

Dakota Coach

Volume 56 Issue #2

www.ndhsca.com

Award of Merit

page 15

Special Recognition

page 14

VP Candidates

page 26

In This Issue

Executive Committee.....	3
Message from President Ron Metz.....	4
President-Elect Anderson’s Message.....	5
Exec. Secretary Johnson’s Message.....	8
NHSACA Past President Message.....	11
NDHSCA Special Recognition.....	14
NDHSCA Award of Merit.....	15
NDHSCA Hall of Fame.....	16
NDHSCA Coach of the Year.....	19
NDHSCA Assistant & JH COTY.....	20
NDHSCA Fall Outstanding Senior.....	21
NHSACA Hall of Fame.....	22
NHSACA COTY Nominees.....	25
NDHSCA Vice President Candidates....	26
Membership Benefits.....	27
NDSU Student Article Links.....	30
Membership Registration Link.....	34
Sports Advisory Committees.....	35
Insurance Information.....	37
Coaching Longevity Information.....	38
Post Season Award Criteria.....	39
Lifetime Membership Information.....	40
Paid Lifetime Members.....	41
Past Presidents Listed in Order of Service.....	42
Forms.....	43
Gelaine Orvik Scholarship Form.....	44
NDHSCA Convention Sponsors.....	45
NDHSCA Code of Ethics.....	47
Coaches Code of Conduct.....	48
Dakota Coach Publication Info.....	49

Message from President Ron Metz

Giving

page 4

Aspects of Coaching

President-Elect Rick Anderson’s Message

page 5

Message from Randy Johnson

NDHSCA & NHSACA news

page 8

NDHSCA

Hall of Fame 2022

page 16

NDHSCA / NHSACA National Hall of Fame

page 22

NDSU Graduate Student Article Links

page 30

NDHSCA Code of Ethics & Code of Conduct

pages 47 & 48



@ndhsca1



Jeremy St. Aubin

NDHSCA Vice President Candidates

page 26



Mike Zier



2021-22 NDHSCA Executive Committee



**President
Ron Metz**

1335 20th Street North
Bismarck, ND 58501

Phone Numbers:
(h) 701-471-5197
(w) 701-323-4900
(c) 701-471-5197

ron_metz@bismarckschools.org



**President Elect
Rick Anderson**

1415 Roberts Ave NE
Cooperstown, ND
58425

Phone Numbers:
(h) 701-797-3199
(w) 701-797-3114
(c) 701-789-1669

rick.anderson@k12.nd.us



**Vice President
Jamie Zastoupil**

736 Mustang Drive
Bismarck, ND 58503

Phone Numbers:
(h) 701-224-1231
(w) 701-323-4900
(c) 701-730-5192

jamie_zastoupil@bismarckschools.org



**Immediate Past
President
Tim Wallstrum**

PO Box 402
Kenmare, ND 58746

Phone Numbers:
(h) 701-385-3376
(w) 701-385-3376
(c) 701-340-8221

twallstrum@mykps.us



**Past President
Tracey Heisler**

1120 22nd Street NW
East Grand Forks, MN
56721

Phone Numbers:
(h) 218-779-3021
(w) 218-779-3021
(c) 218-779-3021

tlahisler@gmail.com



**Executive Secretary
Randy Johnson**

1527 North 33rd St,
Suite 4
Bismarck, ND 58501

Phone Numbers:
(h) 701-870-1064
(w) 701-870-1064
(c) 701-870-1064

duck@westriv.com



**Assistant Executive
Secretary
Scott Grochow**

409 7th Avenue SE
Rugby, ND 58368

Phone Numbers:
(h) 701-776-5201
(w) 701-776-6854
(c) 701-771-2709

scott.grochow@k12.nd.us



**Assistant Executive
Secretary
Bill Jansen**

410 7th Avenue SE
Rugby, ND 58368

Phone Numbers:
(h) 701-776-7758
(w) 701-776-5201
(c) 701-351-0844

william.jansen@k12.nd.us



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

1511 7th Avenue NE
Thompson, ND 58278

Phone Numbers:
(h) 218-779-3404
(w) 701-599-2765
(c) 218-779-3404

lisa.strand@tps-k12.org



**Membership
Chairperson
Karen Hardie**

2472 Lilac Lane
Fargo, ND 58102

Phone Numbers:
(h) 701-237-5624
(w) 701-446-5200
(f) 701-446-5299

hardiek@fargo.k12.nd.us



**Membership
Chairperson
Eric Olson**

121 Maplewood Dr.
Gwinner, ND 58040

Phone Numbers:
(h) 701-678-6842
(w) 701-678-2492
(c) 701-730-2018

eric.olson@k12.nd.us

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

PO Box 5
Gwinner, ND 58040

Phone Numbers
(c) 701-527-5273
(h) 701-678-3823

michael.sorlie@k12.nd.us

Mike Hendrickson
1408 57th Avenue S
Fargo, ND 58104

Phone Numbers
(c) 701-367-6546
(h) 701-367-6546

hendrim@fargo.k12.nd.us

**Shrine Football
Chair
Bill Lorenz**

1431 Chestnut Street
Grand Forks, ND 58201

Phone Numbers
(c) 218-791-3121
(h) 701-795-7818

wlorenz280@mygfschools.org

**Optimists' Volleyball
Co-Chairs
Lisa Strand**

1511 7th Avenue NE
Thompson, ND 58278

Phone Numbers:
(c) 218-779-3404
(h) 218-779-3404

lisa.strand@tps-k12.org

Tim Wallstrum
PO Box 402
Kenmare, ND 58746

Phone Numbers
(c) 701-340-8221
(h) 701-385-3376

twallstrum@mykps.us



**Membership
Chairperson
Rod Hardie**

2472 Lilac Lane
Fargo, ND 58102

Phone Numbers:
(h) 701-237-5624
(w) 701-238-5717
(c) 701-238-5717

hardier.10@gmail.com



Message from NDHSCA President, Ron Metz

Giving!

Welcome to the winter sports season from the NDHSCA! We would 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 fine representatives in each of your respective sports.

As coaches we are in the constant mode of giving. We give of our time, energy, emotions, and spirit. During this time of the year giving can take on many different meanings. Yet to coaches it is all the same. I feel that coaches give as directed in 2nd Corinthians 9:6-8. The Cheerful Giver. The point is this: whoever sows sparingly will also reap sparingly, and whoever sows bountifully will also reap bountifully. Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver. And God is able to make all grace abound to you so that having all sufficiency in all things at all times, you may abound in every good work. This identifies the basis of what coaches do and hopefully for all the correct and ethical reasons. We also must remember that we need to make time to “give”, to ourselves. With all the time and effort given to our teams it is sometimes difficult to do. For our own mental as well as physical health and long-term health. **Find your own time.** Even during the season. The longer I coached the more I found this was very helpful and allowed me to be fresher and better prepared in the long term.

Finally, a couple of reminders. Please encourage membership in our great coaches' association. We especially need to increase the membership of our younger coaches. Be sure to nominate your assistant coaches as well as junior high coaches for post season coaching awards. Also, plan for the summer coach's convention, July 25th – 28th in Mandan at the Baymont Inn. As well as the national convention in Altoona Iowa, (Des Moines) June 18-22. 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 have had the most blessed and Happy Holiday season.

Ron Metz
NDHSCA President



Aspects of Coaching

*Message from NDHSCA President-Elect
Rick Anderson*



As I look back at the fall season just completed a short while ago, I see the championships won and all of the individual award winners. It is quite impressive. I would like to congratulate all the teams, coaches, and all the individual athletes. It is great to see all the individuals who were involved in the fall season.

I have coached state championship teams and individual state champions. There is no feeling that can be described like it, but if that was my reason for coaching, I should have been put out to pasture years ago. (There may be many people who feel that is where I should be.)

Here are some of the real reasons I coach. I was reminded of when I had a conversation with one of my athletes near the end of our cross country season. He shared with me how he was so glad he had decided to be a part of our team and what he had gained by being part of the team.

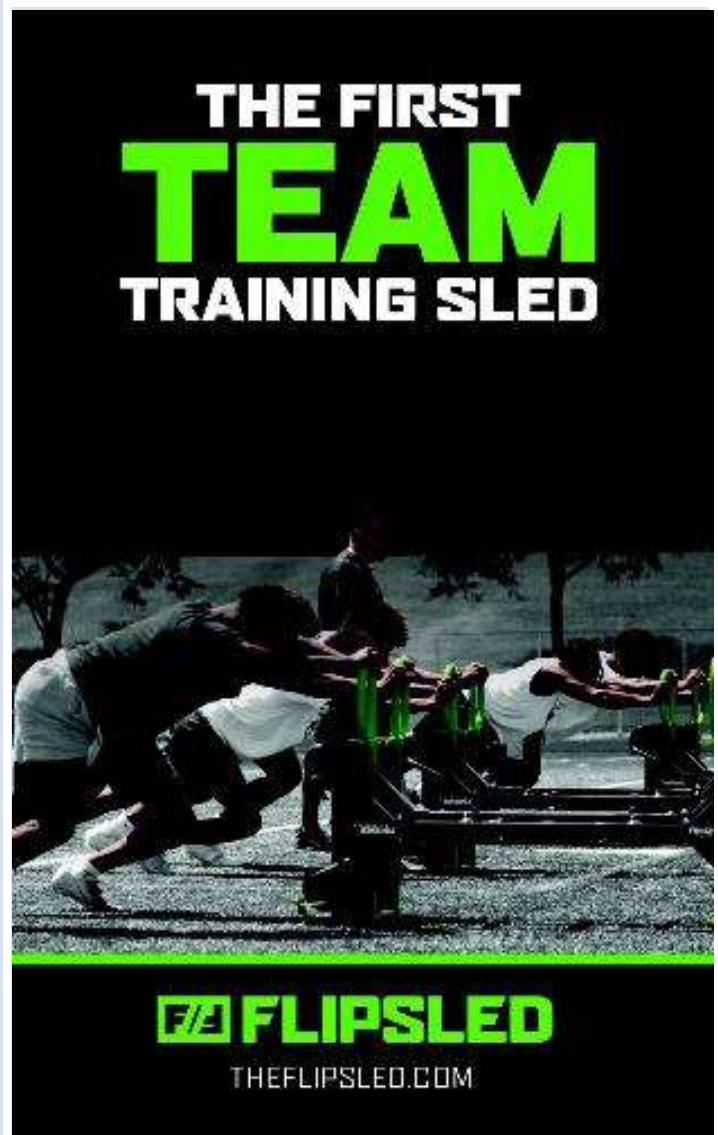
I believe we put our athletes and their goals at the forefront. We don't do this for us, but for them. I tell my athletes don't do this for me, do this for yourself and those around you.

Taking a student/athlete and getting them to believe in themselves is the second point I would like to make. Watching that athlete grow in self-confidence as an individual and understanding that they are an important part of the team is a favorite aspect of coaching.

Making relationships with the athlete and watching them grow in their relationships with teammates, coaches and teachers is also an awesome thing. This includes accepting their fellow athletes for who they are and working together to achieve as one unit. Watching them come together in this manner is quite remarkable when kids come from such diverse back grounds.

We all want to coach champions and win state championships, but what we do is so much more than that. Your coaching matters and you make such a huge difference in the lives of young people. Keep up the great work that you do and Happy New Year!

Rick Anderson
NDHSCA President Elect



Dakota Coach Winter 2022



“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.

POWERADE®



Official Sponsor of the
**NDHSCA-Outstanding Senior
Athlete Awards**

Coach Quote:

“You can’t always be the strongest or most talented, or most gifted person in the room, but you can be the most competitive.”

-Pat Summitt-



Dakota Coach Winter 2022



From the NDHSCA Executive Secretary's Desk

Randy Johnson



Happy New Year! I am hoping you had an awesome Christmas and are working toward a fantastic finish to the school year. Christmas break is a great time to be with family and friends while recharging the batteries to continue through the rest of the school year.

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 that will be cherished throughout your life.

The NDHSCA offers condolences to the Rod Hardie family with the passing of Rod's mother, Valeria Ann, on Tuesday, December 7, 2021. She was laid to rest on Monday, December 13th. Our greatest sympathy to the family during this time of grief. We send our prayers to the family. Rod and Karen Hardie are our membership chairs.

POWERade of North Dakota continues to sponsor the North Dakota High School Coaches Association POWERade Senior Athlete of the Year Award. I remind coaches of the athletes who receive the award to write thank you notes to the individuals responsible for securing this scholarship. The names and addresses are included in the letter when you receive the name plates for the plaques. A note of thanks makes it easier for us to secure this sponsorship the next year. POWERade enjoys hearing from the coaches and the athletes. Keep up the great 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. If your team is traveling out of town, please stop by Subway for a nutritious post-game meal. There is a Word document on our website, www.ndhsca.com that allows you to order ahead of time. It is important to order the subs 24 hours in advance so they will be ready for you to pick up on your road trip back home. I suggest coaches follow up with a phone call to make sure the subs will be ready when they are needed. Please help us by supporting this great cause!

Preparation for the 2022 North Dakota High School Coaches Association State Coaches Convention is well underway. The dates of this summer's clinic will be Monday, July 25, 2022 to Thursday, July 28, 2022. The convention is scheduled for the Mandan Baymont Convention Center. The cost of the convention is \$125.00 which includes the \$60.00 membership for the next year. Coaches have an opportunity to earn up to two Graduate Credits through North Dakota State University. The cost of the credits is \$65.00 per credit.

I strongly encourage coaches to attend the sessions on Monday, July 25th. We have some fantastic speakers lined up for that day. Monday is the only day coaches have an opportunity to recertify in CPR/AED/First Aid and also update their concussion management. Both of these items need to be completed every two years for coaching certification. Tuesday, July 26th through Thursday, July 28th will be the sport specific sessions. Attending the NDHSCA State Coaches Convention does work for renewing your Coaching Certificate. Wednesday, July 27th will be the taco feed, socialization and some games for coaches to enjoy. The convention will conclude on Thursday, July 28th with the NDHSCA Annual Meeting and the NDHSCA Hall of Fame/Coach of the Year Banquet. We will have two drawings during our Annual Meeting for \$100.00 Scheels Gift Cards. One will be drawn amongst coaches attending the convention their first or second time and one will be open to all other coaches. You will need to be present to win and you will need to sign up prior to the meeting. Coaches who have been attending the convention for years need to bring a young coach to the convention with an opportunity to be drawn for the \$100.00 Scheels Gift Cards.

Convention attendance is an important part of your continual growth to become a better coach. Learning from your peers will only assist in building your educational base. One of the best ways to absorb information is simply collaborating with fellow coaches while socializing and having a good time. The clinic also helps recharge the batteries preparing you for the new school year. I strongly encourage attendance from both young and experienced coaches.

continued on page 9

Dakota Coach Winter 2022

continued from page 8

The NDHSCA will be awarding two \$1,000.00 Gelaine Orvik Scholarships this year. The criteria for this scholarship is the graduating Senior needs to be pursuing a career in coaching and also attend a North Dakota College or University. The student must be nominated by a Coach or Athletic Director. Nomination forms are available on our website: www.ndhsca.com. Nominations are due by March 10th. The NDHSCA will also be awarding six - \$750.00 NDHSCA Scheels Scholarships this year. In order to be eligible for this award the graduating Senior must be a son or daughter of a coach who is a member of the NDHSCA. Applications are available on our website for your son or daughter to fill out. The deadline for receiving the applications is March 15th. If you have any questions, please e-mail me at duck@westriv.com.

The National High School Athletic Coaches Association National Convention is scheduled for Saturday, June 18, 2022 through Wednesday, June 22, 2022. The convention will be in Altoona (Des Moines), IA at the Prairie Meadows Hotel/Casino/Race Track. Saturday, June 18th and Sunday, June 19th will be the leadership conference days. The sport specific sessions will be Monday, June 20th through Wednesday, June 22nd. The NHSACA National Hall of Fame Banquet will be held Tuesday, June 21st and the NHSACA National Coach of the Year Banquet will be held Wednesday, June 22nd. It appears to be another great National Convention. If you would like to attend, please contact me and I will get you the information.

The North Dakota High School Coaches Association is a dual member with the National High School Athletic Coaches Association. This means if you are a member of the NDHSCA you are also a member of the NHSACA. This membership brings you many benefits. Here is a link to some of the benefits: <https://1800members.com/nhsaca>. You can view the other benefits of being an NDHSCA member later in this Dakota Coach.

The Coaches Code of Ethics and Coaches Code of Conduct are the background to Education Based Athletics. Please review these before, during and after the season. Follow these guidelines in assisting you to become a better person and a better coach. I encourage you to keep the criteria we have when nominating athletes for All District, All Region, All State and the NDHSCA POWERade Senior Athlete of the Year Award. This helps maintain the integrity of the award and the coaching profession! The criteria is posted on our website: www.ndhsca.com.

Good Luck to all Winter Sport Teams. Travel safe and may the competitions be filled with excitement for all!



@ndhsca1

Happy Coaching,

*Randy Johnson
Executive Secretary*

***Applications for the
Gelaine Orvik Scholarship***

<http://www.ndhsca.com/orvik/orvikscholarship.docx>

***and the
Scheels Scholarship***

<http://www.ndhsca.com/scheels/scheelsapplication.docx>

just click on the link.

A WINNING COMBO



VISIT A SUBWAY® RESTAURANT TODAY!
Find the nearest location or order ahead using the
Subway® app or online at www.subway.com

App/online ordering available at participating restaurants.
Allow 15 minutes for pickup.
All chip-related trademarks are owned by Frito-Lay North America, Inc. ©/© Subway IP LLC 2021.

SUBWAY®

Dakota Coach Winter 2022



Message from the NHSACA Past President, Randy Johnson



Greetings from the National High School Athletic Coaches Association!

The National High School Athletic Coaches Association is preparing for the 2022 National Convention. The convention will be in Altoona (Des Moines), IA at the Prairie Meadows Hotel/Casino/Race Track. It will take place June 18-June 22, 2022. The sport specific sessions will be June 20 – June 22. The NHSACA National Hall of Fame Banquet will be Tuesday, June 21st and the NHSACA National Coach of the Year Banquet will be held Wednesday, June 22nd. It looks to be a great convention with an awesome venue.

The NHSACA Executive Director is busy gathering all the National Coach of the Year nominees. They are due in his office around January 20th. Following that date the Sport Chairs, Executive Board and the Executive Director will begin the evaluation process. I will release the finalist from North Dakota as soon as I receive word from the Executive Directors office.

The North Dakota High School Coaches Association nominees for the NHSACA National Coach of the Year Award are as follows:

- | | | |
|-------------------------------------|--------------------|-----------------------------------|
| • Athletic Director | Mitch Lunde | Minot High School |
| • Baseball: | Kent Schweigert | Bismarck Century High School |
| • Basketball – Boys' | Gregg Grinsteinner | Dickinson Trinity High 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 |

(continued on page 12)



Dakota Coach Winter 2022

(NHSACA Past President's Message continued from page 12)

The National High School Athletic Coaches Association Hall of Fame Inductees in the summer of 2022 from North Dakota will be:

- Brian Anderson New Town HS
- Rodney Hardie Fargo North HS

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: 2nd 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

I invite any North Dakota High School Coaches Association member to attend **the NHSACA National Convention from June 18 – June 22, 2022**. There is graduate credit available through North Dakota State University. It will be a great convention. Let me know if you are interested, or would like more information.



Respectfully submitted
Randy Johnson, NHSACA Past President

Coaching Boys INTO MEN



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

SCHEELS®

GEAR. PASSION. SPORTS.

PROUD SPONSOR OF THE NORTH DAKOTA HIGH SCHOOL COACHES ASSOCIATION



WE INVITE COACHES

TO CONTACT THEIR LOCAL SCHEELS
TO SECURE INFORMATION ON

**TEAM SHOPPING NIGHTS &
EXCLUSIVE DISCOUNTS**



CALL FOR INFORMATION

FARGO | 701.298.2918

MINOT | 701.852.1010

BISMARCK | 701.255.7255 GRAND

FORKS | 701.780.9424

 **NDHSCA**
Special Recognition

The North Dakota High School Coaches Association announces the Special Recognition Recipients for the 2022 NDHSCA Hall of Fame/Coach of the Year Banquet. The award will be presented on July 28th at the Mandan Baymont Convention Center.



Linda Bertsch
Volleyball Official
Minot



Al Knutson
Track and Field
Hall of Fame



Milt Korslien
NDHSAA
Tournament Host



Allard Trophy

 **NDHSCA**
Award of Merit

The North Dakota High School Coaches Association announces the Award of Merit Recipients for the 2022 NDHSCA Hall of Fame/Coach of the Year Banquet. The Banquet will take place on July 28th at the Mandan Baymont Convention Center.



Jordan Hassler
BEK Sports TV



Scott Loerch
BEK Sports TV



Randall Pederson
KTGO Radio-Tioga

From the 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.

See the entire Code on page 47

NDHSCA 2022 Hall of Fame Inductees

The North Dakota High School Coaches Association Executive Committee voted unanimously at the Fall Meeting to induct five coaches into the North Dakota High School Coaches Association Hall of Fame. The inductees are as follows:

Brian Midthun - Retired Athletic Director, Baseball and Football Coach from Enderlin High School. Brian was scheduled to be inducted in 2020, but due to the COVID Pandemic he will be inducted this coming summer.

Jay Schobinger - Head Volleyball and Track and Field Coach from Dickinson High School.

Jeffrey Schumacher - Head Wrestling Coach at Bismarck High School.

Tim Wallstrum - Head Volleyball Coach at Kenmare High School.

Ron Wingenbach - Head Football and Assistant Track and Field Coach at Bismarck Century High School.



Brian Midthun coached for 38 years at North Sargent and Enderlin High School. His coaching career started in North Sargent High School at Gwinner where he was a Football and Girls Basketball Coach. In 1987 he moved to Enderlin where he coached football, baseball and served as the Athletic Director. In Coach Midthun's 38-year coaching career his baseball teams won two State Championships, 11 Regional Titles and six Regional Runners-Up. His football teams won three Regional Titles and were Conference Champions twice.

Coach Midthun was named the National High School Athletic Coaches Association Baseball Coach of the Year Finalist once, North Dakota Interscholastic Athletic Administrators Association Regional Athletic Director of the Year twice and the North Dakota High School Coaches Association Regional Football Coach of the Year twice. He was twice named the North Dakota High School Coaches Association Baseball Coach of the Year and the North Dakota High School Coaches Association Regional Baseball Coach of the Year nine times.

Brain served North Dakota Coaches a number of ways. He was the National High School Athletic Coaches Association Baseball Sport Chair for three years, served on the National Federation High School Baseball Rules Committee five years, North Dakota High School Activities Association Ad-Hoc Re-Districting Committee for two years, North Dakota High School Activities Association Athletic Review for five years, North Dakota Interscholastic Athletic Administrators SE Representative for five years, North Dakota High School Coaches Association Football Advisory for three years and the North Dakota High School Coaches Association Baseball Advisory for five years. Coach Midthun also served the North Dakota High School Activities Association as the Regional Softball Chairman for six years. He was also the North Dakota High School Activities Association Regional Baseball Chairman for 11 years.

Brian and his wife Janet have two children: Abbey and Logan.

continued on next page

2022 NDHSCA Hall of Fame Inductees

continued from previous page



Jay Schobinger has been coaching to 32 years at Tioga and Dickinson High School. His coaching career started as a Head Football coach at Tioga High School. Coach Schobinger has spent the last 31 years coaching at Dickinson High School as a Head Volleyball Coach, Assistant Football Coach, Assistant Track and Field Coach and a Head Track and Field Coach. Jay also was an Assistant Coach for Indoor Track and Field at Dickinson State University from 2003 to 2013. Coach Schobinger's Volleyball teams won two State Titles, one State Runner-Up, one Regional Title, four Regional Runner-Ups and four Conference Titles. His Track and Field teams won four State Titles, two State Runner-Ups, six Regional Titles and five Region Runner-Ups. During his time as an Assistant Football Coach they won one State Title and one Region Runner-Up. Jay was also fortunate to be part of three National Championships and five National Runner-Up while assisting for Dickinson State University Indoor Track and Field Team. His Volleyball teams have won 543 matches and his Track and Field teams have 220 multi-team victories.

Coach Schobinger was named State Class A Volleyball Coach of the Year twice, West Region Volleyball Coach of the Year four times and Optimist All-Star Volleyball Coach five times. He was named the North Dakota Associated Press Sportscasters and Sportswriters High School Female Team Coach of the Year one time, National High School Athletic Coaches Association Nominee for National Volleyball Coach of the year twice and part of two Dickinson State University Hall of Fame Football Teams.

Jay served the North Dakota High School Coaches Association by being on the Volleyball Advisory Committee for four years. He was a clinician at the North Dakota High School Coaches Association State Coaches Convention six times for Volleyball and twice for Track and Field. Coach Schobinger served as a clinician at the National High School Athletic Coaches Association National Convention one time and assisted in facilitating Volleyball during the 2012 National High School Athletic Coaches Association National Coaches Convention. He presented twice on Volleyball at the Vance Peterson Coaches Clinic in Deadwood, South Dakota.

Jay and his wife Sandra have two children: Madison and Zane.

Jeffrey Schumacher has been coaching wrestling for 38 years at Bismarck State College, University of North Dakota, Minot High School and Bismarck High School. He began his coaching career at Bismarck State College back in 1988 moving on to the University of North Dakota. Coach Schumacher started his high school wrestling coaching career Minot High School in 1994. He moved to Bismarck High School in 1997 where he is currently the Head Wrestling Coach. In Jeff's coaching career his wrestling teams have 18 State Individual Titles, five State Individual Runner-Ups, 22 Regional Individual Titles and four Region Individual Runner-Ups. His teams have also won 17 State Dual Wrestling Titles and five State Dual Wrestling Runner-Ups.



Coach Schumacher was named a finalist for the National High School Athletic Coaches Association National Wrestling Coach of the Year four times and a nominee three other years. He was named the North Dakota High School Coaches Association State Coach of the Year three times and was the National Junior College Athletic Association National Coach of the Year once. Jeff was inducted into the North Dakota Wrestling Hall of Fame in 1994. He has worked many years with USA Wrestling where he was named Man of the Year in 2016. His wrestling teams have won 351 contests.

Jeff was a Wrestling clinician three times at the NDHSCA Convention and four times at the National High School Athletic Coaches Association National Convention. He was also a convention facilitator for the North Dakota High School Coaches Association State Convention three times and the National High School Athletic Coaches Association National Convention one time.

2022 NDHSCA Hall of Fame Inductees

continued from previous page



Tim Wallstrum is a 36-year coaching veteran with one year at Sheyenne High School and 35 years at Kenmare High school. He began his high school coaching career at Sheyenne, North Dakota as an Assistant Girls' Basketball Coach. Coach Wallstrum moved back to his home town where he is presently the Head Volleyball Coach and has also been an Assistant Girls' Basketball Coach. In his coaching career, Tim's Volleyball teams have one two State Titles, three State Runners-Up, 13 Regional Titles, six Region Runners-Up, 14 District Titles and nine Northwest Conference Titles. He has also been part of one Regional Title and two District Titles as a Girls' Basketball Assistant Coach.

Coach Wallstrum was named a finalist for the National High School Athletic Coaches Association National Coach of the Year for Volleyball four times and received the National High School Athletic Coaches Association Distinguished Service Award in 2019. He was the North Dakota High School Coaches Association State Volleyball Coach of the Year one time, Regional Volleyball Coach of the Year ten times and District Volleyball Coach of the Year five times. Tim was named the Minot Daily News All Area Coach of the Year five times. His Volleyball teams have won 930 matches.

Tim has served the coaches in North Dakota and the nation. He was on the National High School Athletic Coaches Association Board of Directors as the Volleyball Sport Chair for seven years. He is currently on the National High School Athletic Coaches Association Executive Board and will be the National President in 2023-2024. He served on the North Dakota High School Coaches Association Executive Board serving as President in 2019-2020 and 2020-2021. Coach Wallstrum has been the Optimist Volleyball Co-Chair for 14 years. He was a clinician at the National High School Athletic Coaches Association National Convention four times and a clinician at the North Dakota High School Coaches Association State Convention seven times. Tim was the Optimist Volleyball All Star Coach six times and served on the Volleyball Advisory Committee for three years. He has been on the Optimist Volleyball All Star Selection Committee for 31 years and the Regional Volleyball Representative for 20 years.

Tim and his wife Ruth have three children: Kira, Grey and Beca.

Ron Wingenbach has been coaching for 37 years at Carrington High School and Bismarck Century High School. He began his coaching career in Carrington as a Head Football Coach, Assistant Boys' Basketball Coach and Assistant Boys' and Girls' Track and Field Coach. Ron was also a Head Boys' and Girls' Track and Field Coach for one year in Carrington. He continued his coaching career at Bismarck Century High School as a Head Football Coach, Head Boys' Track and Field Coach, Assistant Boys' Basketball Coach and Assistant Boys' Track and Field Coach. His Football teams have won five State Titles, three State Runners-Up, nine Regional Titles and 11 Region Runners-Up. Coach Wingenbach's Track and Field Teams were State Runners-Up twice and Region Runners-Up once as a head coach. As an Assistant Boys' Track and Field Coach, Bismarck Century has won five State Titles. His Football teams have won 256 games and as a Head Track and Field Coach his teams won 58 multi-team meets.



Coach Wingenbach was named a finalist for the National High School Athletic Coaches Association Nation Football Coach of the Year once and a nominee for the National Football Coach of the Year three times. He was named the North Dakota High School Coaches Association State Football Coach of the Year seven times. He was an American Football Coaches Association "Power of Influence" Finalist in 2013. Coach Wingenbach served on the North Dakota High School Coaches Association Executive Board for five years and was the President during the 1995-1996 school year. He served on Football Advisory for seven years. Ron was a clinician at the National High School Athletic Coaches Association National Convention one time, a clinician at

continued on next page

the North Dakota High School Coaches Association State Convention three times and a clinician at the South Dakota High School Coaches Association State Convention one time. He was also a clinician at the North Dakota State University Football Coaches Clinic one time, a clinician at the University of North Dakota Football Coaches Clinic twice and a clinician at the Mon-Dak Football Coaches Clinic once. Coach Wingenbach also was a football facilitator at the 1991 National High School Athletic Coaches Association National Convention held in Bismarck in 1991.

Ron Wingenbach and his wife Mary have three children: Nicole, Kenyon and Kameron

2021-2022 NDHSCA-SUBWAY Coaches of the Year

SPORT

Class B Girls' Golf

Class A Girls' Golf

Class A Boys' Tennis

Class A Boys' Soccer

Class B Girls' Cross Country

Class B Girls' Cross Country

Class B Boys' Cross Country

Class A Girls' Cross Country

Class A Boys' Cross Country

Class 9-Man Football

Class 11B Football

Class 11A Football

Class 11AA Football

Class A Girls' Swimming

Class A Volleyball

Class B Volleyball

NAME

Jeremy St. Aubin

Lisa Schwinden

Max Weisser

Ian Costello

Laura Tweeten

Nathan Stamstad

Josh Roberts

Chase Gregory

Shane Wahlstrom

Andrew Delabarre

Nick Walker

Adam Roland

Jeremy Newton

Emily Jensen

Brianna Klein

Jaime Richter

SCHOOL

South Border HS

Fargo Davies HS

Grand Forks Central HS

Fargo Davies HS

Southern McLean

Southern McLean

Kindred HS

Williston HS

Williston HS

LaMoure/Litchville/Marion

Bowman County HS

Fargo North HS

West Fargo Sheyenne HS

Minot HS

Bismarck HS

Linton-HMB



Dakota Coach Winter 2022



The 2021 Fall Season recipient of the North Dakota High School Coaches Association Assistant Coach of the Year Award is **Cory Volk**, Bismarck Century Assistant Football Coach. **Cory** was nominated by Ron Wingenbach, Bismarck Century Head Football Coach.

2021 Fall Assistant Coach of the Year



Coach Volk has been coaching for 25 years with the last nine years as Bismarck Century's Assistant Football Coach. He has also coached track and field, basketball and baseball. His career football coaching record is 216 – 149. Bismarck Century football finished the 2021 season 9-2, 2020 season 10-0 and the 2019 season 12-0. Cory is responsible for planning and coaching position drill work, assisting with offensive game plans, assists with run game implementation and pass protections and is a co-offensive coordinator. He has been a part of four Class AAA Football State Championship Teams at Bismarck Century. Coach Volk has also been a clinician at the North Dakota High School Coaches Association State Convention twice. He has coached fifteen All-State Football Players. Cory's highlights are winning back to back State Championships in 2019 and 2020 as well as going 9-2 this past season.

Ron Wingenbach, Head Football Coach at Bismarck Century High School has this to say about Coach Volk. "Cory has been instrumental in designing and implementing run/pass schemes which complement the athletes he coaches. He is best described as very organized, understanding, friendly yet firm coach who understands the insurgency of youth."

Cory and his wife Annie have three children: Alaina, Kaitlyn and Noah.

2021 Fall Junior High Coach of the Year

The 2021 Fall Season recipient of the North Dakota High School Coaches Association Junior High Coach of the Year Award is **John Watkin**, Fargo Discovery Middle School Cross Country Coach. John was nominated by Paul Lean, Fargo Davies Assistant Cross Country Coach.



Coach Watkin is a 15-year coaching veteran with the last 11 of those years at Fargo Discovery Middle School. He has also coached track and field. His duties include working with the Middle School Cross Country athletes to make them better runners and racers. John has coached four individual EDC champions. The ultimate goal for the Middle School Cross Country athletes is to become successful high school runners. John's middle school teams have won the EDC championship race five times. Watching the athlete's grow is what makes him love coaching. Coach Watkin feels as long as athletes face challenges with their best effort and pick each other up throughout the year, the team is successful.

Jason Holland, Head Cross Country Coach at Fargo Davies has this to say about Coach Watkin. "John provides our student-athletes with a foundation of running knowledge and equips them with tools for the sport. He teaches the athletes at a very young age the best and most enjoyable teams are the ones that work together for team success." Paul Lean, Assistant Cross Country Coach at Fargo Davies mentions this about Coach Watkin. "John is a huge asset to the Cross Country program. He teaches young runners how to race smart and love the sport."

John is married to his wife Amy.

2021-2022 NDHSCA-POWERade Outstanding Senior Athlete Awards

<u>SPORT</u>	<u>ATHLETE</u>	<u>SCHOOL</u>	<u>HEAD COACH</u>
B Girls' Golf	Sydney Carlson	Edgeley-Kulm	Rory Entzi
A Girls' Golf	Anaka Lysne	Wahpeton HS	Jeff Ralph
A Boys' Tennis	Logan Sandberg	Grand Forks Central HS	Max Weisser
A Boys' Soccer	Chance Bowlinger	Bismarck Century HS	Ryan Okerson
B Girls' Cross Country	Dreah Frolek	Sargent Cent./Lidgerwood/Oakes	Sheila Anderson
B Boys' Cross Country	Ian Busche	Beulah/Hazen	Amber Blackhurst
A Girls' Cross Country	Eleni Lovgren	Williston HS	Chase Gregory
A Boys' Cross Country	Griffin House	Bismarck Century HS	Brad Lies
9-Man Football	Christopher Jenner	Surrey HS	Mark Kennedy
11B Football	Madden Thorson	Harvey/Wells Country	Bret Dockter
11A Football	Blake Schafer	Wahpeton HS	Wade Gilbertson
11A Football	Brit Sentfner	Bismarck St. Mary's HS	Dan Smreker
11AA Football	Lucas Schweigert	Bismarck Century HS	Ron Wingenbach
A Girls' Swimming	Erin Palmer	Bismarck Century HS	Spencer Wheeling
A Volleyball	Nadia Chwialkowski	West Fargo HS	Kelsey Gibbons
B Volleyball	JayCee Richter	Linton-HMB	Jaime Richter

ENJOY

POWERADE 

**sponsor of the
NDHSCA
Outstanding Senior
Athlete Awards**



NDHSCA-NHSACA National Hall of Fame Inductees for 2022

North Dakota's NHSACA 2022 Inductees into the National Hall of Fame are Brian Anderson and Rod Hardie.



Brian Anderson

New Town High School Cross Country and Track and Field Coach



Brian Anderson grew up on a small farm near Minnewaukan, North Dakota. He attended school in Minnewaukan and graduated in 1970. In high school, Brian played basketball and baseball, and ran on the cross country and track teams. He then went on to play basketball and baseball for 2 years at Lake Region Junior College in Devils Lake. He then went to Valley City State and played 2 years of basketball, graduating in 1974 with degrees in History and Physical Education.

Brian started his teaching and coaching career in Tower City, ND in the fall of 1974. He coached boys' basketball and girls' and boys' track for 4 years. He then taught in Litchville for 4 years and was head baseball, head boys' basketball, and head boys' track coach. Brian then taught in Watford City for 20 years and was the head boys' basketball coach, assistant girls' basketball coach, and assistant track coach and then head boys' track coach. He then was the girls' head basketball coach at Valley City High School and head golf coach for 2 years. After that, he began coaching at New Town High School where he has served as head boys' and girls' cross country and track coach for the past 18 years.

Coach Anderson has coached for 48 years serving at various times as coach for baseball, boys' and girls' basketball, boys' and girls' cross country, boys' and girls' track, and boys' and girls' golf. His teams have won State Championships 1 time in Class B boys' basketball, 1 time in Class B girls' cross country, 4 times in Class B boys' track, and 14 times in Class B boys' cross country. His basketball teams had 412 victories and 4 trips to the Class B state tournament. His boys' cross country teams finished as runner-up 3 times at state, and have been the West Region champions 13 times with 3 runner-up finishes. His boys' track teams have had 2 runner-up finishes at State and finished in the top 4 nine times, with 6 Region titles and 6 Region runner-up finishes. His boys' cross country teams have had the individual state champion 10 times. His girls' cross country teams have been Region Champions 2 times and Region Runner-up 4 times. Brian's 1991 and 1992 basketball teams had a 52-game winning streak.

Brian served on the State advisory committee for both basketball and cross country for 4 – year terms. He also served on the NDHSCA Executive Board for 5 years and served as the State President in 1998. He has been named Class B Boys' Cross Country Coach of The Year 8 times and Class B Boys' Track Coach of The Year 2 times. He also has been named the NHSACA National Coach of The Year in boys' cross country. He was also named the Class A Boys' Golf Coach of The Year. In 1991 he was named by the North Dakota Sportswriters and Sportcasters Male High School Coach of The Year.

Brian and Shelley have 3 children, Molly (Joel) Welstad, Scott Anderson, and Paige Anderson. They also have 3 granddaughters, Kinzy, Macy, and Harper Welstad.

continued on next page



NDHSCA-NHSACA National Hall of Fame 2022 Inductee

Rod Hardie

Fargo North High School Cross Country Coach



Rodney Hardie grew up on a farm and ranch near Redfield, South Dakota. He graduated from Redfield High School in 1972. While in high school, Rodney competed in football and track and field. He was also active in service clubs and church as a high school student.

Rodney went on to graduate from University of Jamestown during the spring of 1976 with a Bachelor of Science degrees in Elementary and Physical Education. During his collegiate years, he competed in track and field for four years and cross country for three years. Rodney was a student assistant in cross country during his senior year at the University of Jamestown. Rodney received his Master of Science Degree from the Tri College University-Fargo in Educational Administration.

Rodney began his career at Hazelton, North Dakota in 1976. He taught at the middle school and coached boys' and girls' basketball and track and field. The following year he transferred to Kenmare, North Dakota and taught 5th and 6th grade math and English and coached boys and girls basketball and track and field. In 1987, Rodney moved to Fargo to continue his teaching and coaching career. He taught at several of the elementary schools in Fargo and coached track and field at Fargo South and North. He served both as a head coach in boys cross country at Fargo South and assistant coach in track and field. He also was an assistant coach at Fargo North in boys track and field and cross country. He coached at NDSU in both track and field and cross country.

Coach Hardie's cross country teams at Fargo South were well respected in the state and region. They were nationally ranked three times during the twenty years he coached at South. They were North Dakota Class A state champions 3 times, and conference champions 5 times. As a track assistant at South, the track and field team won 5 state championships, and 16 conference championships. Two of his athletes became All-American cross-country runners at the NCAA Division 1 level. Coach Hardie retired from teaching and coaching in 2008. He soon returned to coaching in 2010 at Fargo South as an assistant track and field coach. He had the pleasure of working with Laura Roesler, a multi event winner at the state meet. She attended the University of Oregon and became a numerous All-American Track and Field athlete. The following fall, he returned to Fargo North to assistant in both the track and field and cross country teams for several years.

Rodney was named NDHSCA State Boys' Cross Country Coach of the Year three times and was a NHSACA National Boys' Cross Country Coach of the Year finalist three times. He was a NHSACA finalist in both track and field and cross country. He served as the Class A representative for the cross country advisory committee from 1998-2004. He served on the NDHSCA Executive Committee as an assistant executive secretary for 7 years from 1998 to 2005. Rodney served the North Dakota Coaches Association as membership and convention registration chair for 13 years. He was awarded the NHSACA Distinguished Service Award in 2020.

Rodney is married to Karen Hardie. They have three children; Ilissa, a sophomore at the University of Jamestown, Evan, a junior at Fargo North High School, and Elizabeth, a junior at Fargo North High School.



NORTH DAKOTA



**BUILD YOUR
BASE**

BEEF

COMMISSION

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

Using Oxygen Under Pressure To Heal Faster

HEALING
with **Hyperbarics**
of North Dakota

Healing with Hyperbarics, LLC
4487 Calico Drive, S, Unit B Fargo, ND 58104
Telephone (701) 532-2426

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



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:

“When the best players on your team are the best people on your team, you have a great opportunity to have great unity on your team.”

-Nick Saban-



NDHSCA Vice President Candidates 2022

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 North Dakota High School Coaches Association State Coaches Convention held this summer at the Mandan Baymont July 25 through July 28.

The two candidates will be **Jeremy St. Aubin**, currently the Head Girls' and Boys' Golf Coach and Strength and Conditioning Coach at South Border and **Mike Zier**, currently the Head Football Coach, Head Track and Field Coach and Athletic Director at Beach High School.



Jeremy St. Aubin is a graduate of the University of North Dakota. He is an 18-year coaching veteran. Coach St. Aubin has been the Head Girls' and Boys' Golf Coach at South Border the past 18 years and the head of strength and conditioning at Ashley Public School for 21 years. His career Golf coaching record is 228 victories with 93 losses. Jeremy's girls' golf teams have won one State Championship. He was named the NDHSCA State Girls' Golf Coach of the Year five times and Regional Girls' Golf Coach of the Year 11 times. Coach St. Aubin was also named NDHSCA State Boys' Golf Coach of the Year twice and Regional Boys' Golf Coach of the year five times. He has served on the North Dakota High School Coaches Association Golf Advisory Board for ten years. Jeremy was a finalist for the National High School Athletic Coaches Association National Golf Coach of the Year one time. He was a clinician at the National High School Athletic Coaches Association National Convention twice and the North Dakota High School Coaches Association State Convention 12 times. Coach St. Aubin has been a facilitator for the National High School Athletic Coaches Association National Convention once and the North Dakota High School Coaches Association State Convention three times. He has served on the State Golf Tournament Rules Committee six times and the Regional Golf Tournament Rules Committee 13 times.

Jeremy and his wife Lisa have two children: Emily and Zach.

Mike Zier is a graduate of Mayville State University. He is a 23-year coaching veteran. Coach Zier has been the Head Football Coach for 16 years and the Head Track and Field Coach for 22 years at Beach High School. He has also served as the Athletic Director in Beach on two different occasions. His career football coaching record is 77 wins with 67 losses. Mike was named the Regional Football Coach of the Year twice and the Regional Track and Field Coach of the Year once. He has served on the North Dakota High School Coaches Association Football Advisory for four years. Coach Zier was a clinician at the North Dakota High School Coaches Association State Coaches Convention three times.

Mike and his wife Susan have five children: Derek, Dan, Kevin, RaeAnn and Brandon.





Membership has Benefits

NDHSCA Membership Benefits Include

\$1,000,000 Liability Insurance

- This does work in the classroom as well
 - Keep in mind, it will only work when a lawsuit or charges are brought against a teacher
 - No representation unless this is the case
 - This does not replace benefits provided by North Dakota United (NDU)

Opportunity to be named a Coach of the Year including Assistant COTY and Junior High COTY

Opportunity for your graduating senior to apply for a scholarship from the **NDHSCA** and **Scheels**

Eligible

- to be part of the All-Star Coaching Staff
- for the NDHSCA Coaches Hall of Fame
- to be nominated for the NHSACA National Coach of the Year/Athletic Director of the Year Award
- to be on Sports Advisory

New Benefit!

Free access to digital editions of Coach & AD Magazine

Free podcasts featuring Proactive Coaching Series

Free year-long access to digital editions of Training & Conditioning Magazine

- **Individual coaches can opt-in for additional FREE resources**
 - Weekly e-Newsletter from Coach & AD
 - Weekly e-Newsletter from Training & Conditioning
 - Announcement 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 – *present your membership card*
- many College and University contests – *please contact the University before attending*
- one NDSU Football game – *Information is on the website*
- 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



Dual Membership!



All members of NDHSCA are automatically also members of the
NATIONAL HIGH SCHOOL ATHLETIC COACHES ASSOCIATION.

Dakota Coach Winter 2022



“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.

CATER TO THEIR CRAVINGS

Sandwich platters are great for meetings and planning sessions!



VISIT A SUBWAY® RESTAURANT TODAY!

Find the nearest location or order ahead using the Subway® app or online at www.subway.com

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

All chip-related trademarks are owned by Frito-Lay North America, Inc. ©© Subway IP LLC 2021.



NDSU NORTH DAKOTA STATE UNIVERSITY

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.)

A Growth Culture in Sports

Mindsets, be they fixed or growth, are acquired over time and are deeply ingrained. Research has shown that when individuals believe they can grow their abilities, they are willing to take on challenges and not give up when setbacks occurred. Growth mindset followers tend to believe they can keep growing and getting better. Fixed mindset followers tend to stall out because they believe they cannot do any better than what they are currently doing. [Read More](#)

Be Comfortable with the Uncomfortable

Coaches and athletes must be careful not to confuse comfortable with correct. Whenever one undertakes changes, he or she feels uncomfortable and it is easy to slide back into the comfortable, even though that might not be correct. This paper speaks to the process of being comfortable with the uncomfortable. [Read More](#)



LEADING EDGE FUNDRAISING

10 DIFFERENT FUNDRAISING PROGRAM OPTIONS

www.leadingedgefundraising.com | 888-527-5432




AMERICA'S PREMIER FUNDRAISING COMPANY

- Customized Apparel Athlete Incentives
- Mobile App Tracks Sale, Accepts Credit Cards,
- Offers Cash Back
- Local, State & Nationwide Discounts
- Area Rep Runs the Fundraiser for You!
- MORE MONEY, LESS TIME- GUARANTEED!



**THE FIRST
TEAM
TRAINING SLED**



FLIPSLED
THEFLIPSLED.COM



D&B
Engraving and Tees

PO Box 264
& North Centennial Street
Wishek ND
805-848-1738 or 701-321-1458



FENWORKS
LEADING THE PACK IN ESPORTS EDUCATION



**LEADING EDGE
FUNDRAISING**

10 DIFFERENT FUNDRAISING PROGRAM OPTIONS

www.leadingedgefundraising.com | 888-527-5432



AMERICA'S PREMIER
FUNDRAISING COMPANY

- Customized Apparel Athlete Incentives
- Mobile App Tracks Sale, Accepts Credit Cards.
- Offers Cash Back
- Local, State & Nationwide Discounts
- Area Rep Runs the Fundraiser for You!
- MORE MONEY, LESS TIME- GUARANTEED!**

SUBWAY



**UNIVERSAL
ATHLETIC**



Allard Trophy



HEALING
with
Hyperbarics
of North Dakota

Using Oxygen Under Pressure To Heal Faster



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

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



Coach Quote:



“In any moment of decision the best thing you can do is the right thing, the next thing is the wrong thing, and the worst thing you can do is nothing.”

-Theodore Roosevelt-



POWERADE®



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 in** to the NDHSCA Registration Link **each year** and check lifetime member. Please update your data regularly.



SUBWAY

**Order your next
meal online!**





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 Krug; 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):

Mark Lardy; Bismarck HS	A Division President	2019-2022
Chad Barstad; Velva HS	B Division President	2020-2023
Dave Wolding; New Salem HS	B Division Representative	2021-2024

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.



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 Winter 2022



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

HDI Global Specialty (A Rated)

POLICY PERIOD

August 1, 2021 – August 1, 2022

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.
- ❖ This insurance does not apply to any loss, cost or expense arising out of infectious or communicable disease.

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



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

Dakota Coach Winter 2022

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 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:

Discover your gift,
develop your gift,
then give it away every day.

-Don Meyer-



POWERADE.

Criteria for Post-Season Awards

- Athlete must be in good academic standing, enrolled in an NDHSAA School.
- Athlete must 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



UNIVERSAL
ATHLETIC



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
Irmen, Bill; Minot 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 HS
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
Kvislin, 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
Plecity, Doyle; West Fargo HS
Roeske, Marv; Concordia College
Sabree, Yahya; Dunseith HS
Schatz, Mike; New England HS
Schauer, Gary; Langdon HS
Schmitt, Dan; Dakota Prairie HS
Schneider, Jay; Devils Lake HS
Schreiner, Vernon; Minto, HS
Schwartz, Jason; Minot HS
Sevre, Jocelyn; Hazen HS
Shirley, Marney; Jamestown HS
Simfenderfer, Jason; Beulah HS
Sluke, David; Grafton HS
Smrekar, Dan; Bismarck St. Mary's HS
Snortland, Keith; Warwick HS
Solberg, Sheryl; NDHSAA
Solper, Melissa; Minot HS
Sondrol, Rick; Central Valley HS
Sorensen, Chris; Hazen HS
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
Walsh, Nathan; Central Valley 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 Stavn**
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:

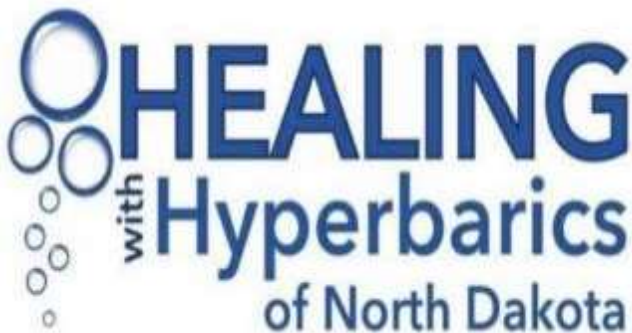
Donation Amount:

Date:

A Big THANK YOU to the following  sponsors!



BW T & F Enterprises



THANK YOU to our sponsors!





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.

Dakota Coach Winter 2022

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
sponsor the
*Outstanding Senior
Athlete Award***



POWERADE®