

Dakota Coach



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@ndhsca1

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Leadership is an Honor

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Leadership is an Honor



Message from NDHSCA President Ron Metz

Welcome to the 2021-2022 coaches/athletic season! My hope is that you all were able to have some great family time. Time to get away from our coaching thoughts and enjoy our loved ones is very important for our own development. We are all looking forward to and praying for a complete season for all teams this school year. Hopefully there are no disruptions or loss of athletes due to quarantine or Covid issues. Wishing all the best of luck to all the fall sports teams as their seasons are well underway at this point.

Thanks to all who were in attendance this past July at our annual state coach's convention. We had another very successful convention. The convention not only provides a time for us to learn and improve ourselves as coaches but also gives us a time for fellowship and fun with our fellow coaches. The ability to gather and informally discuss things with other coaches is great for our growth as coaches but also the development of our souls. This time allows us the opportunity to get to know each other on a more personal level and not just the professional level. We do this to ensure that our young athletes have qualified coaches to help make their experiences as beneficial as possible for their development as an athlete as well as a person. Of course, none of this would be possible without the extensive efforts of our executive secretary, Randy Johnson. His preparation for the convention is second to none. We also want to thank assistant executive secretaries Scott Grochow, Bill Jansen, and Lisa Strand as well as all the volunteers who spend extensive time in preparation and throughout the week to help make the convention a success. Thank you also to those who have agreed to be on our advisory committees. Your time and commitment are greatly appreciated.

The coaches of our state should also be very proud as they were well represented at the National High School Athletic Coaches Association this past July. Congratulations to Scott Reichenberger Bismarck High School Girls Cross Country Coach and Bill Jansen Rugby Girls Track and Field Coach on being selected as national coaches of the year in their respective sports. Also, congratulations to Randy Johnson and Lisa Strand for their induction into the National High School Athletic Coaches Hall of Fame.

We have very strong membership, but it could be much stronger. Please do what you can to encourage coaches from your school to become members. We especially need to get our younger coaches involved in the association. Please check out the membership benefits at www.ndhsca.com to help encourage membership. We also ask for your assistance in nominations for our Award of Merit and Special Recognition Award. Please let one of the board members know if there is someone in your area you feel is deserving of a nomination.

I greatly appreciate the honor of representing the coaches of this great state as president. I am humbled to have the coaches of this state select me and hope to do all I can to represent you all. Special thanks to Tim Wallstrum for his two-year term as president. His leadership has moved the association in a very positive direction and is an excellent model to follow. I hope to do as well.

It is a great comfort knowing that I have the backing of a great executive board. They are like a special family and their work is exceptional. Welcome to our newest board member, Vice President Jamie Zastoupil. She is an excellent addition to our board.

In closing, please mark your calendar for the NDHSCA state convention July 25 -28, 2022 at the Mandan Baymont and the NHSACA national convention June 18 – 22, 2022 in Altoona (Des Moines) Iowa. May you all continually be blessed, stay healthy and safe.

All Sincerity,

Ron Metz
NDHSCA President



Message from NDHSCA Immediate Past President Tim Wallstrum

Quotes & More Quotes

A coach will impact more young people in a year than the average person does in a lifetime.” This quote from Billy Graham was one of the tweets at the bottom of the NHSACA website recently. I also picked up a paper at the NHSACA Convention that was headlined by Bill Curry. It was promoting One Huddle and on it was the One Huddle Pledge. It reads... “I am a coach. No matter my age or ability, I am a role model to many. I am an ambassador for myself, for my family and team, and for the game. I will hold myself to the highest standards and will conduct myself with integrity, with accountability, and with sportsmanship. My team has many brothers and sisters, but only One Huddle. We do not simply ‘tolerate’ one another – that is not enough. We love each other unconditionally, without regard to race, sex, religion, nationality, sexual orientation, or any other trait that some people would use to separate ‘us’ from ‘them.’ By my words and actions, I will do everything I can to help make our society more like my Huddle.”

Coach Sue Moon, from Henderson North Carolina wrote an article in a magazine about her three C’s or core values. They are commitment, character, and confidence. Within that they focus on integrity, teamwork, and responsibility. Qualities of being a good teammate and a good person. She says that the most important thing is making a connection with your players. You must connect with their heart so you can trust each other. Keeping the team’s best interest at heart.

Community service is a good way to develop trust and respect because when you’re giving of yourself for others, and you do it as a group, it develops that sense of team loyalty. In Kenmare, that is one of the big reasons we promote “DIG PINK” in October of every season. The kids have car washes, bake sales, and youth camps every year so they can make the contribution to a worthy cause that has affected many families. But the added benefit of working together toward this goal promotes team bonding like nothing else has. Sue maintains that when your daughter takes a jersey it’s with the promise that she will sacrifice self for the team.

In that same magazine there is another article about a school in Roseburg, Oregon and they have been promoting “three values, one mission.” At their volleyball games the fans would always cheer RHS during the pass, set, and spike. But now, they cheer loyalty on the pass, integrity on the set, and effort on the hit. The kids started doing this on their own because these values were being taught in all their athletic programs. I wish our school was doing that.

Another quote I came by recently from Martin Luther King Jr. says that “Intelligence plus character is the true goal of education.” It is interesting how this theme of character keeps popping up everywhere. It reminded me of a coaching friend I had when I first started. Volleyball had just been sanctioned in the state and coaches were new to running tournaments. We were playing in a small North Dakota gym and each game had a time limit on it. One of the rules was that you had two timeouts. At that time there was no rule as to when the timeouts could be called. Wouldn’t you know it, we wound up playing each other in the championship match. They were ahead at the end of the game. He could have called a timeout and run out the clock. He did not. My girl raced back to serve the ball and scored. The clock ran out and we played out the tiebreaker and won the tournament. His kids, my kids, and I learned more about integrity that day than any other time in my career. I recall it often and it is something I will never forget. Some of the people I have talked to since, thought he had made a coaching mistake. I even remember some of the girls saying the same thing. But was it a mistake? Would anyone even remember it if he had called a timeout.

I think he made a huge impact on all the players, parents, and coaches that day. It is an impact of integrity that I have never forgotten. I would like to think that he still is leaving an impact on kids through me today. One of the best ways to teach character is to model it!...While you’re at it, go back and read the first line of this article again.

Have an impactful fall season.

*Coach Wallstrum,
NDHSCA Immediate Past President*

A WINNING COMBO



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

Quote:

“People who see change as a threat to the past reject new ideas and get left behind.

People who treat change as a challenge in the present embrace new ideas and adapt.

People who anticipate change as an opportunity for the future initiate new ideas and lead.

-Adam Grant-
Organizational Psychologist



**Congratulations to
*Jamie Zastoupil***

*Bismarck Century High School
Newly elected NDHSCA Vice President*



From the NDHSCA Executive Secretary's Desk

Randy Johnson



Welcome back to a new school year and fall sports season! The batteries are recharged and ready for competition. Good Luck to all athletes, coaches and teams as you strive to improve in order to reach the ultimate goal of a State Championship.

The 2021 North Dakota High School Coaches Association State Convention was successful. We did not know what to expect due to the COVID-19 Pandemic and all the variants. The convention was full of excellent speakers who were excited to be face to face with an audience. It also gave coaches an opportunity to network with peers. Many times, the individual conversations are where a person learns the most.

The highlight of the convention was the NDHSCA Hall of Fame/Coach of the Year Banquet. Karen and Rod Hardie received the NHSACA Distinguished Service Award. Those who were inducted into the NDHSCA Hall of Fame are:

- Tim Delmore – Grand Forks Red River High School
- Dave Michaelson – Dickinson High School
- Perry Piatz – Kindred High School
- Roger Snortland – Langdon High School (Deceased)
- Victor Youngs – Fargo South High School

We honored Coach of the Year recipients from the school years, 2019-2020 and 2020-2021. A number of coaches were back-to-back recipients. The NDHSCA recognized Dave Bass (Valley City), Gary Lindquist (New Rockford) and Gelaine Orvik (Fargo) with the Special Recognition Award. We awarded Craig Keating (Mayville) and Brenda Schell (Valley City) with the Award of Merit. The NDHSCA Gelaine Orvik Scholarships were presented to Truman Weremeyer (Fargo Davies) and Megan Zimmer (Kenmare). Katheryn Aberle (Surrey), Nicole Schmidt (Ashley) Emily St. Aubin (Ashley) and Olivia Tuhy (Lisbon) received the NDHSCA Scheels Scholarships. Good Luck to these six young adults as they pursue their career goals! You are the “cream of the crop.” Congratulations to all award recipients!

Tim Wallstrum (Kenmare) became NDHSCA President for the 2019-2020 school year. Tim displayed great leadership and served a second term due to the pandemic. Ron Metz (Bismarck Century) is the NDHSCA President for 2021-2022. Ron's professionalism and organizational skills will be an asset to the NDHSCA. Congratulations to Jamie Zastoupil (Bismarck Century) on being elected Vice President. She is a great addition to our organization. Thank you to each Executive Board member for contributing your time and effort.

The National High School Athletic Coaches Association National Convention was held in Lincoln, Nebraska. There were more than 2,000 coaches in attendance. We had the privilege of hearing many excellent speakers. North Dakota was honored when **Scott Reichenberger** (Bismarck High Girls' Cross Country Coach) and **Bill Jansen** (Rugby High School Girls' Track and Field Coach) were named NHSACA National Coach of the Year. Lisa Strand (Thompson) and Randy Johnson (Hazen) were inducted into the NHSACA National Hall of Fame.

Subway will be sponsoring the NDHSCA Coach of the Year Awards. When your team is traveling, please refer to our website: www.ndhsca.com. Utilize the Word document and place your team order via e-mail. Follow up with a phone call to confirm the order was accurately received. Subway is a great place for your team to have a healthy meal on the go.

Scheels will be sponsoring six - \$750.00 scholarships for the high school graduates of NDHSCA members. Scheels will work with coaches to provide discounts or schedule times for your team to visit the store. Please refer to Scheels full-page AD in the Dakota Coach for information.

POWERade of North Dakota sponsors the NDHSCA Senior Athlete Award. We encourage recipients of the award to write thank you notes to POWERade of Dickinson, Williston and Bismarck. The coach will be receiving a letter providing the addresses of these three POWERade branches. We have received favorable comments regarding the thank you they have received in the past.

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Dakota Coach Fall 2021

(Exec. Sec. Randy Johnson message continued)

We appreciate the continued support from Universal Athletics for the taco feed social at our State Convention. This past summer we held a Bean Bag Tournament which raised nearly \$700.00 by free will donation to the Gelaine Orvik Scholarship Fund. It was a great time and for a good cause.

NDHSCA strength comes from its membership. We encourage all to sign up as soon as possible. Information is on our website: www.ndhsca.com. Keep in mind if you signed up last spring; you need to sign up this fiscal year to continue your membership. The many benefits of being a member are as follows:



- \$1,000,000 Liability Insurance
- Opportunity to be named a Coach of the Year including Assistant COTY and Junior High COTY
- Opportunity for your graduating high school Senior to be issue 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 NDHSCA Sports Advisory
- **New Benefit**
 - **Free access to digital editions of Coach and AD Magazine**
 - **Free podcasts featuring Proactive Coaching Series**
 - **Free year-long access to digital editions of Training and Conditioning Magazine**
 - **Individual coaches can opt-in for additional FREE resources**
 - Weekly e-newsletter from Coach and AD
 - Weekly e-newsletter from Training and Conditioning
 - Announcements and invitations to Webinars
 - Announcements from marketing partners containing key product information
 - **Eligible for Proactive Coaching Plus annual subscription discount**
- Voice in North Dakota High School Athletics through the NDHSCA
- Free admission to most regular season high school contests
- Free admission to many College and University contests – please contact the University before attending
- Free admission to one NDSU Football Game – Information is on the website
- Free admission to UND Football Games – Information is on the website
- Other benefits include:
 - Reduced hotel rooms
 - Reduced car rental
 - Reduced items at Office Max
 - Reduced price of insurance
 - Please visit our website for more information

One goal of NDHSCA is to increase membership. Head coaches are encouraged to rally their assistant and junior high coaches to join. The North Dakota High School Coaches association is a dual member with the National High School Athletic Coaches Association. If you are a member of the NDHSCA, you are also a member of the NHSACA.

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Dakota Coach Fall 2021

(Exec. Sec. Randy Johnson message continued)

The NDHSCA has connection with the Jason Foundation which was developed in hopes of preventing teen suicide. Due to the COVID-19 Pandemic the suicide rate has increased nationwide. As coaches we must have the foresight to recognize students who may be struggling with depression.

If you need any information on the Jason Foundation please visit their website: www.jasonfoundation.com.

It is imperative to read the NDHSCA Coaches Code of Ethics and Coaches Code of Conduct which are located on our website. Coaches are role models and our positive behaviors will influence the athletes' conduct.

Remember – COACHING is one of the most rewarding professions! We impact young people's lives and build tomorrow's leaders.

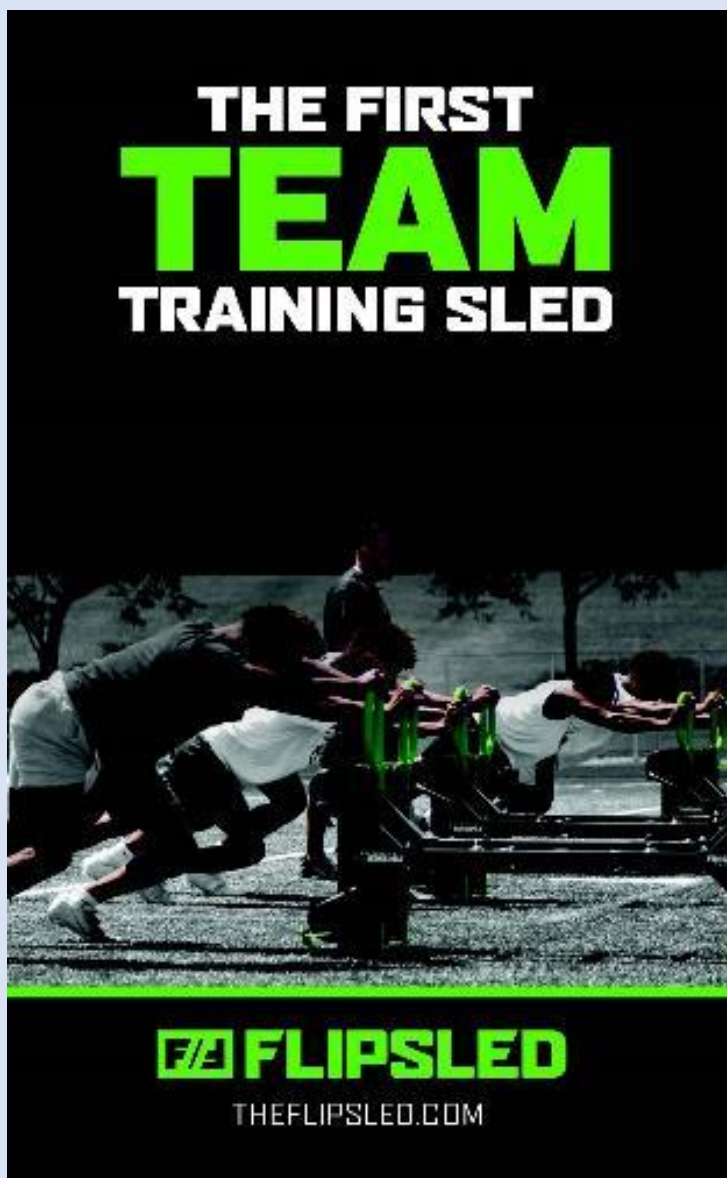
In closing, I wish everyone an outstanding athletic year.

Happy Coaching,

*Randy Johnson,
NDHSCA Executive Secretary*



@ndhsca1



Congratulations to Randy Johnson

2021 recipient of the NHSACA
Dwight T. Keith Award



The highest honor presented by the
National High School Athletic Coaches Association.



Dakota Coach Fall 2021



Message from the NHSACA Past President, Randy Johnson

Greetings from the National High School Athletic Coaches Association!

The National Convention was held in conjunction with the NCA All-Sport Clinic in Lincoln, NE July 26-29. The convention site was at the Lincoln North Star High School. Hall of Fame and COTY banquets were at the Great Hall in the Hay Market area in downtown Lincoln: July 28 and 29, respectively.

North Dakota Coach of the Year Finalists were:

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

The NHSACA National Coach of the Year recipients from North Dakota were **Scott Reichenberger** from Bismarck High School in Girls’ Cross Country and **Bill Jansen** from Rugby in Girls’ Track and Field. Congratulations Scott and Bill!

North Dakota Hall of Fame Inductees were:

- Randy Johnson Hazen, ND and Lisa Strand, Thompson, ND

North Dakota also had a Dwight T. Keith Award Recipient in Randy Johnson from Hazen, ND. The Dwight T. Keith Award is the highest award given by the National High School Athletic Coaches Association.

North Dakota is well represented on the NHSACA Board of Directors. The members from North Dakota are as follows:

- Jake Solper: National Swimming and Diving Sport Chair: Minot High School
- Greg Brown: National Girls’ Track and Field Sport Chair: Mandan High School
- Tim Wallstrum: 3rd Vice President: Kenmare High School
- Dave Dougherty: Executive Director: Fargo, ND (Previously, Watford City H. S.)
- Randy Johnson: Website Administrator, Past President: Hazen, ND (Bismarck)
- Gelaine Orvik: Past President: Fargo, ND
- John Hutchison: Past President, HOF and COTY Narrator: Northwood, ND



The 2022 National Convention will be June 18-June 22, 2022. It will be located at the Prairie Meadows Hotel/Casino/Race Track in Altoona (Des Moines), IA.

Respectfully submitted

Dave Dougherty, NHSACA Executive Director and Randy Johnson, NHSACA Past President

Dakota Coach Fall 2021

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NDHSCA-NHSACA National Hall of Fame Inductees for 2022

The NDHSCA Executive Board announces North Dakota's NHSACA
2022 Inductees to the National Hall of Fame.

Brian Anderson

New Town High School Cross Country and Track and Field Coach

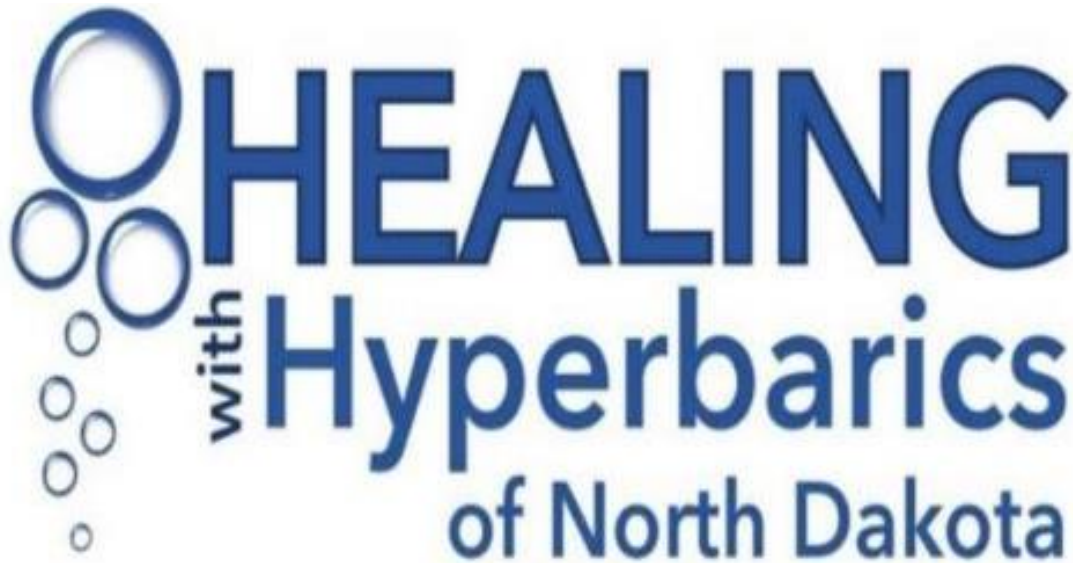
Rod Hardie

Fargo North High School Cross Country Coach

ND Delegation at the 2021 NHSACA COTY Banquet



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Athletic coaches play an extremely influential and unique role in the lives of young men. Because of these relationships, coaches are poised to positively influence how young men think and behave, both on and off the field. Coaching Boys Into Men (CBIM) is the only evidence-based prevention program that trains and motivates high school coaches to teach their young male athletes healthy relationship skills and that violence never equals strength.

<https://www.coachescorner.org/>



NDHSCA-NHSACA 2022 National Coach of the Year Nominees

<u>Sport</u>	<u>Coach or Athletic Director</u>	<u>School</u>
Athletic Director	Mitch Lunde	Minot High School
Baseball:	Kent Schweigert	Bismarck Century High School
Basketball – Boys’	Gregg Grinsteinner	Dickinson Trinity Hig 20h School
Basketball – Girls’	Mike Forsberg	Fargo Oak Grove High School
Cross Country – Boys’	Jonathan Jahner	Bowman County High School
Cross Country – Girls’	Kirk Zink	Hillsboro – Central Valley
Football	Larry Sandy	Velva High School
Golf	Scott Foltz	Minot High School
Soccer	Matt Pfau	Minot High School
Softball	Kevin Ziegler	Bismarck Century High School
Special Sports	Grant Paranica	Grand Forks Central High School
Swimming & Diving	Skip Fisher	Fargo South High School
Tennis	Chad Anderson	West Fargo Sheyenne High School
Track & Field – Boys’	Chris Clements	Bismarck Legacy High School
Track & Field – Girls’	Tracey Heisler	Grand Forks Red River High School
Volleyball	Jay Schobinger	Dickinson High School
Wrestling	Jeff Schumacher	Bismarck High School
Assistant COTY – Boys’	Paul Lean	Fargo Davies High School
Assistant COTY – Girls’	Tim White	Griggs County Central High School

Coach Quote:

“In defeat, I will reflect and learn.
In victory, I will savor the moment.
Tomorrow, my efforts begin anew.”
-Dr. Jim Afremow-



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

Designed to provide essential Protein and Educational Resources for Student Athletes

Apply for a **Build Your Base** grant for your school by contacting Nicole Wardner with the North Dakota Beef Commission at nwardner@ndbeef.org

The **Build Your Base** program is a comprehensive sports nutrition plan that features beef in the center of the plate. This program strives to prepare and refuel student athletes as they prepare for and compete in their sports season. The program toolkit provides resources for athletes, coaches, school health and athletic professionals, as well as parents to address nutritional needs for athletes. The program aims to support school wellness programs and build healthy communities.

The **Build Your Base** program equips athletes, coaches and parents to understand the role of beef in diet, overall health and athletic performance. The program helps student athletes and community members establish healthy habits and build life skills to prepare well-balanced, nutritious snacks and meals featuring beef.

Participating schools are eligible for grants to provide athletes with beef as a recovery protein, promotional materials, educational training videos, presentations and workshops by nutritional experts, access to the experts in the partnership, and meal planning and recipe resources.

The **Build Your Base** program prepares young athletes and their families for a successful sports season by promoting beef as a premier protein. The program supports healthy nutritional choices before, during and after a sports season through educational resources, tips and guidelines.

The North Dakota Beef Commission (NDBC), in partnership with the South Dakota Beef Industry Council (SDBIC) and Sanford Health, expanded the **Build Your Base** comprehensive sports nutrition program into North Dakota to promote beef as a premier protein for young athletes.

Beef is a natural, nutrient-rich, high-quality protein containing all the essential amino acids. A single three-ounce cooked serving of beef provides 175 calories as well as protein, iron, vitamins B12 and B6, zinc, selenium, niacin, phosphorus, riboflavin, and choline. Research has shown athletes with a consistent intake of protein throughout the day have increased rates of muscle building and muscle repair, and the ingestion of 30 grams or 4.5 ounces of protein following exercise helps maintain positive protein balance following exercise.

For more information on the **Build Your Base** program or to apply for a **Build Your Base** grant for your school contact Nicole Wardner with the North Dakota Beef Commission at nwardner@ndbeef.org.

The NDBC, representing North Dakota beef producers manages the state beef checkoff program with the mission of enhancing beef demand by strengthening consumer trust and exceeding consumer expectations. This is accomplished through programs and activities in the areas of promotion, research and consumer information. For additional information on the NDBC, visit ndbeef.org.

Dakota Coach Fall 2021



NDHSCA Annual Business Meeting Minutes

July 22, 2021; 10:50 AM
Fargo Ramada Convention Center
Woodland North East



President Tim Wallstrum called the meeting to order at 10:55 AM.

Jon Jahner (Bowman County) moved to accept the June 2019 NDHSCA Annual Meeting Minutes as published in the 2019 Fall Dakota Coach; Gelaine Orvik (Fargo) seconded the motion. Motion passed without any dissenting voice vote.

Randy Johnson presented the Financial Report as of June 30, 2021 with a comparison to June 30, 2020 as follows:

\$ 98.83 – FPSFCU Primary Shares Account Balance June 30, 2021
\$ 10,062.42 – FPSFCU Checking Account June 30, 2021
\$ 501.64 – FPSFCU Football Clinic Account June 30, 2021
\$ 25,468.77 – FPSFCU Gelaine Orvik Scholarship Account Balance June 30, 2021
\$101,693.41 – FPSFCU Money Market Share Balance June 30, 2021
\$130,120.93 – FPSFCU Total Cash on Hand June 30, 2021

June 30, 2020 Comparison

\$ 98.83 – FPSFCU Primary Shares Account Balance June 30, 2020
\$ 12,089.94 – FPSFCU Checking Account June 30, 2020
\$ 500.61 – FPSFCU Clinic June 30, 2020
\$ 25,356.97 – FPSFCU Gelaine Orvik Scholarship Account Balance June 30, 2020
\$ 65,439.03 – FPSFCU Money Market Share Balance June 30, 2020
\$103,485.38 – FPSFCU Total Cash on Hand June 30, 2020

Outstanding Income – Lions All Star Basketball (August 1, 2021 Request)

Outstanding Income – NDHSAA Support of Convention (August 1, 2021 Request)

Randy felt the NDHSCA is financially sound and doing quite well. Claudia Schoellkopf (Mandan) moved to accept the financial report; Nathan Horgeshimer (Killdeer) seconded the motion. Motion passed unanimously.

Randy Johnson gave the 2021 NDHSCA State Coaches Convention Update as follows:

- Convention Registrations – 292
- College Credit Registrations – 21 One Graduate Credit, 27 Two Graduate Credits
- Membership Registrations – 415 Members, 3 New Lifetime Members

Kaycee Grochow (TGU) moved to accept the 2021 NDHSCA Convention report; Thomas Wheeling (Bismarck Legacy) seconded the motion. Motion passed without any dissenting voice vote.

Lisa Strand gave the Dakota Coach report. The publication of the Dakota Coach newsletter occurs four times a year: Fall (September), Winter (January), Spring (April) and Summer (June) usually within the first or second week of the month. Each issue contains articles written by members of the Executive Board, information about NDHSCA and its membership, information about the NHSACA organization, award recipients and additional articles and pictures. The publication is shared via email and on the NDHSCA website. If you have any questions or suggestions for articles or improvements, please contact Lisa Strand or Randy Johnson. Michael Mayer (Grant County) moved to accept the report; Jon Jahner (Bowman County) seconded the motion. Motion passed unanimously.

Randy Johnson gave the membership report from the 2020-2021 school year.

- Paid Memberships – 1,265
- Paid Lifetime Memberships – 183
- Total Active Members including lifetime members – 1,300
- New Lifetime Memberships – 23

Ralph Manley (Mandan) moved to accept the membership report; Michael Sorlie (North Sargent) seconded the motion. Motion passed without any dissenting voice vote.

(Continued on page 16)

Dakota Coach Fall 2021



President-Elect Ron Metz introduced the 2021-2022 NDHSCA Vice-Presidential Candidates.

- Claudia Schoellkopf – Mandan High School
- Jamie Zastoupil – Bismarck Century High School

Voting will finish at the 1:00 PM session. The recipient will be announced at the NDHSCA Hall of Fame/Coach of the Year Banquet this evening.

Scott Grochow presented information about the NDHSCA – POWERade Senior Athlete of the Year balloting. Survey Monkey is used to vote for the Senior Athlete of the Year. Coaches sign off on if the athlete has had any violation. Certificates are sent to the Head Coach at the school for the District and Regional level. The recipients are announced at the State Tournament and awarded two plaques. Balloting has been going well. Lately the percentage of coaches voting has increased since doing it online. Jeremy St. Aubin (South Border) moved to accept the report; Thomas Wheeling (Bismarck Legacy) seconded the motion. Motion passed unanimously.

Scott Grochow presented information about the NDHSCA – Subway Coach of the Year balloting. Survey Monkey is also used for this vote. The coach needs to be a member of the NDHSCA to be a recipient of the award. We do however allow all coaches to vote. A list of recipients is posted on our website. Bill Jansen did talk about the All-State Award. All certificates for Coach of the Year, Senior Athlete and All-State are sent out by Bill Jansen as soon as possible. Claudia Schoellkopf (Mandan) moved to accept the report; Spencer Wheeling (Bismarck Century) seconded the motion. Motion passed without any dissenting voice vote.

Dave Dougherty (NHSACA Executive Director) presented the report on the National High School Athletic Coaches Association. The National Convention is in conjunction with the NCA All-Sport Clinic in Lincoln, NE July 26-29. The convention site is at the Lincoln North Star High School. Hall of Fame and COTY banquets are at the Great Hall in the Hay Market area in downtown Lincoln: July 28 and 29, respectively.

North Dakota Coach of the Year Finalists are:

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

North Dakota Hall of Fame Inductees are:

- Randy Johnson, Hazen, ND
- Lisa Strand, Thompson, ND

Dwight T. Keith Award Recipient:

- Randy Johnson, Hazen, ND



(Continued on page 17)

Dakota Coach Fall 2021



North Dakota Members of the NHSACA Board of Directors:

- Jake Solper: National Swimming and Diving Sport Chair: Minot High School
- Greg Brown: National Girls' Track and Field Sport Chair: Mandan High School
- Tim Wallstrum: 3rd Vice President: Kenmare High School
- Dave Dougherty: Executive Director: Fargo, ND (Previously, Watford City H. S.)
- Randy Johnson: Website Administrator, Past President: Hazen, ND (Bismarck)
- Gelaine Orvik: Past President: Fargo, ND
- John Hutchison: Past President, HOF and COTY Narrator: Northwood, ND

2022 National Convention:

- June 18-June 22, 2022
- Prairie Meadows Hotel/Casino/Race Track
- Altoona (Des Moines), IA

Kaycee Grochow (TGU) moved to accept the report; Carolyn Olson (Fargo Davies) seconded the motion. Motion passed unanimously.

Michael Sorlie presented the Lions All-Star Basketball Report. Check in was July 9th with the Boys in Fargo and the Girls in Bismarck. Games were held on July 12th at Bismarck Legacy and July 13th at West Fargo. Class A won all games. The attendance was great at both venues, as it was estimated that there were over 1,500 fans at each location. No issues with any of the players throughout the week. Biggest obstacles this year:

- Getting the needed information from the players prior to the deadlines
- Alternates not accepting their position and the lack of patience to wait and see if rostered players decide to decline or drop out (ex./only 10 boys played on the Class B team this year).

Special thanks to the Lion's clubs of Bismarck and of Fargo for their support. Thomas Wheeling (Bismarck Legacy) moved to accept the report; Kaycee Grochow (TGU) seconded the motion. Motion passed without any dissenting voice vote.

Lisa Strand presented the Optimist All-Star Volleyball Report. Twenty-four players reported to Expressway Inn & Suites in Fargo on Friday, June 11, 2021. This included 12 Class B players (6 from the East and 6 from the West) and 12 Class A players (6 East and 6 West). Optimist member, Lori DeKeyser, welcomed the players along with Lisa Strand, NDHSCA All Star Co-Chair. The two teams practiced at West Fargo HS on Friday, Saturday, Sunday, and Monday am. Monday afternoon the Optimists hosted a banquet for the players and their parents sponsored by the Optimists. The Matches were held at West Fargo on June 14 and Bismarck Century on June 15 with the player, parent and HS coach introductions prior to the match starting at 7:00 pm. The East won both matches- scores at West Fargo: 25-21, 25-20, 25-18, with the East also winning a 4th set 25-23. (Four sets are played to give the opportunity for more equal playing time by set.) The match held at Bismarck Century was also won by the East with scores of 25-19, 26-24, 25-19, and the 4th set 25-22. Coaches for the West Team were Breanna Sisson of Dickinson Trinity HS and Jamie Zastoupil of Bismarck Century HS. The coaches for the East Team were Jaime Richter of Linton HMB and Kelsey Gibbons of West Fargo HS.

Your Live Event was granted the permission to broadcast over YouTube and both matches were well attended. Thank you to Tim Wallstrum for getting all the players information, the staff at West Fargo High School and the staff at Bismarck Century High School, all the volunteers and the Optimist's Club

of Fargo for making this event a great success. Carolyn Olson (Fargo Davies) moved to accept the report; Jon Jahner (Bowman County) seconded the motion. Motion passed without any dissenting voice vote.

Eric Olson presented the Shrine All-Star Football Report for Bill Lorenz. The 2021 Shrine Football Games were played at West Fargo Sheyenne on Saturday, June 19th. The 11-man East team won the first game 28-21 over the West squad. The 9-man East team beat the West team 30-24. These were two well-played games with the athletes competing until the final horn. The week started with 124 players and 16 coaches checking into the dorm on the campus of Mayville State University. MSU was a very gracious host. The housing, dining, and practice facilities were able to handle our large group with ease. Everyone that was involved was very accommodating. The community of Mayville was also very welcoming. Our players and coaches were able to use the movie theatre and the Shrine committee held a parade for the community in which the players and coaches participated in. Our annual media day was held on Thursday. Along with talking to the media, the players also attended sessions and were able to learn about the purpose and goals of the Shrine Hospital. They also were able to listen to two patients tell their stories about how the Shrine hospital was able to help them. This was an excellent opportunity for the athletes to hear about the benefits that the hospital provides. Preparations for the 2022 game have

(Continued on page 18)

Dakota Coach Fall 2021

already started. The committee is planning on having all four teams and coaches practice at Mayville State University again with the possibility of playing the game in Mayville also. In visiting with numerous players and coaches everyone had a great experience during the week leading up to the game and on game day. Michael Mayer (Grant County) moved to accept the report; Jaime Richter (Linton) seconded the motion. Motion passed unanimously.

Scott Grochow spoke on the NDHSCA Longevity Awards. We present longevity awards for 20 years, 25 years, 30 years, 35 years, 40 years, 45 years and five-year increments from there on. Plaques are presented as requested. Scott sends out an e-mail asking coaches if they wish to have a plaque and the plaques are ordered. Michael Sorlie (North Sargent) moved to accept the report; Jeremy St. Aubin (South Border) seconded the motion. Motion passed without any dissenting voice vote.

Randy Johnson reported on the sponsorships for the NDHSCA. POWERade sponsorship is going well. It is important for coaches and athletes to continue writing thank you letters to the companies supporting this effort. It makes a difference. Scheels sponsors the NDHSCA Scheels Scholarship. This is given to four graduates of coaches who are members. It is important to continue supporting Scheels as well.

Subway sponsors the NDHSCA Coach of the Year Awards and also helps support the Gelaine Orvik Scholarship. We are in the process of negotiating for another year. We are hoping to continue this relationship. Every packet has coupons to Subway. Please use them. Carolyn Olson (Fargo Davies) moved to accept the report; Claudia Schoellkopf (Mandan) seconded the motion. Motion passed unanimously.

Randy Johnson presented information about the website. He is working to update all the information. It takes a lot of time. Dave Zittleman has been the webmaster for a long time and does a great job. If you see something that needs updating, please send Randy an e-mail. He will work on getting it done. Ralph Manley (Mandan) moved to accept the report; Thomas Wheeling (Bismarck Legacy) seconded the motion. Motion passed without any dissenting voice vote.

Eric Olson presented information on the Twitter Account. We currently have 1,263 followers and growing. He started a Monday motivation and Throwback Thursday for something new. Eric also tries to recognize recipients, State Champions, any NDHSCA updates and announcements. Jay Schneider (Devils Lake) moved to accept the report; Jon Jahner (Bowman County) seconded the motion. Motion passed unanimously.

Randy Johnson discussed the 2022 NDHSCA State Convention site and date. It will be in Mandan at the Baymont from July 25, 2022 to July 28, 2022. If anyone has any speaker suggestions, please contact Randy as soon as possible.

Immediate Past President Tracey Heisler presented NDHSCA information to the group. Speaker recommendations, Advisory Committee sheets, strongly recommend getting involved in the organization, Vice President candidates, nominating Junior High Coach of the Year candidates, nominating Assistant Coach of the Year candidates, reading the Dakota Coach are a few of the things presented to the membership. We are a Dual Member State with the National High School Athletic Coaches Association. As a member of the NDHSCA, you are a member of the NHSACA. The benefits of the NHSACA are also your benefits.

Randy Johnson presented information on the liability insurance. He strongly recommended taking out camp insurance if you are hosting a camp or summer league. He also discussed some of the other member benefits and suggested going to our website to see all the benefits we have to offer.

Randy Johnson presented information about the Gelaine Orvik Scholarship Fund. The fund balance as of June 30, 2021 was \$25,356.97. Last year we took in \$2,180.00 in donations from the membership and Subway. At Wednesday night's Bean Bag Tournament there was \$698.00 taken in for donations. Thank you to everyone who contributed.

Past President Eric Olson moved that Randy Johnson be the NDHSCA Executive Secretary for the 2021-2022 school year, Ralph Manley (Mandan) seconded the motion. Motion passed unanimously.

President Tim Wallstrum asked for other business.

Vice President Rick Anderson handed out door prizes.

Randy Johnson presented the members with Sub sandwiches, chips, cookies and soda for their Noon meal.

President Tim Wallstrum adjourned the meeting at 11:58 AM.

Respectfully submitted

Randy Johnson, NDHSCA Executive Secretary



North Dakota Hall of Fame Class of 2020-2021



Left to Right: Dave Michaelson, Tim Delmore, Kathy Snortland, Perry Piatz, Victor Youngs



Tim Delmore, GFRR HS



Perry Piatz, Kindred HS



Dave Michaelson, Dickinson HS



Kathy Snortland
and Amelia
accepting the
award for
Roger Snortland,
Langdon HS



Victor Youngs.
Fargo North HS

2021 NDHSCA CONVENTION



Distinguished Service Award
Rod and Karen Hardie



Award of Merit
Brenda Schull



Award of Merit
Craig Keating, KMAV Radio



Special Recognition Award
Dave Bass



Special Recognition Award
Gary Lindquist



Special Recognition Award
Gelaine Orvik



Gelaine Orvik Scholarship Recipient
Gelaine Orvik, Truman Werremeyer,
John Clark



Gelaine Orvik Scholarship Recipient
Gelaine Orvik, Megan Zimmer,
John Clark

2021 NDHSCA CONVENTION



NDHSCA Scheels
Scholarship Recipient
Jason Mack of Scheels and
Katheryn Aberle



NDHSCA Scheels
Scholarship Recipient
Jason Mack and
Nicole Schmidt



NDHSCA Scheels
Scholarship Recipient
Jason Mack and
Emily St. Aubin



NDHSCA Scheels
Scholarship Recipient
Jason Mack and
Olivia Tuhy

2021 NDHSCA Convention Pictures



Dr. Brad Strand, NDSU
General Session



Jeremiah Tiffin, UND
Volleyball



Ashley Tobin, MSU
Softball



Riley Dolezal NDSU
Track & Field



Laura Januszewski (formerly Concordia)
Cross Country



Andrew Carlson, NDSU
Cross Country



Patricia Ford, UWRF
Volleyball



Chris Pape, USD
Swimming and Diving



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Congratulations

2021 NHSACA National Coach of the Year Recipients



Bill Jansen
Rugby HS
NHSACA National Girls'
Track & Field
Coach of the Year



Scott Reichenberger
Bismarck HS
NHSACA National Girls'
Cross Country
Coach of the Year



Randy Johnson, Hazen HS, was honored with the Dwight T. Keith Award, the highest honor presented by NHSACA and he was inducted into the NHSACA National Hall of Fame. Lisa Strand of Thompson was also inducted in to the NHSACA Hall of Fame.

CATER TO THEIR CRAVINGS

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Graduate Student 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.)

Developing a High School Coaching Mentorship Program

Mentoring has become an important aspect of professional development for young coaches. Too often young coaches are left on their own to develop their coaching skills once they leave college. For first year coaches, all the duties and responsibilities that go along with being a coach can seem overwhelming. [READ MORE](#)

Early Sport Specialization: Risks, Avoidance, and College Scholarships

There is a growing trend in American of young athletes specializing in a singular sport at an early age. Youth athletes are enamored with the benefits of sport specialization, but often 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. [READ MORE](#)

Dr. Brad Strand's 2021 Convention Presentation; Once You Know Better, You Do Better

Dr. Brad Strand is a professor in the Department of Health, Nutrition, and Exercise Sciences at North Dakota State University. He works in mentoring coaches. [READ MORE](#)



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NDSU Football Ticket Policy

NDSU Athletics offers NDHSCA members free admission to home football games for select contests.

For 2021, complimentary tickets for NDHSCA members will be available for the following games:

- **October 23 vs Missouri State**
- **October 30 vs Indiana State**
- **November 20 vs South Dakota**

If for any reason the Fargodome is not at full capacity, tickets will not be available to NDHSCA members.

Policies and Procedures for Requesting NDHSCA Tickets

- NDHSCA members may begin requesting 1 complimentary ticket and 1 additional ticket to purchase beginning at 8:00am on the Monday of game-week. All requests must be submitted via email to ndsu.bisontickets@ndsu.edu
- Tickets are limited and orders will be filled based on ticket availability and frequency of an individual's requests. Submitting a request does not guarantee tickets will be awarded.
- Tickets will be awarded and confirmations sent on the Wednesday of game-week.
- Tickets can be picked up 90 minutes prior to kick-off on game-day. Per NCAA rules, no tickets can be picked up in advance of that time.
- Coaches picking up tickets will be required to present their current NDHSCA membership card with a valid photo ID at the time of pick-up.
- Failure to pick-up tickets can result in a loss of future ticket opportunities for that individual.

Single game tickets may also be purchased through the NDSU ticket office.
Please visit www.GoBison.com for additional information.



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Coach Quote

“I dare you to look up at the stars and not down at the mud, and set your sights on one of them that, up to now, you thought was unattainable.”

Olympian and North Dakotan
Cliff Cushman
in his letter in 1964 to the
youth of Grand Forks.



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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**



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Dakota Coach Fall 2021

Coach Quote:



If you want to be happy, be happy on purpose. When you wake up in the morning, you can't just wait and see what kind of day you'll have.

You have to decide what kind of day you'll have.

Higher thoughts. Higher energies. Higher vibrations.

Higher frequencies. Higher experiences.

-unknown-



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Dakota Coach Fall 2021



NDHSCA



ONLINE MEMBERSHIP REGISTRATION LINK

PLEASE TAKE NOTE!

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

- September 15 for Fall Season Sports
- January 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.



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North Dakota High School Coaches Association



2021-2022 NDHSCA Sports Advisory Committees

SPORT	REPRESENTATION	TERM
<u>BASEBALL:</u>		
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
Hans Anderson; Fargo Davies HS	A Division East Representative	2021-2025
<u>BASKETBALL – Boys':</u>		
Brandy George; Thompson HS	B Division Representative	2019-2022
Michael Santjer; Rugby HS	At Large Representative	2020-2023
Thomas Kirchoffner; West Fargo Sheyenne HS	A Division Representative	2021-2024
<u>BASKETBALL – Girls':</u>		
Jim Petrik; Bismarck Legacy HS	A Division Representative	2019-2022
Jason Schwartz; Minot HS	At Large Representative	2020-2023
Laurie Seiben; Grafton HS	B Division Representative	2021-2024
<u>CHEERLEADING (Appointed by Cheerleading Advisory):</u>		
Luann Burris; Grand Forks Central HS	A Division Representative	2019-2022
Ruth VanWechel; Mayville-Portland CG	B Division Representative	2020-2023
Billie Ann Caya; Bismarck HS	At Large Representative	2021-2024
<u>CROSS COUNTRY:</u>		
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
Nathan Horgeshimer; Killdeer HS	B Division West Representative	2021-2025
<u>FOOTBALL:</u>		
Mike Zier; Beach HS	Nine Man B Representative	2018-2022
Josh Krivarchka; Langdon HS	11 B Division Representative	2019-2023
Dan Smrekar; Bismarck St. Mary's HS	11 A Division Representative	2020-2024
Wayne Werremeyer; Fargo Davies HS	11 AA Division Representative	2021-2025
<u>GOLF:</u>		
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
Jeremy St. Aubin; South Border HS	B Division Girls' Representative	2021-2025
<u>GYMNASTICS:</u>		
Robbie Werchau; Minot HS	West Representative	2019-2022
Krystin Flip; Fargo South HS	East Representative	2020-2023
Rachel Johnson; Bismarck HS	At Large Representative	2021-2024
<u>HOCKEY (Appointed by Hockey Advisory):</u>		
Patrick Johnson; West Fargo HS	Girls' Representative	2018-2022
Ben Hertz; Mandan HS	Girls' Representative	2019-2023
Jason Bennett; Minot HS	Boys' Representative	2020-2024
David Benson; West Fargo-Sheyenne	Boys' Representative	2021-2025
<u>SOCCER:</u>		
Ian Costello; Fargo Davies 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
Nick Christianson; Fargo Davies HS	Girls' East Representative	2021-2025

North Dakota High School Coaches Association

2021-2022 Sports Advisory Committee Representatives

SOFTBALL:

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
Mark Woodbury; West Fargo Sheyenne HS	Class A East Representative	2021-2025

SWIMMING & DIVING:

Skip Fisher; Fargo South HS	Girls' Representative	2019-2022
Richard "Dick" Fisher; Fargo North HS	Boys' Representative	2020-2023
Thomas Wheeling; Bismarck Legacy HS	At Large Representative	2021-2024

TENNIS (Appointed by Tennis Advisory):

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
Matt Nielson; Valley City HS	East Boys' Representative	2021-2025

TRACK & FIELD – Boys':

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
Chris Clements; Bismarck Legacy	A Division West Representative	2021-2025

TRACK & FIELD – Girls':

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
Tim Kolsrud; Bismarck HS	A Division West Representative	2021-2025

VOLLEYBALL:

Rich Olson; Langdon HS	At Large Representative	2019-2022
Anna Folk; Mandan HS	A Division Representative	2020-2023
Jessica Fritz; Rugby HS	B Division Representative	2021-2024
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; Velve HS	B Division President	2020-2023

NDHSCA Sports' Advisory Committee Application

NAME: _____

SCHOOL: _____

Home Address: _____

City, State & Zip: _____

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

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

Number of Years of Membership to the NDHSCA: _____



My duties as a Sports Advisory Committee member include:

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

****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 33rd St. Unit 4, Bismarck, ND 58501

email: duck@westriv.com

Dakota Coach Fall 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.

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

INSURANCE ADMINISTRATOR

LOOMIS & LAPANN, INC.

INSURANCE SINCE 1852

www.loomislapann.com

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

Greg Joly
Lori George
Karen Boller

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

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

Longevity Information for 2022 Recognition

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

Remember, this is the number of years you have been coaching through the spring of 2022 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:

Being mentally tough is about:
Pushing through discomfort.
Focusing on the task at hand.
Blocking out distractions.
Facing your fears.
And staying poised under pressure.



POWERADE.

Criteria for Post-Season Awards

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



SCHEELS®





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
Burris, 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
Frost, Mark; Hope-Page
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
Hanson, Perry; Bismarck HS
Hardie, Karen; Fargo North HS
Hardie, Rodney; Fargo North HS
Haugen, Derold; LaMoure HS
Hausssler, 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
Johnson, Randy; Hazen HS (Bismarck)
Johnson, Wayne; Rolette HS
Jonas, Jim; West Fargo HS
Julius, Disa; Minot HS
Jung, Greg; Dickinson HS
Kaiser, Tim; Wahpeton MS
Kelley, Scott; Hillsboro HS
Kjelgaard, Harold; Fargo Discovery JHS
Kleveland, David; Central Valley HS
Knutson, Al; Williston HS
Kosel, Todd; Edgeley HS
Kolsrud, Tim; Bismarck HS
Krosbakken, Jerry; Fargo North HS
Kvislen, Paul; Kindred HS
Larson, Nancy; DesLacs-Burlington HS
Lehman, Cory; Fargo South HS
Leier, Dwight; Maddock HS
Limke, Greg; West Fargo HS
Loberg, Myron; Devils Lake HS
Lockwood, Ed; Fargo Public Schools
Long, Jeri; Glenburn HS
Lunde, Mitch; Minot HS
Lyon, Jerry; Minot HS
Maclver, Philip; Wahpeton JHS
Mack, Bruce; Surrey HS
Mailloux, Gary; Fargo North HS
Marsh, John; Fargo South HS
Marshall, Joel; Hazen HS
Martin, Phil; Lisbon HS
Mayer, Michael; Grant County 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
Nelson, Kevin; Dunseith 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
Simfenderfer, Jason; Beulah HS
Sluke, David; Grafton HS
Smrekar, Dan; Bismarck St. Mary's HS
Snortland, Keith; Warwick HS
Solberg, Sheryl; NDHSAA
Solper, Melissa; Minot HS
Sondrol, Rick; Central Valley HS
Sorensen, Chris; Hazen HS
Sorlie, Michael; North Sargent HS
Stanley, Len; Bismarck State College
Stegman, Wayne; Drayton HS
Stein, Bruce; Hankinson HS
Stenberg, Pete; Minot HS
Stibbe, Peggy; Discovery MS
Strand, Fred P; Hatton-Northwood HS
Suelzle, Tom; Watford City HS
Thompson, Jeryl; Drayton HS
Townsend, Brad; Bismarck Century HS
Trieglaff, Robert; Fargo North HS
Vance, Brian; Ellendale HS
Vigen, Randy; Central Valley HS
Wagner, Chuck; Killdeer HS
Wagner, Doug; DesLacs-Burlington HS
Walhaug, Gary; Surrey HS
Walker, Larry; Killdeer HS
Ward, John.; Hazen HS
Werchau, Robbie; Minot HS
Wheeling, Bob; Killdeer HS
Wilson, Dean; Carl Ben Eielson MS
Wilson, Jerry; Bismarck Century HS
Winczewski, Dean; Minot HS
Wisthoff, David; Glenburn HS
Zimney, Bob; Grand Forks Red River HS
Zinke, Davey; Valley City

Honorary Lifetime Members

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



NDHSCA Past Presidents

- 1st - **Harold Pederson**
Williston HS (1962-1963)
- 2nd - **Dale Brown**
Minot Bishop Ryan HS (1936-1964)
- 3rd - **Loren "Lefty" Faris**
Mandan HS (1964-1965)
- 4th - **Milo "Mike" Lodoen**
Bottineau HS (1965-1966)
- 5th - **Marv Skaar**
Grand Forks Central HS (1966-1967)
- 6th - **Duane Carlson**
Minot HS (1967-1968)
- 7th - **Ken Towers**
Grand Forks Red River HS (1968-1969)
- 8th - **Ken Rio**
Grand Forks Central HS (1969-1970)
- 9th - **Jerry Sheldon**
Fargo North HS (1970-1971)
- 10th - **Duane Hennessy**
Grand Forks Central HS (1971-1972)
- 11th - **Serge Gambucci**
Grand Forks Central HS (1972-1973)
- 12th - **Walt Hatlestad**
Fargo North HS (1973-1974)
- 12th - **Walt Hatlestad**
Fargo North HS (1974-1975)
- 13th - **Howard Thiege**
Minot HS (1975-1976)
- 14th - **Dick Vinger**
Grand Forks Central HS (1976-1977)
- 15th - **Robert Feeney**
Bismarck HS (1977-1978)
- 16th - **Carl Wall**
Fargo North HS (1978-1979)
- 17th - **Rich Wardner**
Dickinson HS (1979-1980)
- 18th - **John Hutchison**
Northwood HS (1980-1981)
- 19th - **Nancy Tidd**
Fargo North HS (1981-1982)
- 20th - **Dennis Thronset**
Langdon HS (1982-1983)
- 21st - **Ed Beyer**
Hillsboro HS (1983-1984)
- 22nd - **Jerry Popp**
Bowman HS (1984-1985)
- 23rd - **Allyn Workman**
Lisbon HS (1985-1986)
- 24th - **Doyle Radke**
Minot HS (1986-1987)
- 25th - **Dwight Leier**
Esmond HS (1987-1988)
- 26th - **Roger Stone**
Dickinson HS (1988-1989)
- 27th - **Rod Oksendahl**
Cavalier HS (1989-1990)
- 28th - **Gene Manson**
Minot HS (1990-1991)
- 29th - **Bruce Stein**
Hankinson HS (1991-1992)
- 30th - **Gary Schauer**
Bismarck HS (1992-1993)
- 31st - **Randy Coleman**
Devils Lake HS (1993-1994)
- 32nd - **Bob Zimney**
Grand Forks Red River HS (1994-1995)
- 33rd - **Bill Cahill**
Harvey HS (1995-1996)
- 34th - **Ron Wingenbach**
Bismarck Century HS (1996-1997)
- 35th - **Brian Anderson**
Watford City HS (1997-1998)
- 36th - **Julie Stavv**
Bismarck Century HS (1998-1999)
- 37th - **Curt Herman**
Dakota Prairie HS (1999-2000)
- 38th - **Terry West**
Grand Forks Red River HS (2000-2001)
- 39th - **Dave Dougherty**
Watford City HS (2001-2002)
- 40th - **Jack Carlson**
Dickinson HS (2002-2003)
- 41st - **Randy Johnson**
Hazen HS (2003-2004)
- 42nd - **Todd Olson**
Grand Forks Central HS (2004-2005)
- 43rd - **Scott Grochow**
Rugby HS (2005-2006)
- 44th - **Dave Michaelson**
Dickinson HS (2006-2007)
- 45th - **Jon Bertsch**
Wells County HS (2007-2008)
- 46th - **Carolyn Olson**
Grand Forks Red River HS (2008-2009)
- 47th - **Pete Moe**
Washburn HS (2009-2010)
- 48th - **Dave Zittleman**
Bismarck HS (2010-2011)
- 49th - **Gregg Grinsteiner**
Dickinson Trinity HS (2011-2012)
- 50th - **Ralph Manley**
Mandan HS (2012-2013)
- 51st - **Lisa Strand**
Thompson HS (2013-2014)
- 52nd - **Michael Kuhn**
Mandan HS (2014-2015)
- 53rd - **Andy Braaten**
Carrington HS (2015-2016)
- 54th - **Paul Lean**
Fargo Davies HS (2016-2017)
- 55th - **Eric Olson**
North Sargent HS (2017-2018)
- 56th - **Tracey Heisler**
Grand Forks Red River HS (2018-2019)
- 57th - **Tim Wallstrum**
Kenmare HS (2019-2020 & 2020-2021)

Forms Available Online

Available on the NDHSCA website
Search “NDHSCA” or enter

www.ndhsca.com



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



UNIVERSAL
ATHLETIC

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 33rd Street Suite 4
Bismarck, ND 58501

PLEASE DETACH THIS BOTTOM PORTION FOR YOUR TAX RECORDS

DONOR’S NAME:

Donation Amount:

Date:

A Big THANK YOU to the following sponsors!



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THANK YOU to our sponsors!





NDHSCA Code of Ethics

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

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



Coaches Code of Conduct

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

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

Become A Member Today

This is a friendly reminder for you and your assistant coaches to sign up for membership to the North Dakota High School Coaches Association for the 2020-2021 school year if you have not done so. Our membership runs July 1 through June 30.

Sign up at: www.ndhsca.com.

MEMBERSHIP DEADLINES

- September 15 for Fall Season Sports
- January 31 for Winter Season Sports
- April 30 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.

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. 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.

SUBWAY™

Sponsor of NDHSCA

**Coach of the Year Awards and
NDHSCA Gelaine Orvik Scholarship**



**North Dakota High School
Coaches Association and
POWERade
*Outstanding Senior Athlete Award***



POWERADE®