

# Dakota Coach

Volume 55 Issue 3  
[www.ndhsca.com](http://www.ndhsca.com)



## FEATURED INFORMATION

NDHSCA Convention Schedule  
NDHSCA Hall of Fame  
Award of Merit  
Distinguished Service  
NHSACA 2021 Finalists

## ***In This Issue***

Executive Committee.....	3
President Wallstrum’s Message.....	4
Past President Olson’s Message.....	6
Executive Secretary Johnson’s Message..	7
NHSACA Message.....	10
Vice Presidential Candidates.....	13
2020-21 Hall of Fame Inductees .....	13
NDHSCA Award of Merit Recipients...	14
NDHSCA Hall of Fame Inductees.....	14
NDHSCA Distinguished Service.....	16
NDHSCA-Special Recognition.....	17
2021 Convention Information.....	18
2021 Convention Plans and Schedule...	19
NDHSCA&NHSACA COTY Finalists.	26
NDSU Article Links.....	27
NDHSCA SUBWAY COTY.....	28
POWERade Outstanding Senior .....	29
NDHSCA Online Membership Info....	32
Advisory Committee Members.....	33
Insurance Information.....	35
Coaching Longevity Information.....	36
Post Season Award Criteria.....	38
Lifetime Membership Information.....	39
Paid Lifetime Members.....	40
Past Presidents.....	41
Longevity List.....	42
Forms.....	43
Gelaine Orvik Scholarship Form.....	45
NDHSCA Code of Ethics.....	48
Coaches Code of Conduct.....	49
Become a NDHSCA Member.....	50
Dakota Coach Publication Info.....	51

Photo credit for front cover - Inforum Michael Vosberg/Forum Photo and insert photo (right) - Luke Franke/ Grand Forks Herald.



## Featured Articles

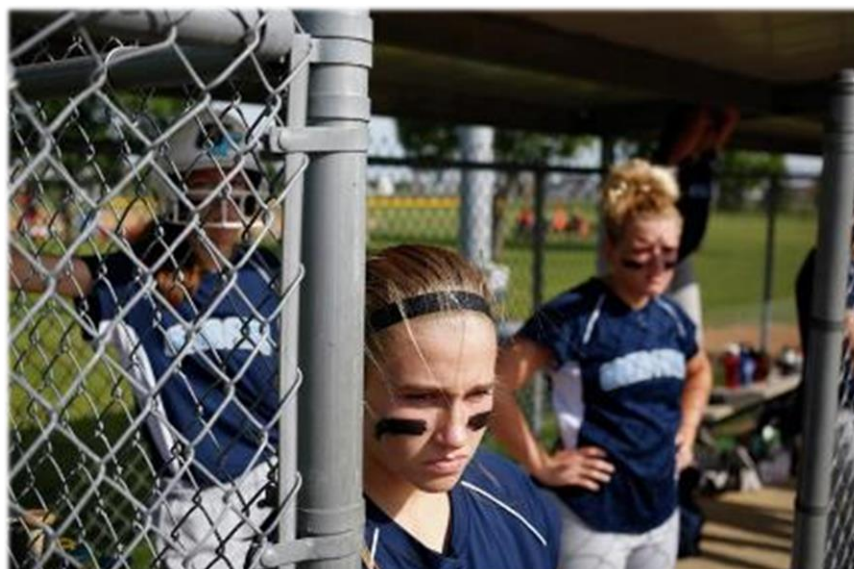
President Tim Wallsrum’s Message-  
**“Mental Toughness Has Many Faces”**  
 page 4

Message from Past President Eric Olson  
**“We Made It”**  
 page 5

Message from Randy Johnson  
**NDHSCA & NHSACA news**  
 beginning on page 7

**Vice President Candidates**  
 page 12

**NDSU Graduate Student  
 Article Links**  
 page 27



# 2020-2021 NDHSCA Executive Committee



**President**  
**Tim Wallstrum**

PO Box 402  
Kenmare, ND 58746

**Phone Numbers:**  
(h) 701-385-3376  
(w) 701-385-3376  
(c) 701-340-8221  
*twallstrum@mykps.us*



**President Elect**  
**Ron Metz**

1335 20<sup>th</sup> Street North  
Bismarck, ND 58501

**Phone Numbers:**  
(h) 701-471-5197  
(w) 701-323-4900  
(c) 701-471-5197  
*ron\_metz@bismarckschools.org*



**Vice President**  
**Rick Anderson**

1415 Roberts Ave NE  
Cooperstown, ND  
58425

**Phone Numbers:**  
(h) 701-797-3199  
(w) 701-797-3114  
(c) 701-789-1669  
*rick.anderson@k12.nd.us*



**Immediate Past President**  
**Tracey Heisler**

1120 22<sup>nd</sup> Street NW  
East Grand Forks, MN  
56721

**Phone Numbers:**  
(h) 218-779-3021  
(w) 218-779-3021  
(c) 218-779-3021  
*theisler020@mygfschools.org*



**Past President**  
**Eric Olson**

121 Maplewood Dr.  
Gwinner, ND 58040

**Phone Numbers:**  
(h) 701-678-6842  
(w) 701-678-2492  
(c) 701-730-2018  
*eric.olson@k12.nd.us*



**Executive Secretary**  
**Randy Johnson**

1527 North 33<sup>rd</sup> St,  
Suite 4  
Bismarck, ND 58501

**Phone Numbers:**  
(h) 701-870-1064  
(w) 701-870-1064  
(c) 701-870-1064  
*duck@westriv.com*



**Assistant Executive Secretary**  
**Scott Grochow**

409 7<sup>th</sup> Avenue SE  
Rugby, ND 58368

**Phone Numbers:**  
(h) 701-776-5201  
(w) 701-776-6854  
(c) 701-771-2709  
*scott.grochow@k12.nd.us*



**Assistant Executive Secretary**  
**Bill Jansen**

410 7<sup>th</sup> Avenue SE  
Rugby, ND 58368

**Phone Numbers:**  
(h) 701-776-7758  
(w) 701-776-5201  
(c) 701-351-0844  
*william.jansen@k12.nd.us*



**Assistant Executive Secretary - Dakota Coach**  
**Lisa Strand**

1511 7<sup>th</sup> Avenue NE  
Thompson, ND 58278

**Phone Numbers:**  
(h) 701-599-2620  
(w) 701-599-2765  
(c) 218-779-3404  
*lisa.strand@tps-k12.org*



**Membership Chairperson**  
**Karen Hardie**

2472 Lilac Lane  
Fargo, ND 58102

**Phone Numbers:**  
(h) 701-237-5624  
(w) 701-446-5200  
(f) 701-446-5299  
*hardiek@fargo.k12.nd.us*



**Lions' Basketball Co-Chairs**  
**Michael Sorlie**

PO Box 5  
Gwinner, ND 58040  
**Phone Numbers**  
(c) 701-527-5273  
(h) 701-678-3823  
*michael.sorlie@k12.nd.us*

**Mike Hendrickson**  
1408 57<sup>th</sup> Avenue S  
Fargo, ND 58104  
**Phone Numbers**  
(c) 701-367-6546  
(h) 701-367-6546  
*hendrim@fargo.k12.nd.us*

**Shrine Football Chair**  
**Bill Lorenz**

1431 Chestnut Street  
Grand Forks, ND 58201

**Phone Numbers**  
(c) 218-791-3121  
(h) 701-795-7818  
*wlorenz280@mygfschools.org*

**Optimists' Volleyball Co-Chairs**

**Lisa Strand**

1511 7<sup>th</sup> Avenue NE  
Thompson, ND 58278

**Phone Numbers:**  
(c) 218-779-3404  
(h) 701-599-2620  
*lisa.strand@tps-k12.org*

**Tim Wallstrum**  
PO Box 402  
Kenmare, ND 58746  
**Phone Numbers**  
(c) 701-340-8221  
(h) 701-385-3376  
*twallstrum@mykps.us*



**Membership Chairperson**  
**Rod Hardie**

2472 Lilac Lane  
Fargo, ND 58102

**Phone Numbers:**  
(h) 701-237-5624  
(w) 701-238-5717  
(c) 701-238-5717  
*hardier.10@gmail.com*



## Message from NDHSCA President Tim Wallstrum



## Mental Toughness Has Many Faces

### Greetings from the NDHSCA Executive Board,

We hope that you had a wonderful Easter holiday and a restful spring break. We are all looking forward to returning to our annual summer convention. It will be great to see all of you again.

People are always asking about the favorite events in my coaching career. They are usually surprised to find that it was a state championship that we lost, acts of kindness my team displayed at events, or fundraising milestones for charities. What is best about sports is the life lessons we all learn.

We as coaches are very fortunate to get to watch our athletes play the game. The fans get to see the game too, but what is unique for us is that we get to see the game from the inside and we get the privilege of knowing our athletes for the people they are. There are so many things that go into this, but there are a few things that I was able to see this year that made me stop and think.

We went through the girls' basketball season with no losses and we were playing for the regional championship. We are a fairly young team and had only three seniors. These three seniors started every game for us all year and they all were an instrumental part of our successful season. We had beaten the team we played in the championship game earlier in the season, so the kids thought they had a good chance. From the start of the game that opposing team shot the lights out. When we came further out to defend them, they just backed up and scored. It started to feel like they were shooting from our bench. We were down by eighteen points and when we started the second half it wasn't going much better. We decided to play a younger set of girls who were stronger defensive players, but not as prolific scorers. We started to climb back into the game and eventually did pull it out. I felt that our kids showed mental toughness. We hear about that all the time but what is mental toughness?

Now that is not the story, there is an inside story. All three seniors were sitting on the bench in what could have been the last game in their lives. I have had kids whine and complain many times in my career about playing time. These kids did none of that. They cheered louder than anyone had cheered on the bench all year and there was no one happier in the win. It was amazing to watch them embrace their role. Everyone has a role to play on a team and wouldn't it be nice if everyone could learn to accept their roles. Now that is a life lesson. They never gave up and kept fighting even though they could have let their emotions rule the day.

A few years ago, we had a great speaker at one of our conventions named Spencer Wood. He talked about the 4 C's of Peak Performance. Composure, Confidence, Concentration, and Commitment saying that the mental part of your performance is more important than the physical. I remember him asking if we were a thermometer or a thermostat. A thermometer just expresses what is going on in his environment whereas a thermostat adjusts to the environment and makes changes to accommodate it. He said a person's peak performance level is a balance between being too high and too low. The best athletes achieve aggressive poise or a perfect balance all the time.

Dr. Wood felt that we have to constantly be aware of this and it takes practice just like everything else. He wanted people to be aware of the triggers that set a person off and to be prepared ahead of time to know how to react to them. He said that we have external triggers and internal triggers which we must learn to control. An athlete who can master his mind is never mastered by others.

*(continued on page 5)*

# Dakota Coach Spring 2021

*Message from NDHSCA President Tim Wallstrum*

*(continued from page 4)*



We were taught that we need to be able to admit our triggers to get past them and that it is tough to get past our egos. Dr. Wood also felt we have our highest level of confidence from preparation. We need to let go of past mistakes and have a go-to sentence that we could rely on. Something like, 'I am better than this and I am best when it counts the most'. There are many people that are locked into their own mistakes and hold on to the bad things the longest. Those that dwell on failure are not successful. It is said that there is a reason you have a small rearview mirror in the car and a large windshield in the front. Leave the past behind and look to the future. Dr. Wood felt the true measure of mental toughness is how fast you can move on from the mental mistakes into the future. The faster you are, the more mentally tough you are. That is what they mean when they say you have to have a short memory. It is hard to teach kids to just let it go but it is an essential part of mental toughness.

These are life lessons that we learn through sports, not just athletic lessons. Most people would do well to learn how to have aggressive poise and not let their emotions control their actions. Coaches know that, too. Athletics are part of our educational system intentionally. We are all meant to learn and improve.

Enjoy the end of the year, it is always hectic.

***NDHSCA President,  
Tim Wallstrum***

## Coach Quote:

Look for the good today.

When you see the GOOD, look for the GOOD, expect the GOOD,  
you find the GOOD and...the GOOD finds you.

Remember, how you choose to see the world  
determines the world you see.

-Jon Gordon-

## WE MADE IT!



Can you believe it! We made it through what turned out to be a very mild North Dakota winter. Not only did we make it through a ND winter, but we were able to make it through with a limited number of cancellations due to Covid-19. I don't think anyone could have imagined things turning out as they have. Our athletes, coaches, administrators, school janitorial staff, and fans deserve a lot of credit for taking the necessary precautions that allowed us to make it through the fall and winter sports seasons. I think we all know that we North Dakotans have a lot of perseverance, but it has never been more evident than it has been this year.

I last wrote an article for the Dakota Coach in March of 2020. Boy, has the world changed in the past twelve months! Think about all that has happened and all that we have been introduced to: a global pandemic, racial injustice, Zoom, facemasks, The Last Dance documentary, elections, LeBron James and Tom Brady each winning another championship! Last spring once we started our shutdown, all I wanted was for sports to be back, purely for the entertainment aspect it provides us. The pandemic made me realize how much I love sports and how they are such a huge part of my life—the preparation, competition, the roar of the crowd, teamwork, strategy, and the life lessons learned. I find that when I'm not doing anything at home, there is either a sporting event on TV or on the radio that I'm following.

When we took the football field for the first time this past fall, the feeling that we were finally on the field competing was surreal. I'm so glad that our kids were able to participate this school year in their sporting events. Did it look different? It sure did, but the bottom line is the kids had activities to look forward to. It's widely known that kids who are involved in activities do better in school, and I couldn't agree more. I've been in Zoom meetings with coaches from around the country, and to hear and read some of the stories from states who haven't been able to participate in activities has been unbelievable. It makes me so thankful for what we were able to do this school year.

I urge everyone to save the dates of July 19-July 22 when we'll be hosting the NDHSCA State Convention at the Fargo Ramada. After missing out on last year's convention, we're excited to be able to host everyone in 2021. We will celebrate not only the 20-21 award winners, but also those that we were not able to recognize at last year's convention. Schedules and guidelines will be released in the coming weeks and months.

I want to encourage other coaches to become involved with the NDHSCA. How? You might ask? Start by being part of the Advisory Committee in your sport. Take the leap and be a speaker at convention. Let one of us know that you'd be willing to be part of the Executive Committee. I can tell you from the experience of doing all of these things that you won't regret being part of a great organization!

This summer marks the end of my five (six, because of Covid) year term on the Executive Board. Although my term is ending, Randy and the crew won't be getting rid of me just yet! I'm looking forward to my next opportunity as I'll be taking over as NDHSCA Membership Chairperson. Rod and Karen Hardie have been in this position for many years, and I have giant shoes to fill to accomplish half the job they've done. I want to thank both Rod & Karen for their years of dedication to the NDHSCA and congratulate them on their retirement. I also want to thank the board for trusting me to step into this position, I will work hard not to let you down. I ask all of the NDHSCA members to bear with me through this first year as I learn the ropes from Rod and Karen.

As we finish off the school year, I wish everyone continued health as we move toward normalcy. I look forward to seeing you in Fargo, July 19-22, during Convention.

***NDHSCA Past President, Eric Olson***



## From the NDHSCA Executive Secretary's Desk

*Randy Johnson*



Thank you to all coaches, players, athletic directors and fans for making this past winter sporting events the best they could be. It was a year ago in March when the schools and sporting events nation-wide were shut down due to the COVID-19 pandemic. It is a great accomplishment for North Dakota to finish another sports season with only mild interruptions. It proves again how all of us can overcome adversity. I express my gratitude to everyone on a job well done!

Congratulations to all the State Champions, NDHSCA Subway Coach of the Year Recipients and NDHSCA POWERade Senior Athlete of the Year Recipients. This year once again provided some great performances. It was an exciting winter sports season.

In January, Karen and Rod Hardie announced to the NDHSCA Executive Board they would be retiring next May 2022. Karen and Rod have served as membership chairs for many years. They have spent countless hours assisting the association. Thank you to Karen and Rod for all your hard work. You have been outstanding for our organization and we are grateful for your time and effort.

The North Dakota High School Coaches Association has decided to hire Eric Olson as the membership chair following Karen and Rod's retirement. Eric will start July 1, 2021 so he would have roughly one year to learn everything from Karen and Rod. We feel this will create a very smooth transition. Eric is finishing his term on the Executive Board this summer and is excited for the new challenge. Thank you, Eric for being willing to accept this position. We look forward to your continuing work with the NDHSCA.

The 2021 North Dakota High School Coaches Association Summer Convention is taking shape. The convention will be held in Fargo at the Ramada (3333 13<sup>th</sup> Avenue South) from Monday, July 19<sup>th</sup> through Thursday, July 22<sup>nd</sup>. We will finish the four-day conference with the NDHSCA Hall of Fame/Coach of the Year Banquet on Thursday, July 22<sup>nd</sup>. The schedule is almost complete. I have a couple of speaker openings left to fill. You can view the schedule on our website: [www.ndhsca.com](http://www.ndhsca.com). There will be an opportunity for coaches to take one or two semester hours of graduate credit from North Dakota State University. A syllabus is posted on our website under the convention tab. There is also information later in this Dakota Coach. Please e-mail me if you have any questions: [duck@westriv.com](mailto:duck@westriv.com). It looks to be another great time for coaches to learn, collaborate, and gather steam for another great school year. I encourage everyone to attend. Make plans now by setting July 19<sup>th</sup> through July 22<sup>nd</sup> aside!

I encourage all members to inspire all coaching friends to become a member of the NDHSCA. Membership is our driving force. Keep in mind the association is an organization run by coaches, for coaches. Let me or one of the Executive Board members know if there is any way we can assist you. We are here for coaches.

Coaching is an awesome profession! A coach has a tremendous influence on shaping the leaders of tomorrow. You have an unbelievable impact. It is important to read and follow the **Coaches Code of Ethics** and the **Coaches Code of Conduct**. These two documents are printed later in this Dakota Coach and are also on our website. The coaching codes are what this organization stands for in the professional world. It is important we model the same behavior we expect out of our athletes.



# Dakota Coach Spring 2021

## Message from NDHSCA Executive Secretary, Randy Johnson

*(continued from page 6)*

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

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

In closing, remember the NDHSCA is here for coaches. Please feel free to contact us if you have any questions. We will see you at the Fargo Ramada in July for the NDHSCA State Coaches Convention!

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



The North Dakota Beef Commission is a proud sponsor of the Noon Luncheon on Monday, July 19<sup>th</sup> at the NDHSCA State Coaches Convention.



**BUILD YOUR  
BASE**

“Build Your Base” a program for North Dakota High Schools sponsored by the North Dakota Beef Commission.



# A WINNING COMBO



**Visit a Subway® restaurant today!**

Find the nearest location or order ahead using the Subway® app or online at [www.subway.com](http://www.subway.com)

App/online ordering available at participating restaurants.  
Allow 15 minutes for pickup.  
All chip-related trademarks are owned by Frito-Lay North America, Inc. ©/© Subway IP LLC 2020.

**SUBWAY**®



## **Greetings from the National High School Athletic Coaches Association!**

The National High School Athletic Coaches Association National Convention will be held in Lincoln, Nebraska July 26<sup>th</sup> through July 29<sup>th</sup>. The actual convention sport specific sessions start on Tuesday, July 27<sup>th</sup>. The format of this convention will be a little different. It will be held at the high school. This will be quite an event. There are 2000 to 3000 coaches expected to attend. I encourage coaches to register. You do this by visiting the NHSACA Website: [www.nhsaca.org](http://www.nhsaca.org). If you have any questions, please feel free to contact Randy Johnson at [duck@westriv.com](mailto:duck@westriv.com).

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

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

Congratulations Lisa and Randy on your induction!

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

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

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

*(continued page 10)*

# Dakota Coach Spring 2021

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

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

North Dakota can be very proud of the state's representation at the National level. This is one of the opportunities you have as a member of our association. Please keep in mind if you are a member of the North Dakota High School Coaches Association, you are also a member of the National High School Athletic Coaches Association. This is part of the membership dues you pay to our association. If you are interested in working with the NHSACA, please contact me. I will keep your name on a list for future reference. It is something you will enjoy.

The NHSACA has decided to have the 2022 National Convention in Des Moines, Iowa. The dates will be June 18 – June 22, 2022. The 2023 NHSACA National Convention will be back in Lincoln, NE. The dates are July 17 – July 20, 2023. North Dakota will host their State Conventions around the National Convention so coaches from North Dakota can attend both.

If you have never been to a NHSACA National Convention that is hosted out of state, I encourage you to attend. It provides great enjoyment and a lot of networking amongst coaches throughout the country. It truly is an awesome experience.

I encourage people to visit the NHSACA Website often: [www.nhsaca.org](http://www.nhsaca.org). This website was just updated with a lot of information on it. Hopefully it is easier to navigate. Please put this website in your favorites. It is another great resource for coaches.

In closing, we are hoping to see you at the NHSACA National Convention in Lincoln, NE this summer. Take care and enjoy the rest of your school year!

***Sincerely,  
Randy Johnson  
Past President and Webmaster***



# POWERADE®



# 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 Mike Hoff

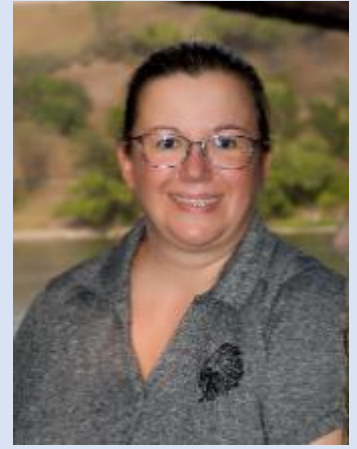
**Grand Forks – (701-780-9424)** Ask for Marty McDonald

# 2021 NDHSCA Vice President Candidates



**Jamie Zastoupil**

**Claudia Schoellkopf**, currently the Head Girls' and Boys' Swimming and Diving Coach at Mandan High School and **Jamie Zastoupil**, currently the Head Volleyball Coach at Bismarck Century High School, are your NDHSCA Vice President 2021 candidates. Balloting will take place at this summer's Annual Coaches Convention to be held July 19 through July 22 at the Fargo Ramada.



**Claudia Schoellkopf**



## 2020 NDHSCA HALL OF FAME INDUCTEES

The banquet honoring these coaches will take place at the Fargo Ramada on July 22, 2021. These individuals were chosen to be inducted in 2020. Due to the Pandemic, they will be inducted in 2021.



**Brian Midthun**  
Athletic Director,  
Baseball Coach  
and Football  
Coach  
from Enderlin  
High School



**Perry Piatz**  
Athletic Director,  
Basketball Coach  
and Golf Coach  
from Kindred  
High School



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



**Victor Youngs**  
Tennis Coach  
from Fargo  
South High  
School

# AWARD OF MERIT



**Craig Keating - KMAV  
and KMSR Radio  
Sportscaster,  
Mayville, ND**

**Brenda Schell  
NDHSAA**

**The North Dakota High School  
Coaches Association announces  
the Award of Merit Recipients  
for the 2021 NDHSCA Hall of  
Fame/Coach of the Year  
Banquet.**

# 2021 NDHSCA HALL OF FAME INDUCTEES



**Tim Delmore  
Basketball and  
Track and Field  
Coach from Grand  
Forks Red River  
High School**

**Dave Michaelson  
Football, Wrestling,  
Girls' Basketball,  
Track and Field and  
Assistant Athletic  
Director from  
Dickinson High  
School**

**The North Dakota High School  
Coaches Association Executive  
Committee voted unanimously at  
the Fall Meeting to induct two  
coaches into the 2021 class of the  
North Dakota High School  
Coaches Association Hall of Fame.  
Coach Delmore and Coach  
Michaelson will be inducted in  
July of 2021 at the Fargo Ramada.**



Exclusive sports apparel and custom embroidery.





# Dakota Coach Spring 2021

The North Dakota Beef Commission is proud to sponsor the Noon Luncheon on Monday, July 19<sup>th</sup> at the 2021 NDHSCA State Coaches Convention.



“Build Your Base” a program for North Dakota High Schools sponsored by the North Dakota Beef Commission.



# Distinguished Service Award

The North Dakota High School Coaches Association will present the National High School Athletic Coaches Association Distinguished Service Award to Karen and Rod Hardie at the 2021 NDHSCA Hall of Fame/Coach of the Year Banquet on July 22<sup>nd</sup>. The convention and banquet will take place at the Fargo Ramada.



**Karen Hardie**



**Rod Hardie**

- 21 years as Membership Chairs
- Very instrumental in the hosting of three NHSACA National Coaches Conventions in North Dakota
- 34 combined years working the registration desk at the NDHSCA State Convention
- 7 years as the editor of the Dakota Coach
- 60 combined years of coaching between the two of them
- 3 years on Tennis Advisory
- 4 years on Cross Country Advisory
- 5 times presented at the NDHSCA State Coaches Convention
- 5 times presented at the NHSACA National Coaches Convention
- 5 times NHSACA National Coach of the Year Finalist

Thank you to Karen and Rod for all your years of service as the Membership Chairpersons. Karen and Rod Hardie will be retiring in May of 2022. Congratulations on your retirement! Thank you for all your years of service. Eric Olson will be replacing Karen and Rod Hardie come May of 2022. Eric will work with Karen and Rod from July 1, 2021 to their retirement.



**Eric Olson**



# Special Recognition Award

The North Dakota High School Coaches Association announces the  
Special Recognition Recipients  
for the 2021 NDHSCA Hall of Fame/Coach of the Year Banquet.

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

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

Gelaine Orvik – State Track and Field Meet Official. Long time North Dakota High School  
Coaches Association State Executive Secretary. Gelaine is from Fargo.

## Using Oxygen Under Pressure To Heal Faster



*Healing with Hyperbarics, LLC*  
4487 Calico Drive, S, Unit B Fargo, ND 58104  
Telephone (701) 532-2426  
After hours: (701) 866-1175

**Call us regarding our Concussion  
and Sports Injury protocols**



## 2021 NDHSCA Convention Information

Monday, July 19, 2021 through Thursday, July 22, 2021  
Fargo Ramada located at 3333 13<sup>th</sup> Avenue South, Fargo, ND

### Monday, July 27

- Registration open: 7:00 AM to 2:30 PM
- Registration for NDSU Graduate credit – 7:30 AM (Must attend if taking it for credit)
- **Seminar Sessions** – 8:00 AM to 5:00 PM
  - Coaching & Conflict
  - Special Topics
- CPR/AED/ First Aid Recertification
  - Need to attend one session
  - Cost is \$15.00 per person
- Concussion Management Recertification – There is only one session that day
- Noon Lunch provided by the NDHSCA with a speaker
  - Noon Luncheon is sponsored by the North Dakota Beef Commission
- Practice Taping Session
- Nutrition sessions

### Tuesday, July 28

- Registration Open: 7:30 AM to 2:30 PM
- Registration for NDSU Graduate Credit – 8:00 AM (Must attend if did not sign up Monday)
- **Sport Specific Sessions**
- Vendors are open for visit
- General Session Speaker: Dr. Brad Strand, NDSU

### Wednesday, July 29

- Registration Open: 7:30 AM to 2:30 PM
- Registration for NDSU Graduate Credit – Those not signed up must today.
- **Sport Specific Sessions**
- Vendors are open for visit
- Convention Social – Sponsored by NDHSCA and Universal Athletics
- Bean Bag Tournament

### Thursday, July 30

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

# Dakota Coach Spring 2021



## NDHSCA 2021 Coaches Convention Plans



The North Dakota High School Coaches Association Summer Coaches Convention will be held in Fargo at the Ramada (3333 – 13<sup>th</sup> Avenue South) from Monday, July 19 through Thursday, July 22. Rooms have been reserved for this convention at the Ramada. Please call to reserve your rooms today (701-235-3333).

**Registration for the convention should be open around May 1.** We will send an e-mail out letting people know when it is open. All coaches will need to register through the NDHSCA website: [www.ndhsca.com](http://www.ndhsca.com). Here are some key points about this summer's convention.

1. Convention **registration is \$65.00. Membership** remains at **\$60.00**. Need to be a member to attend the convention.
2. Convention is held at the **Ramada in Fargo**
3. Dates of the convention are **July 19<sup>th</sup> through July 22<sup>nd</sup>**
4. Up to two semester hours of **credit available through NDSU**
  - a. Cost is \$65.00 per credit
  - b. A person may take one or two credits
  - c. Website has the criteria for the syllabus to earn the credits
  - d. Final registration for credit will be at the hotel
5. May **recertify in CPR/AED/First Aid** – This will only be available on Monday, July 19<sup>th</sup>. Cost will be \$15.00 to recertify.
6. May **recertify in Concussion Management**. Right now this is only one session and it will be on Monday, July 19<sup>th</sup>.
7. Planning to have a social on Wednesday along with a fun Bean Bag (Corn Hole) Tourney.
8. **NDHSCA Annual Meeting** will take place on Thursday, July 22<sup>nd</sup>. There will be a Subway Lunch for all meeting attendees.
9. **NDHSCA Hall of Fame/Coach of the Year** Banquet will be Thursday, July 22<sup>nd</sup>.
10. **Great sessions all week.**

**All Athletic Directors and coaches are reminded** this will work for the recertification process of coaches. We have worked hard to bring a number of different coaches to the convention this summer. A tentative schedule follows in the Dakota Coach.

A tentative schedule is also posted on our website: [www.ndhsca.com](http://www.ndhsca.com). This will be updated weekly so continue to check it our online.

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

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

**See you in Fargo on July 19<sup>th</sup> through July 22<sup>nd</sup>. Looking forward to seeing you there.**

# Dakota Coach Spring 2021



## 2021 Coaches Convention (Tentative) Schedule Fargo Ramada Convention Center

go to [www.ndhsca.com](http://www.ndhsca.com) for complete updates

### Monday, July 19<sup>th</sup>; Coaching Seminars:

7:00 AM - 2:30 PM -Registration Desk Open, Ramada Courtyard

### **REGISTRATION for Monday's Seminars**

**\$15.00 Extra Charge for CPR, AED, First Aid Recertification**

**MUST BE COMPLETE BEFORE 7:30 am**

**7:30 AM Woodland North College Credit Registration, Dr. Brad Strand**

#### **8:00 Coaching Seminars**

Birch	Coaching & Conflict	"Coach-Official Relations"	Dave Klundt; Fargo
Walnut	Special Topics	"Lower Extremity Injuries"	Dr. Jay Albrecht & Dr. Dawn Hammerschmidt;
<b>MSUM</b>			

#### **9:00 Coaching Seminars**

Birch	Coaching & Conflict	"Challenges of Coaching Girls vs. Boys"	Jon Jahner & Nick Walker;
<b>Bowman HS</b>			
Woodland East	CPR/AED	"CPR, AED, First Aid Recertification – Attend 1"	Christa Kovarik; Garrison,
<b>ND</b>			
Walnut	Special Topics	"Taping Session"	Dr. Jay Albrecht & Dr. Dawn Hammerschmidt; MSUM

#### **10:00 Coaching Seminars**

Birch	Coaching & Conflict	"Expectations of Coaches"	Todd Olson; Fargo Public Schools
Woodland East	CPR/AED	"CPR, AED, First Aid Recertification – Attend 1"	Christa Kovarik; Garrison,
<b>ND</b>			
Walnut	Special Topics	"Taping Session Continued"	Dr. Jay Albrecht & Dr. Dawn Hammerschmidt;
<b>MSUM</b>			

#### **11:00 Coaching Seminars**

Birch	Coaching & Conflict	"Nutrition for Peak Performance"	Elizabeth Kasperek; Sanford Health
Woodland East	CPR/AED	"CPR, AED, First Aid Recertification – Attend 1"	Christa Kovarik; Garrison,
<b>ND Walnut</b>	Special Topics	"Winning Weight Room Culture"	Jim Kramer; NDSU

**NOON Woodland North East Seminar Luncheon (provided by NDHSCA)**

**Luncheon Speaker "Hyperbaric Oxygen Therapy for Sports Related Injuries" Dr. Daphne Denham**

#### **1:30 Coaching Seminars**

Woodland NE	Coaching & Conflict	"Coaching Information from the NDHSAA"	Matt Fetsch; NDHSAA
Woodland NE	Special Topics	"Coaching Information from the NDHSAA"	Matt Fetsch; NDHSAA

#### **2:30-4:00 Coaching Seminars**

Woodland NE	Coaching & Conflict	"ND Beef Commission Program"	Nicole Wardner; ND Beef Commission
Woodland NE	Special Topics	"Beef in an Athlete's Diet"	ND Beef Commission

#### **4:00 Coaching Seminars**

Woodland NE	Coaching & Conflict	"Game-Based Approach in Coaching"	Kanae Haneishi; Valley City State
Woodland NE	Special Topics	"Game-Based Approach in Coaching"	Kanae Haneishi; Valley City State

**4:00 Vendor Set Up Woodland South**



# Dakota Coach Spring 2021

## 2021 Convention Schedule (tentative) Continued..

### Tuesday, July 20<sup>th</sup>

7:30 AM – 2:30 PM Registration Desk Open Ramada Courtyard

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

**Woodland North 8:00 College Registration, Dr. Brad Strand; NDSU**

8:30-4:30 Convention Exhibit Hall Open Woodland South

**8:30 ROOM SPORT TOPIC SPEAKER; SCHOOL**

Woodland North	Basketball	“Bison Basketball”	NDSU Men
Walnut	Football	“Simple Way To Be A Multiple Front Defense”	Wayne Werremeyer; Fargo Davies
HS			
Cedar	Swim & Dive	“Diving”	Chris Pape; USD
Birch	Track & Field	“Sprint Starts and Acceleration”	Reece Vega; NDSU
Woodland East	Volleyball	“Planning Effective Practice with One Court”	Jeremiah Tiffin; UND
Chestnut	Wrestling	“Bison Wrestling”	Blanc Obenson; NDSU

### 9:30-10:00 Visit Exhibits

**10:00 ROOMSPORT TOPIC SPEAKER; SCHOOL**

Woodland North	Basketball	“Bison Basketball”	NDSU Men
Walnut	Football	“Deacon Football”	Troy Mattern; Fargo Shanley HS
Edgewood ??	Golf	“Mustang Golf”	Jeremy St. Aubin; South Border
Cedar	Swim & Dive	“Team Culture”	Chris Pape; USD
Birch	Track & Field	“Pole Vault”	Clayton Pritchard; NDSU
Woodland East	Volleyball	“Basic Essential Techniques and How To Train Them”	Jeremiah Tiffin; UND
Chestnut	Wrestling	“Bison Wrestling”	Blanc Obenson; NDSU
Elm	X-Country	“Bison Cross Country”	Andrew Carlson; NDSU

### 11:00-11:15 Visit Exhibits

**11:15 ROOMSPORT TOPIC SPEAKER; SCHOOL**

Woodland North	Basketball	“Bison Basketball”	NDSU Men
Walnut	Football	“Speed in Space/Team Character Building Ideas”	Matthew Crane; Kindred HS
Edgewood ??	Golf		
Cedar	Swim & Dive	“Recruiting Process”	Chris Pape; USD
Birch	Track & Field	“High Jump”	Clayton Pritchard; NDSU
Woodland East	Volleyball	“Going Outside Comfort Zone to Utilize Team Strengths”	Jeremiah Tiffin; UND
Chestnut	Wrestling	“Bison Wrestling”	Blanc Obenson; NDSU
Elm	X-Country	“Bison Cross Country”	Andrew Carlson; NDSU

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

**1:00 ROOM SPORT TOPIC SPEAKER; SCHOOL**

Woodland North	Basketball	“Offensive Transition”	Daniel Neville; University of Jamestown
Walnut	Football	“Bison Football”	Matt Entz; NDSU
Edgewood ??	Golf		
Cedar	Swim & Dive	“Jackrabbit Swimming”	Douglas Humphrey; SDSU
Birch	Track & Field	“Javelin”	Justin St. Clair; NDSU
Woodland East	Volleyball	“Royal Volleyball”	Stevan Waddell; Lake Region State College
Chestnut	Wrestling	“Jimmie Wrestling”	Daniel Lovell; University of Jamestown
Elm	X-Country	“Cross Country at its Best”	Maddie Van Beek; NDSU

### 2:00-2:30 Visit Exhibits

# Dakota Coach Spring 2021

## 2021 Convention Schedule (tentative) Continued..

<b>2:30 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
Woodland North	Basketball	"Offensive Transition"	Daniel Neville; University of Jamestown
Walnut	Football	"QB Development, Basic Fundamentals in Passing"	Randy Hedberg; NDSU
Cedar	Swim & Dive	"Jackrabbit Swimming"	Douglas Humphrey; SDSU
Birch	Track & Field	"100m – 110m Hurdles"	Stevie Keller; NDSU
Woodland East	Volleyball	"Royal Volleyball"	Stevan Waddell; Lake Region State College
Chestnut	Wrestling	"Jimmie Wrestling"	Daniel Lovell; University of Jamestown
Elm	X-Country	"Cross Country Workouts"	Maddie Van Beek; NDSU

### 3:30-3:40 Visit Exhibits

<b>3:40 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
Woodland North	Basketball	"Offensive Transition"	Daniel Neville; University of Jamestown
Walnut	Football	"Linebacker Technique and Drills"	Grant Olson; NDSU
Cedar	Swim & Dive	"Jackrabbit Swimming"	Douglas Humphrey; SDSU
Birch	Track & Field	"300m Hurdles"	Stevie Keller; NDSU
Woodland East	Volleyball	"Linton-HMB Favorite Drills and Tips to Succeed"	Jaime Richter; Linton HS
Chestnut	Wrestling	"Jimmie Wrestling"	Daniel Lovell; University of Jamestown

### 4:45 ROOM TOPIC SPEAKER; SCHOOL

Woodland Northeast	General Session "If you Know Better – You Do Better"	Dr. Brad Strand; NDSU
--------------------	--	-----------------------

*All Convention registrants are invited to attend*

## Wednesday, July 21<sup>st</sup>

7:30-2:30 AM Registration Desk Open Ramada Courtyard

**Golf Sessions on Wednesday will be at the NDSU Training Facility – 1500 North University Drive**

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

<b>8:30 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER;</b>
<b><u>SCHOOL</u></b>			
Woodland North	Basketball	"Dragon Basketball"	Karla Nelson; MSUM
Walnut	Football	"UND Quarterback Drills and Offensive Game Planning"	Daniel Freund; UND
NDSU Training	Golf	"NDSU Golf"	Matthew Johnson & Steve Kennedy; NDSU
Executive III	Softball	"Dragon Softball"	Amanda Reckamp; MSUM
Cedar	Swim & Dive	"Swimming Faster with Details"	Charlie King; MSUM
Birch	Track & Field	"1600m-3200m Training"	Ryan Milner; MSUM
Woodland East	Volleyball	"Training the HS Middle Hitter"	Patricia Ford; UWRF
Chestnut	Wrestling	"Dragon Wrestling"	Kris Nelson; MSUM

### 9:30-10:00 Visit Exhibits

<b>10:00 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
Woodland North	Basketball	"Individual & Team Defensive Drills for Improvement"	Dennis Hutter; Mayville State
Walnut	Football	"RPO's and Quick Game"	Samuel King; UND
NDSU Training	Golf	"NDSU Golf"	Matthew Johnson & Steve Kennedy; NDSU
Executive III	Softball	"Dragon Softball"	Amanda Reckamp; MSUM
Cedar	Swim & Dive	"Training Principles for a 3 Month Season"	Charlie King; MSUM
Birch	Track & Field	"Shot Put"	Kyle Long; MSUM
Woodland East	Volleyball	"Upgrading the Right Side Hitter"	Patricia Ford; UWRF
Chestnut	Wrestling	"Dragon Wrestling"	Kris Nelson; MSUM
Elm	X-Country	"Training Plans"	Laura Januszewski; Concordia College

### 11:00-11:15 Visit Exhibits

# Dakota Coach Spring 2021

## Wed., July 21, 2021 Convention Schedule (tentative) Continued..

<b>11:15 ROOMSPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
Woodland North <b>Basketball</b>	"Creating More Competition in Practice"	Dennis Hutter; Mayville State
Walnut <b>Football</b>	"Fighting Hawk Football"	UND Staff
NDSU Training <b>Golf</b>	"NDSU Golf"	Matthew Johnson & Steve Kennedy; NDSU
Executive III <b>Softball</b>	"Comet Softball"	Ashley Tomblin; Mayville State
Cedar <b>Swim &amp; Dive</b>	"Coaching the New Generation"	Charlie King; MSUM
Birch <b>Track &amp; Field</b>	"Discus"	Kyle Long; MSUM
Woodland East <b>Volleyball</b>	"Creating a Fun Fast Paced Practice"	Patricia Ford; UWRF
Chestnut <b>Wrestling</b>	"Dragon Wrestling"	Kris Nelson; MSUM
Elm <b>X-Country</b>	"Nutrition/Mental Mindset for Cross Country"	Laura Januszewski; Concordia College

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

<b>1:00 ROOM SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
Woodland North <b>Basketball</b>	"Viking Multi-Press Defensive System"	Ryan Montgomery; Valley City State
Walnut <b>Football</b>	"Social Media and Reaching the Target Audience"	Todd Hoffner; Mankato State
Executive III <b>Softball</b>	"Comet Softball"	Ashley Tomblin; Mayville State
Cedar <b>Swim &amp; Dive</b>	"Team Culture"	Nicole Monanian; Northern State
Birch <b>Track &amp; Field</b>	"Long Jump"	Trevor Barry; MSUM
Woodland East <b>Volleyball</b>	"The Whole Athlete"	Jessica Fritz; Rugby HS
Chestnut <b>Wrestling</b>	"Technique: Neutral"	Evan Forde; Minot State
Elm <b>X-Country</b>	"Dragon Cross Country"	Ryan Milner; MSUM

### **2:00-2:30 Visit Exhibits**

<b>2:30 ROOM SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
Woodland North <b>Basketball</b>	"Coaching the New Generation"	Ryan Montgomery; Valley City State
Walnut <b>Football</b>	"Culture and Chemistry Go Together"	Todd Hoffner; Mankato State
Executive III <b>Softball</b>	"Jimmie Softball"	Kevin Gall; University of Jamestown
Cedar <b>Swim &amp; Dive</b>	"Social Media Use"	Nicole Monanian; Northern State
Birch <b>Track &amp; Field</b>	"Triple Jump"	Trevor Barry; MSUM
Woodland East <b>Volleyball</b>	"Consistency with Coaching"	Brigitte Greywater; Valley City State
Chestnut <b>Wrestling</b>	"Technique: Top"	Evan Forde; Minot State

### **3:30-3:45 Visit Exhibits**

<b>3:45 ROOM SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
Woodland North <b>Basketball</b>	"The Viking Horns-Spread Offense"	Ryan Montgomery; Valley City State
Walnut <b>Football</b>	"The Future of Football"	Todd Hoffner; Mankato State
Executive III <b>Softball</b>	"Jimmie Softball"	Kevin Gall; University of Jamestown
Cedar <b>Swim &amp; Dive</b>	"Event Specific Training"	Nicole Monanian; Northern State
Birch <b>Track &amp; Field</b>	"800m Training"	Jon Jahner; Bowman County HS
Woodland East <b>Volleyball</b>	"Implementing Wash Drills with Skill Developing"	Brigitte Greywater; Valley City State
Chestnut <b>Wrestling</b>	"Technique: Bottom"	Evan Forde; Minot State

**6:00-10:00 Convention Social Woodland North East  
Taco Bar with a Cash Bar – Bean Bag Tournament  
Sponsored by NDHSCA and Universal Athletics**





# Dakota Coach Spring 2021

## 2021 Convention Schedule (tentative) Continued..

### Thursday, July 22<sup>nd</sup>

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

**7:30-2:30 am Registration Desk Open Ramada Courtyard**

**Special Note: All Tennis Sessions on Thursday will be held at Courts Plus!**

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

<b>8:30 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER;</b>
<b><u>SCHOOL</u></b>			
Executive II	Baseball	"Hitting Drills and Techniques"	David Pearson; NDSU
Woodland North	Basketball	"Cobber Basketball"	Tyler Bormann; Concordia College
Walnut	Football	"RPO's in High School Football"	Nick Walker; Bowman County HS
Woodland South	Golf	<b>NDHSCA Advisory Committee Review &amp; Planning</b>	<b>Justin Fletschock; NDHSA</b>
Executive III	Softball	"Bison Softball"	Allison Walljasper; NDSU
Cedar	Swim & Dive	"Fargo South Season Planning"	Skip Fisher; Fargo South HS
Elm	Tennis	<b>NDHSCA Advisory Committee Review &amp; Planning</b>	<b>Brenda Schell; NDHSA</b>
Birch	Track & Field	<b>NDHSCA Advisory Committee/Athletic.net/Provisionals</b>	<b>Kevin Morast; NDHSA</b>
Woodland East	Volleyball	"Jimmie Volleyball"	Jon Hegerle; University of Jamestown
Chestnut	Wrestling	"Best Move in the World"	Keenan Spiess; Fargo Davies HS

### **9:30-9-40 Break**

<b>9:40 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
Executive II	Baseball	"Pitching Drills"	David Pearson; NDSU
Woodland North	Basketball	"Cobber Basketball"	Tyler Bormann; Concordia College
Walnut	Football	<b>NDHSCA Advisory Committee Review &amp; Planning</b>	<b>Justin Fletschock; NDHSA</b>
		<b>"National Football Foundation"</b>	<b>Mike Berg; Grand Forks</b>
Woodland South	Golf	"Round Table Discussion"	Jeremy St, Aubin; South Border
Executive III	Softball	"Bison Softball"	Allison Walljasper; NDSU
Cedar	Swim & Dive	"Motivating Divers: Extrinsic & Intrinsic"	Claudia Schoellkopf; Mandan HS
Courts Plus	Tennis	"Tennis at its Best"	Jason Thiner; Courts Plus
Birch	Track & Field	<b>"Track &amp; Field Technology &amp; Software"</b>	<b>Kevin Morast; NDHSA</b>
Woodland East	Volleyball	"Jimmie Volleyball"	Jon Hegerle, University of Jamestown
Chestnut	Wrestling	"Demon Wrestling"	Jeff Schumacher; Bismarck HS

**10:50 NDHSCA Annual Business Meeting Woodland North East**  
**Membership encouraged to attend.**  
**People taking two Graduate Credits must attend**

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

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

<b>1:00 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
Executive II	Baseball	"Team Defense Philosophy and Drills"	Scott Berry; Mayville State
Woodland North	Basketball	<b>NDHSCA Advisory Committee Review &amp; Planning</b>	<b>Justin Fletschock; NDHSA</b>
Walnut	Football	"Offensive Line Play – Skills & Drills"	Cory Volk; Bismarck Century HS
Elm	9-Man Football	"Love, Diversity, Culture and Football"	Mark Kennedy; Surrey HS
Woodland South	Golf	"IWanamaker for Golf"	Doyle Heisler; IWanamaker
Executive III	Softball	<b>NDHSCA Advisory Committee Review &amp; Planning</b>	<b>Justin Fletschock; NDHSA</b>
Cedar	Swim & Dive	<b>NDHSCA Advisory Committee Review &amp; Planning</b>	<b>Kevin Morast; NDHSA</b>
Courts Plus	Tennis	"Tennis at its Best"	Jason Thiner; Courts Plus
Birch	Track & Field	"Building Camaraderie"	Tracey Heisler & Jeff Bakke; GFRR HS
Woodland East	Volleyball	"Patriot Volleyball"	Jamie Zastoupil; Bismarck Century HS
Chestnut	Wrestling	"Demon Wrestling"	Mark Lardy; Bismarck HS

# Dakota Coach Spring 2021

## Thursday, July 22, 2021 Convention Schedule (tentative) Continued..

### 2:00-2:10 Break

<b>2:10 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
Executive II	Baseball	"Offensive Game Planning and Practice Routines"	Scott Berry; Mayville State
Gym	Basketball	"Huskie Basketball Drills"	Jeff Ralph; Wahpeton HS
Walnut	Football	"Quarterback Drill Progression"	Joseph Federico; University of Jamestown
Woodland South	Golf	"IWanamaker for Golf"	Doyle Heisler; IWanamaker
Cedar	Swim & Dive	"Round Table Discussion"	Brent Newman; Grand Forks Public Schools
Courts Plus	Tennis	"Tennis at its Best"	Oliver Summers; Courts Plus
Birch	Track & Field	"Weight Training for Track and Field"	Rory Beil; Fargo Davies HS
Woodland East	Volleyball	"Program Organization"	Tarra Hysjulien; Des Lacs-Burlington HS
Chestnut	Wrestling	NDHSCA Advisory Committee Review & Planning	Kevin Morast; NDHSAA
Elm	X-Country	NDHSCA Advisory Committee Review & Planning	Justin Fletschock; NDHSAA

### 3:10-3:20 Break

<b>3:20 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
Executive II	Baseball	NDHSCA Advisory Committee Review & Planning	Justin Fletschock; NDHSAA
Gym	Basketball	"What Learned About Practice"	Mike Hendrickson; Fargo South HS
Walnut	Football	"Jimmie Defense"	Brian Mistro; University of Jamestown
Cedar	9-Man Football	"Loboes Football"	Andrew Delabarre; LaMoure HS
Courts Plus	Tennis	"Tennis at its Best"	Oliver Summers; Courts Plus
Birch	Track & Field	"Sprint Training and Special Sprinter Workouts"	Rory Beil; Fargo Davies HS
Woodland South	Volleyball	NDHSCA Advisory Committee Review & Planning	Kevin Morast; NDHSAA

**5:00-6:00 NDHSCA AWARDS BANQUET RECEPTION AT Courtyard**

**6:00 pm NDHSCA Hall of Fame & COTY Banquet in**

**Woodland North East**



# NDHSCA-NHSACA Coach of the Year Finalists 2021

<u>Sport</u>	<u>Coach or Athletic Director</u>	<u>School</u>
Athletic Director	Guy Fridley	Dickinson High School
Basketball – Boys'	Dean Winczewski	Minot High School
Basketball – Girls'	Ron Metz	Bismarck Century High School
Cross Country – Boys'	Brad Lies	Bismarck Century High School
Cross Country – Girls'	Scott Reichenberger	Bismarck High School
Football	Ron Wingenbach	Bismarck Century High School
Golf	Jeremy St. Aubin	South Border High School
Soccer	Nick Christianson	Fargo Davies High School
Softball	Scott Kost	Central Cass High School
Special Sports	Dave Tews	Jamestown High School
Swimming & Diving	Talia Butery	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-NHSACA National Hall of Fame 2020 Inductees

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



Randy Johnson



Lisa Strand



# NDSU Graduate Student Articles



Click to read articles written by NDSU graduate students enrolled in the Leadership in Coaching Education class under the direction of Professor Brad Strand.

(Click **“READ MORE”** to view the full article)

## The Influence of Peer Connections in Youth Sports

The need for positive outcomes from peers is greatly amplified in teams with players from different school systems: traveling teams, summer leagues, and youth sport camps and trainings. Peer connections are an under-utilized tool offered to every sport team. Peer connections have an influence on youth athlete motivation, burnout rates, and athlete behavior.

[READ MORE](#)

## Developing a Positive Culture in a Sports Program

Many programs desire the ability to build each year and have success. Developing a positive culture will bring in the athletes desired, push them to new levels, and have them fighting for each other and the program.

[READ MORE](#)



FELLOWSHIP OF  
**CHRISTIAN  
ATHLETES**



# NDHSCA-Subway



## Coach of the Year Recipients

### 2020-2021 NDHSCA-SUBWAY Coaches of the Year

<u>SPORT</u>	<u>NAME</u>	<u>SCHOOL</u>
Class A Girls' Golf	Sarah Peeters	Fargo South HS
Class A Boys' Tennis	Max Weisser	Grand Forks Central
Class A Boys' Soccer	James Moe	West Fargo HS
Class A Boys' Cross Country	Brad Lies	Bismarck Century HS
Class A Girls' Cross Country	Chase Gregory	Williston HS
Class B Boys' Cross Country	Jonathan Jahner	Bowman County HS
Class B Girls' Cross Country	Bill Jansen	Rugby HS
Nine Man Football	Sandy Laxdal	Cavalier HS
Class A Football	Josh Krivarchka	Langdon Area/Edmore/Munich
Class AA Football	Dan Smrekar	Bismarck St. Mary's HS
Class AAA Football	Ron Wingenbach	Bismarck Century HS
Class A Girls' Swimming	Kathy Aspaas	Bismarck Century HS
Class A Volleyball	Jamie Zastoupil	Bismarck Century HS
Class B Volleyball	Jaime Richter	Linton-HMB HS
Class B Wrestling	Dave Wolding	New Salem-Almont HS
Class A Wrestling	Luke Mellmer	Bismarck St. Mary's HS
Class A Gymnastics	Dave Tews	Jamestown HS
Class A Girls' Hockey	Alex Hedlund	Grand Forks Schools
Class B Girls' Hockey	Grant Paranca	Grand Forks Central HS
Class A Boys' Swimming	Jennifer Johnson	Fargo Davies HS
Class B Girls' Basketball	Lisa Jenkins	Wilton-Wing HS
Class A Girls' Basketball	Thomas Dwyer	Watford City HS
Class A Boys' Basketball	Dean Winczewski	Minot HS
Class B Boys' Basketball	Rick Smith	Four Winds-Minnewauken

# NDHSCA-POWERade Outstanding Senior Athlete

## 2020-2021 NDHSCA-POWERade Outstanding Senior Athlete Awards

<u>SPORT</u>	<u>ATHLETE</u>	<u>SCHOOL</u>	<u>HEAD COACH</u>
A Girls' Golf	Greta McArthur	Fargo Shanley HS	Shari McTaggart
A Boys' Tennis	Corby Svihovec	Bismarck Legacy HS	Scott McPherson
A Boys' Soccer	Yonas Adams	Fargo Davies HS	Ian Costello
A Boys' Cross Country	Sean Korsmo	Bismarck HS	Darrell Anderson
A Girls' Cross Country	Meghan Ford	Jamestown HS	Ken Gardner
B Boys' Cross Country	Noah Rolfe	Stanley HS	Tonya Reum
B Girls' Cross Country	Ellen Gregoire	Hatton/Northwood	Taylor Cigelske
B Girls' Cross Country	Jensyn Zink	Hillsboro/Central Valley	Kirk Zink
Nine Man Football	Lucas Schumacher	Linton-HMB	Tanner Purintan
A Football	Simon Romfo	Langdon Area/Edmore/Munich	Josh Krivarchka
AA Football	Cullen Curl	Bismarck St. Mary's HS	Dan Smrekar
AAA Football	Andrew Leingang	Bismarck Century HS	Ron Wingenbach
A Girls' Swimming	Demi Peterson	Williston HS	Joe Kemp
A Volleyball	Grace Hegerle	Jamestown HS	Sara Hegerle
B Volleyball	Sadie Hansen	Oakes HS	Katelyn Hagen
B Wrestling	Jordan Sours	Lisbon HS	Richard Lacina
A Wrestling	Reece Barnhardt	Bismarck St. Mary's HS	Luke Mellmer
A Gymnastics	Rachel Schiele	Jamestown HS	Dave Tews
A Girls' Hockey	Molly Black	Devils Lake HS	Rob McIvor
A Boys' Hockey	Zach Sandy	Fargo South/Shanley HS	Dean French
A Boys' Swimming	Eric Anderson	Fargo South	Thor Patrick Anderson
B Girls' Basketball	Mackenzie Hughes	Thompson HS	Jason Brend
A Girls' Basketball	Alex Page	Grand Forks Red River HS	Kent Ripplinger
A Girls' Basketball	Ashley Holen	Watford City HS	Thomas Dwyer
A Boys' Basketball	Deonte' Martinez	Minot HS	Dean Winczewski
B Boys' Basketball	Jesse White	White Shield HS	Brad Kroupa

**POWERADE®**



Coach Quote:

“Yes, victory is sweet,  
but it doesn’t make life any easier  
the next season or even the next day.”

-Phil Jackson-



Dakota Coach Spring 2021

# 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 Mike Hoff

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



## 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.



UNIVERSAL  
ATHLETIC

# SUBWAY

## 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
Shane Hannegrefs; Minot 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

2020-2021 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 NDHSAA Sports' Advisory Committee Meeting and submit the recommendations as determined by the coaches in said sport.

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 Spring 2021



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:

“Trust is earned in the smallest of moments. It is earned not through heroic deeds, or even highly visible actions, but through paying attention, listening, and gestures of genuine care and connection.”

-Brene Brown-





# CATER TO THEIR CRAVINGS



**Visit a Subway® restaurant today!**

Find the nearest location or order ahead using the  
Subway® app or online at [www.subway.com](http://www.subway.com)

App/online ordering available at participating restaurants.  
Allow 15 minutes for pickup. Subway To Go™ Meals  
require minimum order of 8.

All chip-related trademarks are owned by Frito-Lay North America, Inc. ©/© Subway IP LLC 2020.

**SUBWAY®**





# 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.



**SCHEELS®**



POWERADE.



## *Lifetime Membership*

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

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

### Notes on Lifetime Membership

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



# North Dakota High School Coaches Association

## ***Paid Lifetime Memberships***

Aardahl, Vern; Milnor HS  
Amundson, Greg; Mandan HS  
Anderson, Brian; Watford City HS  
Anderson, Darrell; Bismarck HS  
Anderson, Darryl; Mandan HS  
Askvig, Curtis; Surrey HS  
Bennett, Jason; Minot, 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  
Carlson, Sherry; Minot HS  
Carlsrud, Dave; NDHSAA  
Carr, Daniel; Linton HS  
Caya, Billie Ann; Bismarck HS  
Cederstrom, Gerald; Minot 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  
Foltz, Scott; Minot 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  
Hannegrefs, Shane; Minot 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; LaMoire HS  
Haussler, 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  
Jonas, Jim; West Fargo HS  
Julius, Disa; Minot 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  
Lunde, Mitch; Minot 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 Legacy HS  
Michaelson, Dave; Dickinson HS  
Miller, Steve; Bismarck HS  
Mitzel, Frank; Minto HS  
Nagel, Lee; Wahpeton HS  
Nelson, Brent; Minot 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  
Pfau, Matt; Minot 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  
Schwartz, Jason; Minot 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  
Solper, Melissa; Minot HS  
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  
Townsend, Brad; Bismarck Century HS  
Trieglaff, Robert; Fargo North HS  
Vance, Brian; Ellendale 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  
Werchau, Robbie; Minot HS  
Wheeling, Bob; Killdeer HS  
Wilson, Dean; Carl Ben Eielson MS  
Wilson, Jerry; Bismarck Century HS  
Winczewski, Dean; Minot 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





# 2021 Longevity Award

## 20 years

Jason Bennett; Minot High School  
Derek Burris; Grand Forks Central High  
Gene Fayette; Grafton Public Schools  
Guy Fridley; Dickinson High School  
Jason Gregory; Four Winds Schools  
Matthew Hebl; LaMoure  
Tracey Heisler; Grand Forks Red River  
Josh Jacobson; Devils Lake High School  
Jason Mattheis; Garrison High School  
Shari McTaggart; Shanley High School  
Troy Miller; West Fargo High School  
Neil Race; Finley-Sharon Public School  
Mark Rerick; Grand Forks Public Schools  
Robert Ressler; Griggs-Midkota  
Josh Roberts; Kindred High School  
Ray Sayler; Burke Central High School  
Jon Schiele; Edgeley  
David Schultheis; Nathan Twining Middle  
Daniel Shultis; Fargo  
Melissa Solper; Minot High School  
Michael Sorlie; North Sargent  
Kerri Stegman; Drayton Public School

## 30 Years

Kevin Bratland; Enderlin Area School  
Mike Busch; Standing Rock Community  
Rick Christianson; Midkota High School  
Mike Hendrickson; Fargo South  
Bobby Hoffner; Maddock  
Steve Jacobson; Fargo Shanley  
Diana Knox; Standing Rock Community  
Scott Medalen; Des Lacs-Burlington High School  
Scott Milbrandt; Kindred Public School  
Todd Olson; Fargo Public Schools  
Kent Ripplinger; Grand Forks  
Jason Schwarz; Minot High School  
Mark Slotsve; Williston High School  
Jason Smedhammer; Fargo South High  
Sherri Surerus; Lisbon Public School  
Brad Townsend; Bismarck Century  
Dave Zittleman; Bismarck High School



## 25 Years

Bruce Bender; New England  
Damon Brady; Shiloh Christian School  
Chris Clements; Legacy High School  
Theodore Critchley; Fargo North  
Brent Danks; Stanley High School  
Larry Derr; Glenburn  
Merry Feldman; Kenmare High School  
Shon Horgan; Pembina County North  
Cynthia Iwen; Enderlin Area School  
Paul Jundt; Legacy High School  
Bill Lorenz; Grand Forks Central  
Bart Manson; Fargo Davies High School  
Darin McKinnon; West Fargo High School  
John Montclair; Standing Rock High  
Brent Nelson; Minot  
Brent Newman; GF Central and Red River  
Jay Schneider; Devils Lake High School  
David Silbernagel; Kidder County  
Rick Smith; Four Winds High School  
Keenan Spiess; Fargo Davies  
Scott Strenge; Wyndmere High School  
Darren Thielges; LaMoure High School  
Robbie Werchau; Minot High School

## 35 Years

Richard Anderson; West Fargo High  
Sherry Carlson; Minot High School  
Richard Fisher; Fargo North HS  
Tim Jacobson; Shanley  
Rachel Johnson Krug; Bismarck

## 40 Years

Chad Anderson; West Fargo  
Tamara Flink; Langdon Area  
Mark Frost; Hope-Page  
Ron Benson; Mott

## 45 Years

Brian Anderson; New Town HS  
Kathy Aspaas; Bismarck Century HS  
Tim Delmore; Grand Forks Red River

# 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



UNIVERSAL  
ATHLETIC

# 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 Mike Hoff

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

# Gelaine Orvik Scholarship Fund



The North Dakota High School Coaches Association has decided to provide 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 us 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.**

**Please save to your desktop, type in information, print and mail**

Donor:

Address:

City:            State:            Zip:

Home 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> Street Suite 4  
Bismarck, ND 58501

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

**DONOR’S NAME:**

Donation Amount:

Date:



# A WINNING COMBO



**Visit a Subway® restaurant today!**

Find the nearest location or order ahead using the Subway® app or online at [www.subway.com](http://www.subway.com)

App/online ordering available at participating restaurants.  
Allow 15 minutes for pickup.  
All chip-related trademarks are owned by Frito-Lay North America, Inc. ©/© Subway IP LLC 2020.

**SUBWAY**®

Dakota Coach Spring 2021

# A Big THANK YOU to the following 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 Today

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).

## 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™

**Sponsor of NDHSCA**

**Coach of the Year Awards and**

**NDHSCA Gelaine Orvik Scholarship**



# SUBWAY®

# POWERADE®