

# Dakota Coach

Volume 54 Issue #1

Athletes Doing What It  
Takes To Participate



## In This Issue

Executive Committee.....	3
President Wallstrum’s Message.....	4
Immediate Past Pres. Heisler’s message...6	
Executive Secretary Message.....	7
Dave Dougherty, NHSACA Message... 11	
NDSU Student Article Links.....	12
Gelaine Orvik Scholarship Recipients..	13
Scheels Scholarship Recipients.....	17
Connecting Students.....	20
NDHSCA Online Membership Info....	22
Advisory Committee Members.....	23
Insurance Information.....	25
Coaching Longevity Information.....	26
Post Season Award Criteria.....	27
Lifetime Membership Information.....	28
Paid Lifetime Members.....	29
Past Presidents.....	30
Longevity List.....	31
Forms.....	32
Gelaine Orvik Scholarship Form.....	34
NDHSCA Code of Ethics.....	36
Coaches Code of Conduct.....	37
Become a NDHSCA Member.....	38
3-Dimensional Coaching.....	39
Dakota Coach Publication Info.....	40

## Featured Articles include:

### “Share Your Talents”

President Tim Wallsrum’s Message-

page 4

Immediate Past President Tracy Heisler-

### “Blazing A Trail”

page 5

Messages from Randy Johnson & Dave Dougherty

**NDHSCA & NHSACA news**

beginning on page 9

### NDSU Graduate Student Article Links

page 12

### Scholarship and Award Recipients

pages 13-18



What sports looked like during the Spanish Flu during the 1918 pandemic. The picture shows a baseball player wearing a mask during the Flu epidemic in 1918. ((George Rinhart/Corbis via Getty Images)



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Message from NDHSCA President Tim Wallstrum

## SHARE YOUR TALENTS

Like many of you, I started out coaching very young. I started with basketball when I was just a high school student. Our town had elementary leagues that were sponsored by the local businesses. We had about eight of these teams in our small community. The varsity basketball players were called upon to be the coaches for these young players. I also coached girls' softball and boys' baseball in the summers through college. When I became a high school coach, I thought all I had to do was coach. I did not understand all the work behind the coaching. You have the rules tests, rules clinics, information to get on the websites, parent meetings, district meetings, regional meetings, state meetings, all-star, all-state, and senior athlete of the year nomination forms to get done, endless stats to compile, video to take and review, assistants to organize, and managers to find. All this is just a partial list, and you must do it around your regular job.

Thank goodness there were some veteran coaches around who helped me get the things I needed and advise me through the things I did not know about. One of the best things these mentors did for me was point me in the direction of the North Dakota High School Coaches Association. Here I had access to a wealth of education and experience. Much of it was formal through the conventions offered by the association. However, I was also able to build a network of fellow coaches that provided me with the conversations and support I needed because these other coaches had gone through the same things that I was going through.

All of this made me want to help other coaches as I became a veteran coach myself. To do this, I started to volunteer in the coaches' association and was amazed at all the work that goes on behind the scenes. I was so busy with my own work that I did not fathom all the things that were being done for me. Believe it or not, I did not even know how many people were on the Executive Committee. (There are 10 right now in case you did not know either) I did not even understand the relationship between the North Dakota Coaches Association and the National High School Athletic Coaches Association or that I was a member of the national association by being a member of our association.

The NHSACA is also working hard on our behalf and many North Dakota Coaches have been significant leaders in the progress of the national association. The primary goals of the association are to educate, recognize and support the coaches in our country. They now recognize individuals across the country in 19 athletic categories. The country is divided into 8 regions and nominees are accepted from each of these regions and 8 finalists are then selected to be recognized in each of these categories. This puts about 150 coaches in the spotlight each year. We have nominees from North Dakota in most of these areas every year.

One of the primary concepts that are looked at when these nominees are evaluated is their honors. This includes things like the coach's record, being coach of the year, or being accepted into a hall of fame. Another primary concept is service. There are so many ways to provide service. The executive committee alone rotates through its elected members and needs people to run for vice president each year. We also have

*(continued on page 5)*

## Dakota Coach Fall 2020

*(message from Tim Wallstrum continued from page 4)*

the advisory committees in each sport along with the chairs to each of the All-Star Games. We always need help at the conventions and a great way to get started is to be a speaker at the convention. You would be surprised how many people turn down that opportunity. Even being a coach in an All-Star game is a great way to provide service. Maybe the easiest way to provide service to your organization is to nominate the great coaches and players you know to be recognized for awards and once the nominations are made be sure to vote.

Have an awesome season and remember great coaches do not bottle up all that knowledge and store it, they share it.

***NDHSCA President Tim Wallstrum***

### Coach Quote:

**“A winning team is more than just the talent the players have. A winning team values all players for who they are and what they bring to the team. Every player on a team, whether they are the best or the worst player, wants to be valued and respected.**

# **SCHEELS®**

*Message from NDHSCA  
Immediate Past President Tracey Heisler*



## *Blazing a Trail*

Hello everyone! Usually, this article begins with congratulations to the previous season coaches. As North Dakota's last high school season was an unfinished winter one, congratulations may seem insincere, but I still want to congratulate coaches, winter and spring. These last five months required more from coaches than anything they have ever experienced. The athletes had frustration, fear, and disappointment without a chance for feeling success, accomplishment, and joy, and our coaches supported those children while dealing with their own frustration, fear, and disappointment. I wish I could say those feelings are gone and we can move ahead with the 2020-2021, but his coming school year will be anything but normal, and as coaches we need to prepare to support our athletes through more of those feelings.

FRUSTRATION! Everyone is frustrated because the unknowns are overwhelming. FEAR! The unknown is scary. DISAPPOINTMENT! When road blocks derail dreams and the opportunity to get back on track is not available, disappointment is inevitable. So, our role is to help our athletes understand that all of this is the essence of life, that which makes life challenging and exciting. Remind your athletes that what they learn through this experience will ultimately make them stronger, more compassionate, more insightful, and better human beings. This role is much more difficult than teaching athletes to tackle, set, stride, catch or putt.

Additionally, coaches will be feeling overwhelmed because of new regulations on what we can do, can't do, and extra duties. That being said, the reality is this pandemic has created changes that will be here to stay. From communication with athletes and parents, procedures for practices, record keeping of athletes' interactions, transportation, coaching salaries, to the role of coaches, all will undergo a change. Coaches, you will have to adapt to these administrative changes; no easy task since they most likely will be in constant flux for some time. Keep in mind, that whatever regulations come, they are being put in play, so our athletes can play, and we can alleviate some of the frustration, fear, and disappointment.

What can not change is our role in helping athletes succeed. Finding success has never been solely about winning championships, but today, more than ever, achieving success will have a unique look for each school, team, and individual.

To the fall coaches, thank you in advance for all the work you are doing. You are blazing a trail into a true unknown, and your adventures will give the winter and spring sports a smoother path.

Best wishes to all for this fall!

*Immediate Past President Tracey Heisler*



## From the NDHSCA Executive Secretary's Desk

*-Randy Johnson*

**Welcome Back to a new school year!** It is great to see high school fall sports underway again. I know many of us are wondering what it is going to look like and how much will COVID-19 impact the season. Coaches have always been able to adapt to new challenges and I am quite sure they will again. It is important to follow the guidelines set by your school district. It is important to give student-athletes the opportunity to experience the highs and lows of competitive sports. Explain the significance of all individuals on the team buying into the guidelines set. This will go a long way in helping the fall season be successful. I look forward to some awesome State Championship competitions!

This is the first summer in the history of the North Dakota High School Coaches Association we were not able to hold the State Convention. This means we did not have an election, so our Executive Board will remain the same as last year for the 2020-2021 school year. The Executive Board also decided at our summer meeting to honor the 2020 Hall of Fame Inductees, 2019-2020 Coach of the Year Recipients, 2020 Award of Merit and 2020 Special Recognition Award recipients at next summer's state convention to be held at the Fargo Ramada. These awards are so special we wanted to make sure everyone had the opportunity to be recognized in front of their peers. We will have more information in future Dakota Coach Newsletters dealing with the presentation of these awards.

This is also the first summer in the history of the National High School Athletic Coaches Association they were not able to have the NHSACA National Convention. The NHSACA Executive Board decided to "postpone" the 2020 National Convention to July of 2021. This means the NHSACA Executive Board will remain the same. It also means the NHSACA National Hall of Fame Inductees and the NHSACA National Coach of the Year Finalists will receive their recognition in 2021. The unique thing is the 2021 NHSACA National Convention was scheduled to be in the same location as 2020, Lincoln, NE. This National Convention will be held at a high school and they are expecting anywhere from 2000 to 3000 Coaches to be present. More information will be in future Dakota Coach Newsletters.

I want to remind everyone to make sure they sign up for membership to the North Dakota High School Coaches Association. Membership runs from July 1 to June 30 of the following summer. Even if you signed up last spring, you still need to sign up this fiscal year to be a member. Some of the benefits of being a member are as follows:

- \$1,000,000 Liability Insurance
- Opportunity to be named a Coach of the Year including Assistant and Junior High Coach of the Year
- 8 digital subscriptions to Coach & AD Magazine – must have signed up by September 6<sup>th</sup>
- 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

*(continued on page 8)*

# Dakota Coach Fall 2020

*(Randy Johnson's message continued)*

- Eligible to be nominated for the NHSACA National Coach of the Year/Athletic Director of the Year Award
- Eligible for the NHSACA National Coaches Hall of Fame
- 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 game – 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 price of items at Office Max
  - Reduced price of insurance



As you can see membership has many benefits for any coach. I encourage you to sign up today to take advantage of the benefits.

It is very important for all members of this association continue to recruit new members. As you can see the NDHSCA has a lot to offer members. I ask head coaches to please make sure you get your assistant and junior high coaches to sign up as well. The NDHSCA welcomes all coaches and will help in any way we can.

A special thank you to the North Dakota High School Coaches Association Executive Board. This past spring and summer were challenging for the association. There were some very difficult decisions to make and the board was outstanding. They also agreed to serve an extra year since the pandemic put a damper on the State Convention. These individuals deserve a lot of credit so please give them a huge “thank you” when you see them.

The North Dakota High School Coaches Association is in the process of negotiating with Subway for another contract. We have had a great relationship with them. On our website, [www.ndhsca.com](http://www.ndhsca.com) there is a word document to order subs for your team when you are on the road. The contact information for the person responsible is on the sheet as well. Once you send the order via e-mail, follow up with a phone call to make sure they have received your order and all the information is correct. Keep in mind the financial support we receive helps this organization with our awards program. Sometimes in negotiations, we may need to add a few items to help secure even more money. The financial assistance can help in one place so we can spend our other income in another place. Keep on choosing Subway as a place for your team to eat a healthy meal.

The NDHSCA also is negotiating with Scheels in hopes they will continue to sponsor the four \$750.00 scholarships we offer to graduating Seniors of current members. Scheels can also set up team nights for you. Please see the full-page AD in the Dakota Coach for contact information to see how they can assist you with your needs.

A special thank you goes out to Universal Athletics for their continued support of the taco feed at our convention. Even though we were not able to have our convention this summer, they were willing to assist us with this great night. We hope to continue a long-lasting relationship with them.

Later in the Dakota Coach, you will see the vendors who were scheduled to be at our convention this summer. Part of our relationship with them includes giving them some advertising in our Dakota Coach. These companies have been essential for the success of our conventions.

*continued on page 9*



## Dakota Coach Fall 2020

The North Dakota High School Coaches Association has contact with the Jason Foundation. The Jason Foundation was developed in hopes of preventing Teen Suicide. The past five months have been very difficult for teenagers. The suicide rate nationwide has increased. As coaches, we have ability to help young people in need. Take the time to assist our future generation in hopes to help them become prosperous as well. If you need any information on the Jason Foundation, you can visit their website, <https://jasonfoundation.com/>. If you need any more information, please contact me. Keep in mind if we can save one life, it is worth it.

Take time to read the NDHSCA Coaches Code of Ethics and the NDHSCA Coaches Code of Conduct found in this Dakota Coach and are also located on our website, [www.ndhsca.com](http://www.ndhsca.com). Coaches have a great impact on young people. It is important we conduct ourselves the way we would like our athletes to conduct themselves.

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



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



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## 2020 NHSACA NATIONAL CONVENTION REPORT FOR NDHSCA

**Cancellation of National Convention:** The NHSACA Executive Committee held a series of special meetings in March, April and May to evaluate the current information of the effect COVID-19 was having on our nation, Nebraska and the city of Lincoln. On May 7 the Executive Committee voted unanimously to “Postpone” the 2020 NHSACA/NCA National Convention/Clinic to July 26-29, 2021.

**Major Reasons for Postponement rather than Cancellation:** President Schroeder has worked diligently in preparation for this convention and secured financial sponsorships and should be allowed to preside over his national convention. The COTY Finalists and Hall of Fame Inductees, along with the families and friends, deserve to receive the public recognition they will receive during the convention and banquets. The WCA and other Wyoming individuals and groups have made commitments to this convention and these commitments need to be honored.

**Process for Postponement:** All COTY Finalists will carry over to the 2021 convention. The state associations will NOT nominate any new coaches. All Hall of Fame Inductees will carry over to the 2021 convention. Only New Mexico and Louisiana will have the option of nominating coaches for the Hall of Fame (they had not submitted nominees at the time of postponement). Everyone who registered and paid fees for the convention had the choice of receiving a refund for their fees or rolling their payment over to 2021. North Dakota Coaches’ registrations will all carryover to 2021 even though registration fees were not paid. This saves the North Dakota coaches the time and effort of re-registering next year.

**2021 Convention:** Dates of the Convention are July 26-29, 2021. The Hall of Fame Banquet will be held on July 28<sup>th</sup> and the COTY Awards Banquet will be held on July 29<sup>th</sup>. The host site is Lincoln North Star High School. The NCA is expecting up to 3,000 coaches to attend this convention. It will include All Star games. There will be some outstanding clinic sessions throughout the week. Numerous hotels have been secured for the convention in the area surrounding LNSHS with shuttle buses running for those who choose not to drive.



***Dave Dougherty, NHSACA Executive Director***

# Dakota Coach Fall 2020

Check out the following articles written by graduate students in the Leadership in Coaching Education class at NDSU under the direction of Professor Brad Strand.

(click "Read More" to view the full article)

## An Argument for Late Specialization In Youth Sport

Youth athlete dropout rates are alarmingly high. Coaches and parents are contributing to youth athlete dropout by having unattainable expectations of the children, taking up too much of the children's time, and using ill maintained facilities. A key to improving youth athlete retention in sport revolves on the enjoyment of the children themselves through positive experiences tailored by the coaches. [READ MORE](#)

## Rules a High School Sports Program Should Integrate into its Philosophy

Sport specialization is happening at younger and younger ages every year. Many parents and coaches believe it is the only way for the young athletes to earn a scholarship or that professional contract later in life. Contrary to popular belief, studies have shown early specialization to cause burnout, depression, and increased risk of injury. [READ MORE](#)



# NDHSCA-Gelaine Orvik Scholarship Recipients Selected

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 **Skyler Strand** from Bismarck High School as beneficiaries. The Scholarships were presented to the two young student/athletes by Gelaine Orvik this summer.



**Taylor Dean, Stanley High School**



**Skyler Strand, Bismarck High School**

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

## Dakota Coach Fall 2020

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 receiving her NDHSCA-Gelaine Orvik scholarship from Gelaine Orvik

**Taylor Dean** was ranked first in her class of 42 at Stanley High School. She earned more than 29 credits when she graduated; 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 10<sup>th</sup> and 11<sup>th</sup> 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.”

*(continued on page 15)*

## Dakota Coach Fall 2020

Alecia Pulver additionally declares Taylor's 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.

**Taylor** is the daughter of Beth and Brandon Dean.

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Skylar Strand receiving his NDHSCA-Gelaine Orvik scholarship from Gelaine Orvik

**Skylar Strand** graduated 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. **Skylar** 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 9<sup>th</sup> 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."

**Skyler** 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. Scott 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.

**Skyler** is the son of Mikayla and Jason Jahner and Joe Strand.



## 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 planned to attend the University of North Dakota; **Olivia Reiser, North Star HS**; who planned to attend Lake Region State College; **Allie Wahlund, Minot HS**; who planned to attend North Dakota State University; and **Geoffrey Youngs**; who planned to attend Gustavus Adolphus College will each receive a \$750.00 scholarship from the NDHSCA and Scheels.

The scholarships were presented to each student/athlete this summer. 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 18)*

# Dakota Coach Fall 2020

(NDHSCA-Scheels Scholarship Recipients continued from page 17)



## 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 received a \$750.00 NDHSCA-Scheels Scholarship.

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**FCA**  
Fellowship of Christian Athletes





Exclusive sports apparel and custom embroidery.

**COACH QUOTE:**

“They call it coaching,  
but it is teaching.  
You do not just  
tell them it is so,  
but you show them the  
reasons why it is so...  
and,  
you repeat and repeat  
until they are convinced  
they know.”

-Vince Lombardi-

**Benefits  
of  
High School Sports**

1. Physical Health and Wellness
2. Leadership and Teamwork Skills
3. Mentorship
4. Time Management
5. Improved Academics
6. Responsibility and Accountability



# High School Coaches to Play Key Roles in Connecting Students This Year

An excerpt from The NFHS Voice:

“The pandemic has revealed many heroes during the past five months – most notably those frontline health-care workers and emergency first responders – but we believe the heroes of the 2020-21 school year will be the thousands of education-based teacher-coaches in our nation’s schools.

Re-connecting high school athletes with their coaches, whether that connection is virtually or in-person, is crucial for so many students. In some situations, a coach may be the most significant mentor in a student-athlete’s life, so keeping that relationship intact is paramount.

Some coaches will be on the field or court, or in the rehearsal hall or stage, others may have to address their teams virtually until the “all-clear” is received later this year, but these men and women will be vital to the success of high school activity programs this year.

Their tasks almost seem larger than life this year and they deserve our utmost respect and appreciation. In addition to teaching skills and strategy, they will be faced with additional daily tasks related to COVID-19, or keeping their team members connected and motivated in a virtual setting. But these heroes will undoubtedly rise to the occasion and seize the **opportunity**.

In an education-based setting, the focus is on coaching the whole person. Especially given the challenges this year presents, school administration and school boards should continue to fund and empower coaches regardless of whether they are coaching virtually or in-person.

The look of high school sports and performing arts will be different in 2020-21, but there is one constant available to everyone – **opportunity**.”

NFHS News-By Dr. Karissa Niehoff - August 19, 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

# Dakota Coach Fall 2020



## NDHSCA



### ***ONLINE MEMBERSHIP REGISTRATION LINK***

#### **PLEASE TAKE NOTE!**

The Convention and Membership Registration is **on-line only**. Visit our website [www.ndhsca.com](http://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](mailto: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



## 2020-2021 NDHSCA Sports Advisory Committees

<b>SPORT</b>	<b>REPRESENTATION</b>	<b>TERM</b>
<b><u>BASEBALL:</u></b>		
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
Kip Erickson; Washburn HS	B Division West Representative	2020-2024
<b><u>BASKETBALL – Boys':</u></b>		
Thomas Kirchoffner; West Fargo Sheyenne HS	A Division Representative	2012-2021
Brandy George; Thompson HS	B Division Representative	2019-2022
Michael Santjer; Rugby HS	At Large Representative	2020-2023
<b><u>BASKETBALL – Girls':</u></b>		
Laurie Seiben; Grafton HS	B Division Representative	2018-2021
Jim Petrik; Bismarck Legacy HS	A Division Representative	2019-2022
Jason Schwartz; Minot HS	At Large Representative	2020-2023
<b><u>CHEERLEADING (Appointed by Cheerleading Advisory):</u></b>		
Billie Ann Caya; Bismarck HS	At Large Representative	2018-2021
Luann Burris; Grand Forks Central HS	A Division Representative	2019-2022
Ruth VanWechel; Mayville-Portland CG	B Division Representative	2020-2023
<b><u>CROSS COUNTRY:</u></b>		
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
Sean Allan; Grand Forks Central HS	A Division East Representative	2020-2024
<b><u>FOOTBALL:</u></b>		
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
Dan Smrekar; Bismarck St. Mary's HS	AA Division Representative	2020-2024
<b><u>GOLF:</u></b>		
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
Michael Santjer; Rugby HS	B Division Boys' Representative	2020-2024
<b><u>GYMNASTICS:</u></b>		
Amanda Lantz; Mandan HS	At Large Representative	2018-2021
Robbie Werchau; Minot HS	West Representative	2019-2022
Courtney Engel (Gripentrog); Grand Forks Public Schools	East Representative	2020-2023
<b><u>HOCKEY (Appointed by Hockey Advisory):</u></b>		
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
Jason Bennett; Minot HS	Boys' Representative	2020-2024
<b><u>SOCCER:</u></b>		
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
Matt Pfau; Minot HS	Girls' West Representative	2020-2024

# North Dakota High School Coaches Association

2020 Sports Advisory Committee Representatives

## **SOFTBALL:**

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
Trevor Yetterboe; Wilton HS	Class B West Representative	2020-2024

## **SWIMMING & DIVING:**

Thomas Wheeling; Bismarck Legacy HS	At Large Representative	2018-2021
Skip Fisher; Fargo South HS	Girls' Representative	2019-2022
Richard "Dick" Fisher; Fargo North HS	Boys' Representative	2020-2023

## **TENNIS (Appointed by Tennis Advisory):**

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
Scott DeLorme; Minot HS	West Boys' Representative	2020-2024

## **TRACK & FIELD – Boys':**

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
Mitch Grochow; Beulah HS	B Division West Representative	2020-2024

## **TRACK & FIELD – Girls':**

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	2019-2023
Jon Jahner; Bowman County HS	B Division West Representative	2020-2024

## **VOLLEYBALL:**

Tarra Hysjulien; Deslacs-Burlington	B Division Representative	2018-2021
Rich Olson; Langdon HS	At Large Representative	2019-2022
Anna Folk; Mandan HS	A Division Representative	2020-2023
Tera Paulson; Hankinson HS	Volleyball Executive Appointee	2015-Present

## **WRESTLING (Appointed by Wrestling Advisory):**

Dave Wolding; New Salem HS	B Division Representative	2018-2021
Mark Lardy; Bismarck HS	A Division President	2019-2022
Chad Barstad; Velva HS	B Division President	2020-2023

## 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 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 NDHSCA Executive Committee Meeting.

### **Return Form to:**

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

email: [duck@westriv.com](mailto:duck@westriv.com)



# Dakota Coach Fall 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, 2020 – August 1, 2021

## LIMITS OF INSURANCE

\$1,000,000	Each Occurrence
\$2,000,000	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.

Questions on insurance: Please contact Randy Johnson at [duck@westriv.com](mailto:duck@westriv.com).

## 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

As a member benefit of your state coaches association, all members in good standing have a \$1,000,000 per occurrence General Liability policy limit that provides coverage for their coaching activities. In order to protect the General Liability policy from potential claims, the insurance company has mandated that all coaches must obtain signed waivers and provide Participant/Accident insurance for their participants.

In order to obtain a certificate of insurance showing proof of insurance or naming an additional insured, the following must be in place:

- ❖ Waivers: Signed waivers showing indemnification language
- ❖ Participant/Accident Insurance: You must have Participant/Accident coverage in place for all participants attending sports camps.

## PURCHASE INSURANCE

- ❖ Camp Insurance Request form is available on our website: [www.loomislapann.com](http://www.loomislapann.com)

## INSURANCE ADMINISTRATOR

**LOOMIS & LAPANN, INC.**

INSURANCE SINCE 1852

[www.loomislapann.com](http://www.loomislapann.com)

(P) 800-566-6479 | (F) 518-792-3426

Greg Joly  
Lori George  
Karen Boller

[gjoly@loomislapann.com](mailto:gjoly@loomislapann.com)  
[lgeorge@loomislapann.com](mailto:lgeorge@loomislapann.com)  
[kboller@loomislapann.com](mailto: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 2021 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](mailto:Scott.Grochow@k12.nd.us), or Bill Jansen at [William.Jansen@k12.nd.us](mailto: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 2021 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.

Quote:

You do enough small things right,  
big things will happen.

-John Wooden-



UNIVERSAL  
ATHLETIC



# 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.



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## *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 first 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.



**FELLOWSHIP OF  
CHRISTIAN  
ATHLETES**

# 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  
Brackenbury, 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  
Dockter, 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  
Hoff, David; Bottineau HS  
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, Randy; Hazen HS (Bismarck)  
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  
Townsend, Brad; Bismarck Century 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  
Ward, John; Hazen HS  
Wheeling, Bob; Killdeer HS  
Wilson, Dean; Carl Ben Eielson MS  
Wilson, Jerry; Bismarck Century HS  
Wisthoff, David; Glenburn HS  
Zimney, Bob; Grand Forks Red River HS  
Zinke, Davey; Valley City

### **Honorary Lifetime Members**

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



# NDHSCA Past Presidents

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

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



## 20 Years

Charles Anderson, 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  
 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](http://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





# SCHEELS®

PROUD SPONSOR OF THE NORTH DAKOTA HIGH SCHOOL COACHES ASSOCIATION



**WE INVITE COACHES TO  
CONTACT THEIR LOCAL  
SCHEELS STORE TO  
SECURE INFORMATION ON  
TEAM SHOPPING NIGHTS.**

**Fargo – (701-298-2918)** Ask for Andrew Manning

**Minot – (701-852-1010)** Ask for Collin Wible

**Bismarck – (701-255-7255)** Ask for Kate Walth

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



# NDHSCA 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 33<sup>rd</sup> St, Suite 4, Bismarck, ND 58501

.....  
**PLEASE DETACH THIS BOTTOM PORTION FOR YOUR TAX RECORDS**

**Gelaine Orvik Scholarship Donation made by** \_\_\_\_\_

Amount of Donation \_\_\_\_\_ Date Donated \_\_\_\_\_

# THANK YOU NDHSCA SPONSORS





## ***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 2020-2021 school year if you have not done so. Our membership runs July 1 through June 30.

Sign up at: [www.ndhsca.com](http://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](http://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](http://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](http://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.

# SUBWAY™

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**Coach of the Year Awards and**

**NDHSCA Gelaine Orvik Scholarship**

