

# Dakota Coach

Volume 55 Issue #2 [www.ndhsca.com](http://www.ndhsca.com)

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# Dakota Coach Winter 2021

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Photo credit for front cover and insert photo (right) to the Grand Forks Herald and the Bismarck Tribune respectively

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Message from NDHSCA President Tim Wallstrum



## Lessons Learned From Geese

Maybe it is human nature.... In a philosophy class one time we were asked if people are basically good or if people are basically bad. The conclusion was put to us this way. Do you have to teach a kid to be bad or to be good? It seems that we always think of the negative first. I do it too. “Those darn kids in my classes I wish they would study more. I wish my athletes would have put more time in the weight room this summer because we would have been much stronger.” However, the majority of my students **do** work hard and most of my athletes **do** put in the time over the summer. But, for some reason all those negatives stick in our mind. Maybe..... there were a lot of good things that happened in 2020, after all I heard that there is a small baby boom going on! Hey, job security.

Have you ever heard of the Barnum Effect? It is named after circus promoter P.T. Barnum, who said that a good circus had to have something in it for everyone. The term is often used when talking about astrology because there is something written into every horoscope to make it seem as if it applies to you.

I am from Kenmare as most of you know and you may also know that our school mascot is the “Honker”. I am proud of that because we live on the edge of a refuge in which millions of geese pass through each year. It is obvious to me that our school mascot applies to the area we live in. However, it definitely has some drawbacks. Trying to find the good in everything, we try to use it to our advantage. One of the things that we talk about are the lessons that can be learned from geese. Hopefully, there is a little Barnum Effect in it for you.

1. As each goose flaps its wings, it creates an uplift for others behind it. There is 71% more flying range in a V-formation than flying alone.  
Lesson: Athletes who share a common direction and sense of purpose can get there more quickly. Flying in V-formation increases visibility and allows everyone to see the goals.
2. Whenever a goose flies out of formation, it feels the drag and tries to get back into position.  
Lesson: It’s harder to do something alone than it is together.
3. When the lead goose gets tired, it rotates back into formation and another goose flies at the head.  
Lesson: Shared leadership and interdependence give each of us a chance to lead as well as an opportunity to rest.
4. The geese in the rear of the formation “Honk” to encourage those up front to keep up their speed.  
Lesson: Encouragement is motivating. We need to make sure our “Honking” is encouraging – Not discouraging.
5. When a goose gets sick or wounded and falls, two geese fall out of formation and stay with it until it revives or dies. Then they catch up or join another flock.  
Lesson: We all need help from time to time. We should stand by our teammates in difficult times.

I hope you have an awesome 2021 while trying to focus on all the positives in it. I know that your coach’s association will be doing everything in its power to make it one of the best. Happy New Year!

***NDHSCA President Tim Wallstrum***



# The Ethics of Professionalism

Most blessed and Happy Holiday greetings from the NDHSCA! The odd and highly adjusted fall seasons went well or as well as could be expected. We would all like to say congratulations to all the fall state competition qualifiers as well as all our State Champions. Also, congratulations to our fall Powerade Senior Athletes of the Year and the Subway Coaches of the Year. You are all fine representatives in each of your respective sports.

As we go through our respective seasons, we work hard to prepare our athletes for each competition. This gives each athlete the best advantage for their individual performance within the team concept we are trying to institute. As the seasons come to an end, we have given our athletes, especially our seniors, the best opportunities for success. This is what we do to reward them for all their years of dedication to our programs. We have the opportunity to nominate them for the senior athlete of the year. They are nominated because they meet all the qualifications of a student athlete who is nominated. Not just because they are a senior in our program. As we do this, we then leave it up to the other coaches in our league to choose who is most deserving of the award. We trust that each coach will exemplify the highest moral character and leadership, respect the personality of each individual athlete, demonstrate a continuing interest in coaching principles and encourage a respect for all athletes and their values. When the results are tallied, we trust that the most deserving senior will be awarded. At times, the vote is close, and it is tough to have only one earn the award when it could be either of two or even more. There are also times when the athlete chosen makes several people question how did this occur? We are not always going to choose the athlete everyone agrees upon, but it should be the most deserving based on set qualifications of each sport. We also trust that each coach will choose who they vote for based on these qualifications and our Coaches Code of Ethics and not make the decision based on other factors such as the name on the front of the athlete's jersey or other personal factors. When our decisions don't match the requirements or qualifications we are using as guidelines, that is when our professional ethics are questioned. When we have the data to match our decisions those questions are put to rest and we can move on without question or debate. Let's make sure we continuously follow our professional ethics and set guidelines when making these decisions.

Finally, a couple of reminders. Please encourage membership in our great coaches' association and nominate your assistant coaches as well as junior high coaches for post season coaching awards. Also, plan for the summer coaches' convention, July 19<sup>th</sup> – 22<sup>nd</sup> at the Fargo Ramada Inn. As well as the National Convention in Lincoln NE, July 26<sup>th</sup> – 29<sup>th</sup>. We are truly hoping these conventions will take place this summer.

The executive board is here for our membership. Please contact us with your needs/concerns. It is an honor and privilege to work with such a dedicated group of professionals and an extremely rewarding experience.

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



## 21 Tips for a Positive New Year!

Stay Positive

Take a Daily Thank You Walk

Eat Healthier Foods

Talk to Yourself

No Energy Vampires Allowed

Be A Positive Team Member

Don't Chase Success

Get More Sleep

Don't Waste Your Energy

Love, Serve, and Care

Remember Your Why

Love the Process

Read More

No Complaining Rule

Have Trust

Don't Seek Happiness

Focus on "Get To"

Get Back Up

Smile and Laugh More

Boost Your Immune System

Enjoy the Ride

**Happy 2021!**

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Coach Quote:

“Each day remember your purpose.  
Remember why you do what you do.  
We don't get burned out because of what we do.  
We get burned out because we forget why we do it.”

-Jon Gordon-



## From the NDHSCA Executive Secretary's Desk

*Randy Johnson*



Happy New Year! Hopefully, you have had wonderful Christmas break and are ready to finish the year off strong. Christmas break is a great time for family and friends. Hopefully, you had time for yourself during this Holiday season.

2020 provided some challenges for all of us. Once again, coaches throughout North Dakota adjusted and were real champions handling various situations during the COVID-19 Pandemic. Thank you for all your hard work in making this troubling time a success for all the student-athletes.

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

The NDHSCA offers condolences to the family of Ken Towers. Ken passed away on November 6<sup>th</sup> at his Grand Forks home. Coach Towers was President of the NDHSCA during the 1968-1969 school year. He was inducted into the NDHSCA Coaches Hall of Fame in 1987. Ken taught and coached in Bowbells, Langdon, and Grand Forks Red River High School. He retired from teaching and coaching in 1979. His obituary can be read at [Obituary | Kenneth John Towers of Grand Forks, North Dakota | Gregory J. Norman Funeral Chapel](#).

Preparation for the 2021 North Dakota High School Coaches Association State Coaches Convention is underway. The dates of this summer's clinic will be Monday, July 19, 2021 – Thursday, July 22, 2021. The convention is scheduled for the Fargo Ramada. The Executive Board feels with the COVID-19 vaccine coming out, we should be able to have this clinic in person. Make plans now to attend. Coaches will have the opportunity to earn one or two Semester Hours of Graduate Credit from NDSU. The cost of the credit is \$65.00 per credit. More information will be available on our website as early as March.

I strongly encourage coaches to attend the sessions on Monday. We have some fantastic speakers lined up. Monday is also the day when coaches can renew their CPR, AED and First Aid and update concussion management. These two items will only be available on Monday. Tuesday through Thursday will be the sport specific sessions. Keep in mind your attendance does work for renewing your Coaching Certificate. The clinic will finish with the NDHSCA Hall of Fame/Coach of the Year Banquet on Thursday, July 22<sup>nd</sup>. Due to the fact we had to cancel last summer's state convention, we will be honoring the 2020 Hall of Fame Inductees and 2019-2020 NDHSCA Subway Coach of the Year recipients along with the 2021 Hall of Fame Inductees and the 2020-2021 NDHSCA Subway Coach of the Year recipients.

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# Dakota Coach Winter 2021

**From the Desk of NDHSCA Executive Secretary,  
Randy Johnson**

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POWERade of North Dakota continues to sponsor the NDHSCA POWERade Senior Athlete of the Year Award. I remind coaches of the athletes who receive this award to write thank you notes to the individuals responsible for securing this sponsorship. The names and addresses are included in the letters we send out with the awards. They really enjoy receiving the thank you notes from the athletes. Keep up the good work!

Subway of North Dakota is a huge sponsor for our organization. They provide support for the Coach of the Year Awards, Longevity Awards, and the Gelaine Orvik Scholarship Fund. We have a Word document on our website for coaches to order subway sandwiches when they are on the road with their teams. Coaches can pre-order subs to pick up. The order will be ready when you ask for it. The document needs to be e-mailed to the e-mail address on the form. I suggest coaches call to make sure the order was received.

The National High School Athletic Coaches Association National Convention is scheduled for Monday, July 26<sup>th</sup> through Thursday, July 29<sup>th</sup> in Lincoln, NE. The National Hall of Fame Banquet is scheduled for Wednesday, July 28<sup>th</sup> and the National Coach of the Year Banquet is scheduled for Thursday, July 29<sup>th</sup>. There will be between 2,000 and 3,000 coaches at this convention. It will be a great time with some outstanding speakers.

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

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

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

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# Dakota Coach Winter 2021

## From the Desk of NDHSCA Executive Secretary

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

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



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



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# Dakota Coach Winter 2021



**Happy New Year  
from the  
National High School Athletic Coaches Association!**



The National High School Athletic Coaches Association postponed the 2020 NHSACA National Coaches Convention to July 2021. This means all the NHSACA National Hall of Fame Inductees from 2020 will be inducted this summer in July of 2021. It also means all the NHSACA National Coach of the Year Finalist from 2020 will be the finalists for 2021. The 2021 NHSACA National Convention will be held in Lincoln, NE on July 26<sup>th</sup> – July 29<sup>th</sup>.

The two North Dakota Coaches being inducted into the NHSACA National Coaches Hall of Fame are Lisa Strand, volleyball coach at Thompson High School and Randy Johnson, retired Athletic Director, track and field and basketball coach from Hazen High School. Coach Strand is an NDHSCA Assistant Executive Secretary responsible for the Dakota Coach and a Past President of the NDHSCA. Randy Johnson is the NDHSCA Executive Secretary, NDHSCA Past President, NHSACA Past President and the current NHSACA Webmaster.

North Dakota has 18 finalists for the NHSACA National Coach of the Year this coming summer. They are as follows:

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

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# Dakota Coach Winter 2021



The NDHSCA wishes each of them the best of luck! They truly are the “Cream of the Crop” and will represent North Dakota very well at this summer’s National Convention.

It NHSACA National Convention will be a great convention with 2,000 to 3,000 coaches present. We strongly encourage you to attend. If you have any questions, please contact Randy Johnson and he will assist you any way he can.

The NHSACA is beginning a new award this year. This award is called the Kathy Holloway Award. It is named after Kathy Holloway who is a Past President of the NHSACA. The award is designed to honor female coaches who have made a huge impact in High School Athletics throughout the nation. Kathy will be the first person to receive this award during the summer convention. Kathy resides in Louisiana.

The Board of Directors of our national organization include many North Dakota coaches. These ND coaches include:

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

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

The NHSACA Executive Board will host the 2022 National Convention in Des Moines, Iowa. The date of this National Convention has not been released yet. The 2023 NHSACA National Convention will be in Lincoln, NE. North Dakota will host their State Conventions around the National Convention so coaches from North Dakota can attend both.

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

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



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**Bismarck – (701-255-7255)** Ask for Mike Hoff

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



**Jamie Zastoupil**

## 2021 NDHSCA Vice President Candidates



**Claudia Schoellkopf**

The North Dakota High School Coaches Association has made nominations for balloting for the Association's Vice President. The balloting will be conducted at the Annual Coaches Convention held this summer at the Fargo Ramada July 19 through July 22.

The two candidates will be Jamie Zastoupil, currently the Head Volleyball Coach at Bismarck Century High School and Claudia Schoellkopf, currently the Head Girls' and Boys' Swimming and Diving Coach at Mandan High School.

**Jamie Zastoupil** is a graduate of North Dakota State University and St. Catherine University. Coach Zastoupil is a 15-year coaching veteran. She has been the Head Volleyball Coach at Bismarck Century High School the last 10 years. Jamie has a career coaching record of 313 wins with only 34 losses. Coach Zastoupil has won six State Volleyball Championships in her 10 years as the Head Volleyball Coach. She was named the North Dakota High School Coaches Association Subway State Coach of the Year once in 2020 and West Region Volleyball Coach of the Year three times. Coach Zastoupil has served the North Dakota Volleyball Coaches as an Advisory Member for two years. She is a Physical Education teacher at Bismarck Century High School and is a member of the North Dakota High School Coaches Association and North Dakota SHAPE.

Jamie and her husband Neal have three children: Graysen, Zoey and Ryer.

**Claudia Schoellkopf** is a graduate of North Dakota State University and Minot State University. Coach Schoellkopf is a 24-year coaching veteran. She has been the Head Girls' and Boys' Swimming and Diving Coach at Mandan for one year. Claudia has a coaching record of 178 wins and 168 losses in girls' swimming while accomplishing 184 wins, 119 losses and one tie in boys' swimming. Coach Schoellkopf has won one State Girls' Swimming and Diving Team Titles, coached three Girls' State Diving Champions and 7 Boys' State Diving Champions in her career. She was named the North Dakota High School Coaches Association Winter Assistant Coach of the Year in 2014, North Dakota High School Coaches Association Fall Assistant Coach of the Year in 2019 and was named a finalist for the National High School Athletic Coaches Association Boys' Assistant Coach of the Year in 2015 and 2018. Claudia has been a clinician at the North Dakota High School Coaches Association State Convention four times and the National High School Athletic Coaches Association National Convention twice. She is a swimming teacher at Mandan High School.

Claudia is single and loves to spend time with her mother, brother, sister-in-law and her two nephews.



# 2020 NDHSCA Hall of Fame Inductees

The North Dakota High School Coaches Association will be inducting the following coaches into the NDHSCA Coaches Hall of Fame at this summer's NDHSCA State Convention. The banquet honoring these coaches will take place at the Fargo Ramada on July 22, 2021. These individuals were chosen to be inducted in 2020. Due to the Pandemic, they will be inducted in 2021.



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



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



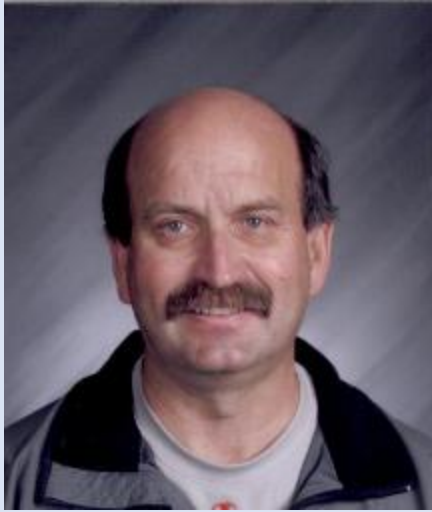
**Roger Snortland** – Deceased Cross  
Country Coach, Football Coach,  
Wrestling Coach and Track and Field  
Coach from Langdon High School



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

# 2021 NDHSCA Hall of Fame Inductees

The North Dakota High School Coaches Association Executive Committee voted unanimously at the Fall Meeting to induct two coaches into the North Dakota High School Coaches Association Hall of Fame.



## **Tim Delmore**

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

## **Dave Michaelson**

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

**Tim Delmore** has been coaching for 44 years at Grand Forks Red River High School. His coaching career includes eight years as a Head Boys' Basketball Coach, 14 years as an Assistant Boys' Basketball Coach and 44 years as an Assistant Girls' Track and Field Coach. Coach Delmore's Boys' Basketball teams won 102 games. His Girls' Track and Field Teams won four State Championships, two State Runners-Up, five Regional Titles and 28 Regional Runners-Up. He coached 20 State Individual Champions, 18 State Individual Runners-Up and 30 Individual Regional Champions in Girls Track and Field.

Coach Delmore was named a National High School Athletic Coaches Association Girls Assistant Coach of the Year Finalist four times, the North Dakota High School Coaches Association Subway Assistant Coach of the Year three times and was inducted into the North Dakota Track and Field Hall of Fame. Tim was named the Grand Forks Herald Local Coach of the Year three times. He has served on the Grand Forks Coaches Council for eight years.

Tim served the North Dakota High School Coaches Association by being a clinician at ten State Coaches Conventions. He was also called on to present at four National High School Athletic Coaches Association National Coaches Conventions.

Tim Delmore and his wife Marilyn have two children: Joyce and Florence.



## 2021 NDHSCA Hall of Fame Inductee

**Dave Michaelson** has been coaching for 39 years at Dickinson High School. His coaching career includes five years as a Girls Basketball Coach, 25 years as a wrestling coach, 33 years as a football coach, 32 years as a Track and Field Coach and seven years as an Assistant Athletic Director. Coach Michaelson's wrestling teams won 124 duals and 1056 multi-team victories. His track and field teams won 3920 multi-team meets. Dave's football teams won one State Championship, one Regional Title and five Regional Runners-Up. His track and field teams won five State Championships, three State Runners-Up, five Regional Titles and five Regional Runners-Up. Coach Michaelson's Wrestling Teams won three State Team Runners-Up, one State Team Dual Runners-Up, one Regional Title and five Regional Runners-Up. His Girls Basketball Teams were Regional Runners-up one time. He coached 13 State Individual Wrestling Champions, 58 State Wrestling Place Finishers, 4 Individual State Track and Field Champions in the field events, 39 State Track and Field Placers in the field events and 74 State Track and Field Qualifiers in the field events.

Coach Michaelson was named the North Dakota High School Coaches Association Subway State Wrestling Coach of the Year once and the West Region Wrestling Coach of the Year four times. He was inducted into the Dickinson State University Hall of Fame and the North Dakota Wrestling Hall of Fame.

Dave served the North Dakota High School Coaches Association as an Executive Board Member for five years acting as President in 2006-2007. He was also the National High School Athletic Coaches Association Track and Field Sport Chair for three years. He was also a member of the North Dakota High School Activities Association Official's Summit for one year.

Dave and his wife Shelly have four children: Mandy, Matt, Megan and Marc.

**Congratulations to Dave Michaelson and Tim Delmore for their selection and upcoming induction into the North Dakota High School Coaches Association Hall of Fame Class of 2021.**



# NDHSCA-NHSACA National Hall of Fame 2020 Inductees

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



Randy Johnson  
Hazen High School Athletic Director,  
Track and Field Coach & Basketball Coach



Lisa Strand  
Thompson High School  
Volleyball Coach

---

## 2021 NHSACA Convention

Dates of the Convention are July 26-29, 2021.

The Hall of Fame Banquet will be held on July 28<sup>th</sup> and the COTY Awards Banquet will be held on July 29<sup>th</sup>. The host site is Lincoln North Star High School. The NCA is expecting up to 3,000 coaches to attend this convention. It will include All Star games.

There will be some outstanding clinic sessions throughout the week.

Numerous hotels have been secured for the convention in the area surrounding LNSHS with shuttle buses available.

# NDHSCA-NHSACA Coach of the Year Finalists

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



**Congratulations to the  
2020-2021 National  
Coach of the Year Finalists**

## 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](#)" to view the full article)

### Benefits of Attaining Coaching Certification

In today's competitive youth, club, and high school sports teams, this is an even greater need than ever before for all relevant adults to go through and complete a coaching certification course.

[READ MORE](#)

### The Negative Effects of Sport Specialization on Youth-Aged Athletes

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

[READ MORE](#)





# NDHSCA-Subway



## Coach of the Year Recipients

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

**SPORT**

**NAME**

**SCHOOL**

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





# NDHSCA Fall 2020 Assistant Coach of the Year



Tamara Flink

The 2020 Fall Season recipient of the North Dakota High School Coaches Association Subway Assistant Coach of the Year Award is **Tamara Flink**, Langdon Area/Edmore/Munich Assistant Volleyball Coach. **Tamara** was nominated by Rich Olson, Langdon Area/Edmore Munich's Head Volleyball Coach.

**Coach Flink** is a 39-year coaching veteran with 24 years coaching volleyball. She has been an Assistant Volleyball Coach at Langdon Area/Edmore/Munich for the last 18 years. **Tamara** has a career coaching record of 389 wins with only 40 losses. She is in charge of serving, setter's practices, lining up line judges for all home matches, washing the white jerseys for the varsity, driving bus to away matches, supervising open gyms and summer leagues.

**Coach Flink** heads up many fundraiser activities during the October Breast Cancer Awareness Month for families who have a family member with cancer. She has helped raise approximately \$50,000.00 while being an assistant volleyball coach in the Langdon Area. **Tamara** highlights winning the 2019 State Volleyball Championship and taking second in the 2020 State Volleyball Tournament as huge accomplishments. The Langdon Area Volleyball Team dedicated the season to her 8 year old granddaughter, Kynlee Pengilly, who was diagnosed with cancer the beginning of October 2019. The Team raised over \$15,000.00 for Kynlee's family for medical expenses. Kynlee was able to attend the 2019 State Volleyball Tournament where Cardinal fans wore their "Kynlee's Fight" t-shirts to the championship match which Langdon Area/Edmore/Munich won. This was a true highlight for Kynlee.

Rich Olson, Head Volleyball Coach at Langdon Area/Edmore/Munich has this to say about **Coach Flink**. "**Tamara** is a great game manager! She is exceptional at making positive adjustments during a match. **Tamara** has always taught our players the fundamentals in a way that helps them succeed. Her contributions have been instrumental in helping our program win 15 Regional Titles and 4 State Tiles since she began as an assistant coach!"

**Tamara** and her husband Jeffrey have three children: Nicole, Jessica and Justin.

Congratulations to Assistant Coach Tamara Flink for being selected the 2020 North Dakota High School Coaches Association 2020 Fall Assistant Coach of the Year.

# POWERADE®

# NDHSCA-POWERade Outstanding Senior Athlete

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

### SPORT

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

### ATHLETE

Greta McArthur  
 Corby Svihovec  
 Yonas Adams  
 Sean Korsmo  
 Meghan Ford  
 Noah Rolfe  
 Ellen Gregoire  
 Jensyn Zink  
 Lucas Schumacher  
 Simon Romfo  
 Cullen Curl  
 Andrew Leingang  
 Demi Peterson  
 Grace Hegerle  
 Sadie Hansen

### SCHOOL

Fargo Shanley HS  
 Bismarck Legacy HS  
 Fargo Davies HS  
 Bismarck HS  
 Jamestown HS  
 Stanley HS  
 Hatton/Northwood  
 Hillsboro/Central Valley  
 Linton-HMB  
 Langdon Area/Edmore/Munich  
 Bismarck St. Mary's HS  
 Bismarck Century HS  
 Williston HS  
 Jamestown HS  
 Oakes HS

### HEAD COACH

Shari McTaggart  
 Scott McPherson  
 Ian Costello  
 Darrell Anderson  
 Ken Gardner  
 Tonya Reum  
 Taylor Cigelske  
 Kirk Zink  
 Tanner Purintan  
 Josh Krivarchka  
 Dan Smrekar  
 Ron Wingenbach  
 Joe Kemp  
 Sara Hegerle  
 Katelyn Hagen



**FCA**  
 Fellowship of Christian Athletes



Coach Quote:

Mental toughness doesn't mean you are more talented than someone else. It usually means you can be more consistent and resilient than someone else. This is a great way to differentiate yourself and gain an edge. Go from average to good or good to great.



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**POWERADE®**

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# SCHEELS®

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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 15 for Winter Season Sports
- April 15 for Spring Season Sports



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

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

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

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



# 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 Winter 2021



North Dakota High School  
Coaches Association

## GENERAL LIABILITY INSURANCE PROGRAM

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

## CARRIER

Houston Casualty Company

## POLICY PERIOD

August 1, 2020 – August 1, 2021

## LIMITS OF INSURANCE

\$1,000,000	Each Occurrence
\$2,000,000	General Aggregate (per Member)
\$1,000,000	Products/Completed Operations
\$1,000,000	Personal & Advertising Injury
\$ 300,000	Fire Damage
\$ 50,000	Sexual Abuse (per Member)
Excluded	Medical Payments

## COVERAGES

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

## EXCLUSIONS

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

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

## CAMP INSURANCE

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

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

## NEW PROCEDURE FOR CAMP INSURANCE

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

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

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

## PURCHASE INSURANCE

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

## INSURANCE ADMINISTRATOR

**LOOMIS & LAPANN, INC.**

INSURANCE SINCE 1852

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

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

Greg Joly  
Lori George  
Karen Boller

[gjoly@loomislapann.com](mailto:gjoly@loomislapann.com)  
[lgeorge@loomislapann.com](mailto:lgeorge@loomislapann.com)  
[kboller@loomislapann.com](mailto:kboller@loomislapann.com)

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

# Longevity Information for 2021 Recognition

The NDHSCA has an ongoing list of longevity winners. The years of coaching recognized are 20, 25, 30, 35, 40, 45, 50, etc. Please send an e-mail to Scott Grochow at [Scott.Grochow@k12.nd.us](mailto:Scott.Grochow@k12.nd.us), or Bill Jansen at [William.Jansen@k12.nd.us](mailto:William.Jansen@k12.nd.us) if you are one of these individuals.

**Remember, this is the number of years you have been coaching through the spring of 2021 at any level.**

You must be a member of the NDHSCA to be recognized and you must be a junior high, or high school coach at the time. Please remember to fill out your membership forms through the next year. This keeps our data base up to date.

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

## Quote:

“It’s always sunny above the clouds. Always.  
Every day on earth- every day I have ever had-  
was secretly sunny, after all.”

-Caitlin Moran-



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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  
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  
Haussler, Jim; Bismarck Schools  
Healy, Dennis; Williston HS  
Herman, Matt; Ellendale HS  
Hertel, Dale; Fargo South HS  
Hofer, Dr. Herb; Cankdeska Cikana CC  
Hoff, David; Bottineau HS  
Holinka, Gerald; Dickinson Trinity HS  
Holmen, Barry; Minot HS  
Holmen, Robert; Minot HS  
Hornecker, Brian; Minot HS  
Horner, Dennis; Midway HS  
House, Leon; Mandan HS  
Howell, Joe; Lisbon HS  
Howson, Jim; Hatton HS  
Hutchison, Donna; Grand Forks Red River HS  
Hutchison, John; Northwood HS  
Hutchison, Lonny; Northwood HS  
Imdieke, Dan; Linton HS  
Jaeger, Kerry; Grand Forks Red River HS  
Jensen, Julie; Kindred HS  
Jeske, James; Killdeer HS  
Johnson, Harlan; Parshall HS  
Johnson, Randy; Hazen HS (Bismarck)  
Johnson, Wayne; Rolette HS  
Jung, Greg; Dickinson HS  
Kaiser, Tim; Wahpeton MS  
Kelley, Scott; Hillsboro HS  
Kjelgaard, Harold; Fargo Discovery JHS  
Kleveland, David; Central Valley HS  
Knutson, Al; Williston HS  
Kosel, Todd; Edgeley HS  
Kolsrud, Tim; Bismarck HS  
Krosbakken, Jerry; Fargo North HS  
Kvislen, Paul; Kindred HS  
Larson, Nancy; DesLacs-Burlington HS  
Lehman, Cory; Fargo South HS  
Leier, Dwight; Maddock HS  
Limke, Greg; West Fargo HS  
Loberg, Myron; Devils Lake HS  
Lockwood, Ed; Fargo Public Schools  
Long, Jeri; Glenburn HS  
Lunde, Mitch; Minot HS  
Lyon, Jerry; Minot HS  
Maclver, Philip; Wahpeton JHS  
Mack, Bruce; Surrey HS  
Mailloux, Gary; Fargo North HS  
Marsh, John; Fargo South HS  
Marshall, Joel; Hazen HS  
Martin, Phil; Lisbon HS  
McCleary, Barry; Napoleon HS  
McKinnon, Darin; West Fargo HS  
McPherson, Scott; Bismarck Legacy HS  
Michaelson, Dave; Dickinson HS  
Miller, Steve; Bismarck HS  
Mitzel, Frank; Minto HS  
Nagel, Lee; Wahpeton HS  
Nelson, Brent; Minot HS  
Olson, Carolyn; Davies HS  
Olson, Douglas; Beulah HS  
Olson, Linette; Bismarck Century HS  
Omdahl, Chad; Hatton-Northwood HS  
Opdahl, Mike; Larimore HS  
Opp, Leland; Hazen HS  
Overby, Dennis; Northwood HS  
Peterson, Paul; Larimore HS  
Pfau, Matt; Minot HS  
Phillion, Rick; Minot HS  
Pierson, Paula; West Fargo HS  
Plecity, Doyle; West Fargo HS  
Roeske, Marv; Concordia College  
Sabree, Yahya; Dunseith HS  
Schatz, Mike; New England HS  
Schauer, Gary; Langdon HS  
Schmitt, Dan; Dakota Prairie HS  
Schneider, Jay; Devils Lake HS  
Schreiner, Vernon; Minto, HS  
Schwartz, Jason; Minot HS  
Sevre, Jocelyn; Hazen HS  
Shirley, Marney; Jamestown HS  
Simfenderfer, Jason; Beulah HS  
Sluke, David; Grafton HS  
Smrekar, Dan; Bismarck St. Mary's HS  
Snortland, Keith; Warwick HS  
Solberg, Sheryl; NDHSAA  
Sondrol, Rick; Central Valley HS  
Sorensen, Chris; Hazen HS  
Stanley, Len; Bismarck State College  
Stegman, Wayne; Drayton HS  
Stein, Bruce; Hankinson HS  
Stibbe, Peggy; Discovery MS  
Strand, Fred P; Hatton-Northwood HS  
Suelzle, Tom; Watford City HS  
Thompson, Jeryl; Drayton HS  
Townsend, Brad; Bismarck Century HS  
Trieglaff, Robert; Fargo North HS  
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



# Fall 2020 State Team Champions

All Coached by Members of NDHSCA

9 Man Football  
Linton-HMB  
Coach Tanner Purintun\*

Division A Football  
Langdon Area/Edmore/Munich  
Coach Josh Krivarchka\*

Division AA Football  
Bismarck St. Mary's  
Coach Dan Smrekar\*

Division AAA Football  
Bismarck Century  
Ron Wingenbach\*

Class A Volleyball  
Bismarck Century  
Jamie Zastroupil\*

Class B Volleyball  
Linton-HMB  
Coach Jamie Richter\*

Class B Boys Cross Country  
Bowman County  
Jonathan Jahner\*

Class A Boys Cross Country  
Bismarck Century  
Coach Brad Lies\*

Class A Girls Cross Country  
Williston  
Chase Gregory\*

Class B Girls Cross Country  
Rugby  
William Jansen\*

Class A Boys Tennis  
Grand Forks Central  
Max Weisser\*

Class A Girls Golf  
Fargo Shanley  
Shari McTaggart\*

Class A Girls Swim and Dive  
Bismarck Century  
Kathy Aspaas\*

Class A Boys Soccer  
Bismarck Century  
Ryan Okerson\*

Congratulations to all Teams  
and Coaches on a successful  
2020 season.

\*denotes members of NDHSCA.



# Forms Available Online

Available on the NDHSCA website

Search “NDHSCA” or enter

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



All State Football Nominee  
Assistant Coach of the Year  
Junior High Coach of the Year  
Hall of Fame Nomination Form  
Award of Merit Recommendation  
Lifetime Membership Application Instructions  
NDHSCA Gelaine Orvik Scholarship Fund  
Sports Advisory Committee Membership  
Gelaine Orvik Scholarship Application  
Senior Scholarship Application  
Shrine Football Nominee  
Victory Milestones  
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TEAM SHOPPING NIGHTS.**

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

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

**Bismarck – (701-255-7255)** Ask for Mike Hoff

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

# Gelaine Orvik Scholarship Fund



The North Dakota High School Coaches Association has decided to provide a “**Gelaine Orvik Scholarship.**” The idea of this scholarship was brought to the NDHSCA Executive Board at the 2008 State Convention by Joe Howell. Gelaine Orvik was the NDHSCA Executive Secretary (1979 to 2015). He has also held this position on the National level. Gelaine has touched thousands of lives through his tireless effort and enthusiasm not only for us coaches, but more importantly for student athletes. He is an outstanding role model, mentor, coach, teacher, person, and friend.

This scholarship will commemorate what Mr. Orvik has long stood for, helping students through scholarship. We would like to establish this fund so it will last a long time. In order to do this we are asking for donations. Any donation, no matter how big or small will assist us in accomplishing this goal.

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

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

Donor:

Address:

City: State: Zip:

Home Phone: Cell Phone:

E-mail Address:

Amount of Donation: Date:

**Thank you for your generous Donation!**

PLEASE RETURN THIS FORM AND YOUR DONATION TO:

ND High School Coaches Association  
Randy Johnson, Executive Secretary  
1527 North 33<sup>rd</sup> Street Suite 4  
Bismarck, ND 58501

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

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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 15 for Winter Season Sports
- April 15 for Spring Season Sports



## NDHSCA MEMBERSHIP BENEFITS

- \$1,000,000 Liability Insurance
- Opportunity to be named a Coach of the Year including Assistant and Junior High
- Opportunity for your graduating Senior to be issued a scholarship from the NDHSCA and Scheels
- Eligible to be part of the All Star Coaching Staff
- Eligible for the NDHSCA Coaches Hall of Fame
- Eligible to be nominated for the NHSACA National Coach of the Year/Athletic Director of the Year Award
- Eligible to be on Sports Advisory
- Free admission to most regular season high school contests
- Free admission to many College and University contests – please contact the University before attending
- Free admission to one NDSU Football ticket – Information is on the website
- Free admission to UND Football Games – Information is on the website
- Other benefits include:
  - Reduced hotel rooms
  - Reduced car rental
  - Reduced items at Office Max
  - Reduced price of insurance

Please visit our website for more information [www.ndhsca.com](http://www.ndhsca.com).

## 3D DIMENSIONAL COACHING™



### “Coaching the Heart Behind the Jersey”

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

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



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

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

### What is 3Dimensional Coaching™?

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

1st Dimension = Fundamentals (Physical)

2nd Dimension = Psychology (Mind)

3rd Dimension = Heart (Holism)

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

### Why does it matter?

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

### 2nd Dimension issues?

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

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

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

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

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

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

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

## Dakota Coach

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

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

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