.

COACH QUOTE:

**Discover your gift,
develop your gift, and
then give it away
every day.**

-Don Meyer-

GERRELLS
SPORTS CENTER
DEVILS LAKE, NORTH DAKOTA



2019-2020 NDHSCA-POWERade
Outstanding Senior Athlete Award

SPORT

A Girls' Golf
A Boys' Tennis
A Boys' Soccer
A Boys' Cross Country
A Girls' Cross Country
B Boys' Cross Country
B Girls' Cross Country
Nine Man Football
A Football
AA Football
AAA Football
A Girls' Swimming
A Volleyball
A Volleyball
B Volleyball

ATHLETE

Lily Bredemeier
Geoffrey Youngs
Nobin Gurung
Micade Shumway
Kelby Rinas
Robert White
Reagan Baesler
Bo Belquist
Jacob Svihovec
Oscar Benson
Cade Feeney
Mayson Sheldon
Kameron Selvig
Kenzee & Madison Langlie
Nicole Schmitz

SCHOOL

Grand Forks Red River HS
Fargo South HS
Fargo South HS
Williston HS
Mandan HS
New Town HS
Hillsboro/Central Valley
New Rockford/Sheyenne
Bowman County HS
Hillsboro/Central Valley
Bismarck Century HS
Mandan HS
Jamestown HS
Fargo Davies HS
Oakes HS

HEAD COACH

Eric Sanders
Victor Youngs
Amer Vatres
Shane Wahlstrom
Hilary Feist
Brian Anderson
Kirk Zink
Elliot Belquist
Todd Frie
Scott Olsen
Ron Wingenbach
Ralph Manley
Sara Hegerle
Carolyn Olson
Shari Christenson

POWERADE®

**2020 NDHSCA COACHES
CONVENTION**

Monday, July 27-Thursday, July 30

Fargo, ND

**Renew Your Coaching Certificate!
Learn from and share with fellow coaches!**

Dakota Coach Winter 2019-20



North Dakota High School
Coaches Association

GENERAL LIABILITY INSURANCE PROGRAM

As a membership benefit, coverage is provided by the Commercial General Liability Policy issued to the National Organization of Coaches Association Directors. This policy will provide general liability coverage to the North Dakota High School Coaches Association and its members.

CARRIER

Houston Casualty Company

POLICY PERIOD

August 1, 2018 – August 1, 2019

LIMITS OF INSURANCE

\$1,000,000	Each Occurrence
\$1,000,000	General Aggregate (per Member)
\$1,000,000	Products/Completed Operations
\$1,000,000	Personal & Advertising Injury
\$ 300,000	Fire Damage
\$ 50,000	Sexual Abuse (per Member)
Excluded	Medical Payments

COVERAGES

- ❖ Educator Professional Liability
- ❖ Participant Legal Liability for insured members
- ❖ Liability assumed under insured written contract
- ❖ Defense Cost outside limits

EXCLUSIONS

- ❖ The use of automobiles, buses, watercraft and aircraft
- ❖ Property of others in the care, custody, and control of the insured.
- ❖ This insurance does not apply to members that coach at an All-Star game that is not approved by your state coaches association.

CAMP INSURANCE

Today, most Coaches are involved in some type of sports camp. Please note that our General Liability Program follows insured members while working at camps and/or conducting their own personal camp.

In addition, Participant/Accident Coverage is required for coaches and/or participants. Should an accident occur during a camp, clinic or event, this secondary coverage helps offset the loss suffered by families affected by such accidents.

NEW PROCEDURE FOR CAMP INSURANCE

- ❖ Participant Waivers - Signed waivers must be in place for all participants attending camps. The waiver must have indemnification language and acknowledgement that primary medical insurance is in place for the participant.
- ❖ Participant/Accident (Medical) - If you cannot secure such a waiver, **you must purchase** coverage for all participants attending your camp.
- ❖ Additional Insured/Certificate of Insurance - If you require a certificate of insurance naming an additional insured, **you must purchase** the Participant/Accident (Medical) coverage for all participants attending your camp.
- ❖ Proof of Insurance - If you require a certificate of insurance showing proof of insurance and you have the required waiver in place, **you DO NOT have to purchase** the Participant/Accident (Medical) coverage.

PURCHASE INSURANCE

- ❖ Camp Insurance Request form is available on our website: www.loomislapann.com

INSURANCE ADMINISTRATOR

LOOMIS & LAPANN, INC.
INSURANCE SINCE 1852

www.loomislapann.com
(P) 800-566-6479 | (F) 518-792-3426

Greg Joly
Lori George
Karen Boller

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

Disclaimer: This is an insurance overview for summary purposes only; for complete policy terms and conditions please refer to the NOCAD Master Policy.



North Dakota High School Coaches Association



2019-2020 NDHSAA SPORTS ADVISORY COMMITTEES

SPORT	REPRESENTATION	TERM
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BASEBALL:

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

BASKETBALL – Boys':

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

BASKETBALL – Girls':

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

CHEERLEADING (Appointed by Cheerleading Advisory):

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

CROSS COUNTRY:

Jason Holland; Fargo Davies HS	A Division East Representative	2016-2020
Laura Tweeten; Washburn HS	B Division West Representative	2017-2021
Greg Brown; Watford City HS	A Division West Representative	2018-2022
Cherry Heinz; New Rockford-Sheyenne HS	B Division East Representative	2019-2023

FOOTBALL:

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

GOLF:

Ryan Nielson; Hillsboro-CV HS	B Division Boys' Representative	2016-2020
Jeremy St. Aubin; South Border HS	B Division Girls' Representative	2017-2021
Greg Limke; West Fargo HS	A Division Boys' Representative	2018-2022
Dan Wolf; West Fargo HS	A Division Girls' Representative	2019-2023

GYMNASTICS:

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

HOCKEY (Appointed by Hockey Advisory):

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

SOCCER:

Matt Pfau; Minot HS	Girls' West Representative	2016-2020
Nick Christianson; Fargo Davies HS	Girls' East Representative	2017-2021
James Moe; West Fargo HS	Boys' East Representative	2018-2022
Thomas Marcis; Bismarck Legacy HS	Boys' West Representative	2019-2023

SOFTBALL:

Trevor Yetterboe; Wilton HS	Class B West Representative	2016-2020
Pat Johnson; West Fargo HS	Class A East Representative	2017-2021
Michael Loll; Hankinson HS	Class B East Representative	2018-2022
Gerard Cederstrom; Minot HS	Class A West Representative	2019-2023

SWIMMING & DIVING:

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

TENNIS (Appointed by Tennis Advisory):

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

TRACK & FIELD – Boys':

Jon Jahner; Bowman County HS	B Division West Representative	2016-2020
Chris Clements; Bismarck Legacy	A Division West Representative	2017-2021
Kelley Utt; Maple Valley-Enderlin	B Division East Representative	2018-2022
Sean Allen; Grand Forks Central	A Division East Representative	2019-2023

TRACK & FIELD – Girls':

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

VOLLEYBALL:

Jamie Zastpil; Bismarck Century HS	A Division Representative	2017-2020
Kasey Grochow; Surrey HS	B Division Representative	2018-2021
Rich Olson; Langdon HS	At Large Representative	2019-2022
Tera Paulson; Hankinson HS	Volleyball Executive Appointee	2015-Present

WRESTLING (Appointed by Wrestling Advisory):

Chad Barstad; Velva HS	B Division President	2017-2020
Dave Wolding; New Salem HS	B Division Representative	2018-2021
Mark Lardy; Bismarck HS	A Division President	2019-2022



**NORTH DAKOTA HIGH SCHOOL COACHES ASSOCIATION
Sports' Advisory Committee Application**

NAME: _____

SCHOOL: _____

Home Address: _____

City, State & Zip: _____

Sport: _____ **E-Mail Address:** _____

Years of Coaching: _____ **Home Phone:** _____ **School Phone:** _____

Number of Years of Membership to the NDHSCA: _____

My duties as a Sports Advisory Committee member include:

1. Represent all coaches throughout the state in the assigned sport.
2. Coordinate regional or area meetings for statewide input.
3. Schedule and organize coaches' meetings at state contests.
4. If needed, survey or seek information for recommendations.
5. Attend the annual NDHSCA Sports' Advisory Committee Meeting and submit the recommendations as determined by the coaches in said sport.

I understand this is a THREE or FOUR YEAR commitment. Appointments will be made at the July Executive Committee Meeting.

E-mail: duck@westriv.com

Return form to:

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

LONGEVITY INFORMATION FOR 2020 RECOGNITION

The NDHSCA has an ongoing list of longevity winners. The years of coaching recognized are 20, 25, 30, 35, 40, 45, 50, etc. Please send an e-mail to Scott Grochow at Scott.Grochow@k12.nd.us, or Bill Jansen at William.Jansen@k12.nd.us if you are one of these individuals. **Remember, this is the number of years you have been coaching through the spring of 2020 at any level.** You must be a member of the NDHSCA to be recognized and you must be a junior high, or high school coach at the time. Please remember to fill out your membership forms through the next year. This keeps our data base up to date.

We will run a complete list in the Winter, Spring, and Summer Dakota Coach. Please see if your name is on the list. Scott and Bill will e-mail coaches from the data base asking them their wishes for a Longevity Plaque. Please let them know if you have any questions.



FCA

Fellowship of Christian Athletes



Criteria for Post-Season Awards

- Be in good academic standing, enrolled in an NDHSAA School.
- Be nominated by and receive supportive data from the varsity head coach in the respective sport.
- Compete for a high school varsity team during the respective sport season.
- Display exceptional skills in respective sport during the athlete's season.
- Display exceptional sportsmanship during the season of nomination.
- Display leadership qualities during the season of nomination.
- Display commendable citizenship and have no NDHSAA Training Rule Violations during academic year.
- Have never been suspended from respective athletic team or the school of representation during academic year.



Coach Quote:

The greatest sin a coach can commit is to allow kids to slide by. This goes for the classroom as well as the court.

-Hubie Brown-





Lifetime Membership

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

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

Notes on Lifetime Membership

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



North Dakota High School Coaches Association

Paid Lifetime Memberships

Aardahl, Vern; Milnor HS
Amundson, Greg; Mandan HS
Anderson, Brian; Watford City HS
Anderson, Darrell; Bismarck HS
Anderson, Darryl; Mandan HS
Askvig, Curtis; Surrey HS
Benson, Ron; Mott-Regent HS
Berg, Mike; Grand Forks Central HS
Berglund, Darrell; Hazen HS
Berglund, Kathy; Hazen HS
Bettenhausen, LeRoy; Watford City HS
Boehm, Darrin; West Fargo HS
Brackenburg, Wayne; Mohall-L-Sherwood HS
Brandt, Jeremy; Beulah HS
Brenner, Henry; ND School for the Deaf
Brown, Greg; Watford City HS
Buen, Gene; Velva 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
Fillbeck, 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
Haussler, Jim; Bismarck Schools
Healy, Dennis; Williston HS
Herman, Matt; Ellendale HS

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



NDHSCA Past Presidents

Anderson, Brian; Watford City HS
Bertsch, Jonathan; Wells County HS
Beyer, Ed; Hillsboro HS
Braaten, Andy, Carrington HS
Brown, Dale; Minot Ryan HS
Cahill, Bill; Jamestown HS
Carlson, Duane; Minot HS
Carlson, Jack; Dickinson HS
Coleman, Randy; Hazen HS
Dougherty, Dave; Watford City HS
Faris, Loren "Lefty"; Mandan HS
Feeney, Robert; Bismarck HS
Gambucci, Serg; Grand Forks Central HS
Grinsteinner, Gregg; Dickinson Trinity HS
Grochow, Scott; Rugby HS
Hatlestad, Walt; Fargo North HS
Heisler, Tracey; Grand Forks Red River HS
Hennessy, Duane; Grand Forks CHS
Herman, Curt; Dakota Prairie HS
Hutchison, John; Northwood HS
Johnson, Randy; Hazen HS
Kuhn, Mike; Mandan HS
Lean, Paul; Fargo Davies HS
Leier, Dwight; Esmond HS
Lodoen, Milo "Mike"; Bottineau HS
Manley, Ralph; Mandan HS
Manson, Gene; Minot HS
Michaelson, Dave; Dickinson HS

Moe, Pete; Washburn HS
Oksendahl, Rod; Fargo Shanley HS
Olson, Carolyn; Grand Forks Red River HS
Olson, Eric; Gwinner HS
Olson, Todd; Fargo Public HS
Pederson, Harold; Williston HS
Popp, Jerry; Willmar (MN) HS
Radke, Doyle; Minot HS
Rio, Ken; Grand Forks Central HS
Schauer; Bismarck HS
Sheldon, Jerry; Fargo North HS
Skaar, Marv; Grand Forks RRHS
Stavn, Julie; Bismarck Century HS
Stein, Bruce; Hankinson HS
Stone, Roger; Dickinson HS
Strand, Lisa; Thompson HS
Theige, Howard; Minot HS
Trondset, Dennis; Langdon HS
Tidd, Nancy; Fargo North HS
Vinger, Dick; Grand Forks Central HS
Wall, Carl; Fargo North HS
Wardner, Richard; Dickinson HS
West, Terry; Grand Forks Red River HS
Wingenbach, Ron; Bismarck Century HS
Workman, Allyn; Lisbon HS
Zimney, Bob; Grand Forks RRHS
Zittleman, Dave; Bismarck HS



20 Years

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

25 Years

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

2020 Longevity Award

30 Years

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

35 Years

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

40 Years

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



45 Years

**Ken Disher,
 Minot High**

FORMS AVAILABLE ONLINE

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- All State Football Nominee
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- Junior High Coach of the Year
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Dakota Coach Winter 2019-20

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NDHSCA Code of Ethics



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

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



Coaches Code of Conduct



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

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

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
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- 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
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- Free admission to many College and University contests – please contact the University before attending
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- Free admission to UND Football Games – Information is on the website
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North Dakota High School Coaches Association



NDHSCA Gelaine Orvik Scholarship Fund



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

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

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Dakota Coach Winter 2019-20

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“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:

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

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Dakota Coach

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

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