

Dakota Coach

Volume 56 Issue #3

www.ndhsca.com



Summer NDHSCA Convention Info

pages 13 & 14

Title IX Article by Donna Mark

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Find out how you can win a **SCHEELS** Gift Card!

Dakota Coach Spring 2022

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on page 27**

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**NDHSCA
Vice
President
Candidates**



Mike Zier



Jeremy St. Aubin

Voting will take place
at the 2022 NDHSCA
Coaches Convention.



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Message from NDHSCA President, Ron Metz

Spring Ahead!

It is time for the spring sports seasons! We would like to say congratulations to all the winter state competition qualifiers as well as all our State Champions. Also, congratulations to our winter Powerade Senior Athletes of the Year and the Subway Coaches of the Year. You are all fine representatives in each of your respective sports.

With spring comes not only new sports seasons but the energy and emotions of extended daylight and the warmer temperatures. It brings us to the three R's of spring. Replenish, Refresh and Revive. Replenish the cold winter drained batteries of our souls, refresh the inner enthusiasm for teaching and coaching and revive our passion for what we enjoy. Whether that be for our families, our athletes or ourselves. We need to make sure we prioritize these groups. These R's are not just for those who have gone through fall and winter seasons. Many having spent multiple hours during both seasons and are now venturing into a third season. This type of dedication to teams and student athletes is very commendable. The R's are also for anyone in the business of helping student athletes meet their full potential whether individually or within a team concept in single seasons. This business brings a lot of mental fatigue and spring can help immensely. Spring brings a renewed spirit as the weather changes, and we start to venture into more outdoor activities. That should give us an emotional recharge as we "Spring Ahead!"

Finally, some reminders. Please encourage membership in our great coaches' association. Be sure to nominate your assistant coaches as well as junior high coaches for post season coaching awards. We are also always on the lookout for clinic speakers. If you or if you know of someone who would like to present at our summer convention, please contact executive secretary Randy Johnson or any board member. We are also very close, so 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 is an extremely rewarding experience.

Best of luck to all those involved in spring activities. May the weather treat you well and give us all the opportunities to perform possible.

Best Blessings to all and remember, "Spring is a promise of new hopes!"

Ron Metz
NDHSCA President



Answer the Call

*Message from NDHSCA Past President
Tracey Heisler*



Life's surprises come in many shapes, sizes, forms, and situations. Six years ago, answering a phone call from an unknown number would be a surprise that would have more impact on my life than I would have ever expected.

I had just finished a run and was trying to recover my breathing when my phone began to ring. I did not recognize the number, but as it had a 701 prefix and I was too exhausted to think, I answered. On the other end was Randy Johnson, calling to ask if I would be interested in running for vice president of the NDHSCA. At that time, I was tired, sweaty, hungry, and shocked. Never had I considered running for the NDHSCA board. I told Randy I would need some time to process the options before committing to becoming a candidate. Little did I know what an impact that phone call would have on my teaching, parenting, coaching, and most importantly, creating lifelong friendships.

I am not going to lie—I was hesitant about taking on the adventure of being a part of the NDHSCA Executive Board. I was nervous about the responsibilities, work, and time that the role would require. Ultimately, I said yes. That decision helped me to grow as a coach, teacher, parent, and friend.

We are all very busy, and of all things in this world of which we need more is time. Consequently, being an active member of NDHSCA is something that coaches may put at the bottom of their "to do" list. I understand the difficulty of finding balance in life. With that, we all need to remember that sometimes those "to dos," that appear as taking time away from a person, may actually add more to life than the time they take.

Being an active member of NDHSCA gives much more than it takes. Through the organization a person gains education, networking connections, support, and family. I know that I am a much better coach and teacher because of the education I have received by being active in NDHSCA. Additionally, I now have a network of people to whom I can turn when I need advice or help. Finally, I have made lifelong friends. These people are the ones with whom I want to share life's positive and negative experiences—the whole definition of family.

Being active in NDHSCA comes in many forms. Attending the convention is one of the easiest and most helpful. Through the convention, one gains insight into other programs and education, not only in specific sports but also leadership. The convention is also a networking dream! Here you get to meet coaches from all over the state—North Dakota may be small, but the reality is we do not see people across the state during our seasons, so connecting at convention is vital when discussing the issues of our programs at the state level.

Volunteering to speak at convention is another opportunity for being involved. Sharing your expertise with others greatly helps our sports across the state. The reality is that coaches have much to share, so when given the chance, help others to learn. If speaking is not something of which you feel comfortable, taking a role on one of the sport advisory committees is a way to help your sport. Another way for someone to become more active is by nominating assistant and junior high coaches for coach of the year. For those who are really adventurous, consider running for a position on the board. I guarantee you will never regret that decision.

North Dakota has some of the best coaches in the nation, and these people are always willing to share their knowledge with others. I want to encourage coaches, young, old, and all those in between, to become more active in the association. Answering that call six years ago has really changed my life. Along with the leadership, education, and friendship, this experience has given me courage and confidence to pursue more goals. I am blessed to have been a part of the NDHSCA Executive Board, and I am even more blessed to have the opportunity to be involved with this organization for life.

Good luck to all coaches this spring and I look forward to the summer convention where we can share, connect, and increase the family of North Dakota coaches.

NDHSCA Past President, Tracey Heisler



PERFORMANCE THROUGH PROTEIN

Fueling the Student Athlete

Following basic sports nutrition tips can help student athletes play to the best of their competitive ability. Regular exercise and physical demands of student sports requires a well-balanced nutrition program.

- ♦A meal plan containing appropriate amounts of macronutrients (protein, carbohydrates and fat) and micronutrients (vitamins and minerals) is essential to provide enough energy for growth and activity.
- ♦Fluids are also essential for hydration to support growth and athletic performance.
- ♦Since children and adolescents are still growing and developing, it is difficult to predict a young athlete's needs, which makes it crucial for active youth to consume a well- balanced, nutrient-rich meal plan.
- ♦Protein helps build and repair muscles and aides muscle recovery when consumed after exercise. While protein is essential for building and maintaining muscle, carbohydrates are the primary fuel for activity.

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Dakota Coach Spring 2022



From the NDHSCA Executive Secretary's Desk *Randy Johnson*



Congratulations to all the State Champions, NDHSCA Subway Coach of the Year Recipients and NDHSCA POWERade Senior Athlete of the Year Recipients. The winter season was an exciting time and there were some great performances. I am sure spring will provide everyone with the same excitement.

Joe Howell, long-time track and field coach from Lisbon High School, passed away on Saturday, February 26, 2022. Coach Howell was inducted into the North Dakota High School Coaches Association Hall of Fame in 2009, the National High School Athletic Coaches Association Hall of Fame in 2011 and was named the National High School Athletic Coaches Association National Boys' Track and Field Coach of the Year in 2005. In 2008, Joe approached the North Dakota High School Coaches Association Executive Board with the idea of establishing the "NDHSCA Gelaine Orvik Scholarship." He gave his \$100.00 speaking check back to the board and said this is to create a scholarship to be named Gelaine Orvik Scholarship and sponsored by the NDHSCA. Gelaine was the Executive Secretary of the NDHSCA from 1979 to 2015. The North Dakota High School Coaches Association was able to issue their first two \$1,000.00 NDHSCA Gelaine Orvik Scholarships in 2013. It is designed for a High School Graduating Senior who is interested in becoming a high school coach and will attend a North Dakota College or University. The scholarship is stronger than ever today and the NDHSCA will award two more \$1,000.00 NDHSCA Gelaine Orvik Scholarships this summer. Coach Howell had a major impact on many high school student-athletes and coaches throughout North Dakota as well as the nation. The NDHSCA sends their condolences and prayers to the Howell family. Joe was a great coach, teacher and friend to so many.

The 2022 North Dakota High School Coaches Association Summer Convention is taking shape. The convention will be held in Mandan at the Baymont (2611 Old Red Trail) from Monday, July 25th through Thursday, July 28th. We will finish the four-day conference with the NDHSCA Hall of Fame/Coach of the Year Banquet on Thursday, July 28th. The schedule is almost complete. The schedule will be posted on our website: www.ndhsca.com. It should be available by the middle of April 2022. There will be an opportunity for coaches to take one or two semester hours of graduate credit from North Dakota State University. A syllabus is posted on our website under the convention tab. There is also information later in this Dakota Coach. Please e-mail me if you have any questions: duck@westriv.com. **This summer we will be giving out two \$100.00 Scheels gift cards. One gift card will be for coaches who are in their first or second year of coming to convention. The other will be for those who have attended three or more years. You must be present to win and sign up for the prize.** I encourage veteran coaches and all athletic directors to have your coaching staff register for the convention. It looks to be another great time for coaches to learn, collaborate and gather steam for another great school year. I encourage everyone to attend. Make plans now by setting July 25th through July 28th aside!

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

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

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

continued on page 8

Dakota Coach Spring 2022

NDHSCA Executive Secretary message continued from page 7

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

The NDHSCA will be sending e-mails out to its members with some discounts to Office Depot, Avis Budget, various hotels, insurances, etc. These will also go out on our Twitter account. You may also visit our website for some ongoing savings from various businesses. Take advantage of these benefits. They are cost savings for you and your family.

In closing, remember the NDHSCA is here to assist you in any way. Please feel free to contact anyone on the Executive Board if you have questions. We will see you at the Mandan Baymont in July for the NDHSCA State Coaches Convention!



@ndhsca1

Happy Coaching,

Randy Johnson



NDHSCA Vice President Candidates



Mike Zier

Vice President Candidates for 2022.
Voting will take place at the
NDHSCA Summer Coaches
Convention at the
Mandan Baymont.

Full Bios in the Spring Dakota Coach.



Jeremy St. Aubin

POWERADE



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NDHSCA-Outstanding Senior Athlete Awards

Coach Quote:

Nothing great in life comes easy and nothing that comes easy is great. Some of our happiest moments in life come from stepping out of our comfort zones and striving for greatness.

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Dakota Coach Spring 2022



Message from the NHSACA Past President, Randy Johnson

Greetings from the National High School Athletic Coaches Association!



The 2022 National High School Athletic Coaches Association National Convention will be held 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 North Dakota High School Coaches Association has the following coaches as finalists for NHSACA National Coach of the Year Award:

- | | | |
|-------------------------------------|-------------------|-----------------------------------|
| • Baseball: | Kent Schweigert | Bismarck Century High School |
| • Basketball – Boys' | Gregg Grinsteiner | Dickinson Trinity High School |
| • Basketball – Girls' | Mike Forsberg | Fargo Oak Grove High School |
| • Cross Country – Girls' | Kirk Zink | Hillsboro – Central Valley |
| • Football | Larry Sandy | Velva High School |
| • Soccer | Matt Pfau | Minot High School |
| • Softball | Kevin Ziegler | Bismarck Century High School |
| • Special Sports | Grant Paranica | Grand Forks Central High School |
| • Tennis | Chad Anderson | West Fargo Sheyenne 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 |

Good Luck to each of the finalists. North Dakota is very proud of you!

The National High School Athletic Coaches Association Hall of Fame North Dakota Inductees 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

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Dakota Coach Spring 2022

NHSACA Past President message continued.

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

The National High School Athletic Coaches Association Executive Board has an open position. That is a representative of the State Executive Directors. This position was previously held by Darin Boysen, Nebraska Coaches Association Executive Director. The position will be filled at this summer's National Convention.

Check out the NHSACA website in your spare time: www.nhsaca.org. There are a lot of great items on the website including benefits to coaches. The website shows all the history of the NHSACA as well. It has been quite a journey for this outstanding organization!



@nhsaca

Respectfully Submitted,

*Randy Johnson
NHSACA Past President*

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

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2022 NDHSCA Coaches Convention Planned



The North Dakota High School Coaches Association Summer Coaches Convention will be held in Mandan at the Baymont (2611 Old Red Trail) from Monday, July 25th through Thursday, July 28th. Rooms have been reserved for this convention at the Baymont.

Call to reserve your room at the Baymont today (701-662-7401).

Registration for the convention should be open around May 5th.

We will send an e-mail out letting people know when it is open. All coaches will need to register through the NDHSCA website: www.ndhsca.com. Here are some key points about this summer's convention.

1. **Convention registration is \$65.00. Membership remains at \$60.00.** Need to be a member to attend the convention.
2. Convention is held at the **Baymont in Mandan.**
3. Dates of the convention are **July 25th through July 28th.**
4. Up to **two semester hours of credit** available through NDSU.
 - a. Cost is **\$65.00 per credit**
 - b. A person may take one or two credits
 - c. Website has the criteria for the syllabus to earn the credits
 - d. Final registration for credit will be at the hotel
5. May **recertify in CPR/AED/First Aid** – This will be **available on Monday, July 25th only.** Cost will be \$15.00 to recertify.
6. May **recertify in Concussion Management.** There is only one session and it will be on Monday, July 25th.
7. **Social** will be Wednesday, July 27th with a free taco feed and games.
8. **NDHSCA Annual Meeting** will take place on Thursday, July 28th. There will be a Subway Lunch for all meeting attendees.
9. **NDHSCA Hall of Fame/Coach of the Year Banquet** will be Thursday, July 28th.
10. **Great sessions all week.**

All Athletic Directors and coaches are reminded this will work for the recertification process of coaches. We have worked hard to bring a number of different coaches to the convention this summer.

A tentative schedule will be posted on our website: www.ndhsca.com. It should be posted by the middle of April.

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

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

Looking forward to seeing you in **Mandan July 25th through July 28th.** Help your association out by signing up early and reserving your rooms.



NDHSCA Summer Coaches Convention



Mandan Baymont Convention Center

Monday, July 25, 2022 – Thursday, July 28, 2022

*2 - Scheels Gift Card drawings will include one for a first or second year attendee and the second for a coach who has attended more than twice!

We are **GIVING AWAY**

2

\$100 Scheels Gift Cards*

- Must be present to win!
- Drawings to be held at the NDHSCA Annual Meeting Thursday, July 28

Earn up to **2 Graduate Credits** thru NDSU!

We have some **GREAT SPEAKERS** lined up! You will get **GREAT INFORMATION!**

Monday 7/25

Recertify in CPR/AED/First Aid
Update Concussion Management
Coaching and Mental Wellness
Overtraining, Stress & Burnout
Working/Dealing with Parents
& More!

Tuesday & Wednesday

Vendors will be set up
Drawings held during breaks!

Wednesday

Annual Taco Feed
Socialization
Games
Donate to GO Scholarship

Thursday

NDHSCA Sports Advisory Meetings
Annual Meeting (with lunch!)
Hall of Fame/COTY Banquet

Tues-Thurs

Sports Specific Sessions
College/Univ./HS Coaches Present
Enjoy colleague discussions!

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.)

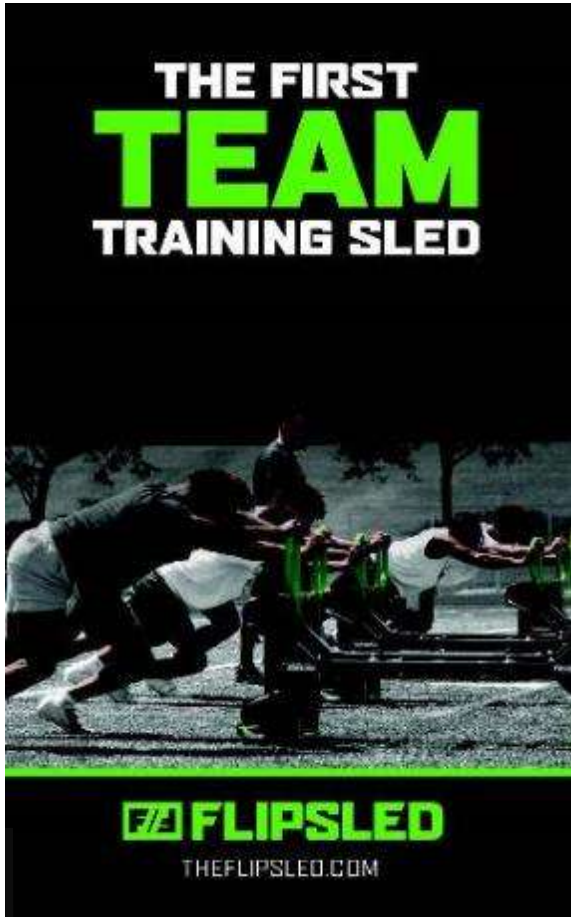
A Growth Culture in Sports

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](#)

Also check out Donna Mark's Title IX article on page 25.



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2022 NHSACA National Coach of the Year

Finalists from North Dakota

The North Dakota High School Coaches Association announces the NHSACA National Coach of the Year finalists from North Dakota as noted below. The NHSACA National Coach of the Year Finalists will be honored on Wednesday, June 22, 2022 in Altoona, Iowa (suburb of Des Moines). These coaches are among eight finalists in each category for the NHSACA National Coach of the Year Award.



Kent Schweigert
Bismarck Century HS
Baseball



Gregg Grinsteiner
Dickinson Trinity HS
Basketball – Boys'



Mike Forsberg
Fargo Oak Grove HS
Basketball – Girls'



Kirk Zink
Hillsboro - CV HS
Cross Country – Girls'



Larry Sandy
Velva HS
Football



Matt Pfau
Minot HS
Soccer



Kevin Ziegler
Bismarck Century HS
Softball



Grant Paranica
Grand Forks Central HS
Special Sports



Chad Anderson
WF Sheyenne HS
Tennis



Tracey Heisler
GF Red River HS
Track & Field



Jay Schobinger
Dickinson HS
Volleyball



Jeff Schumacher
Bismarck HS
Wrestling



Paul Lean
Fargo Davies HS
Asst. COTY – Boys'



Tim White
Griggs County Cent. HS
Asst. COTY – Girls'





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2022 NDHSCA-NHSACA



National Hall of Fame Inductees

North Dakota has the following inductees to the 2022 National High School Athletic Coaches Association National Hall of Fame



Brian Anderson
New Town
High School
Cross Country and
Track and Field
Coach

Brian Anderson



Rod Hardie
Fargo North
High School
Cross Country
Coach

Rod Hardie

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NDHSCA Hall of Fame

The following individuals will be inducted into the NDHSCA Hall of Fame this summer. The NDHSCA Hall of Fame/Coach of the Year Banquet is July 28, 2022 at the Mandan Baymont.



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 & Track and Field Coach
Dickinson High School



Jeffrey Schumacher

Head Wrestling Coach
Bismarck High School



Tim Wallstrum

Head Volleyball Coach
Kenmare High School



Ron Wingenbach

Head Football & Assistant
Track and Field Coach
Bismarck Century High School.

Full Bios were printed in the winter issue of the Dakota Coach. All previous issues of the Dakota Coach can be found at the NDHSCA website: www.ndhsca.com.



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

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.



Lynda Bertsch
Volleyball Official – Minot



Al Knutson
Track & Field Hall of Fame



Milton Korslien
NDHSAA Tournament Host

NDHSCA Winter Assistant Coach of the Year



The 2021-2022 Winter Season recipient of the North Dakota High School Coaches Association Assistant Coach of the Year Award is **Wade Haugen**, Grafton Assistant Girls' Basketball Coach. **Wade** was nominated by Laurie Sieben, Grafton Head Girls' Basketball Coach.

Coach Haugen has been coaching for 17 years with the last 11 years as Grafton's Assistant Girls' Basketball Coach. His career coaching record is 171-23. His record this past season was 18-2 and it was 17-1 in 2020-2021. **Wade** is responsible for assisting the head coach plan and implement practice plans, help with breakdown of squads and assist with individual player meetings at the beginning and end of the season. He is also in charge of the defensive matchups and defensive strategies in games. **Coach Haugen** is the co-director of Grafton's high school player camp, summer team league, the junior high camp, offensive skills camp

and the spring Spoiler Shootout Youth Basketball Tournament. He has helped coach seven All Star and All State Basketball Players. **Wade** was a part of Grafton Girls' Basketball State Championship and Runner-up teams.

Laurie Sieben, Grafton's Head Girls' Basketball Coach, has this to say about **Coach Haugen**. "**Wade** displays a commitment level that goes above what is expected and is always eager to help the program improve and continue his growth in the coaching profession. I have truly enjoyed working with **Coach Haugen** on the hardwood and witnessed first-hand his interest and passion not only for the game, but more importantly the growth and care of our athletes within the Girls' Basketball program."

Wade is married to his wife Andrea.

Congratulations to Wade Haugen of Grafton High School; the 2021-2022 North Dakota High School Coaches Association's Winter Assistant Coach of the Year in the sport of Girls' Basketball.



From the NDHSCA *Code of Ethics*



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



Respect the integrity and personality of the individual athlete.

Find the entire NDHSCA Code of Ethics on page 48

2021-2022 NDHSCA-SUBWAY Coaches of the Year



SPORT

NAME

SCHOOL

Class B Girls' Golf	Jeremy St. Aubin	South Border HS
Class A Girls' Golf	Lisa Schwinden	Fargo Davies HS
Class A Boys' Tennis	Max Weisser	Grand Forks Central HS
Class A Boys' Soccer	Ian Costello	Fargo Davies HS
Class B Girls' Cross Country	Laura Tweeten	Southern McLean
Class B Girls' Cross Country	Nathan Stamstad	Southern McLean
Class B Boys' Cross Country	Josh Roberts	Kindred HS
Class A Girls' Cross Country	Chase Gregory	Williston HS
Class A Boys' Cross Country	Shane Wahlstrom	Williston HS
Class 9-Man Football	Andrew Delabarre	LaMoure/Litchville/Marion
Class 11B Football	Nick Walker	Bowman County HS
Class 11A Football	Adam Roland	Fargo North HS
Class 11AA Football	Jeremy Newton	West Fargo Sheyenne HS
Class A Girls' Swimming	Emily Jensen	Minot HS
Class A Volleyball	Brianna Klein	Bismarck HS
Class B Volleyball	Jaime Richter	Linton-HMB
Girls' Wrestling	Travis Lemar	Central Cass HS
Class B Boys' Wrestling	Dave Wolding	New Salem HS
Class A Boys' Wrestling	Lex Lunde	West Fargo Sheyenne HS
Class A Gymnastics	Andrea Bitz	Jamestown HS
Class A Girls' Hockey	Andrew Fitzgerald	Jamestown HS
Class A Boys' Hockey	Matt Stockert	Jamestown HS
Class A Boys' Swimming	Jake Solper	Minot HS
Class B Girls' Basketball	Rob Scherr	Langdon Area/Edmore/Munich
Class A Girls' Basketball	Nathan Welstad	Bismarck Century HS
Class A Boys' Basketball	David Gumke	Watford City HS
Class B Boys' Basketball	Rick Smith	Four Winds HS



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
Girls' Wrestling	Jenna Gerhardt	Devils Lake HS	Brendon Flynn
B Boys' Wrestling	Carter Schmitz	Kindred HS	Justin Lehmann
A Boys' Wrestling	Troy Berg	Dickinson HS	Trevor Conrad
A Gymnastics	Haley Nelson	Jamestown HS	Andrea Bitz
A Girls' Hockey	Morgan Sauvageau	Fargo Davies HS	Josh Issertell
A Boys' Hockey	Hunter Nelson	Jamestown HS	Matt Stockert
A Boys' Swimming	Grant Schaeffer	Minot HS	Jake Solper
B Girls' Basketball	Abigail Duchscherer	Kindred HS	Sam Brandt
A Girls' Basketball	Adeline Wagner	Fargo South HS	Jason Smedshammer
A Boys' Basketball	Treysen Eaglestaff	Bismarck HS	Jordan Wilhelm
B Boys' Basketball	Trey Brandt	Beulah HS	Jeremy Brandt



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Outstanding Senior Athlete Award



Reflection on 50 Years of Title 9: A War Worth Fighting

Donna Mark is a former coach at St. Cloud Apollo High School and Department Chair at Mayville State University

Mayville State University recently held a special Hall of Fame event that celebrated 50 years of Title. What follows is the reflection of the Title 9 address delivered by Donna Mark. While a high student in Portland High School, ND in the late 60s, the only sport available to Donna and other girls was track and field. This reflection details Donna's trail blazing efforts to expand sport opportunities for girls who wanted to play sports. Reprinted with permission as presented.

Good morning, it's a pleasure to be here.

Congratulations to Laura, Heidi, and Jennifer for entering into Mayville State University Athletic Hall of Fame and thank you for your contribution to the women's athletic program at MaSU.

When Beth asked me to say a few words about the early days of women's athletics at MaSU and about my experiences with Title 9, I was thrilled. She said I had about 5 minutes - I thought, oh good, that won't be hard, but then I thought how am I going to get 50+ years of girls' growth in sports and the impact that Title 9 had on me and the girls I coached. We'll see.

First of all, what is Title IX? Title IX, part of the Educational Amendments passed by Congress in 1972, became law in 1975. The law reads:

"No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any educational program or activity receiving federal financial assistance."

I attended MaSU from 1967-1970. I was a cheerleader but I also played volleyball, basketball, softball, and dabbled in gymnastics, tennis and flag football, actually whatever was available for me to try. Fifty years ago there were no organized sports for girls or women at Mayville State College. We had the WRA, Women's Recreation Association. This consisted of physical education play days. We would travel to other campuses on a Saturday and play anything from badminton, table tennis to shuffle board and volleyball. We did however have extramural games of volleyball, basketball, and softball with UND, NDSU & Concordia. We traveled there and they traveled to MaSU. Our practices for these sports were limited to mainly go and play. We practiced serves and spikes in volleyball and shooting in basketball but hardly any other fundamentals or strategies. I remember one basketball game we had a male coach subbing for our coach, Mrs. Kolsrud. He called a time out and told us to play zone defense. We all looked at each other and were confused. What's a zone? We only knew player to player defense. You see there wasn't high school girls' basketball at this time for which we would have learned any of this.

Gym space was limited so practices were few. We played and practiced in the small gym or on the stage, our uniforms were our PE outfits that we bought at the bookstore – stiff polyester tops and bottoms. We put on pinnies with numbers on during games. We played in empty gyms or with very few people watching.

Playing sports was so fun and exciting but limited. I wanted more.

I graduated with a physical education major and got my first teaching job at Apollo High School in St Cloud, MN in 1970. I coached and taught in St. Cloud for 34 years and started the girls' basketball and track and field teams. However, when I started teaching, there were no sports for girls in high schools. I wanted to change that. I wanted to give girls a chance that I never had to play high school sports. The school district allowed us to have extramural basketball games with the city schools. We would travel two miles to St. Cloud Tech, and one mile to St. Cloud Cathedral. This was our GAA (girl's athletic association) program.

continued on page 24

Dakota Coach Spring 2022

Reflection on Title IX by Donna Mark continued from page 23.

The girls were looking at the boys' sports and wondering why can't we do the same? Why can't we have more games? Why can't we travel? Why? Why? Why?

When Title 9 came about in 1972, it opened more doors.

My school, Apollo High School, hosted the first MN girl's track & field meet in 1972 and I got to form a team. We had 50-60 excited girls out for track.

At this time, girls' basketball got to have 10 games but was in the fall. Volleyball was in the winter. Our seasons were short, nine weeks while the boys had 18 games and 15 weeks. The girls didn't have Region or State tournaments.

Coaches of girls' teams wanted more so we kept pushing to have what the boys had.

In 1976, four years after Title 9, the girls in Minnesota had their first state basketball tourney. Girls' basketball was now a winter sport. My teams played in four State Tournaments. We were State Champions in 1982. Runners up in 1976 and 1995. What a thrill for the girls. And a dream came true.

It was a long hard battle to get equal practice time, equal gym space, equal number of games, equal uniforms, equal coaches pay. The long battle included fights with the school board and several men coaches. They didn't want to give up anything but they didn't have to - just share. One particular male coach threatened to quit if girls got equal gym time. With the help of the St. Cloud Education Association, I filed a Title 9 grievance for equal pay with the school district. The coaches of girls' sports had to keep records of the hours we practiced, the number of people in the crowd, the number of games we played, the number of girls that we had on each team. I had a thick file of grievance forms, schedules, complaints - called my Baloney and Sausage file. It was a bunch of baloney that my colleagues and I had to prove we were worthy of having sports for girls and coaching them. At the grievance hearing one school board member pointed his finger at me and said, "Donna Mark, if women get equal pay, they will lose their jobs because the men will take over the coaching positions."

Change did come, more sports were added. Gym space was shared, uniforms were nice, the number of games increased, the crowds came, and coaches' pay increased.

As a basketball coach in Minnesota there was still more work to do. As President of the MN Girls Basketball Coaches Association in 1983, my colleagues and I started the All-Star game for girls and the Miss BB of MN Award. Girls were finally catching up.

In 1999 in the Women's Sport section of the Minneapolis Star Tribune, a staff writer for the Tribune interviewed me about Title 9 and the fight I put up for the right of girls and women to have equal sports opportunities. The title of the article was "A War Worth Fighting". The reporter also interviewed my daughter Molly who had an outstanding sports career at Apollo and was playing basketball at the College of St. Bens. They asked Molly about me, her mom, fighting for sports and Title 9. Molly knew nothing about it. Like many young girls today, they know nothing about the fight for the right to play. They just get to play!

And we get to celebrate Title 9!

I have had hundreds of victories in my career as a player and coach, but the greatest victory of all was winning the fight to let girls play sports. As I sat and watched my two daughters excel in sports, I am now enjoying watching my granddaughters. What a thrill. It was truly a **War Worth Fighting!**

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- to be nominated for the NHSACA National Coach of the Year/Athletic Director of the Year Award
- to be on Sports Advisory

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What does NDHSCA do?

EDUCATE: Our educational focus is dedicated to more than fundamentals and skills of a sport. We see coaches as leaders who are role models to our state's youth. We offer graduate college credit programs in Coaching Leadership, Professionalism, and Ethics; Drug Awareness Seminars; Speed, Strength, Nutrition, and Conditioning Seminars; Cheer Coaches' Certification Seminars; and Sports Specific Clinics. Other pertinent issues are covered to stay current with today's important issues.

Coach Quote:

3 Things to do Today:

1. Don't get caught in the comparison trap.

Comparison is the thief of joy.

2. Focus on what you can control (your actions, effort and attitude) and let go of the rest.

3. Be "The Seed" and make a difference where you are.

-Jon Gordon-

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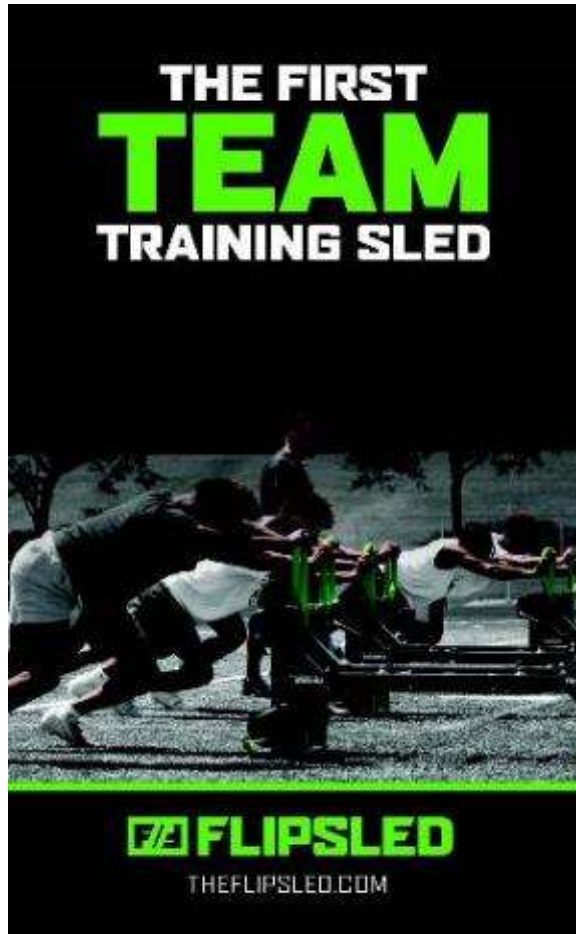
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Coach Quote:



“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—

What does NDHSCA do?

EDUCATE: Our educational focus is dedicated to more than fundamentals and skills of a sport. We see coaches as leaders who are role models to our state's youth. We offer graduate college credit programs in Coaching Leadership, Professionalism, and Ethics; Drug Awareness Seminars; Speed, Strength, Nutrition, and Conditioning Seminars; Cheer Coaches' Certification Seminars; and Sports Specific Clinics. Other pertinent issues are covered to stay current with today's important issues.





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



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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 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
<u>SOFTBALL:</u>		
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

North Dakota High School Coaches Association

2021-2022 Sports Advisory Committee Representatives

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
Matt Berglund; Grand Forks Red River HS	A Girls Wrestling Representative	2021-2022
Scott Knowlen; Bismarck Public Schools	A Girls Wrestling Representative	2021-2022
Travis Lemar; Central Cass HS	B Girls Wrestling Representative	2021-2022

NDHSCA Sports' Advisory Committee Application



NAME: _____

SCHOOL: _____

Home Address: _____

City, State & Zip: _____

Sport: _____ E-Mail Address: _____

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

Number of Years of Membership to the NDHSCA: _____

My duties as a Sports Advisory Committee member include:

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

****I understand this is a THREE or FOUR YEAR commitment.****

Appointments will be made at the July
NDHSCA Executive Committee Meeting.

Return Form to:

Randy Johnson, Executive Secretary
1527 N 33rd St. Unit 4, Bismarck, ND
58501

email: duck@westriv.com

Dakota Coach Spring 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



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.

Dakota Coach Spring 2022

2022 NDHSCA Longevity Award

The 2022 list for longevity is printed below. Individuals wishing to receive plaques will be announced at the 2022 North Dakota High School Coaches Convention at the Mandan Baymont. The banquet will be on Thursday, July 28, 2022. Please email Scott Grochow (scott.grochow@k12.nd.us) or Bill Jansen (william.jansen@k12.nd.us) if there is a mistake on the list. Thank you.

20 Years

Bob Beaudrie Newburg United
Jennifer Brossart Rugby HS
Wesley Carr Bismarck HS
Michael Dietz Jamestown HS
Sarah Doe Killdeer HS
Mechelle Erlendson Cavalier
Liane Filkowski Dickinson HS
Andrew Fitzgerald Jamestown HS
Ken Gardner Jamestown HS
Oliver Gourd Four Winds
Linda Grizzle New Town HS
Stacy Hanson May-port CG
Jacob Hook Fargo Davies HS
Todd Hosford Wyndmere HS
Linda Johnson Devils Lake Public School
Connie Kjos Langdon Area
Jon Kohler Hettinger HS
Paul Kolesar Fargo Davies
Anthony Lee Westhope Public School
Jeff McKay Grafton Public Schools
Johnathan Melendez Sheyenne H S
Tom Milbrandt Valley City HS
John Montclair Standing Rock HS
Dan Moore North Border
Eric Olson Sargent County
Tera Paulson Hankinson HS
Todd Sheldon Mandan HS
Kurt Silbernagel South Heart HS
Ron Slaba McLean County
Rollie Swedberg Sheyenne HS
Robert Watson Standing Rock Community

30 Years

Damon Brady Parshall HS
Dennis Carpenter Hatton Northwood HS
Rory Entzi Edgeley HS
Jeff Hagler North Star HS
Robert Hoffner Maddock HS
Stephen Jacobson Fargo Shanley
Steve Kleinjan New Salem-Almont HS
Todd Larson Ramstad Middle School
Patty Moses Wahpeton HS
Steve Paintner Grand Forks Central HS
Rick Philion Minot HS
Elliot Rotvold Hillsboro
Jason Schwarz Minot HS
Tobias Schweitzer Bismarck St. Marvs

25 Years

Kevin Bennefeld Warwick HS
Jason Brend Thompson
Dale Colby Bismarck HS
Bret Dockter Harvey Public School
Steve Glasser Trinity HS
Jamie Krenz Flasher HS
Todd Lambrecht Devils Lake
Larry Lasch Wahpeton
Brad Leingang Bismarck High
Carter Maynard Heart River
Vyrn Muir Red River HS
Brent Nelson Minot
Brodie Odegaard Tioga HS
Kelly Pierce Scranton Public School
Greg Pruitt Glen Ullin - Hebron
Coby Rabbithead Parshall HS
Bruce Rauser Mandan
Mathew Ray Ray School District
Thomas Scheeler Minot HS
Douglas Schmidt
Claudia Schoellkopf Mandan HS
Bryan Schumacher Napoleon Public School
Laurie Sieben Grafton
Barbara Sweet Lisbon HS
Andre Zimiga Fargo Davies HS

35 Years

Richard Anderson West Fargo High
Sherry Carlson Minot HS
Jane Hart Langdon HS
Cynthia Iwen Enderlin Area School
Randy Johnson NDHSCA
David Lee Discovery Middle School
Carolyn Olson Davies HS
Jeff Ralph Wahpeton HS
Larry Sandy Velve HS



40 Years

Deb Beilke Valley City HS
Rodney Breitbach Century HS
Harry Clark Kindred HS
Arnie Falk Jamestown Public Schools
Gregg Grinsteiner Dickinson Trinity
Tim Kraft Velve HS
Dave Michaelson Dickinson HS
David Moody New England HS

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](mailto:Scott.Grochow@k12.nd.us) at Scott.Grochow@k12.nd.us, or [Bill Jansen](mailto:William.Jansen@k12.nd.us) 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:

**“I dare you to look up at the stars,
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 to
the youth of Grand Forks in 1964**





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.





Lifetime Membership

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

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

Notes on Lifetime Membership

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



North Dakota High School Coaches Association

Paid Lifetime Memberships

Aardahl, Vern; Milnor HS
Amundson, Greg; Mandan HS
Anderson, Brian; Watford City HS
Anderson, Darrell; Bismarck HS
Anderson, Darryl; Mandan HS
Askvig, Curtis; Surrey HS
Bennett, Jason; Minot HS
Benson, Ron; Mott-Regent HS
Berg, Mike; Grand Forks Central HS
Berglund, Darrell; Hazen HS
Berglund, Kathy; Hazen HS
Bettenhausen, LeRoy; Watford City HS
Boehm, Darrin; West Fargo HS
Brackenbury, Wayne; Mohall-L-Sherwood HS
Brandt, Jeremy; Beulah HS
Brenner, Henry; ND School for the Deaf
Brown, Greg; Watford City HS
Burckhard, Richard; Parshall HS
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
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 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
Philion, Rick; Minot HS
Philpot, Len; Grand Forks Central 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

**G GAME
ONE™**

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

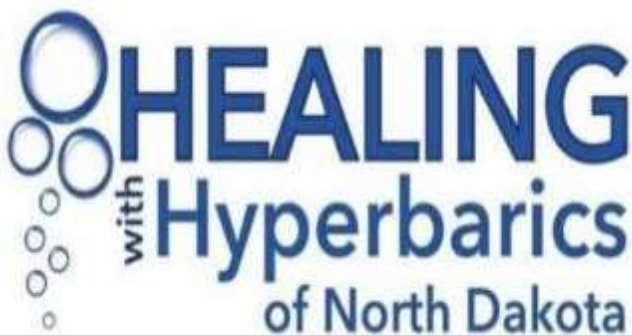
PLEASE DETACH THIS BOTTOM PORTION FOR YOUR TAX RECORDS

DONOR’S NAME:

Donation Amount:

Date:

A Big THANK YOU to the following  sponsors!





THANK YOU to our sponsors!



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PUSH-PEDAL-PULL
the exercise equipment experts since 1985

JOHNSON
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BSN SPORTS
FEEL THE STRENGTH

SUBWAY



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



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®