

# Dakota Coach

Volume 55 Issue #4

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



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Photo credit for front cover: State Track; inforum.com. State Girls’ Golf; Emily St. Aubin (photo submitted to golfweek). Sheyenne Baseball; Mike McCleary /Bismarck Tribune



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Message from NDHSCA President Tim Wallstrum

## Into The Light

Greetings from the NDHSCA,

Have you ever traveled through a long tunnel? I have walked through some. We took a family trip to Mammoth Cave National Park in conjunction with the NHSACA Convention in Louisville. I have driven through some long ones in cities and national parks and have traveled on trains through others. Even the subway under the river in Washington DC was an adventure. They seem long and there is no natural light. When you are down in a cave and they shut off all the lights it is really black, but when you come out of the tunnel you really enjoy the light. I know there are still problems, but it feels as though we are coming out of the Corona tunnel and into the light again... and it feels good!

Over half of our country is now fully vaccinated and it is about time because we are also suffering from Corona Virus fatigue. The Corona Virus has been a serious concern. It brought to light issues I had not even realized. There was a report the other day saying that eating disorders amongst our youth had more than doubled during our shutdown. A report from CNBC said that there was a two million percent growth rate in health and fitness during the pandemic and that gardening and revamping of our living spaces had a one hundred and forty percent increase. On the Project Play website, an Aspen Institute Survey said that the pandemic accelerated trends toward at-home, virtual training. But after an initial rush online, the amount of time spent on such training has increased only seven percent since the shutdown. Dr. Rob Bell a sports psychologist in the same article says that the way athletes cope with life is through their sport. If sport is okay and we are performing well, then life more easily works itself out. It is when we have severe on-the-field and off-the-field issues that cause our stress levels and anxiety to spike. Dr. Bell says that athletes are creatures of habit and crave structure and discipline. So, practice self-care. Keep consistent sleep schedules. Continue exercising. Eat well and stay hydrated. Maintaining structure to stay healthy will help avoid athletes going on huge binges of screen time or eating unhealthily. Thank goodness we are back!

I have been scanning our website again. I try to do that once in a while to remind myself of the fundamentals in our association. I also like to remind myself of the points in the Code of Athletics and Coaches Code of Conduct. There is a lot of information extending from the membership list to nomination forms, and reasons that everyone should obtain camp insurance. After all, one of those points is that we should fulfill responsibilities to provide health services and an environment free of safety hazards. A second point is that we should demonstrate mastery of and continuing interest in coaching principles and techniques through professional improvement. One more point is we should promote ethical relationships among coaches.

Wow, those few principles are a whole mandate in themselves. How are we supposed to do all that? Isn't it awesome that most of these things can be taken care of at the annual coaches' convention that your association provides for you? I am very excited; it has been two years since the last one. One of my greatest disappointments is being the only person to be president who had to cancel a convention.

*(continued on page 5)*

# Dakota Coach Summer 2021

*President's Message continued...*

It is your association's purpose to educate, recognize and support coaches. Your association gives you a voice in current issues. It is its goal to raise the quality of and competence of interscholastic coaching and administration to the highest level possible through leadership development, educational programs, training sessions, and informative publications. All of this is found here at your convention. For me, the point about promoting ethical relationships among coaches is the most important part of the convention. It is inspiring to be around all the talented coaches we have in our state. These people are all going through the same failures, successes, and challenges as I am. I have the ability to learn from them, relate to them, and share in their career stories. All these things inspire me for the upcoming season and who doesn't need that after last year. I always come away from the convention invigorated and ready to put the past year behind me and begin a bright new one, coming out of the tunnel into the light.

I hope you have an awesome, restful summer. You deserve it!

**NDHSCA President Tim Wallstrum**

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.

## 2021 NDHSCA Convention

Monday, July 19<sup>th</sup> - Thursday, July 22<sup>nd</sup>

Fargo Ramada Convention Center  
3333 – 13<sup>th</sup> Avenue South, Fargo

Hall of Fame/Coach of the Year Banquet  
Thursday, July 22<sup>nd</sup>

5:00 PM reception followed by the  
banquet starting at 6:00 PM



# Dakota Coach Summer 2021

*Message from NDHSCA Vice President Rick Anderson*



## Sharing and Caring

As I think back on the just completed school year and sports seasons, I feel very fortunate to have had the opportunity to complete our seasons. It was not necessarily an easy year but I for one feel so grateful that we could even have a season and make it meaningful to our athletes. I look forward to making next year even better.

This sports year was made possible by a large effort from people who cared about getting our students back into the game. It was only accomplished by sharing ideas to try to make it work out for the best. I can say firsthand the stress felt as we tried to keep our athletes healthy and safe as we worked through the pandemic so they had the opportunity to compete. This was not done alone.

In October, just nine days away from the scheduled state cross country meet, I was asked if Griggs Co. could host the Class B State Cross Country meet in Cooperstown. We agreed to take on the task, not to just host the meet but to make it meaningful to the kids. This was not something I could tackle myself, so I got on the phone to solicit help from my coaching colleagues and the response was overwhelming. As tournament manager for the meet, working through health authorities to set up local protocols to make the event as safe as possible and make sure it felt like a state meet was a huge task. At this point I want to extend a special thank you to Bill Jansen, who graciously drove from Rugby to Cooperstown several times to help get the course and logistics worked out. I am also thankful for all the other coaches and administrators who helped as well, which brings me to the point of this rambling.

We can't do things alone. I believe it is because of the many decades of attending the NDHSCA coaching clinics that makes these relationships possible so when you are asked to do something bigger than you are capable of doing yourself you can get the help needed to get the job done. It is at the annual clinics that I have had the pleasure of getting great information and a lot of tidbits in and after the sessions to help to integrate the information into our program. The amount of sharing coaches are willing to do is quite amazing and a testament to our organization and coaches.

I still have so much to learn as the world keeps changing so rapidly and so do our athletes. I find it very useful to engage young coaches so I can stay in better touch with my athletes. I really believe it is the constant learning that makes our profession so great. I look forward to seeing many of you at this year's convention so I can learn from you and make this upcoming year the best it can be. Thanks in advance for attending.

*NDHSCA Vice President, Rick Anderson*

### Coach Quote:

**“Gold medals aren't really made of gold.  
They are made of sweat, determination and a  
hard-to-find alloy called guts.”**

**-Dan Gable-  
College Wrestling Coach, Iowa**

# Dakota Coach Summer 2021



## From the NDHSCA Executive Secretary's Desk

*Randy Johnson*



Memorial Day is a day to remember all the Veterans who made a tremendous sacrifice to protect the freedom of all Americans. It is important to honor the men and women who served our great country so we can enjoy the life we are used to living. The COVID-19 Pandemic taught us to not take things for granted. March 2020 was a time when sport tournaments were shut down and schools were asked to begin online learning. The 2020 Spring high school sports season was cancelled. Who expected that to happen? The 2020-2021 school year began with uncertainty. How were students going to be taught? What accommodations would North Dakota make for high school sports to occur? Once again, the people of our state made it happen. We were able to have a full year of school which included sports. Adaptations were made throughout the year. This enabled champions to be crowned in all high school sports. What an accomplishment! I want to thank the North Dakota High School Activities Association, the coaches, the student-athletes and the Athletic Directors for their perseverance. Your efforts made everything possible. Sacrifices were made by everyone to navigate through the difficulty of the Pandemic. Our sacrifices were minute in comparison to those of our Veterans. It is important to continue to practice our Patriotic duties, and encourage our young people to do the same. Patriotism should be a part of our everyday life!

Congratulations to all the State Champions, NDHSCA Subway Coach of the Year Recipients and NDHSCA POWERade Senior Athlete of the Year Recipients. The spring season proved to be outstanding. What an awesome way to close out a difficult year!

The 2021 North Dakota High School Coaches Association Summer Convention is ready to go! We are working to make this an outstanding success. The convention will be held at the Fargo Ramada (3333 – 13<sup>th</sup> Avenue South) from Monday, July 19<sup>th</sup> through Thursday, July 22<sup>nd</sup>. We will conclude the four-day conference with the NDHSCA Hall of Fame/Coach of the Year Banquet on Thursday, July 22<sup>nd</sup>. There will be a reception starting at 5:00 PM followed by the banquet starting at 6:00 PM. There is a schedule later in this issue and also on our website: [www.ndhsca.com](http://www.ndhsca.com). The convention gives coaches an opportunity to earn one or two semester hours of graduate credit from NDSU. A syllabus is posted on the website under the convention tab. Please e-mail me if you have any questions: [duck@westriv.com](mailto:duck@westriv.com). We are looking forward to seeing all the coaches again after having to cancel last year.

Karen and Rod Hardie announced they will retire next May 2022 from the NDHSCA Executive Board. We plan to honor them this summer with the NHSACA Distinguished Service Award. Thank you, Karen and Rod, for your years as membership chairs. Your hard work and expertise has been outstanding!

The North Dakota High School Coaches Association Executive Board voted in March to hire Eric Olson as the membership chair following the retirement of Karen and Rod. Eric will be in place starting July 1<sup>st</sup> to learn the “ropes” of being a membership chair. He will be learning from two of the best so we can create a smooth transition. Eric will finish his position as Past President during the State Convention and fall right into working with membership. We look forward to Eric's continued work with the NDHSCA Executive Board.

In May, I was informed by Dave Dougherty, NHSACA Executive Director, that North Dakota would be the host of the 2024 NHSACA National Convention. 2024 is the year Tim Wallstrum of Kenmare is the NHSACA President. Our plan is to run the National Convention in conjunction with the state convention. It will be in Bismarck at the Ramkota Hotel. The dates of the national convention will be June 22 – June 27, 2024. We are looking forward to hosting again. Start making plans now to attend. 2024 will be here before you know it.

I encourage 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 know if there is any way we can assist you. We are here for coaches.

In closing, please feel free to contact us if you have any questions. It will be great to see everyone this summer at the Fargo Ramada in July for the NDHSCA State Coaches Convention!

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



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# Dakota Coach Summer 2021



## **Message from the NHSACA Past President, Randy Johnson**

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

The National High School Athletic Coaches Association is looking forward to having the 2021 National Convention this summer in Lincoln, Nebraska. The dates will be July 26<sup>th</sup> through July 29<sup>th</sup>. The sport specific sessions start on Tuesday, July 27<sup>th</sup>. The NHSACA is looking forward to it since they had to postpone last year's convention. The convention will be held at Lincoln North High School. Information is available on the NHSACA website: [www.nhsaca.org](http://www.nhsaca.org). This will be an awesome event with expectations of up to 3,000 coaches present. What a way to collaborate with other coaches in your discipline!

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
- North Dakota also 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 is very proud of their representation with the Hall of Fame inductees and Coach of the Year Finalist. They are all winners!

North Dakota is very well represented on the National Board. The following individuals work 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 is extremely honored to have this representation nationally. It says a lot about our state's coaches and how they are respected throughout the country.

*(continued on page 10)*

# Dakota Coach Summer 2021

*NHSACA Message continued...*

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 Dual Membership. If you are interested in working with the NHSACA, please contact me. I will keep your name available for opportunities at this level.

The 2022 National Convention will be 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. North Dakota just received word they will be the host of the 2024 NHSACA National Convention. The dates will be June 22 – June 27, 2024. It will be held at the Ramkota Hotel in Bismarck. The NDHSCA will run the state and national convention at the same time.

The NHSACA has just updated its website: [www.nhsaca.org](http://www.nhsaca.org). The website has a lot of information on it. One goal of the NHSACA is to provide more educational opportunities through the website. Keep checking it out for your personal gain.

In closing, we are hoping to see you at the NHSACA National Convention in Lincoln, NE in July. Enjoy your summer and recharge your batteries for a great 2021-2022 school year!



*Sincerely,*

*Randy Johnson  
NHSACA Past President and NHSACA Webmaster*

# POWERADE®

## **North Dakota High School Coaches Association**

### **2021 Convention Information**

**July 19-22<sup>nd</sup>**

**Fargo Ramada Inn**

**Full Tentative Schedule available on page 24 or  
online at [www.ndhsca.com](http://www.ndhsca.com)**



## Dakota Coach Summer 2021

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**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

Your NDHSCA Vice President 2021 candidates are **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. 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**



**Jamie Zastoupil**



## Spring Assistant Coach of the Year Shane Wahlstrom

The **2021 Spring Season** recipient of the North Dakota High School Coaches Association Assistant Coach of the Year Award is **Shane Wahlstrom**, Williston Assistant Boys' Track and Field Coach. **Shane** was nominated by Alex Gilbertson, Williston's Head Boys' Track and Field Coach.

**Coach Wahlstrom** has been coaching for 13 years. He is also the Head Boys' Cross Country Coach at Williston High School. His main responsibility is to coach the boys' distance team. He has coached 26 State Placers in Track and Field. **Shane** was named the Cross Country Coach of the Year in 2018 and 2019. He was also named the 2018 USATFCCCA Coach of the Year. **Coach Wahlstrom's** highlights are seeing his distance runners have success and be on the awards stand at the State Track and Field Meet.

Alex Gilbertson, Williston Head Boys' Track and Field Coach, has this to say about **Shane**. "I have never witnessed a coach devote more to his sports and his athletes than **Coach Wahlstrom**. He has athletes who have signed to run at Division I schools. **Shane** continues the great distance and cross country tradition started by Hall of Fame Coach Clint Chamberlain. It is truly a blessing to have him on our staff."

**Shane** and his wife Abrianna have one child: Navy Lynn. Congratulations to Shane Wahlstrom.





# 2020 and 2021 Hall of Fame and Award of Merit Inductees

The banquet honoring 2020 and 2021 Hall of Fame and Award of Merit Inductees will take place at the Fargo Ramada on July 22, 2021.



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



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



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

## AWARD OF MERIT 2021 RECIPIENTS



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



**Brenda Schell**  
NDHSAA

## HALL OF FAME 2021 INDUCTEES



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



**Dave  
Michaelson**  
Football, Wrestling,  
Girls' Basketball,  
Track & Field  
Assistant AD,  
Dickinson HS

## 2021 Distinguished Service Award

Karen and Rod Hardie will receive the NDHSCA Distinguished Service Award at the 2021 NDHSCA Hall of Fame/Coach of the Year Banquet on July 22<sup>nd</sup> during the annual Convention at the Fargo Ramada.

**Karen Hardie**



**Rod Hardie**



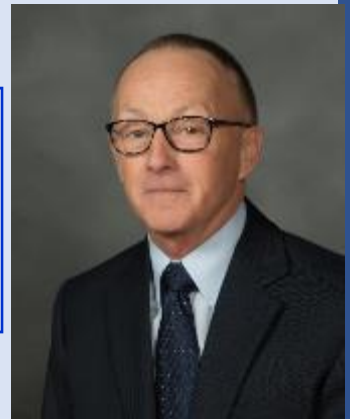
## 2021 Special Recognition Award

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, Gary Lindquist and Gelaine Orvik.**

The banquet will be held on July 22<sup>nd</sup> at the Fargo Ramada.

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

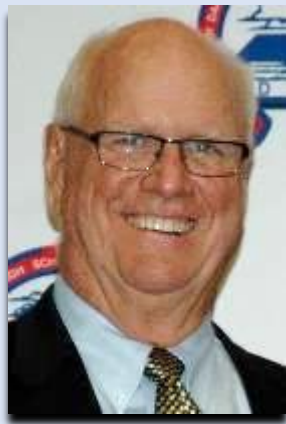


**Dave Bass**

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



**Gary Lindquist**



**Gelaine Orvik**

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

# NDHSCA-Gelaine Orvik Scholarship Recipients Selected

The recipients of the annual NDHSCA-Gelaine Orvik \$1,000 Scholarship have been identified and notified for 2021. After evaluation and assessment, the selection committee selected **Truman Werremeyer** from Fargo Davies High School and **Megan Zimmer** from Kenmare High School as beneficiaries. The Scholarships will be presented to the two young student/athletes at the NDHSCA Annual Awards Banquet, which will be held at the Fargo Ramada Convention Center on Thursday, July 22<sup>nd</sup>.

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, captains' and leadership roles, an application letter, and recommendation letters from faculty, coach and administration. The recipients also best exemplify the values and ideals modeled by Coach Orvik, as teacher and coach; those values and ideals he expected from his athletes, students and those values, ideals and principles he urges all coaches to portray.

## Truman Werremeyer

**Truman Werremeyer** is ranked 20<sup>th</sup> in his class of 320 at Fargo Davies High School. He will have earned more than 24.5 credits when he graduates; he has an ACT test composite of 33 and earned a GPA of 4.188 through seven semesters. Truman has earned credits in advanced classes that includes AP Chemistry, AP statistics, AP US History, AP Biology, Pre-Calculus, and AP European History, and College Trigonometry.



**Truman** participated in three sports (football, wrestling and baseball) each year in grades 9-12. He was also a member of the Davies HS wrestling team as a 7<sup>th</sup> & 8<sup>th</sup> grader. He earned a total of 15 letters at Davies High School. Truman was a captain in all three sports as a senior, and in addition, a wrestling team captain as a junior. In addition, he participated in his church youth activities, FCA, and as a volunteer youth wrestling coach.

**Truman** was nominated for this scholarship by his wrestling coach, Kevin Spiess. Kevin alerted the Evaluation Committee with his opening statement that "Truman is a tremendous athlete but is also very humble." Spiess also notes that Truman is identified by faculty and staff to be a "quiet" state wrestling champion and NDSU football commit. He works quietly in youth wrestling and youth football with "an incredible level of patience and heart of a teacher."

**Truman** has grown up in a coaching family and understands the time and dedication required in the coaching profession as a coach and as an athlete. He is cognizant of requirements to be prepared for the season and each contest.

NDHSCA-Gelaine Orvik Scholarships continued.

Coach Spiess also notes that **Truman** acknowledges his success in athletics is a result from the work he has spent in the strength room every day throughout the year and not just for a season. He parlays that knowledge as an epitome to others through his actions. Truman also appreciates every coach who has helped guide him throughout his life. He exhibited an awareness of Coach Orvik as “the guy who is around track meets and everyone can tell how much he loves the sport!” Truman perceives Coach Orvik’s passion for track and field and concedes the same passion to continue throughout his competition and coaching life.

Lenny Ohlhauser, Davies High School Assistant Principal, calls Truman “a sincere young man that fits the characteristics of a true student/athlete.”

John Johanson, Davies High School faculty, addressed Truman’s success in multiple advanced placement classes while participating in three sports, but more importantly his strong work ethic, perhaps his strongest attribute. **Truman** is organized and prepared for involvement in his many classes and activities; his high-academics in advanced placement classes matches his co-curricular success.

**Truman** is also characterized as considerate, punctual, thorough, friendly and scholarly by Jason Thielges as well as possessing all the traits of a successful athlete (strength, speed, toughness, coachable, disciplined, motivated and motivating).

**Truman** is the son of Wayne and Amy Werremeyer; He will attend NDSU.

## Megan Zimmer

**Megan Zimmer** is ranked first in her class of 20 at Kenmare High School. She will have earned more than 30 credits when she graduates; she has an ACT test composite of 32 and earned a GPA of 4.0 through seven semesters. Megan has earned credits in advanced classes that includes College Classes of Composition I, Composition II, Algebra, Trigonometry, Calculus, Introduction to Psychology and Introduction to Sociology.

**Megan** participated in basketball, volleyball and golf for four years and lettered in all three sports all four years. She was team captain in golf as a junior and basketball, volleyball and golf as a senior. Megan also was a member of FBLA and student council. Megan was a member of the Kenmare speech, drama and band throughout high school and a member of choir for two. She also volunteered for Stars Basketball Camp for two years.



**Megan** participated in basketball, volleyball and golf for four years and lettered in all three sports all four years. She was team captain in golf as a junior and basketball, volleyball and golf as a senior. Megan also was a member of FBLA and student council. Megan was a member of the Kenmare speech, drama and band throughout high school and a member of choir for two. She also volunteered for Stars Basketball Camp for two years.





# Dakota Coach Summer 2021

NDHSCA-Gelaine Orvik Scholarships continued.

**Megan** was nominated by her volleyball coach, Mr. Wallstrum. He alludes to Megan's strengths in his recommendation. He has known her for most of her life and had her as student and athlete since she was a seventh grader. "As a student she has an outstanding ability to learn and achieve superior, well-deserved grades; as an athlete, she has earned numerous awards, and on and off the court, and her character is beyond compare."

**Megan** epitomizes the role-model all young people should emulate. She has been a successful volleyball and basketball athlete. **Megan** has been an All-District, All-Region, All-State volleyball player and named to the Optimists All-Star Team. Megan was named NDHSCA Region 8 Volleyball Senior Athlete of the Year. In addition to her athletic prowess and involvement in forensics and clubs, she is active in church and holds a job of delivering for a local seed company. Wallstrum's final comment is that **Megan** is "a dependable, intelligent, hardworking and deserving person. . . Her demonstration of character, leadership and dependability are unparalleled."

Kenmare's activities director praises Megan's promotion of extra-curricular activities; she was given opportunity to speak to the coaches and administrators on how to get the Kenmare youth more involved at an earlier age and promote the benefits of extra-curricular activities.

**Megan** also received high praise from her chemistry and physics teacher, Laura Mibeck. Ms. Mibeck praises Megan's scientific approach to her classes and to her incredible "cooler" creation in chemistry that was far superior to the traditional coolers on the market. Ms. Mibeck calls Megan "unique" and will excel in whatever she decides to do. She will excel and be a promise to the future.

**Megan** is the daughter of Mike and Kris Zimmer; she will attend NDSU.

**Congratulations Truman Werremeyer & Megan Zimmer. Subway of North Dakota is a major sponsor of the NDHSCA Gelaine Orvik Scholarship.**

## All Star Contests Scheduled

### Optimist All-Star Volleyball Games

June 14, 2021 – West Fargo High School 7:00 PM

June 15, 2021 – Bismarck Century High School 7:00 PM



### Shrine All-Star Football Games

June 19, 2021 - West Fargo Sheyenne High School

- 11-Man – 4:00 PM
- 9-Man – 7:00 PM



### Lions All-Star Basketball Games

July 12, 2021 – Bismarck Legacy High School

- Girls – 6:00 PM
- Boys – 8:00 PM

July 13, 2021 – West Fargo High School

- Girls – 6:00 PM
- Boys – 8:00 PM



**GERRELLS**  
SPORTS CENTER  
DEVILS LAKE, NORTH DAKOTA

# NDHSCA-Scheels Scholarship Recipients Announced

The North Dakota High School Coaches Association Executive Committee have selected the recipients of the 2021 NDHSCA Scheels Scholarships. Each recipient will receive a \$750.00 scholarship from the NDHSCA and Scheels. This scholarship is available to graduating High School Seniors whose parents are members of the NDHSCA. The 2021 recipients are:

- **Katheryn Aberle, Surrey HS:** who plans to attend Minot State University
- **Nicole Schmidt, South Border (Ashley HS):** who plans to attend North Dakota State University
- **Emily St. Aubin, South Border (Ashley HS):** who plans to attend the University of Mary
- **Olivia Tuhy, Lisbon HS:** who plans to attend Concordia College Moorhead

The scholarships will be presented to each student/athlete at the Annual NDHSCA Hall of Fame/COTY Banquet at the Fargo Ramada Convention Center on Thursday, July 22<sup>nd</sup>. The four student/athletes collectively earned 38 athletic letters and were involved in 75 different activities. The recipients' GPA average is 4.17, and three of them ranked number one in their graduating class.



**Katheryn Aberle** will graduate from Surrey High School with a 4.12 GPA and ranked first in her class. She earned 13 athletic letters in the sports of basketball (4), volleyball (3), Track and Field (4) and Football Stats (2). Katheryn was also involved in Student Council, Student Government, National Honor Society, and the North West Saddle Club Association. She was praised by her teachers and coaches for being dedicated, having a great work ethic and pleasant personality, and being an outstanding leader.

**Katheryn** is the daughter of Mary and Ronald Aberle.

**Nicole Schmidt** will graduate from Ashley High School with a 4.37 GPA and ranked first in her class. She earned four athletic letters in basketball. Nicole was also involved in Band, Choir, FBLA, Drama, Student Council, Acalympics, Science Fair, FFA, National Honor Society, NDLS, Teacher's Aide, and served as Class President all four years of high school. She was praised by her teachers, coaches, and administrators for her dedication, integrity, energy, enthusiasm and striving for excellence.

**Nicole** is the daughter of Jessica and Jason Schmidt.



# SCHEELS®

Scheels is a proud to be a co-sponsor of the NDHSCA-Scheels Scholarship.

# Dakota Coach Summer 2021

NDHSCA-Scheels Scholarships continued.



**Emily St. Aubin** will graduate from Ashley High School with a 4.19 GPA and ranked 4<sup>th</sup> in her class. She earned 10 athletic letters in the sports of volleyball (4), basketball (2) and golf (4). Emily is a four-time State Individual Medalist in Class B Girls' Golf. She was also involved in FBLA, Drama, Choir, and National Honor Society. She was praised by her teachers and coaches for being a hard worker, a leader, full of integrity, gracious, and having a friendly demeanor.

**Emily** is the daughter of Lisa and Jeremy St. Aubin.

**Olivia Tuhy** will graduate from Lisbon with a 4.00 GPA and ranked first in her class. She earned 12 athletic letters in the sports of volleyball (4), basketball (4) and track and field (4). Olivia was also involved in band, jazz band, choir, regional music, Sources of Strength, yearbook, student council, Acalympics and Trinity Lutheran Church. She was praised by her teachers and coaches for being hard working, full of integrity, service oriented, multi-talented, and positive.

**Olivia** is the daughter of Kara and Lance Tuhy.



Each of the recipients will receive a \$750.00 NDHSCA Scheels Scholarship at the July 22<sup>nd</sup> NDHSCA Hall of Fame/Coach of the Year Banquet in Fargo at the Ramada Convention Center.

# SCHEELS<sup>®</sup>

## NDHSCA-NHSACA National Hall of Fame Inductees

North Dakota has the following inductees to the  
2021 National High School Athletic Association Coaches Association  
Hall of Fame.



**Randy Johnson**

Hazen High School Athletic Director, Track and Field Coach  
and Basketball Coach



**Lisa Strand**

Thompson High School Volleyball Coach

# 2021 NHSACA National Coach of the Year Finalists of North Dakota



**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 & Diving



**Victor  
Youngs**  
 Fargo South HS  
Tennis



**Tim  
Jacobsen**  
Bismarck Century HS  
Track & Field – Boys'



**Bill  
Jansen**  
Rugby HS  
Track & Field – Girls'



**Lisa Strand**  
Thompson HS  
Volleyball



**Randy Burwick**  
Hettinger HS  
Wrestling



**Rodney Breitbach**  
Bismarck Century HS  
Assistant COTY – Boys'



**Tim Tandeksi**  
Grand Forks Red River HS  
Assistant COTY – Girls'



# 2021-22 NDHSCA-Subway Coach of the Year Recipients

<b><u>SPORT</u></b>	<b><u>NAME</u></b>	<b><u>SCHOOL</u></b>
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
Class B Athletic Director	Scott Grochow	Rugby HS
Class A Athletic Director	Dave Zittleman	Bismarck Public Schools

*(list continues on page 22)*





# 2021-22 NDHSCA-Subway Coach of the Year Recipients

**SPORT**

**NAME**

**SCHOOL**

Class A Girls' Track & Field	Rory Beil	Fargo Davies HS
Class B Girls' Track & Field	Cameron Brown	Beulah HS
Class A Boys' Track & Field	Jordan Aus	West Fargo Sheyenne HS
Class B Boys' Track & Field	Josh Allmaras	Kindred HS
Class B Girls' Golf	Michael Pulczynski	Kindred HS
Class B Boys' Golf	Daniel Martinson	Fargo Oak Grove HS
Class A Girls' Softball	Amanda Mickey	Dickinson HS
Class B Girls' Softball	Peggy Person	Des Lacs-Burlington-L&C
Class A Boys' Baseball	Edward Streeter	Bismarck Legacy HS
Class B Boys' Baseball	Josh Krivarchka	Langdon Area HS
Class A Girls' Tennis	Paul Christen	Mandan HS
Class A Girls' Soccer	Jonahtan Melendez--Soloaga	West Fargo Sheyenne HS
Class A Boys' Golf	Michael Dobberstein	Fargo North HS
Fall Assistant COTY (Volleyball)	Tamara Flink	Langdon Area/Edmore/Munich
Winter Assistant COTY (Basketball)	Dennis Smith	Four Winds HS
Winter Junior High COTY (Basketball)	David Vonesh	Grand Forks Valley MS
Spring Assistant COTY (Track & Field)	Shane Wahlstrom	Williston HS



**Coach Quote:**

“Long hours, setbacks, sacrifices, criticism.....  
If you want to win, then get used to them.”

-Matt Lisle-



# NDHSCA-POWERade Outstanding Senior Athlete

## 2020-2021 NDHSCA-POWERade Outstanding Senior Athlete

<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
A Girls' Track & Field	Meghan Ford	Jamestown HS	Michael Dietz
B Girls' Track & Field	Lanie Awender	Oakes HS	Roxane Miller
A Boys' Track & Field	Calob Larson	Bismarck Legacy HS	Chris Clements
B Boys' Track & Field	Kaden Pastian	Hillsboro/Central Valley	Kirk Zink
B Girls' Golf	Emily St. Aubin	South Border	Jeremy St. Aubin
B Boys' Golf	Grayson Wetch	Fargo Oak Grove HS	Daniel Martinson
A Girls' Softball	Hailey Schaefer	Valley City HS	Hilary Flatt & Ryan Leroux
B Girls' Softball	Brooklyn Benno	Des Lacs-Burlington-L&C	Peggy Person
A Boys' Baseball	Chase Burke	Minot HS	Pete Stenberg
B Boys' Baseball	Simon Romfo	Langdon Area HS	Josh Krivarchka
A Girls' Tennis	Elizabeth Felderman	Mandan HS	Paul Christen
A Girls' Soccer	Abby Promersberger	Fargo Shanley HS	Lance Hansen
A Boys' Golf	Gavin Argent	Minot HS	Shane Hannegreffs



# Dakota Coach Summer 2021

## 2021 NDHSCA Coaches Convention Schedule

Fargo Ramada Convention Center

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

**REGISTRATION for Monday's Seminars**

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

**\$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; MSUM

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

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

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

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

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

**Noon Lunch sponsored by North Dakota Beef Commission**

**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 Summer 2021



**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**

<b>8:30 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
Woodland North	Basketball	“Player Development”	Spencer Wilker; 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**

<b>10:00 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
Woodland North	Basketball	“Viking Basketball”	Vanessa Johnson; Valley City State
Walnut	Football	“Shanley Deacon Offense”	Troy Mattern; Fargo Shanley HS
Edgewood	Golf	“Why Do We Do It – Why Do They Do It”	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”	Roger Kish; NDSU
Elm	X-Country	“Bison Cross Country”	Andrew Carlson; NDSU

**11:00-11:15 Visit Exhibits**

<b>11:15 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
Woodland North	Basketball	“Viking Basketball”	Vanessa Johnson; Valley City State
Walnut	Football	“Speed in Space/Team Character Building Ideas”	Matthew Crane; Kindred HS
Edgewood	Golf	“Jimmie Golf”	Zach Hale; University of Jamestown
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”	Cameron Sykora; NDSU
Elm	X-Country	“Bison Cross Country”	Andrew Carlson; NDSU

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

<b>1:00 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
Woodland North	Basketball	“Offensive Transition”	Daniel Neville; University of Jamestown
Walnut	Football	“Bison Football”	Matt Entz; NDSU
Edgewood	Golf	“Jimmie Golf”	Zach Hale; University of Jamestown
Cedar	Swim & Dive	“Jackrabbit Swimming”	Douglas Humphrey; SDSU
Birch	Track & Field	“Javelin”	Justin St. Clair; NDSU
Woodland East	Volleyball	“Effective Practice Planning”	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 Summer 2021

Tuesday, July 20, 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	"Quarterback 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	"Creating Team Culture"	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	"NDSU DB Skills and Drills"	Kody Morgan; 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**

<b>WOODLAND NORTHEAST</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
	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>SCHOOL</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 and Team Defensive Drills for Improvement"	Dennis Hutter; Mayville State
Walnut	Football	"UND Passing 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 Summer 2021

Wednesday, July 21, 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"	Brett Holinka; UND
<b>NDSU Training 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; Purdue (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; Purdue (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; Purdue (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 & South**  
**Taco Bar with a Cash Bar –**  
**New this year Bean Bag Tournament!**  
**Sponsored by NDHSCA and**  
**Universal Athletics**



# Dakota Coach Summer 2021

**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 after 1<sup>st</sup> session at 8:30 AM!**

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

8:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
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	NDHSCA Advisory Committee Review & Planning	Justin Fletschock; NDHSAA
Executive III	Softball	"Bison Softball"	Allison Walljasper; NDSU
Cedar	Swim & Dive	"Fargo South Season Planning"	Skip Fisher; Fargo South HS
Elm	Tennis	NDHSCA Advisory Committee Review & Planning	Brian Bubach; NDHSAA
Birch	Track & Field	NDHSCA Advisory Committee/Athletic.net/Provisionals	Kevin Morast; NDHSAA
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

9:40 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Executive II	Baseball	"Pitching Drills"	David Pearson; NDSU
Woodland North	Basketball	"Cobber Basketball"	Tyler Bormann; Concordia College
Walnut	Football	NDHSCA Advisory Committee Review & Planning	Justin Fletschock; NDHSAA
NDHSAA		"National Football Foundation"	Mike Berg; Grand Forks
Woodland South	Golf	"Trends for Golf Going Forward – Round Table"	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	"Track & Field Technology & Software"	Kevin Morast; NDHSAA
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 is 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 Inductees (Past Presidents, Past Inductees & Executive Committee are invited to attend)**

1:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Executive II	Baseball	"Team Defense Philosophy and Drills"	Scott Berry; Mayville State
Woodland North	Basketball	NDHSCA Advisory Committee Review & Planning	Justin Fletschock; NDHSAA
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	NDHSCA Advisory Committee Review & Planning	Justin Fletschock; NDHSAA
Cedar	Swim & Dive	NDHSCA Advisory Committee Review & Planning	Kevin Morast; NDHSAA
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 Summer 2021

Thursday, July 22, 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
South Gym	Basketball	"Defensive Practice Drills"	Mike Hendrickson; Fargo South 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
South Gym	Basketball	"Offensive Practice Drills"	Mike Hendrickson; Fargo South HS
Walnut	Football	"Jimmie Defense"	Brian Mistro; University of Jamestown
Cedar	9-Man Football	"Loboos 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 East	Volleyball	NDHSCA Advisory Committee Review & Planning	Kevin Morast; NDHSAA

**5:00-6:00 NDHSCA AWARDS BANQUET RECEPTION at Woodland North**

**6:00 NDHSCA Hall of Fame & COTY Banquet Woodland South**





## NDHSCA Membership Information



Yearly Membership Cost = \$60.00 per individual

Lifetime Membership Eligibility for lifetime membership requires coaching in North Dakota for 20 years or 25 years total years.

Lifetime Membership Cost = \$360.00 per individual

### Membership Benefits

- \$1,000,000 Liability Insurance Coverage
  - This will cover teaching in the classroom.
  - Remember: It is liability insurance
    - Contact the Executive Secretary if you have any questions
- Ability to be named Coach of the Year including Assistant Coach of the Year and Junior High Coach of the Year
- Opportunity to hold an office on the Executive Board and be on advisory to assist the sport they coach for improvements in the state
- Leadership possibilities in the National High School Athletic Coaches Association
- Scholarships available for graduating seniors of members
- Free admission to most high school and college athletic contests  
(Please have coaches call the University before attending the game)
- Up to 75% off on office supplies from office depot with membership
- Reduced rates at hotels when the hotel is ordered online and the code number is used.
- Reduced Insurance rates – Life, Long-term Care, Pet
- Dual Membership with the National High School Athletic Coaches Association

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**

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

# NDSU Graduate Students Share Articles

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

(click “[Read More](#)” below to view the full article)

## Frequency Asked Questions About Early Sport Specialization

Youth athletes, and often their parents, are enamored with the so-called benefits of sport specialization, but sometimes fail to consider the risks involved. The idea of receiving a scholarship after high school to play sports often outweighs the negative effects that specialization can have on a young athlete’s body and mind. It is important that parents and youth athletes understand these risks and carefully decide whether, or not, sport specialization is the right choice for them. [Read More](#)

## A Coaches’ Role in Assisting Athletes to Reset to a Next Level

Next level athletes face significant challenges transitioning to higher level competition on and off the court. Those challenges can be an extremely shocking, traumatic, and life changing experience for many people. Many athletes come from being the stars of their team at their current level and then transition into a program that probably has more skilled athletes at the same participation level. Not being able to perform at the same skill level can be detrimental to an athlete’s performance, confidence, and mental health. [Read More](#)



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**FCA**  
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# Dakota Coach Summer 2021

## Coach Quote:



### 3 Things To Do Today:

1. Don't get caught in the comparison trap. Comparison is the thief of joy.
2. Focus on what you can control (your actions, your effort, and attitude) and let go of the rest.
3. Be "The Seed" and make a difference where you are.

-Jon Gordon-



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Dakota Coach Summer 2021

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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 31 for Winter Season Sports
- April 30 for Spring Season Sports



**Membership Application and Registration** includes payment before season application deadline.

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

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

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



# SUBWAY

## Order your next meal online!





# North Dakota High School Coaches Association



## 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 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 Summer 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.

## Coach Quote:

There is only a half step difference between the champions  
and those who finish on the bottom.  
And much of that half step is mental.

-Coach Tom Landry-  
NFL Hall of Famer



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# 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 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  
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  
Glasser, Steve; Dickinson Trinity 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; LaMoure HS

Hanson, Perry; Bismarck HS  
Haugen, Derold; LaMoure HS  
Haussler, Jim; Bismarck Schools  
Healy, Dennis; Williston HS  
Herman, Matt; Ellendale HS  
Hertel, Dale; Fargo South HS  
Hoeckel, Greg; Carrington 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  
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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  
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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  
Plecicity, 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  
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Stegman, Wayne; Drayton HS  
Stein, Bruce; Hankinson HS  
Stenberg, Pete; Minot HS  
Stibbe, Peggy; Discovery MS  
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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

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Available on the NDHSCA website  
Search “NDHSCA” or enter

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



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Assistant Coach of the Year  
Junior High Coach of the Year  
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**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:

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Amount of Donation: Date:

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PLEASE RETURN THIS FORM AND YOUR DONATION TO:

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Randy Johnson, Executive Secretary  
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Dakota Coach Summer 2021

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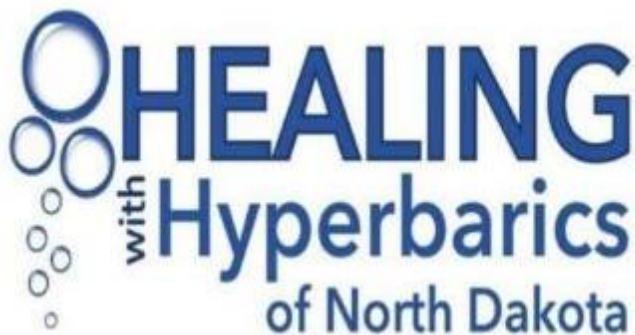
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## ***NDHSCA Code of Ethics***

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

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



## *Coaches Code of Conduct*

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

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

# Become A Member 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 31 for Winter Season Sports
- April 30 for Spring Season Sports



## NDHSCA MEMBERSHIP BENEFITS

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- 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
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# Dakota Coach Summer 2021

## Dakota Coach

The *Dakota Coach* is the official publication of the NDHSCA and is distributed without charge to all coaches by email and on the 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 3 for e-mail and mailing addresses or phone numbers.

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