

# Dakota Coach

Volume 56 Issue #4

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





# Dakota Coach Summer 2022

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Cover Photos: scenes from ND Tennis



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@ndhsca1

**NDHSCA  
2022  
Convention  
July 25-27**





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# Dakota Coach Summer 2022

*Message from NDHSCA President, Ron Metz*



## New Visions

Welcome to summer! As the current school year has ended, we transition from another school year to some down time. Or is it? As all seasons are completed, we look to our new group of athletes and plan the summer workouts and development. We also need to look to our own development as educators. This is where we should look to the summer coach's convention to get ideas, network to develop ourselves as coaches as well as expand our knowledge to create a great atmosphere of learning for the new teams and individuals we will be coaching. Keeping in mind the words from *Luke 12:48. Everyone to whom much was given, of him much will be required, and from him to whom they entrusted much, they will demand the more.* As we demand more of ourselves for our athletes, we also need to demand more of ourselves for ourselves. Take some time for yourself and your families this summer.

As we move through the summer, and we come close to the convention I would like to thank all the association members for another great year. I am truly humbled and honored for the privilege of serving as your president this past year. Thank you for your trust in me to serve in this capacity. As I pass the gavel to Mr. Rick Anderson this summer, I know the association will continue to move forward with the greatest of leadership possible. I would like to thank Randy for all his work, guidance, and leadership this year and always. Thanks also to the great members of the executive board for their focus, determination, and knowledge of what is needed to always do the best for the association.

Congratulations to all the spring state competition qualifiers as well as all our State Champions. Also, congratulations to our spring Powerade senior athletes of the Year and the Subway Coaches of the Year. Through good weather, bad weather and whatever was thrown at them our spring athletes and coaches are true models of tenacity, perseverance, and dedication to their sports.

A few reminders to everyone. 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. Randy has again lined up a fine group of presenters for the clinic this summer. The convention also allows for you to become more involved in the association as a member in an advisory position or on the executive board. The summer coach's convention will be held out west July 25<sup>th</sup> – 28<sup>th</sup> in Mandan at the Baymont Inn. You can also plan on attending the national convention in Altoona Iowa, (Des Moines) June 18-22. We have many members that will be representing our association up for honors as national coaches of the year nominees. Good luck to all of them. We should all be proud of them as well as our entire association and we continually represent extremely well at the national convention each year.

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.

As we move on each year always remember our experiences from the past and learn from them, especially from what we experienced in 2020 and 2021. Let us always stay safe and healthy and continue to learn and grow from every daily experience.

Remember *Proverbs 4:23, Above all else, guard your heart for everything you do flows from it.*

**Ron Metz**  
**NDHSCA President**



# Back to Normal...?

*Message from NDHSCA Vice President  
Jamie Zastoupil*



First, I would like to thank everyone for the opportunity to serve on the Executive Board. I am grateful for this new adventure and look forward to learning more about the various activities of the board. Also, I want to thank the board for being so welcoming and helpful in this first year. It has been a great experience thus far and I look forward to the coming years on the board.

As we all look towards the summer months, I can't help but reflect on the past year and all that was accomplished. We got back to more normal sports seasons and tournaments, got back to more of what we love to do as coaches - whether that was competing in tournaments or just getting to coach again. I also have to stop and think about what our spring coaches just had to go through. Apparently good old North Dakota forgot what spring is supposed to look like and gave us an epic snowstorm as our spring sports were getting under way. Hats off to our coaches, athletic directors, athletes, and parents for being so flexible and working together to reschedule as much as possible and get our athletes ready to compete for their end of the year tournaments.

While the spring sports come to a close, the nearing summer brings excitement and anticipation for the next year. I, like many of you, am eager to get in the gym with my athletes for open gyms, team camps, tournaments or in the weight room in order to get ready for next year. As my own three children are getting older and more involved in activities, I am reminded of the importance of enjoying the summer and finding time for fun. I hope you can find a balance of staying competitive and allowing yourself and your athletes time to have some fun. It is so important for us to come back refreshed, rejuvenated, and excited for our seasons. Find some time for yourself and your families.

I hope, in between the fun, you can find time for your own professional development. This summer the NDHSCA Convention is Mandan, ND. I would encourage you to find time to make this a part of your summer. As always, Executive Director, Randy Johnson has put together many amazing speakers and coaching education opportunities for us. If you have never spoken before, please consider speaking and sharing your knowledge with us. It doesn't matter how many years of experience you have; we all have something to share. I also want you to consider being a part of the activities associated with the convention. I have had the opportunity to develop some amazing lifelong friendships as a result of attending the coaches convention.

Again, I want to congratulate all of you on a job well done this past year. I would also like to thank you for your time and dedication to all the young people in our state. You are making an impact both on and off the field, court, ice, pool and all athletic venues.



*NDHSCA Vice President,  
Jamie Zastoupil*





## ***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 aids 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 Summer 2022



## From the NDHSCA Executive Secretary's Desk

*Randy Johnson*



Another school year is in the books! This year has been a very successful one for North Dakota Sports. It was an exciting year. Congratulations to all the State Champions, NDHSCA Subway Coach of the Year Recipients and NDHSCA POWERade Senior Athlete of the Year Recipients. You can view a list of the recipients later in the Dakota Coach. They are also on our website: [www.ndhsca.com](http://www.ndhsca.com).

Memorial Day is a day to remember all the Veterans who made a tremendous sacrifice to protect the freedom of all Americans. It is important to honor the men and women who served our great country so we can enjoy the life we are used to living. Our veterans did everything in their power assure our freedoms. It is important for us as Americans to practice our Patriotic duties and encourage our young people to do the same. Honor our veterans by making patriotism a part of our everyday life!

James Haak, longtime coach at Linton High School, passed away on May 8, 2022. Coach Haak enjoyed coaching and being around young athletes. He showed great enthusiasm in his relationships with today's youth. The NDHSCA sends our condolences to family of James Haak. May God give them strength during this difficult time.

Karen and Rod Hardie have officially retired as NDHSCA Membership Chairs. Eric Olson will be taking over the responsibilities as membership chairs. Karen and Rod have worked to mentor Eric in his new role. I am sure Coach Olson will do quite well. He is well organized and enjoys working with the coaches throughout North Dakota. Send your congratulations to Eric when you see him.

The 2022 North Dakota High School Coaches Association Summer Convention is ready to go. There is a tentative schedule posted later in the Dakota Coach and also on our website: [www.ndhsca.com](http://www.ndhsca.com). The convention will be held in Mandan at the Baymont (2611 Old Red Trail) from Monday, July 25<sup>th</sup> through Thursday, July 28<sup>th</sup>. We will finish the four-day conference with the NDHSCA Hall of Fame/Coach of the Year Banquet on Thursday, July 28<sup>th</sup>. Coaches will have an opportunity 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. Please e-mail me if you have any questions: [duck@westriv.com](mailto: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 25<sup>th</sup> through July 28<sup>th</sup> aside!

The National High School Athletic Coaches Association is making plans for a successful National Convention in Altoona, Iowa (suburb of Des Moines) June 18 – June 22, 2022. It will be at the Prairie Meadows Convention Center. All NDHSCA members are invited to attend. Please visit the NHSACA website: [www.nhsaca.org](http://www.nhsaca.org) for more information.

I urge coaches to become involved in the North Dakota High School Coaches Association. Coaching is an awesome profession! Being involved in the organization is rewarding and reassuring. Remember you will be assisting sports and other coaches with your involvement. Please keep in mind this association is an organization run by coaches, for coaches. One of the best things you can do as a member is have your Assistant and Junior High Coaches sign up for membership. We are constantly working for more benefits for our Association members.



# Dakota Coach Summer 2022

*NDHSCA Executive Secretary by Randy Johnson message continued from page 7*

Coaching is an awesome profession! A coach has a tremendous influence on shaping the leaders of tomorrow. You have an unbelievable impact. Keep in mind the Coaches Code of Ethics listed below:

- 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 environment free 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 judgement.
- For Interscholastic competition, will dress in an appropriate manner that distinguishes the coach as a professional, representing his school and team.

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.

The NDHSCA and the NHSACA continue to work together in hoping to find more benefits for our membership. You will receive e-mails off and on dealing with particular discounts and promotions available to you as a member of the NDHSCA. If you do not care to deal with the e-mail, please delete it. Please understand we are doing this as a benefit to you as a coach. This is one way for us to help you cut costs when inflation is getting higher. We also put this out on our Twitter feed. These companies benefit this organization as well.

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!

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. The 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.

Scheels has also provided us with a sizeable donation to give six - \$750.00 scholarships away this year for graduates of member coaches. This is another way our organization is trying to assist our membership. The number of applicants this year were plentiful and of very high quality. Remember, if you have a graduating Senior next year, please have them apply for one of the scholarships.

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!



*Happy Coaching,*

**Randy Johnson**  
**NDHSCA Executive Secretary**

@ndhsca1





## NDHSCA Vice President Candidates

Vice President Candidates for 2022  
**Vote at the NDHSCA Summer Coaches Convention**  
to be held at the Mandan Baymont.



**Jeremy St. Aubin**

### Jeremy St. Aubin

South Border Head Girls' Golf Coach and Head Boys' Golf Coach

- 18-Year Coaching Veteran
- One Girls' State Golf Championship
- 5-time State Girls' Golf Coach of the Year
- 11-time Regional Girls' Golf Coach of the Year
- 1-time Finalist for NHSACA National Coach of the Year in Golf
- Facilitator at the State and National Conventions
- 10 Years NDHSCA State Golf Advisory Board
- Clinician at NDHSCA State Convention and NHSACA National Convention

### Mike Zier

Beach High School Head Football Coach, Head Track and Field Coach and Athletic Director

- 23-Year Coaching Veteran
- 2-time Regional Football Coach of the Year
- 1-time Regional Track and Field Coach of the Year
- 4 Years of NDHSCA State Football Advisory Board
- Clinician at NDHSCA State Convention



**Mike Zier**

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### 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.

# 2022 NDHSCA ALL STAR EVENTS

## **NDHSCA/Optimist All Star Volleyball**

Monday, June 13: 7:00 pm Fargo Shanley High School  
Tuesday, June 14: 7:00 pm Bismarck High School



## **NDHSCA/Lions All Star Boys Basketball**

Monday, July 11: 8:00 pm Bismarck High School  
Tuesday, July 12: 8:00 pm Fargo Davies High School

## **NDHSCA/Lions All Star Girls Basketball**

Monday, July 11: 6:00 pm Bismarck High School  
Tuesday, July 12: 6:00 pm Fargo Davies High School



## **NDHSCA/Shrine Bowl All Star Football**

Saturday, June 18: Mayville State University  
4:00 PM (11-Man) 7:00 PM (9-Man)



# Introducing:

## Coaches Coaching Coaches teaching, training, learning

Editor Brad Strand

Dr. Brad Strand (NDSU) and the North Dakota High School Coaches Association are teaming up to provide a **supplement to the Dakota Coach**. The supplement is called Coaches Coaching Coaches (CCC). The purpose of CCC is to provide an outlet for coaches to share coaching knowledge that helps other coaches become better coaches. Any coach can submit an article to Dr. Strand and he will work on getting it ready to present.

The first supplement can be found by following this link: [READ MORE](#)

To submit an article to Coaches Coaching Coaches, send your article in word format to [bradford.strand@ndsu.edu](mailto:bradford.strand@ndsu.edu)

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### Coach Quote:

“The content of your character is your choice.  
Day by day, what you choose, what you think and  
what you do is what you become.”

-Heraclitus-

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# Dakota Coach Summer 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 looking forward to the National Convention in Altoona (Des Moines), IA at the Prairie Meadows Hotel/Casino/Race Track. It will take place June 18-June 22, 2022. There is a leadership conference on June 18 – June 19 with some outstanding speakers. The sport specific sessions will be June 20 – June 22. The NHSACA National Hall of Fame Banquet will be Tuesday, June 21<sup>st</sup> and the NHSACA National Coach of the Year Banquet will be held Wednesday, June 22<sup>nd</sup>. It looks to be a great convention with an awesome venue. Visit the NHSACA website for more information: [www.nhsaca.org](http://www.nhsaca.org).

The North Dakota High School Coaches Association has the following coaches as finalists for NHSACA National Coach of the Year Award:

- |                                     |                    |                                   |
|-------------------------------------|--------------------|-----------------------------------|
| • <b>Baseball:</b>                  | Kent Schweigert    | Bismarck Century High School      |
| • <b>Basketball – Boys'</b>         | Gregg Grinsteinner | Dickinson Trinity High School     |
| • <b>Basketball – Girls'</b>        | Mike Forsberg      | Fargo Oak Grove High School       |
| • <b>Cross Country – Girls'</b>     | Kirk Zink          | Hillsboro – Central Valley        |
| • <b>Football</b>                   | Larry Sandy        | Velva High School                 |
| • <b>Soccer</b>                     | Matt Pfau          | Minot High School                 |
| • <b>Softball</b>                   | Kevin Ziegler      | Bismarck Century High School      |
| • <b>Special Sports</b>             | Grant Paranca      | Grand Forks Central High School   |
| • <b>Tennis</b>                     | Chad Anderson      | West Fargo Sheyenne High School   |
| • <b>Track &amp; Field – Girls'</b> | Tracey Heisler     | Grand Forks Red River High School |
| • <b>Volleyball</b>                 | Jay Schobinger     | Dickinson High School             |
| • <b>Wrestling</b>                  | Jeff Schumacher    | Bismarck High School              |
| • <b>Assistant COTY – Boys'</b>     | Paul Lean          | Fargo Davies High School          |
| • <b>Assistant COTY – Girls'</b>    | 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 Inductees from North Dakota will be

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

Congratulations Brian and Rod on your induction! North Dakota is honored to have coaches of your stature representing us in the NHSACA Hall of Fame.

*NHSACA report continued page 13*



# Dakota Coach Summer 2022

*NHSACA report by Randy Johnson continued.*

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: 2<sup>nd</sup> 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 all North Dakota High School Coaches Association members 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. Darin needed to resign due to a backlog of work with the Nebraska Coaches Association. He was not finding the time to commit to the NHSACA. The position will be filled at this summer's National Convention.

Check out the NHSACA website in your spare time: [www.nhsaca.org](http://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!

Respectfully submitted  
Randy Johnson, NHSACA Past President and Webmaster



*Respectfully Submitted,*

*Randy Johnson  
NHSACA Past President*

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# 2022 NDHSCA Coaches Convention



**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 25<sup>th</sup> through Thursday, July 28<sup>th</sup>. Rooms have been set aside for this convention at the Baymont.**

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

**Registration for the convention is open online at [www.ndhsca.com](http://www.ndhsca.com)**

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](http://www.ndhsca.com). Here are some key points about this summer's convention.

1. **NDHSCA Membership is \$60.00 and Convention registration is \$65.00.** One needs to be a member to attend the convention.
2. The Convention will be held at the **Baymont in Mandan.**
3. Dates of the convention are **July 25<sup>th</sup> through July 28<sup>th</sup>.**
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. The NDHSCA website has the criteria for the syllabus to earn the credits
  - d. Final registration for credit will be done at the Baymont in Mandan
5. May **recertify in CPR/AED/First Aid** – This will be **available on Monday, July 25<sup>th</sup> 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 25<sup>th</sup>.
7. **Social** will be Wednesday, July 27<sup>th</sup> with a free taco feed and games.
8. **NDHSCA Annual Meeting** will take place on Thursday, July 28<sup>th</sup>. There will be a Subway lunch for all meeting attendees.
9. **NDHSCA Hall of Fame/Coach of the Year Banquet** will be Thursday, July 28<sup>th</sup>.
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](http://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](mailto:duck@westriv.com).

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

Join us at the Mandan Baymont Convention Center



# NDHSCA 2022 Coaches Convention

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

**OVER 160 SESSIONS OFFERED**

**Covering 12 Sports/Special Topics/Coaching & Conflict  
Opportunity to Earn 1 or 2 Credits through NDSU**

**Vendors present Tuesday & Wednesday with prize drawings**

## Monday, July 25, 2022

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

## Tuesday-Thursday, July 26-28

### **Sport Specific Sessions**

A Great Selection of College/University Coaches  
Outstanding High School Coaches  
Collaboration with colleagues

## Wednesday, July 27, 2022

**Sport Specific Sessions** featuring HS and College Coaches  
**Annual Taco Feed** featuring a Corn Hole Tourney, socializing,  
& donations to the Gelaine Orvik Scholarship

## Thursday, July 28

### **Sport Specific Sessions**

**NDHSCA Sports Advisory Meetings**

**NDHSCA Annual Meeting**

with **FREE** noon meal for attendees

**NDHSCA Hall of Fame/Coach of the Year Banquet**

presentation of two \$1000 Gelaine Orvik Scholarships,  
six \$750 Scheels Scholarships, Special Recognition,  
Award of Merit, Hall of Fame & COTY  
Recipients Recognized

## **2 Drawings for \$100 Scheels Gift Cards**

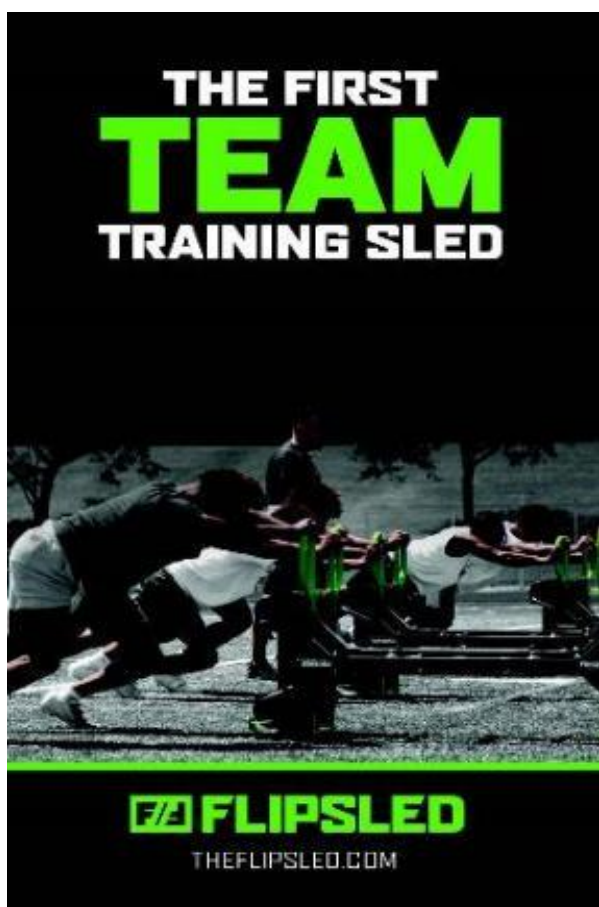
1 drawing for a first or second year attendee  
1 drawing for a coach who has attended more  
than twice  
Drawings will be held at the NDHSCA  
Annual Meeting (Must be present to win)

## **FULL CONVENTION SCHEDULE**

beginning on page 30

## NDSU NORTH DAKOTA STATE UNIVERSITY

### Graduate Student Article



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.)

#### EVERY MOMENT MATTERS

**Why do I coach?** A coach should be a positive role model in a player's life. A good coach should also build character through positive coaching and realize the influence they have to make a lasting impact on their athletes. There is no better reward for a coach than to know that they have positively impacted the life of a child, student, athlete and they still remember something they were taught and it resonates with them later in life. [READ MORE](#)

# GAME ONE™



This issue of the Dakota Coach has a link to a publication entitled

#### **Coaches Coaching Coaches.**

The purpose of **Coaches Coaching Coaches** is to provide an outlet for coaches to share coaching knowledge that helps other coaches become better coaches. **Coaches Coaching Coaches** is interested in all topics related to coaching, for example, techniques, tactics, psychology, nutrition, culture, training and conditioning, motivation, practice planning, mental health, team selection, leadership, and relationships. To submit a paper to **Coaches Coaching Coaches** send a draft copy to [bradford.strand@ndsu.edu](mailto:bradford.strand@ndsu.edu)

More about Coaches Coaching Coaches can be found on page 11.



## Dakota Coach Summer 2022

### Players respect coaches who:

- Practice what they preach.
- Develop players as leaders.
- Lead by example.
- Empower players.
- Spend time getting to know players.
- Listen.
- Fuel player's motivation.
- Teach sports and life.
- Help players find their purpose.
- Always tell players the truth.
- Communicate.
- Care.

Jon Beck; Basketball Coach and Consultant



**Coaching Boys  
INTO MEN**



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Dakota Coach Summer 2022

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**BISMARCK | 701.255.7255 GRAND**

**FORKS | 701.780.9424**

# 2022 NDHSCA Scheels Scholarships

The North Dakota High School Coaches Association Executive Committee have selected the recipients of the 2022 NDHSCA Scheels Scholarships. Each recipient will receive a \$750.00 scholarship from the NDHSCA and Scheels. This scholarship is available to graduating High School Seniors whose parents are members of the NDHSCA. The 2022 recipients are:

- **Riley Hauff, Drake HS:** who plans to attend North Dakota State College of Science
- **Abby Lardy, Bismarck HS:** who plans to attend the University of Mary
- **Sydney Mahrer, Wahpeton HS:** who plans to attend North Dakota State University
- **JayCee Richter, Linton HS:** who plans to attend Valley City State University
- **Jadyn Sandy, Velva HS:** who plans to attend Minot State University
- **Skylar Uglem, Northwood HS:** who plans to attend North Dakota State University

The six student/athletes collectively earned 50 athletic letters and were involved in 93 different activities. The recipients' GPA average is 4.00, and three of them ranked number one in their graduating class. The scholarships will be presented to each student/athlete at the Annual NDHSCA Hall of Fame/COTY Banquet at the Mandan Baymont Convention Center on Thursday, July 28, 2022.



**Riley Hauff** graduated from Drake High School with a 3.90 GPA and ranked third in her class. She earned 12 athletic letters in the sports of basketball (4), volleyball (4) and Track and Field (4). Riley was also involved in Student Government and Future Business Leaders of America. She was praised by her teachers and coaches for being a model student, hard-working, dedicated and being an outstanding leader.

**Riley** is the daughter of Krystal and Brian Hauff.

**Abby Lardy** graduated from Bismarck High School with a 4.14 GPA and ranked first in her class. She earned four athletic letters in the sports of track and field (1) and volleyball (3). Abby was also involved in National Honor Society, BHS Closet Volunteer, YDC Childcare Provider, CHI St. Alexis Hospital and CAN at Touchmark. She was praised by her teachers for being an amazing student, outstanding citizen, great leader and a person with superior aptitude. Abby has joined the Air National Guard in a position of Aerospace Medicine and will have an E3 Rank upon graduation.

**Abby** is the daughter of Susan and Mark Lardy.



**Sydney Mahrer** graduated from Wahpeton High School with a 3.95 GPA and ranked second in her class. She earned four athletic letters in Track and Field. Sydney was also involved in Student Council, Sources of Strength, North Dakota Honor Society and volunteers throughout the community. She was praised by her teachers and coaches as having a strong work ethic, diligent, responsible and very gifted.

**Sydney** is the daughter of Kristi and Chris Mahrer.



# 2022 NDHSCA Scheels Scholarships

**JayCee Richter** graduated from Linton High School with a 4.03 GPA and ranked fifth in her class. She earned eight athletic letters in Volleyball (4) and Basketball (4). JayCee was named the NDHSCA POWERade Senior Athlete of the Year in Volleyball. She was also involved in Future Business Leaders of America, FCCLA, Radio, Student Council, Drama, Choir, Band and National Honor Society. She was praised by her teachers and coaches as motivated, kind, caring, great leader and highly respected.

**JayCee** is the daughter of Jaime and Jon Richter.

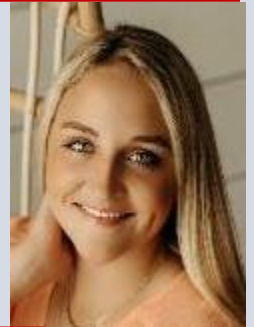


**Jadyn Sandy** graduated from Velva High School with a 4.00 GPA and ranked first in her class. She earned 11 athletic letters in Basketball (4), Track and Field (4) and Volleyball (3). Jadyn was also involved in Future Business Leaders of America, Student Council, Band, Science Olympiad and Sources of Strength. Her teachers and coaches praised her for displaying a high amount of integrity, responsibility, ambition, coachable and a hard worker.

**Jadyn** is the daughter of Kim and Larry Sandy.

**Skylar Uglen** graduated from Northwood High School with a 4.00 GPA and ranked first in her class. She earned 11 athletic letters in Basketball (4), Track and Field (4) and Volleyball (3). Skylar was also involved in Future Business Leaders of America, FCCLA, Band, Choir, Pepband, Academic Challenge Team, Speech, Students Making Individual Lives Easier, Sources of Strength, National Honor Society and Future Health Professionals. She was praised by her teachers and coaches for being kind, positive, determined and having high leadership qualities.

**Skylar** is the daughter of Bobbie and Troy Uglen.



# SCHEELS®

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# **Collette Folstad**

## **2022 Recipient of the NHSACA Kathy Holloway Women of Inspiration Award**

In early April, the North Dakota High School Coaches Association Executive Office was notified that Collette Folstad from West Fargo, ND will be a recipient of the National High School Athletic Coaches Association Kathy Holloway Women of Inspiration Award. Congratulations Collette! This is a great honor for Coach Folstad and also for North Dakota. Collette

was a trailblazer and leader in North Dakota for girls' and women's sports. She represents everything and the personal traits of the individual the award is named after, Kathy Holloway from Louisiana.

In 1973 the women coaches in North Dakota had a meeting in one room while the men met in another room. The ladies talked about starting a Women's Coaching Association. Collette disagreed with starting their own organization. She felt the women should approach the men on becoming part of the North Dakota High School Coaches Association. Obviously, the ladies asked Collette if she was going to be the one to take on the mission. Collette said "yes." She saw Gelaine Orvik and asked him about having women join the NDHSCA. Gelaine told Collette she needed to come to their board meeting and present the information in front of the board. Coach Folstad did, and the rest is history. Basically, Collette Folstad is the first women to join the NDHSCA and with her leadership, ladies throughout the state became members. She is truly a pathfinder.

Collette has been inducted into the North Dakota High School Coaches Association Hall of Fame, the National High School Athletic Coaches Association Hall of Fame, the North Dakota State University Hall of Fame, the Concordia College Moorhead Athletic Hall of Fame and the West Fargo High School Hall of Fame. Two of her West Fargo High School Girls' Basketball Teams are in the school's Hall of Fame. She was also inducted into the North Dakota Amateur Softball Hall of Fame and the Fargo-Moorhead Softball Hall of Fame. Collette was a NHSACA Girls' Basketball Coach of the Year Finalist four times, a NDHSCA Girls' Basketball Coach of the Year two times, a NDHSCA East Region Girls' Basketball Coach of the Year three times and was the North Dakota Sportscasters and Sportswriters Special Achievement Award recipient once. She was a NHSACA Girls' Basketball Coach of the Year finalist twice and a NHSACA Girls' Sports Coach of the Year Finalist twice.

Coach Folstad's girls' basketball teams won two state championships and were state runners-up twice. Her teams won the Region Championship twice and were regional runners-up four times. Collette coached her girls' basketball teams to four conference titles. Her combined high school and college basketball coaching record was 477-288.

Collette served as chairperson for the NDHSAA Ad-Hoc committee to re-write the by-laws for girls' sports. She served on the NDHSCA Advisory Committee for girls' basketball. Coach Folstad also served as a committee member for the North Dakota High School Coaches Association when they hosted the 1991 National High School Athletic Coaches Association National Convention in Bismarck. She also served as a committee member to establish the North Dakota High School Athletic Association calendar.

**Collette Folstad is an outstanding recipient of the Kathy Holloway Women of Inspiration Award. She is the "Kathy Holloway" of North Dakota!**

# NDHSCA-Gelaine Orvik Scholarship Recipients Selected

The recipients of the annual NDHSCA-Gelaine Orvik \$1,000 Scholarship have been selected and notified of being awarded in Mandan at the Baymont Inn Convention Center on Thursday, July 28th. After evaluation and assessment, the selection committee determined the beneficiaries to be **Callie Hase** from Linton High School and **Paytan Lippert** from Dakota Prairie High School.

The Scholarship was established in 2008 when the late Joe Howell, Lisbon High School Track & Field Coach made a motion to establish the scholarship to honor Gelaine Orvik. Coach Orvik is a 35-year veteran coach who also served the North Dakota High School Coaches Association from 1974-2015. The requirements for the Scholarship Recipient are that he or she will be a student-athlete graduate from a North Dakota High School and will attend a North Dakota College or University. The final requisite is that he/she intends to pursue the profession of interscholastic coaching.

The nomination form identifies the criteria used for consideration for selection: GPA, class rank percentile, athletic awards, activity awards, ACT test scores, captains' and leadership roles, an application letter, and recommendation letters from faculty, coach and administration. The recipients also best exemplify the values and ideals modeled by Coach Orvik, as teacher and coach; those values, ideals and principles he expected from his athletes and students; those same values, ideals and principles he urges all coaches to portray.

---

### **Callie Hase**

**Callie Hase** is ranked first in her class of 15 at Linton High School. She will have earned 28.0 credits when she graduates; she has an ACT test composite of 25 and earned a GPA of 4.0476 through seven semesters. Callie has earned credits in advanced classes that includes college algebra and college English. She has also earned credits in special classes of robotics engineering, foundations of technology and technology systems.

**Callie** participated in three sports (basketball, volleyball and track & field) all four years at Linton HS. She earned a letter in each sport for all four years for a total of 12 letters during her Linton High School attendance.

**Callie** participated in the following non-athletic activities at Linton HS: FBLA, Acalympics, Drama, Band, Choir, Student Council, and Technology Student Association. She continued those activities for all four years of high school. Callie was also a class officer each year. With her GPA, she was an expected member of National Honor Society and an Academic All-State Nominee. Callie was Captain of the Linton HS track & field team as a junior and senior and senior captain of her volleyball and basketball teams.



**Callie** was extremely busy with non-school activities also. Those Non-school activities included United Way Day of Caring, Local Blood Drive, Bible School Instructor, Dairy Days Volunteer, Light-Up the Night Volunteer, Breast Cancer Awareness Fundraising, Water Safety Instructor, Lifeguard, Peer Tutor, Youth Girls Softball Coach, Local Ditches Cleanup, Local Food Drive, CPR Certified, AED Certified, First-Aid Certified, Youth Volleyball Camp Instructor and Linton Holiday Wrestling Tournament Volunteer.



# Dakota Coach Summer 2022

*Gelaine Orvik Scholarship Recipients continue*

*d*

**Callie's** explanation to why she wants to be a coach reflects an assertive desire to be a coach with admirable goals in mind for athletes under her tutelage. She lives in a family of coaches who have been admirable models for her to emulate. Her father, mother and older sister have exhibited an impact for Callie to follow. She has observed coaches as they teach strong values and also provide young people with a safe atmosphere of a second family.

**Callie** is imbued with the qualities and principles to make athletes better. She understands that a coach must first have a driving force to make athletes better in their skills and fundamentals, but then they must also have confidence that hard work makes success possible. Callie sees that a coach's positive impact on lives perpetuates greater and greater accomplishments.

**Callie** has observed the difference her high school coaches have made in her life; her coaches emphasized hard work, perseverance, teamwork and confidence are only exceeded by confidence and a positive attitude. She has earned an understanding of what her coaches have imbedded in her life and has a burning desire to carry on that rich tradition of coaches leading young people.

LuCinda Haak, and her husband, the late James Haak, praised Callie's positive attitude and work ethic. She was a genuinely happy athlete with a willingness to complete every task. They added that Callie is a natural leader leads by example. They also praise her for her "team-first type of athlete." The Haak Coaches add that "...[her] asset, that will serve her well in her coaching career, is her ability to sense issues of concern and communicate with coaches and other athletes to resolve potential problems quickly."

Superintendent and athletic director Paul Keeney alludes to Callie's effort, energy, consistency and positive attitude, from his first-hand observation. Mr. Keeney continues with his evaluation of Callie as a great person, friend, student, athlete, and role model. He continues with his admiration for her athletic success and accomplishments. A six-year state Track & Field Meet qualifier, a four-year starter on a very successful basketball team and a four-year starter on the Linton back-to-back State Championship Volleyball team. Mr. Keeney closed his recommendation with "It has been an honor to have Callie Hase in the Linton High School Hallways, and I am grateful that someone like her represents Linton School District."

**Callie Hase** is the daughter of Bruce and Heather Hase; she will attend the University of North Dakota.

---

## **Paytan Lippert**



**Paytan Lippert** is ranked 3<sup>rd</sup> in her class of 20 at Dakota Prairie High School. She has never had a grade other than an "A" as a semester grade. That has been accomplished while earning 23.75 credits in seven semesters. She has also earned a full college credit. Paytan has an ACT test composite score of 24. She has also earned credits in advanced classes of cybersecurity, STEM Science, college algebra, chemistry, anatomy, and physiology.

**Paytan** has participated in volleyball, basketball, and softball during her four years in high school; she has also been on the Dakota Prairie golf team for three years. She has earned a letter in basketball and softball for four seasons, and volleyball and golf for her final three years at Dakota Prairie High School. Paytan has been a leader and captain for three years in basketball, two years in golf and one year on her softball team.

# Dakota Coach Summer 2022

*Gelaine Orvik Scholarship Recipients continued.*

**Paytan's** participation in non-athletic **activities** included Student Council (4), Students Against Destructive Decisions (3), Science Olympiad (4), Yearbook (4), Leadership Committee (4), Academic Challenge (3), National Honor Society (2), and FCCLA (2). Paytan was also very active in school service projects that included Orphan Grain Train, Annual Food Drive, Annual Sock Drive, Annual Clean Up Day. She was also active in non-school activities and services that included Operation Christmas Child, Feed My Starving Children and "Aneta Day's" volunteer.

**Paytan's** response to why she wants to be a coach, she alludes to her first experience of coaching her local little league softball team. With her knowledge of softball, she realized these youngsters were not the best in the league, but "there was no way I was going to let the team give up." Paytan held onto the premise that improvement was incredible. Their skills improved vastly, and importantly, they never showed poor sportsmanship, were always positive about the game and were always supportive of teammates. Paytan stressed the importance of positivity, have pride in victory and humble in celebration.

**Paytan** sees coaching as important as the leader teaches discipline, determination and respect. Coaches need to be a role model. Coaches need to make everyone feel important. Paytan has a goal in coaching to make athletes excel in competition, but also be to be successful in life.

**Paytan** received high recommendation from her softball coach Ben Morris as being very respectful and has observed that quality also as a referee. He further alludes to her work ethic and insight to assist younger players with skills and fundamentals. Coach Morris also commends Paytan as she stepped into being a pitcher without any previous experience. She was always willing to do whatever would best help the team. Coach Morris concludes Paytan with accolades of her poise, maturity, work ethic, respect and love for the contest.

**Paytan** was nominated to this scholarship by Savannah Kueber, and praises Paytan as a natural leader with a "take charge" attitude. Savannah continues with "Her dedication to her school and team is inspiring to those around her".

Jay Slade, District Superintendent, commends Paytan for her leadership in the classroom and in competition as an underclass-person; he adds that as an upperclass-person her skills and drive to help others have made her a school leader.

**Paytan** also receives an echo from Tyrell Rose, her science instructor, who proclaims Paytan to be an exceptional student and a leader in recruiting and preparing for Science Olympiad. "Paytan is an intellectual thinker, an expert with problem solving math or engineering techniques."

**Paytan** is the daughter of Duane and Penny Lippert; she will attend the University of North Dakota.

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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 Grinsteinner  
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 Paranca  
Grand Forks Central HS  
Special Sports



Chad Anderson  
WF Sheyenne HS  
Tennis



Tracey Heisler  
GF Red River HS  
Track & Field



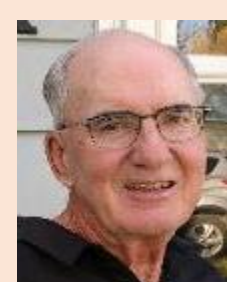
Jay Schobinger  
Dickinson HS  
Volleyball



Jeff Schumacher  
Bismarck HS  
Wrestling



Paul Lean  
Fargo Davies HS  
Asst. COTY – Boys'



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





# Dakota Coach Summer 2022



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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

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



Rod Hardie

Rod Hardie  
Fargo North  
High School  
Cross Country  
Coach

## NDHSCA Special Recognition



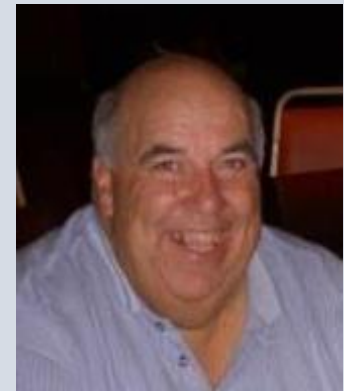
The North Dakota High School Coaches Association announces the Special Recognition Recipients for the 2022 NDHSCA Hall of Fame/Coach of the Year Banquet. The award will be presented on July 28<sup>th</sup> at the Mandan Baymont Convention Center.



Lynda Bertsch  
Volleyball Official – Minot



Al Knutson  
Track & Field Hall of Fame



Milton Korslien  
NDHSAA Tournament Host



# 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**  
Enderlin HS



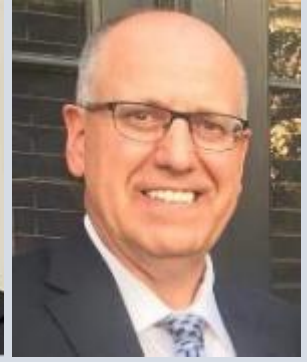
**Jay Schobinger**  
Dickinson HS



**Jeff Schumacher**  
Bismarck HS



**Tim Wallstrum**  
Kenmare HS



**Ron Wingenbach**  
Bismarck Century

Full 2022 Hall of Fame 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](http://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 28<sup>th</sup> at the Mandan Baymont Convention Center.



**Jordan Hassler**  
BEK Sports TV



**Scott Loerch**  
BEK Sports TV



**Randall Pederson**  
KTGO Radio - Tioga



# Dakota Coach Summer 2022

## 2022 Convention Schedule

**Monday, July 25<sup>th</sup>**  
**Coaching Seminars**

**7:00 AM -2:30 PM Registration Desk Open**  
**Baymont Foyer**

**REGISTRATION for Monday's Seminars MUST BE COMPLETED BEFORE 7:30 am**

**\$15.00 Extra Charge for CPR, AED, First Aid Recertification**

**7:30 AM Nautilus Meeting Room - College Credit Registration, Dr. Brad Strand**

### **8:00 Coaching Seminars**

Cutty Sark	<b>Coaching &amp; Conflict</b>	"The Coach and Mental Wellness"	Dr. James Haussler; Bismarck, ND
Nautilus	<b>Special Topics</b>	"Weight Training for Athletic Success"	Michael Silbernagel; Univ. of Mary

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

Cutty Sark	<b>Coaching &amp; Conflict</b>	"Coach-Official Relationships"	Chad Bjornson; Bismarck, ND
Nautilus	<b>Special Topics</b>	"Acceleration/Change of Direction"	Michael Silbernagel; University of Mary
Santa Maria	<b>CPR/AED</b>	"CPR/AED/First Aid Recertification"	Christa Kovarik; Garrison, ND

### **10:00 Coaching Seminars**

Cutty Sark	<b>Coaching &amp; Conflict</b>	"Coaching Athletes for Life, Not Just the Season"	Pete Moe; Washburn, ND
Nautilus	<b>Special Topics</b>	"Lower Extremity Injuries"	Rachel Johnson Krug; University of Mary
Santa Maria	<b>CPR/AED</b>	"CPR/AED/First Aid Recertification"	Christa Kovarik; Garrison, ND

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

Nautilus/Cutty	<b>Coaching &amp; Conflict</b>	"Concussion Management and Return"	Rachel Johnson Krug; Univ of Mary
Nautilus/Cutty	<b>Special Topics</b>	"Concussion Management and Return"	Rachel Johnson Krug; Univ of Mary
Santa Maria	<b>CPR/AED</b>	"CPR/AED/First Aid Recertification"	Christa Kovarik; Garrison, ND

**NOON Pier 7 Seminar Luncheon (provided by NDHSCA)**  
**Luncheon Speaker "Beef in the Athletes Diet" Nicole Wardner; ND Beef Commission**

### **1:30 Coaching Seminars**

Nautilus/Cutty	<b>Coaching &amp; Conflict</b>	"Coaching Information from the NDHSAA"	Matt Fetsch; NDHSAA
Nautilus/Cutty	<b>Special Topics</b>	"Coaching Information from the NDHSAA"	Matt Fetsch; NDHSAA

### **2:30 Coaching Seminars**

Nautilus/Cutty	<b>Coaching &amp; Conflict</b>	"Working/Dealing with Parents"	Desire'e Larson; Fargo ND
Nautilus/Cutty	<b>Special Topics</b>	"Working/Dealing with Parents"	Desire'e Larson; Fargo ND

### **3:30-5:00 Coaching Seminars**

Nautilus/Cutty	"Overtraining, Stress and Burnout"	Dr. Brad Strand; NDSU
Nautilus/Cutty	"Overtraining, Stress and Burnout"	Dr. Brad Strand; NDSU

**4:00 Vendor Set Up Pier 7**

# Dakota Coach Summer 2022

**Tuesday, July 26**  
**Sport Specific Sessions Begin**

**7:00 AM -2:30 PM Registration Desk Open**  
**Baymont Foyer**

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

*Golf Sessions at Prairie West will run continuously starting at 9:45 AM CT!*

**Nautilus 8:00 College Registration, Dr. Brad Strand; NDSU**

**8:30-4:30 Convention Exhibit Hall Open Pier 7**

8:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Nautilus	Basketball	"Marauder Basketball"	Rick Neumann, University of Mary
Santa Maria	Football	"Beaver Football"	Michael Aldrich; Minot State University
Ambassador	Gymnastics	"Coaching to overcome fear in Gymnastics"	Erin Haugen; Grand Forks Therapy
Executive II	Swim & Dive	"Marauder Swimming"	Leah Neiheisel; University of Mary
Executive I	Track & Field	"1600m – 3200m Training"	Scott Reichenberger; Bismarck HS
Cutty Sark	Volleyball	"Marauder Volleyball"	Abigail Pollart; University of Mary
Mandan MS WR	Wrestling	"Strength & Conditioning with Wrestling"	Justin Schlecht; Dickinson State Univ

**9:30-9:45 Visit Exhibits Pier 7**

9:45 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Nautilus	Basketball	"Marauder Basketball"	Rick Neumann, University of Mary
Santa Maria	Football	"Beaver Football"	Michael Aldrich; Minot State University
Prairie West	Golf	"Cougar Golf"	Ronnie Stewart; Heart River Coop
Ambassador	Gymnastics	"Athlete Mental Health for Coaches"	Erin Haugen; Grand Forks Therapy
Executive II	Swim & Dive	"Marauder Swimming"	Leah Neiheisel; University of Mary
Executive I	Track & Field	"Long Jump"	Aaron Teigen; University of Mary
Mandan MS Gym	Volleyball	"Marauder Volleyball"	Abigail Pollart; University of Mary
Mandan MS WR	Wrestling	"Series Style Wrestling"	Justin Schlecht; Dickinson State University
Embassy	X-Country	"Cross Country Training"	Scott Reichenberger; Bismarck HS

**10:45-11:15 Visit Exhibits Pier 7**

11:15 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Nautilus	Basketball	"Marauder Basketball"	Rick Neumann, University of Mary
Santa Maria	Football	"Beaver Football"	Michael Aldrich; Minot State University
Prairie West	Golf	"Cougar Golf"	Ronnie Stewart; Heart River Coop
Ambassador	Gymnastics	"Nutrition for Peak Performance"	Joan Knoll; Bismarck Public Schools
Executive II	Swim & Dive	"Marauder Swimming"	Leah Neiheisel; University of Mary
Executive I	Track & Field	"Triple Jump"	Aaron Teigen; University of Mary
Mandan MS Gym	Volleyball	"Marauder Volleyball"	Abigail Pollart; University of Mary
Mandan MS WR	Wrestling	"Practice Design Layout"	Justin Schlecht; Dickinson State University
Embassy	X-Country	"Roughrider Cross Country"	Laura Tweeten & Nathan Stamstad; Southern McLean

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

1:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Nautilus	Basketball	"Blue Hawk Basketball"	Eric Nelson; Dickinson State
Santa Maria	Football	"Wide Receiver Fundamentals"	Alex Kretschmar; Valley City State University
Prairie West	Golf (11:45AM)	"Jimmie Golf"	Zach Hale; University of Jamestown
Ambassador	Gymnastics	"Gymnastics"	Sarah Weninger; Mandan
Executive II	Swim & Dive	"Wolves Swimming"	Kaden Huntrods; Northern State University
Executive I	Track & Field	"Shot Put"	Andrew Dubiel; University of Mary
Cutty Sark	Volleyball	"Numbered Balls – Vision Training"	Kristin Carmichael; Black Hills State Univ
Mandan MS WR	Wrestling	"Raiders Wrestling" ??	Travis King; Rapid City Stevens HS

# Dakota Coach Summer 2022

## 2:00-2:30 Visit Exhibits Pier 7

2:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Nautilus	Basketball	"Blue Hawk Basketball"	Eric Nelson; Dickinson State
Santa Maria	Football	"Building the QB/WR Relationship"	Alex Kretzschmar; Valley City State Univ
Prairie West	Golf (12:45PM)	"Jimmie Golf"	Zach Hale; University of Jamestown
Ambassador	Gymnastics	"Gymnastics"	Sarah Weninger; Mandan
Executive II	Swim & Dive	"Wolves Swimming"	Kaden Huntrods; Northern State University
Executive I	Track & Field	"Discus"	Andrew Dubiel; University of Mary
Cutty Sark	Volleyball	"The Little Things – Drills for Skills"	Kristin Carmichael; Black Hills State Univ
Mandan MS WR	Wrestling	"Raiders Wrestling" ??	Travis King; Rapid City Stevens HS

## 3:30-3:40 Visit Exhibits Pier 7

3:40 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Nautilus	Basketball	"Blue Hawk Basketball"	Eric Nelson; Dickinson State
Santa Maria	Football	"Creating a Balanced Attack"	Alex Kretzschmar; Valley City State University
Gym Academy	Gymnastics	"Round Table Discussions"	Rachel Johnson-Krug; Bismarck PS
Executive II	Swim & Dive	"Wolves Swimming"	Kaden Huntrods; Northern State University
Executive I	Track & Field	"Pole Vault"	Jared Pflipsen; University of Mary
Gym	Volleyball	"6 vs 6 Games – A Side/b Side Score"	Kristin Carmichael; Black Hills State Univ
Mandan MS WR	Wrestling	"Raiders Wrestling" ??	Travis King; Rapid City Stevens HS

4:45 ROOM	TOPIC	SPEAKER; SCHOOL
Nautilus/Cutty	General Session "Mental Health and Athletes"	Laurynn Lauer; NDSU
All Convention registrants are invited to attend		

**Wednesday, July 27<sup>th</sup>**  
**Sport Specific Sessions**

**7:00 AM -2:30 PM Registration Desk Open**  
**Baymont Foyer**

**Golf Sessions at Prairie West will run continuously starting at 8:30 AM CT!**

**Nautilus 8:00 College Registration, Dr. Brad Strand; NDSU**

8:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Nautilus	Basketball	"Beaver Basketball"	Matt Murken; Minot State University
Santa Maria	Football	"Blue Hawk Defense"	Pete Stanton; Dickinson State University
Prairie West	Golf	"Helping Players Lower Score with Course Mgmt"	Jordan Berglund; Bismarck
Board Room	Softball	"Beaver Softball"	Nathaniel Wagner; Minot State University
Executive II	Swim & Dive	"Braves Swimming"	Claudia Schoelkopf; Mandan HS
Executive I	Track & Field	"Training the Sprinter"	Shayne Wittkopp; Dickinson State University
Cutty Sark	Volleyball	"Statistics: Measure Manage What Matters"	Brent Aldridge; Northern State Univ
Mandan MS WR	Wrestling	"Wolves Wrestling"	Rocky Burkett; Northern State University
Embassy	X-Country	"Coyote Cross Country"	Shane Wahlstrom; Williston HS

## 9:30-10:00 Visit Exhibits Pier 7

10:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Nautilus	Basketball	"Beaver Basketball"	Matt Murken; Minot State University
Santa Maria	Football	"Blue Hawk Offense"	Pete Stanton; Dickinson State University
Prairie West	Golf (9:30)	"How to Help Players Improve Putting"	Jordan Berglund; Bismarck
Board Room	Softball	"Beaver Softball"	Nathaniel Wagner; Minot State University
Executive II	Swim & Dive	"Minot Diving Program"	Barb McPeak; Minot HS
Executive I	Track & Field	"Sprint Starts"	Shayne Wittkopp; Dickinson State University
Mandan MS Gym	Volleyball	"Setter Training – Spin Setting"	Brent Aldridge; Northern State University
Mandan MS WR	Wrestling	"Wolves Wrestling"	Rocky Burkett; Northern State University
Embassy	X-Country	"Coyote Cross Country"	Chase Gregory; Williston HS



# Dakota Coach Summer 2022

## Wednesday, July 27 -Convention Sessions Continued

### 11:00-11:15 Visit Exhibits Pier 7

11:15 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Nautilus	Basketball	"Beaver Basketball"	Matt Murken; Minot State University
Santa Maria	Football	"Blue Hawk Special Teams"	Pete Stanton; Dickinson State University
Prairie West	Golf (10:30)	"Braves Golf"	Dean Johs; Mandan HS
Board Room	Softball	"Beaver Softball"	Nathaniel Wagner; Minot State University
Executive II	Swim & Dive	"Program Organization"	Richard Fisher; Fargo North HS
Executive I	Track & Field	"Javelin"	Nathan Horgeshimer; Killdeer HS
Cutty Sark	Volleyball	"Hitter Training – Getting Off & Available"	Brent Aldridge; Northern State Univ
Mandan MS WR	Wrestling	"Wolves Wrestling"	Rocky Burkett; Northern State University

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

1:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Nautilus	Basketball	"Wolves Basketball"	Saul Phillips; Northern State University
Santa Maria	Football	"Cardinal Football"	Thomas Weidler; Nedrose HS
Prairie West	Golf (11:30)	"Braves Golf"	Dean Johs; Mandan HS
Board Room	Softball	"Culture/Teach the Game NOT the Play"	Andrea Frantz; University of Mary
Executive II	Swim & Dive	"Adventures of First Ever Head Coach"	Spencer Wheeling; Bismarck Century HS
Executive I	Track & Field	"100m/110m Hurdles"	Tim Jacobsen; Bismarck Century HS
Cutty Sark	Volleyball	"Titan Volleyball"	Breanna Sisson; Dickinson Trinity HS
Ambassador	Wrestling	"Marauder Wrestling"	Adam Aho; University of Mary
Embassy	X-Country	"Cowboy Cross Country"	Nathan Horgeshimer; Killdeer HS

### 2:00-2:30 Visit Exhibits Pier 7

2:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Nautilus	Basketball	"Wolves Basketball"	Saul Phillips; Northern State University
Santa Maria	Football	"Developing a Coaching Philosophy"	Jim Dooley; Beulah HS
Board Room	Softball	"Pitching/Catching–Drills, Arm Care, Bull Pen Workout"	Andrea Frantz; University of Mary
Executive II	Swim & Dive	"Building a Program from the Ground Up"	Thomas Wheeling; Bismarck Legacy HS
Executive I	Track & Field	"300m Hurdles"	Tim Jacobsen; Bismarck Century HS
Mandan MS Gym	Volleyball	"Saber Volleyball"	Jennifer Astle; Bismarck Legacy HS
Ambassador	Wrestling	"Marauder Wrestling"	Adam Aho; University of Mary

### 3:30-3:45 Visit Exhibits Pier 7

3:45 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Nautilus	Basketball	"Wolves Basketball"	Saul Phillips; Northern State University
Santa Maria	Football	"Round Table Discussion"	Eric Olson; Sargent County
Board Room	Softball	"Conditioned for Softball-Mental and Physical"	Andrea Frantz; University of Mary
Executive II	Swim & Dive	"How We Incorporate USRPT in our Training"	Jake Solper & Ken Disher; Minot HS
Executive I	Track & Field	"800m Training"	Shane Wahlstrom; Williston HS
Mandan MS Gym	Volleyball	"Braves Volleyball"	Anna Folk; Mandan HS
Ambassador	Wrestling	"Marauder Wrestling"	Adam Aho; University of Mary

## 6:00-10:00 pm Convention Social Pier 7

**Taco Bar with a Cash Bar – Bean Bag Tournament  
Sponsored by NDHSCA and GAME ONE**

# Dakota Coach Summer 2022

## Thursday, July 28<sup>th</sup> Sports Specific Sessions

7:00 AM -2:30 PM Registration Desk Open  
Baymont Foyer

7:00-8:00 AM: Fellowship of Christian Athletes gathering (Coffee, Juice & Rolls) in Pier 7

**Special Note:** Tennis Sessions starting at 9:40 AM Thursday will be held at Capital Racquet!

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

8:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Embassy	Baseball	"Marauder Baseball"	Tanner Spencer; University of Mary
Nautilus	Basketball	"Beaver Basketball"	Michael Brandt; Minot State University
Santa Maria	Football	"Offensive Line Play in the Century Run Game"	Cory Volk; Bismarck Century HS
Pier 7	Golf	NDHSCA Advisory Committee Review & Planning	Justin Fletschock; NDHSAA
Board Room	Softball	"Strength & Conditioning for Softball"	Danielle Radosa; University of Mary
Executive II	Swim & Dive	"Spartan Swimming"	Talia Butery; Fargo North HS
Dining Room	Tennis	NDHSCA Advisory Committee Review & Planning	Brian Bubach; NDHSAA
Executive I	Track & Field	NDHSCA Advisory Committee/Athletic.net/Provisionals	Kevin Morast; NDHSAA
Cutty Sark	Volleyball	"Cardinal Volleyball"	Rich Olson, Langdon Area HS
Ambassador	Wrestling	"Demon Wrestling"	Jeff Schumacher; Bismarck HS

### 9:30-9:40 Break

9:40 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Embassy	Baseball	"Marauder Baseball"	Tanner Spencer; University of Mary
Nautilus	Basketball	"Beaver Basketball"	Michael Brandt; Minot State University
Santa Maria	Football	NDHSCA Advisory Committee Review & Planning	Justin Fletschock; NDHSAA
Pier 7	Golf	"Round Table Discussion"	Jeremy St. Aubin; South Border
Board Room	Softball	"Miner Softball"	Trevor Yetterboe; Wilton/Wing HS
Executive II	Swim & Dive	NDHSCA Advisory Committee Review & Planning	Kevin Morast; NDHSAA
Capital Racquet	Tennis	"Singles Directionals"	Rod Morash; Capital Racquet
Executive I	Track & Field	"Sprint Relays"	Mike Kuhn; Mandan, ND
Cutty Sark	Volleyball	"Wildcat Volleyball"	Janet Erhardt; Center-Stanton HS
Ambassador	Wrestling	"Round Table Discussion"	Mark Lardy; Bismarck HS

10:50 NDHSCA Annual Business Meeting **Pier 7** Membership encouraged to attend.

People taking two Graduate Credits must attend

Light Lunch provided by NDHSCA to General Business Meeting attendees following meeting

12:10 **Dining Room** NDHSCA Hall of Fame Luncheon for Inductees (Past Presidents, Past Inductees & Executive Committee are invited to attend)

1:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Embassy	Baseball	"Mystic Baseball"	Michael Keeran; Bismarck State
Nautilus	Basketball	NDHSCA Advisory Committee Review & Planning	Justin Fletschock; NDHSAA
Santa Maria	Football	"Marauder Football"	Craig Bagnell, University of Mary
Pier 7	Golf	"Round Table Discussion"	Jeremy St. Aubin; South Border
Board Room	Softball	"Blue Hawk Softball"	Kristen Fleury; Dickinson State University
Executive II	Swim & Dive	"Blue Jay Swimming"	Ben Smith; Jamestown HS
Capital Racquet	Tennis (10:40)	"Singles Directionals"	Rod Morash; Capital Racquet
Executive I	Track & Field	"High Jump"	Brad Townsend & Dallas Hinderer; Bismarck Schools
Cutty Sark	Volleyball	"Mental Toughness"	Laurynn Lauer; NDSU
Ambassador	Wrestling	NDHSCA Advisory Committee Review & Planning	Kevin Morast; NDHSAA

### 2:00-2:10 Break

# Dakota Coach Summer 2022

**Thursday, July 28<sup>th</sup> 2022 Convention concludes**

2:10 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Embassy	Baseball	"Mystic Baseball"	Michael Keeran; Bismarck State Mandan
MS Gym	Basketball	"Saber Basketball Drills"	Jim Petrik; Bismarck Legacy HS
Santa Maria	Football	"Marauder Football"	Craig Bagnell, University of Mary
Board Room	Softball	"Blue Hawk Softball"	Kristen Fleury; Dickinson State University
Executive II	Swim & Dive	"Round Table Discussion"	Jake Solper; Minot HS
Capital Racquet	Tennis (11:40)	"Doubles Contract"	Rod Morash; Capital Racquet
Executive I	Track & Field	"Braves Track & Field"	Greg Brown; Mandan HS
Cutty Sark	Volleyball	"Lions Volleyball"	Nick Theis; Bishop Ryan HS
Nautilus	X-Country	NDHSCA Advisory Committee Review & Planning	Justin Fletschock; NDHSAA

## 3:10-3:20 Break

3:20 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Embassy	Baseball	NDHSCA Advisory Committee Review & Planning	Dewitt Mack; Mandan HS
Mandan MS Gym	Basketball	"Saber Basketball"	Jason Horner; Bismarck Legacy HS
Santa Maria	Football	"Marauder Football"	Craig Bagnell, University of Mary
Board Room	Softball	NDHSCA Advisory Committee Review & Planning	Justin Fletschock; NDHSAA
Executive I	Track & Field	"Bulldog Track and Field"	Jon Jahner; Bowman County HS
Cutty Sark	Volleyball	NDHSCA Advisory Committee Review & Planning	Kevin Morast; NDHSAA

**5:00-6:00 PM NDHSCA AWARDS BANQUET RECEPTION**  
in the Baymont Foyer

**6:00 PM NDHSCA Hall of Fame & COTY Banquet Pier 7**

# SUBWAY

**Order your next meal online!**



# POWERADE





# NDHSCA Spring Assistant Coach of the Year



The 2022 Spring Season recipient of the North Dakota High School Coaches Association Assistant Coach of the Year Award is **Troy Thorson**, West Fargo Sheyenne Assistant Boys' Track and Field Coach. **Troy** was nominated by Jordan Aus, West Fargo Sheyenne Head Boys' Track and Field Coach.

**Coach Thorson** has been coaching for 19 years. This past year he coached the 1<sup>st</sup> and 2<sup>nd</sup> place boys in the 3200m run, the 3<sup>rd</sup> and 6<sup>th</sup> place boys in the 1600m run and the 5<sup>th</sup> place runner in the 800m. His athletes have set school records in the 800m, 1600m and 3200m runs on both the boys' and girls' side. **Troy** is responsible for coaching the distance runners at West Fargo Sheyenne. He also works closely with the Head Coach to put athletes in particular events during the season.

Jordan Aus, West Fargo Sheyenne's Head Boys' Track and Field Coach, has this to say about **Coach Thorson**. "**Troy** has coached our distance squad to become an elite force. He is a worthy candidate for the Assistant Coach of the Year with all the work he has put into helping our distance runners become successful."

**Troy Thorson** of West Fargo Sheyenne High School is the 2022 North Dakota High School Coaches Association's Spring Assistant Coach of the Year in the sport of Track and Field.

## From the NDHSCA

### *Code of Ethics*

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



*Display modesty in victory and graciousness in defeat.*

*Find the entire NDHSCA Code of Ethics on page 60*



## 2021-2022 NDHSCA- 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  
 Girls' Wrestling  
 Class B Boys' Wrestling  
 Class A Boys' Wrestling  
 Class A Gymnastics  
 Class A Girls' Hockey  
 Class A Boys' Hockey  
 Class A Boys' Swimming  
 Class B Girls' Basketball  
 Class A Girls' Basketball  
 Class A Boys' Basketball  
 Class B Boys' Basketball  
 Class B Athletic Director  
 Class A Athletic Director  
 Class B Boys' Track & Field  
 Class A Boys' Track & Field  
 Class B Girls' Track & Field  
 Class A Grils' Track & Field  
 Class A Girls' Tennis

### 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  
 Travis Lemar  
 Dave Wolding  
 Lex Lunde  
 Andrea Bitz  
 Andrew Fitzgerald  
 Matt Stockert  
 Jake Solper  
 Rob Scherr  
 Nathan Welstad  
 David Gumke  
 Rick Smith  
 Travis Lemar  
 Dr. MarkRerick  
 Josh Allmaras  
 Jordan Aus  
 Jonathan Jahner  
 Rory Beil  
 Paul Kolesar

### 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  
 Central Cass HS  
 New Salem HS  
 West Fargo Sheyenne HS  
 Jamestown HS  
 Jamestown HS  
 Jamestown HS  
 Minot HS  
 Langdon Area/Edmore/Munich  
 Bismarck Century HS  
 Watford City HS  
 Four Winds HS  
 Central Cass HS  
 Grand Forks Public Schools  
 Kindred HS  
 West Fargo Sheyenne HS  
 Bowman County HS  
 Fargo Davies HS  
 Fargo Davies HS



## Dakota Coach Summer 2022



### 2022 NDHSCA-Subway Coaches of the Year

Class A Boys' Baseball  
Class B Boys' Baseball  
Class A Girls' Softball  
Class B Girls' Softball  
Class A Girls' Soccer  
Class A Boys' Golf

Pete Dobitz  
Derold Haugen  
Mark Woodbury  
Kyle Christensen  
Nick Christianson  
Adam Gronaas

Dickinson HS  
LaMoure/Litchville/Marion  
West Fargo Sheyenne HS  
Beulah HS  
Fargo Davies HS  
Fargo Davies HS

Fall Assistant COTY (Football)  
Fall Junior High COTY (Cross Country)  
Winter Assistant COTY (Girls' Basketball)  
Spring Assistant COTY (Track & Field)

Cory Volk  
John Watkin  
Wade Haugen  
Troy Thorson

Bismarck Century HS  
Fargo Discovery MS  
Grafton HS  
West Fargo Sheyenne HS

## Attending the NDHSCA Convention is a WIN!

**Gain Coaching Knowledge and Insight**  
and a chance to win a \$100 Scheels Gift Card!

NDHSCA will be giving away  
**2 Scheels Gift Certificates**  
during the summer convention.

**\*First or second year convention attendees qualify to register to win a  
\$100 Scheels gift card.**

**\*Members who have been to more than two Summer Conventions qualify  
to register to win a  
\$100 Scheels gift card.**

**\*Must be present at the Annual Convention to win!**





## 2021-2022 NDHSCA-POWERade Outstanding Senior Athlete Awards

### SPORT

B Girls' Golf  
A Girls' Golf  
A Boys' Tennis  
A Boys' Soccer  
B Girls' Cross Country  
B Boys' Cross Country  
A Girls' Cross Country  
A Boys' Cross Country  
9-Man Football  
11B Football  
11A Football  
11A Football  
11AA Football  
A Girls' Swimming  
A Volleyball  
B Volleyball  
Girls' Wrestling  
B Boys' Wrestling  
A Boys' Wrestling  
A Gymnastics  
A Girls' Hockey  
A Boys' Hockey  
A Boys' Swimming  
B Girls' Basketball  
A Girls' Basketball  
A Boys' Basketball  
B Boys' Basketball  
B Boys' Track & Field  
A Boys' Track & Field  
B Girls' Track & Field  
A Girls' Track & Field  
A Girls' Tennis  
A Boys' Baseball  
B Boys' Baseball  
A Girls' Softball  
B Girls' Softball  
A Girls' Soccer  
B Boys' Golf

### ATHLETE

Sydney Carlson  
Anaka Lysne  
Logan Sandberg  
Chance Bowlinger  
Dreah Frolek  
Ian Busche  
Eleni Lovgren  
Griffin House  
Christopher Jenner  
Madden Thorson  
Blake Schafer  
Brit Sentfner  
Lucas Schweigert  
Erin Palmer  
Nadia Chwialkowski  
JayCee Richter  
Jenna Gerhardt  
Carter Schmitz  
Troy Berg  
Haley Nelson  
Morgan Sauvageau  
Hunter Nelson  
Grant Schaeffer  
Abigail Duchscherer  
Adeline Wagner  
Treysen Eaglestaff  
Trey Brandt  
Madden Thorson  
Dawson Hawkinson  
Kinsey Zurhoff  
Erin Palmer  
Tiannah Gu  
Troy Berg  
Trapper Skalsky  
Adeline Wagner  
Peyton Nelson  
MaLiah Burke  
Jacob Skarperud

### SCHOOL

Edgeley-Kulm  
Wahpeton HS  
Grand Forks Central HS  
Bismarck Century HS  
Sargent Cent./Lidgerwood/Oakes  
Beulah/Hazen  
Williston HS  
Bismarck Century HS  
Surrey HS  
Harvey/Wells Country  
Wahpeton HS  
Bismarck St. Mary's HS  
Bismarck Century HS  
Bismarck Century HS  
West Fargo HS  
Linton-HMB  
Devils Lake HS  
Kindred HS  
Dickinson HS  
Jamestown HS  
Fargo Davies HS  
Jamestown HS  
Minot HS  
Kindred HS  
Fargo South HS  
Bismarck HS  
Beulah HS  
Harvey/Wells Co  
Bismarck HS  
Beulah HS  
Bismarck Century HS  
West Fargo Sheyenne HS  
Dickinson HS  
Beulah HS  
Fargo South HS  
Central Cass HS  
Minot HS  
Fargo Shanley HS

### HEAD COACH

Rory Entzi  
Jeff Ralph  
Max Weisser  
Ryan Okerson  
Sheila Anderson  
Amber Blackhurst  
Chase Gregory  
Brad Lies  
Mark Kennedy  
Bret Dockter  
Wade Gilbertson  
Dan Smreker  
Ron Wingenbach  
Spencer Wheeling  
Kelsey Gibbons  
Jaime Richter  
Brendon Flynn  
Justin Lehmann  
Trevor Conrad  
Andrea Bitz  
Josh Issertell  
Matt Stockert  
Jake Solper  
Sam Brandt  
Jason Smedshammer  
Jordan Wilhelm  
Jeremy Brandt  
Kim Thorson  
Scott Reichenberger  
Cameron Brown  
Brennan Doan  
Chad Anderson  
Pete Dobitz  
Isaac Michaelson  
Molly Lundon  
Scott Kost  
Matt Pfau  
Brock Ellingson

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Office Depot is a trademark of The Office Club, Inc. © Office Depot, Inc. All rights reserved. \*Free Delivery: Minimum purchase required after discounts and before taxes. Orders outside our local delivery area and most furniture, oversized, bulk items, cases of bottled water and other beverages and special order items do not qualify. Non-qualifying orders incur a delivery charge. Delivery fees will be noted prior to purchase. Many orders can be delivered next business day (between 8:30 AM and 5:00 PM) if placed online or via phone by 3:00 PM or via fax by 1:00 PM, local time (in most locations).



## 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**



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# Dakota Coach Summer 2022



## What does NDHSCA do?

**RECOGNIZE:** Coaches receive recognition for specific accomplishments during singular seasons, as well as for "lifetime achievements." The NDHSCA Coach of the Year awards are the most prestigious awards given to high school coaches in the state. The NHSACA Coach of the Year awards are awarded for lifetime accomplishments. The state awards are presented at the annual banquet held in conjunction with the state's coaching clinic. Nearly 150 coaches earn the "National Spotlight" in June at the NHSACA National Convention.

### Coach Quote:

Learning to "compete" is a skill that must be taught at all levels.

Competing and being a great competitor doesn't mean you win all the time. It means you have grit, resiliency, discipline, a positive attitude, enthusiasm for teammates and consistently demonstrate good sportsmanship."

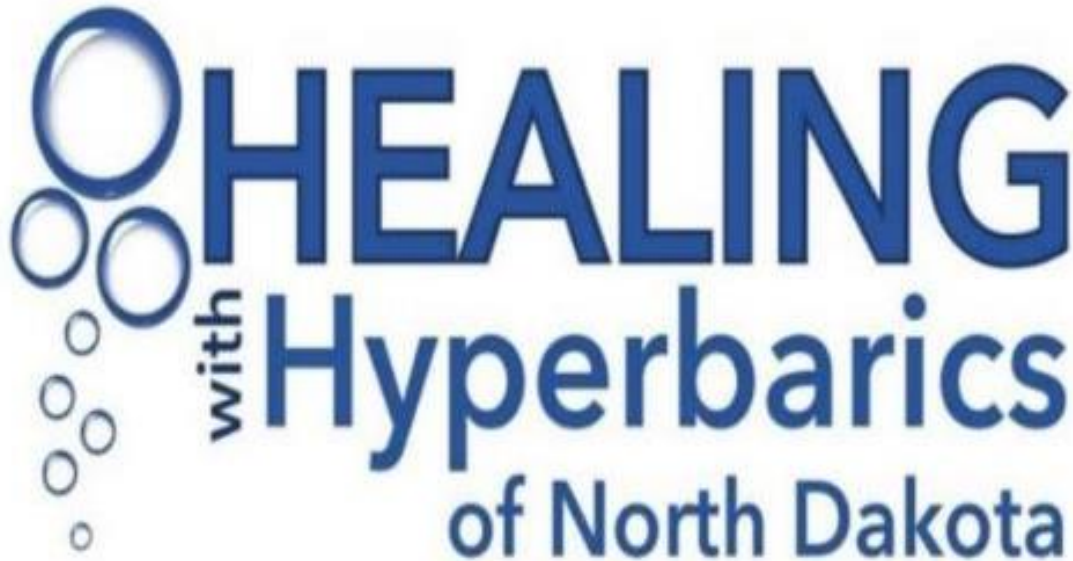
**-Nick Buonocore-**

Founder of The Reformed Sports Parent



Our goal is to promote high school athletics, provide professional services to our member coaches while providing opportunities for all high school coaches. The NHSACA provides resources to promote professional growth, and attitude of teamwork, sportsmanship and healthy lifestyles for Athletes, Coaches, and Athletic Directors.

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**SCHEELS®**





## Dakota Coach Summer 2022



**Click Here:**

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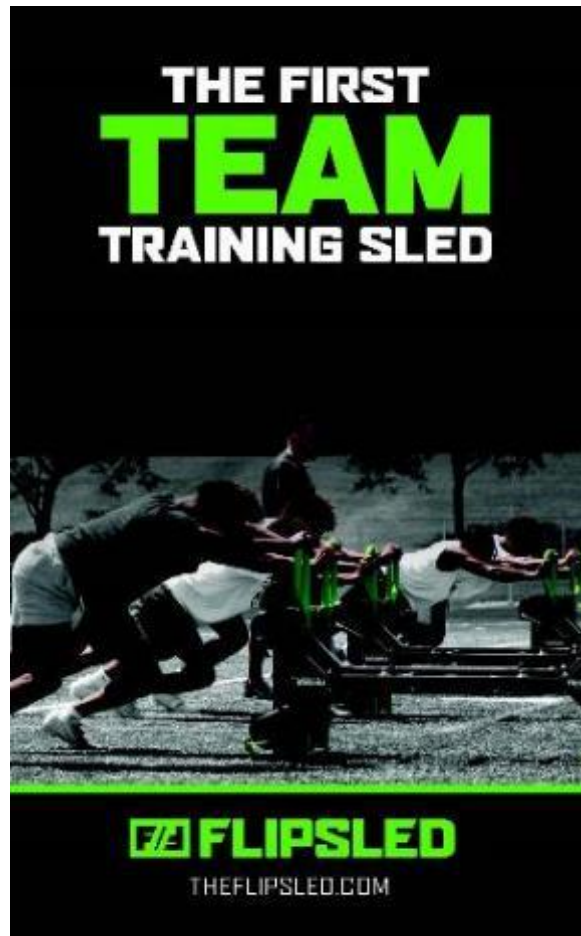
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**AND MORE!**



### **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](http://www.ndhsca.com). **NDHSCA encourages the payment by credit card. This is the fastest and easiest way to get your membership card.** If you are paying for membership by school check and/or Purchase Order, be sure to confirm such membership application with an e-mail to Randy Johnson at [duck@westriv.com](mailto:duck@westriv.com) before the respective dates. Your **membership registration must be completed and paid for** before appropriate season deadline to be eligible for post season awards:

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



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

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

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

**Lifetime Members:** Remember to **log 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
<b><u>BASEBALL:</u></b>		
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
<b><u>BASKETBALL – Boys’:</u></b>		
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
<b><u>BASKETBALL – Girls’:</u></b>		
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
<b><u>CHEERLEADING (Appointed by Cheerleading Advisory):</u></b>		
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
<b><u>CROSS COUNTRY:</u></b>		
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
<b><u>FOOTBALL:</u></b>		
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
<b><u>GOLF:</u></b>		
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
<b><u>GYMNASTICS:</u></b>		
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
<b><u>HOCKEY (Appointed by Hockey Advisory):</u></b>		
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
<b><u>SOCCER:</u></b>		
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
<b><u>SOFTBALL:</u></b>		
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 33<sup>rd</sup> St. Unit 4, Bismarck, ND  
58501

email: [duck@westriv.com](mailto:duck@westriv.com)

# Dakota Coach Summer 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.

Today, most Coaches are involved in some type of sports camp. Please note that our General Liability Program

## CAMP INSURANCE

follows insured members while working at camps and/or conducting their own personal camp.

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

### NEW PROCEDURE FOR CAMP INSURANCE

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

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

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

## PURCHASE INSURANCE

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

## INSURANCE ADMINISTRATOR



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

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

Greg Joly  
Lori George  
Karen Boller

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

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

# Dakota Coach Summer 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 held on Thursday, July 28, 2022. Please email Scott Grochow ([scott.grochow@k12.nd.us](mailto:scott.grochow@k12.nd.us)) or Bill Jansen ([william.jansen@k12.nd.us](mailto: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



### 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 Velva HS



### 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 Phillion Minot HS  
Elliot Rotvold Hillsboro  
Jason Schwarz Minot HS  
Tobias Schweitzer Bismarck St. Marvs

### 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 Velva HS  
Dave Michaelson Dickinson HS  
David Moody New England HS

### 55 Years - Gary Mailloux, Fargo



# 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](mailto:Scott.Grochow@k12.nd.us), or Bill Jansen at [William.Jansen@k12.nd.us](mailto:William.Jansen@k12.nd.us) if you are one of these individuals.

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

## Characteristics of a Good Teammate

1. Honest
2. Good Role Model
3. Caring
4. Committed
5. Good Listener
6. Hold Teammates Accountable
7. Treat Teammates with Respect
8. Give Teammates Encouragement
9. Positive and Enthusiastic
10. Appreciate Teammates

Compliments of Mayville State Women's Basketball





# 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.





# 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  
Haussler, Jim; Bismarck Schools  
Healy, Dennis; Williston HS  
Herman, Matt; Ellendale HS  
Hertel, Dale; Fargo South HS  
Hoeckel, Greg; Carrington HS  
Hofer, Dr. Herb; Cankdeska Cikana CC  
Hoff, David; Bottineau HS  
Holinka, Gerald; Dickinson Trinity HS  
Holmen, Barry; Minot HS  
Holmen, Robert; Minot HS  
Hornecker, Brian; Minot HS  
Horner, Dennis; Midway HS  
House, Leon; Mandan HS  
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  
MacIver, 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  
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

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



# Forms Available Online

Available on the NDHSCA website  
Search “NDHSCA” or enter

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# North Dakota High School Coaches Association

## 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.**

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Amount of Donation:                      Date:

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

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## *Code of Ethics*

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

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



## *Coaches Code of Conduct*

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

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

## Dakota Coach



The *Dakota Coach* is the official publication of the NDHSCA and is distributed without charge to all coaches by email and on the website; [www.ndhsca.com](http://www.ndhsca.com). Notes, articles, opinions, or letters to the editor are welcome if they deal with high school coaching concerns. They will be printed as space permits. Opinions and views of the authors are their own and do not always reflect the official position of the NDHSCA. Send comments or suggestions to Randy Johnson, Lisa Strand or to any of the members of the Executive Board. (See page 3 for e-mail and mailing addresses or phone numbers.)

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