

# Dakota Coach

Volume 57 Issue #1

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



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NDHSCA Convention  
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 @ndhsca1

*Cover Photos compliments of  
Kim Garman Photography and  
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*Message from NDHSCA President, Rick Anderson*

## Fresh Perspective



Here we go again with another year of great achievements!

The start of a new school year or a new season never gets old. I guess the anticipation and a bit of nervousness goes with the territory. The anticipation of what the season can bring and how much you can inspire your kids to do their very best. I believe being nervous before the first day or first practice is a common theme for coaches whether one is a first-year coach or a veteran coach.

Each season brings with it a new team and a new identity. Each year I strive to make this season the best that it can be and to grow both athletes and great people. As I say this, I also know that if I expect my athletes to believe they can be great, I have to expect the same from myself. I have to continue working

on improving myself.

I believe one of the best ways to improve my own growth is to attend the NDHSCA Coaches Convention in person. You can only get so much from videos and on-line meetings, but you get so much more by listening to and talking with other coaches. I can say from experience that one of the defining moments for me and my coaching career came from being at the state convention.

At one of the conventions I attended, I was coming down the elevator at the motel and shared the ride with Joe Newton, one of the top high school cross country coaches in the nation. Earlier, I heard him speak in his session and I made a comment to him about it and when we got to the lobby, he invited me to sit for a chat. He explained what he was doing and why he did it. We also talked about how I could make some of the same things work in my program. I was struck by the fact that he would offer to share his time with a young coach. I would not have had that experience had I not been in attendance.

The same can be said for finding out what my local and state coaches are doing that works as well. A common theme I heard from our presenters this year was that almost all of them alluded to the fact that they had picked up much of what they were doing in their successful programs from attending the state convention. That they gleaned much from both in sessions and outside the sessions.

I continue to attend to get a fresh perspective, so I can better relate to the athletes of today. I always come away from the convention with some new tidbits that will help our team and renewed enthusiasm for the upcoming season.

I encourage all coaches to become members of the NDHSCA and to get all of your coaches to join. I strongly encourage all to attend the state convention.

I want to wish everyone good luck and much success this year.

***NDHSCA President, Rick Anderson***



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**SUBWAY**

## With Appreciation



My sincerest and deepest appreciation to our membership.

Welcome to the Fall 2022 Dakota Coach! Also welcome back to a new school year and a new year full of anticipation and excitement for another full year of competition. As usual the summer seems to have flown by and we are back to our school routines again.

New groups of students to inspire and educate as well as new teams of students to motivate and lead. As we look back on the summer, we see the passing of another very successful coaches' convention. Thank you to all who attended the convention. Thank you to all who spoke at the convention. Your time and information are greatly appreciated. The process of how coaches are willing to continuously share their information and knowledge is amazing and only helps the profession create better opportunities for all athletes.

Strong membership only benefits from involved members. Involved members help and assist one another in all methods possible. They also help to encourage new membership from not only their coaching staffs but also from other coaches within their sport as well as their school. Keep up the great work to continually build our membership.

The feedback we received from the convention surveys will be very helpful in the planning for future conventions. The executive board is always looking for ways to make improvements to an already exceptional convention.

Congratulations to all coaches who received awards at this summer's convention. It is always a special time when we can celebrate these achievements together. Special congratulations to our new Hall of Fame inductees; Brian Midthun, Jay Schobinger, Jeff Schumacher, Tim Wallstrum and Ron Wingenbach. Their dedication to the profession, their schools, their athletes, and their families is very commendable and are great role models for other coaches.

I want to wish newly elected president Rick Anderson all the best during his time as president of our wonderful association. We are in great hands with Rick as our president.

My sincerest thank you to the membership for their trust to vote me onto the executive board and allow me this moving experience. From the years prior to this past year as your president, this organization has helped me grow in many ways. Randy Johnson and the entire executive board are so dedicated to their positions it is inspirational to work with them and create lessons for life that will go long past my time on the board. Their commitment and dedication are highly commendable. Thank you all so much for a great year as president.

I want to wish all the fall coaches and athletes the best. May their seasons be judged not by the wins and losses, but by the many successes and fun experiences they will always remember well away from the competition. Also, best of luck to all teams and coaches throughout the entire 2022-2023 season.

In closing always, *"Look straight ahead and fix your eyes on what lies before you. Mark out a straight path for your feet; stay on the safe path. Don't get sidetracked."* ---Proverbs 4:25-27

**Sincerely, Ron Metz**  
**Immediate Past President**





## ***PERFORMANCE THROUGH PROTEIN***

### **Fueling the Student Athlete**

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

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

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North Dakota Beef Commission Contact

Nicole Wardner



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# Dakota Coach Fall 2022



## From the NDHSCA Executive Secretary's Desk

*Randy Johnson*



**A new school year is upon us. WOW!** Has the summer flown by. It seems like just yesterday we were playing the spring sports. Welcome back to a new school year and what looks like an awesome fall sports season! Good Luck to all coaches, athletes and teams this school year.

The 2022 North Dakota High School Coaches Association State Convention was a huge success. There were a number of excellent speakers with some outstanding topics. Thank you to all the coaches who attended. We appreciate everyone who sent back the evaluation. This will assist us in preparing for future conventions. If you have any suggestions for speakers, or topics, please e-mail me as soon as possible at [duck@westriv.com](mailto:duck@westriv.com). I will begin working on next summer's convention starting in October. Mark July 17-20, 2023 on your calendar. This is when the 2023 NDHSCA State Coaches Convention is and it will be at the Fargo Ramada Convention Center. We are a week earlier next summer because the National Convention is the following week in Lincoln, Nebraska.

The highlight of the convention was the NDHSCA Hall of Fame/Coach of the Year Banquet. The following coaches were inducted into the NDHSCA Coaches Hall of Fame.

- Brian Midthun – Enderlin High School
- Jay Schobinger – Dickinson High School
- Jeff Schumacher – Bismarck High School
- Tim Wallstrum – Kenmare High School
- Ron Wingenbach – Bismarck Century High School

We honored the NDHSCA Subway Coach of the Year recipients from the 2021-2022 school year. Congratulations on this outstanding achievement. The Association was pleased to give two \$1,000.00 NDHSCA Gelaine Orvik Scholarships to Callie Hase (Linton High School) and Paytan Lippert (Dakota Prairie High School). Riley Hauff (Drake High School), Abby Lardy (Bismarck High School), Sydney Mahrer (Wahpeton High School), JayCee Richter (Linton High School), Jadyndy Sandy (Velva High School) and Skylar Uglem (Northwood High School) were honored with the \$750.00 NDHSCA Scheels Scholarships. Good Luck to these eight outstanding student-athletes as you pursue your career goals. The NDHSCA honored Jordan Hassler (BEK Sports TV), Scott Loerch (BEK Sports TV) and Randall Peterson (KTGO Radio) with the Award of Merit. We awarded Lynda Bertsch (Minot), Al Knutson (Mandan) and Milton Korslien (Minot) with the Special Recognition Award. Congratulations to all award recipients.

I would like to express a special thank you to the following sponsors of the North Dakota High School Coaches Association.

- Subway – NDHSCA Coach of the Year Awards, NDHSCA Gelaine Orvik Scholarship contributions and Thursday Noon Lunch for NDHSCA Annual Meeting attendees
- POWERade – NDHSCA POWERade Senior Athlete of the Year Awards
- North Dakota Beef Commission – Sponsoring the Monday Noon Lunch at the Convention
- Bismarck-Mandan CVB – Sponsorship grant for the convention, convention name tags and convention posters
- Scheels – Sponsoring the six \$750.00 scholarships for NDHSCA Member Graduates
- Game One – Helping sponsor the Wednesday night social. This year we brought in \$2,343.00 for the NDHSCA Gelaine Orvik Scholarship Fund.
- Mandan Baymont Convention Center – Location of the convention with lots of hospitality
- Vendors at the Convention – Allard Trophy, BSN Sports, BW T&F Enterprises, Fundraising U, Game One, Johnson Fitness, Leading Edge Fundraising, ND Beef Commission, Scheels, Qwikcut, X-Grain Sportswear

*continued on page 7*



# Dakota Coach Fall 2022

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

These individuals help make this organization flourish. Their continued sponsorship is a huge asset to the NDHSCA and the coaches throughout North Dakota.

Ron Metz (Bismarck Century) displayed outstanding leadership for this organization this past year. He truly was a model for upcoming Presidents to follow. Rick Anderson (Griggs County) is the NDHSCA President for 2022-2023. Rick brings experience and professionalism to this organization. Congratulations to Mike Zier (Beach) on being elected Vice President. He will be a great addition to the board. Thank you to each Executive Board member for contributing your time and effort. They really make my job much easier.

The National High School Athletic Coaches Association National Convention was held in Altoona (Des Moines), Iowa. It was a great convention. North Dakota was honored when Jeff Schumacher (Bismarck High School Wrestling Coach) was named NHSACA National Coach of the Year. Brian Anderson (New Town) and Rod Hardie (Fargo) were inducted into the NHSACA National Hall of Fame. Collette Folstad (West Fargo) was honored by being named a Kathy Holloway Women of Inspiration Award recipient. North Dakota is highly represented on the National High School Athletic Coaches Association Board of Directors:

- Greg Brown (Mandan) – Girls Track and Field Sport Chair
- Jake Solper (Minot) – Swimming and Diving Sport Chair
- Tim Wallstrum (Kenmare) – 1<sup>st</sup> Vice President
- Dave Dougherty (Fargo) – NHSACA Executive Director
- Gelaine Orvik (Fargo) – Past President, Past Executive Director
- John Hutchison (Northwood) – Past President, Voice of NHSACA Hall of Fame and COTY
- Randy Johnson (Bismarck) – Past President and Webmaster

The 2023 NHSACA National Convention will be in Lincoln, Nebraska. It will be an outstanding convention with 2,000 to 3,000 coaches present.

Subway sponsors our NDHSCA Coach of the Year Awards and contributes to the Gelaine Orvik Scholarship. On our website: [www.ndhsca.com](http://www.ndhsca.com), there is a Word document for coaches to fill out that allows their teams to stop by Subway and have a nutritious meal ready to go so the team can return home earlier. Please use this service. Thank you, Subway for your sponsorship!

POWERade of North Dakota sponsors our NDHSCA Senior Athlete of the Year Award. We encourage recipients and their coaches to continue to write thank you notes to POWERade of Dickinson, Williston and Bismarck. Coaches of the awarded athlete will be receiving a letter when the name plates are mailed for the award. Please continue to flood POWERade with your thank you notes.

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

NDHSCA strength comes from its membership. We encourage all to sign up as soon as possible. Information is on our website: [www.ndhsca.com](http://www.ndhsca.com). Keep in mind if you signed up last spring; you need to sign up this fiscal year to continue your membership. Our membership runs July 1 to June 30. The many benefits of being a member are as follows:

- \$1,000,000 Liability Insurance
- Opportunity to be named a Coach of the Year including Assistant COTY and Junior High COTY
- Opportunity for your graduating high school Senior to be issued a scholarship from the NDHSCA and Scheels
- Eligible to be part of the All-Star Coaching Staff
- Eligible for the NDHSCA Coaches Hall of Fame
- Eligible to be nominated for the NHSACA National Coach of the Year/Athletic Director of the Year Award
- Eligible to be on NDHSCA Sports Advisory



# Dakota Coach Fall 2022

*NDHSCA Executive Secretary by Randy Johnson message continued from page 8*

- **Special Benefit**
  - **Free access to digital editions of Coach and AD Magazine**
  - **Free year-long access to digital editions of Training and Conditioning Magazine**
  - **Individual coaches can opt-in for additional FREE resources**
    - Weekly e-newsletter from Coach and AD
    - Weekly e-newsletter from Training and Conditioning
    - Announcements and invitations to Webinars
    - Announcements from marketing partners containing key product information
- Voice in North Dakota High School Athletics through the NDHSCA
- Free admission to most regular season high school contests
- Free admission to many College and University contests – please contact the University before attending
- Free admission to one NDSU Football Game – Information is on the website
- Free admission to UND Football Games – Information is on the website
- Other benefits include:
  - Reduced hotel rooms
  - Reduced car rental
  - Reduced items at Office Max
  - Reduced price of insurance
    - Please visit our website for more information

The goal of the NDHSCA is to increase membership. Head coaches are encouraged to rally their assistant and junior high coaches to join.

The North Dakota High School Coaches association is a dual member with the National High School Athletic Coaches Association. If you are a member of the NDHSCA, you are also a member of the NHSACA.

The NDHSCA has connection with the Jason Foundation which was developed in hopes of preventing teen suicide. Mental health is a serious issue. It is important to work with student-athletes and help them. Coaches must have the foresight to recognize students who may be struggling. We had a number of sessions at this summer's convention on Mental Health and we will continue to have these sessions next summer. If you need any information on the Jason Foundation please visit their website: [www.jasonfoundation.com](http://www.jasonfoundation.com).

Coaching is a profession. How a coach portrays himself/herself in action, dress and demeanor says a lot about that Individual. Be professional! Coaches are role models. It is important to review the NDHSCA Coaches Code of Ethics and Coaches Code of Conduct which are in this Dakota Coach and on our website. Remember – COACHING is one of the most rewarding professions! Coaches impact young people's lives and help build tomorrow's leaders.

In closing, I wish everyone an outstanding athletic year.



@ndhsca1

***Happy Coaching,***

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





# NDSU FOOTBALL

Tickets are available for NDHSCA Members for FREE admission to select home football contests.

**Complimentary tickets are available for October 29 when the Bison take on Illinois State.**

Policies and Procedures for Requesting NDHSCA Tickets

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

Single game tickets can also be purchased through the NDSU ticket office. Please visit [www.GoBison.com](http://www.GoBison.com) for additional information.

## Membership in the NDHSCA has the following benefits:

- \$1,000,000 Liability Insurance Coverage
- Subscription to our Dakota Coach newsletter
- Access to coaching openings in North Dakota
- Reduced admission to NDHSCA / NDHSAA Clinic during the year
- Free or reduced admission to many high school and college contests
- UND/NDSU football tickets for allotted number of coaches in reserved section (except Hockey)
- Eligibility for the full awards program of the NDHSCA
- Eligibility to serve on the Sports Advisory Committee
- Eligibility to serve on All-Star Coaching Staff
- Contacts that will allow opinions to be heard in the governing of each sport by the NDHSCA
- An organized group that keeps everyone in touch with developments across the state and nation
- An organization that is concerned with offering programs that will help improve coaches
- An organization that is attempting to maintain and improve athletic programs for North Dakota's youth.

## Quote:

You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself 'I have lived through this horror. I can take the next thing that comes along.'  
You must do the thing you think you cannot do."

-Eleanor Roosevelt-

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# Dakota Coach Fall 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, 2022 – August 1, 2023

## LIMITS OF INSURANCE

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

## COVERAGES

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

## EXCLUSIONS

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

## CAMP INSURANCE

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

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

## NEW PROCEDURE FOR CAMP INSURANCE

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

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

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

## PURCHASE INSURANCE

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

## INSURANCE ADMINISTRATOR

**LOOMIS & LAPANN, INC.**

INSURANCE SINCE 1852

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

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

# Your NDHSCA Membership is a dual Membership with NHSACA



## ODP Business Solutions™

Save up to 75% off regular prices on our Best Value List of preferred products. Plus receive free next-business-day delivery on qualifying orders of \$50 or more.

<http://business.officedepot.com/Office>

Office Depot has partnered with NHSACA to provide benefits for members. Click on the link above to sign up.



### Coach Quote:

Challenge yourself every day to do better and be better.  
Remember, growth starts with a decision to move  
beyond your present circumstances.”

-Robert Tew-



# Dakota Coach Fall 2022



*Message from the NHSACA Past President, Randy Johnson*

*Greetings from the National High School Athletic Coaches Association!*



The National Convention was held June 18-22, 2022 at Prairie Meadows Hotel, Casino and Race Track in Altoona (Des Moines), Iowa. North Dakota Coach of the Year Finalists were:

<u>Sport</u>	<u>Coach or Athletic Director</u>	<u>School</u>
<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 Paranica	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

North Dakota had one recipient of the National Coach of the Year. The recipient was **Jeff Schumacher** from Bismarck High School as the NHSACA National Wrestling Coach of the Year.

North Dakota Hall of Fame Inductees for 2022 were:

- Brian Anderson      Minot, ND (Coaches at New Town High School)
- Rod Hardie          Fargo, ND

North Dakota has a very strong representation on the NHSACA Board of Directors. These individuals 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, Past President: Fargo, ND
- Randy Johnson: Website Administrator, Past President: Bismarck, ND
- Gelaine Orvik: Past President and Past Executive Director: Fargo, ND
- John Hutchison: Past President, HOF and COTY Narrator: Northwood, ND

*continued on page 14*

# Dakota Coach Fall 2022

continued from page 14

North Dakota was also honored in having a NHSACA Kathy Holloway Women of Inspiration Award recipient. The recipient was Collette Folstad from West Fargo.

The 2023 NHSACA National Convention information is as follows:

- July 24-27, 2023
- Convention Site: North Star High School, Lincoln, NE
- Hall of Fame and COTY Banquet Sites: Historic Train Station, Downtown Lincoln



The 2024 NHSACA National Convention will be in Bismarck, North Dakota. Here is the information:

- June 22 – 27, 2024
- Convention Site: Bismarck Hotel and Convention Center (formerly Ramkota)

The 2025 NHSACA National Convention will be held in Rapid City, South Dakota. The dates will be released soon.

*Respectfully submitted*

*Dave Dougherty, NHSACA Executive Director*

*Randy Johnson, NHSACA Past President and Webmaster*

*@nhsaca*



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# 2022 NHSA CA National Convention Highlights

**Jeff Schumacher of Bismarck Century was named the 2022 Wrestling National Coach of the Year**



**Brian Anderson (left) & Rod Hardie (right) of North Dakota were inducted into the 2022 NDHSACA National Hall of Fame.**



**Collette Folstad is the honored recipient of the 2022 Kathy Holloway Women of Inspiration Award. She is the "Kathy Holloway" of North Dakota!**



**2022 North Dakota National COTY Finalists**  
Back Row (L to R): Chad Anderson, Matt Pfau, Mike Forsberg, Gregg Grinsteiner, Jeff Schumacher, Tim White  
Front Row (L to R): Kent Schweigert, Kevin Ziegler, Tracey Heisler, Jay Schobinger, Paul Lean

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# Annual Business Meeting

## Minutes

held July 28, 2022; 10:50 AM  
Mandan Baymont Convention Center Pier 7

President Ron Metz called the meeting to order at 10:53 AM.

Mike Sorlie (North Sargent) moved to accept the July 2021 NDHSCA Annual Meeting Minutes as published in the 2021 Fall Dakota Coach; Gelaine Orvik (Fargo) seconded the motion. Motion passed without any dissenting voice vote.

Randy Johnson presented the financial reports as of **June 30, 2022** with a comparison to June 30, 2021 as follows:

\$ 98.83 – FPSFCU Primary Shares Account Balance June 30, 2022  
\$ 24,207.72 – FPSFCU Checking Account June 30, 2022  
\$ 779.85 – FPSFCU Football Clinic Account June 30, 2022  
\$ 26,075.21 – FPSFCU Gelaine Orvik Scholarship Account Balance June 30, 2022  
\$ 91,029.29 – FPSFCU Money Market Share Balance June 30, 2022  
\$142,190.90 – FPSFCU Total Cash on Hand June 30, 2022

### June 30, 2021 Comparison

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

Outstanding Income – Lions All Star Basketball (August 1, 2022 Request)

Outstanding Income – NDHSAA Support of Convention (August 1, 2022 Request)

Randy felt the NDHSCA is financially sound. They are working to build the account for the 2024 National Convention which will be held in Bismarck. Jeremy St. Aubin (South Border) moved to accept the financial report; Gelaine Orvik (Fargo) seconded the motion. Motion passed unanimously.

Eric Olson, NDHSCA Membership Chair, gave the 2022 NDHSCA State Coaches Convention update as follows:

- 2022 NDHSCA Convention Registrations – 300
- 2022 College Credit Registrations – 66 (45 – 2 Semester Hours, 21 – 1 Semester Hour)
- 2022-2023 NDHSCA Membership Registrations – 413

Andy Braaten (Carrington) moved to accept the 2022 NDHSCA State Coaches Convention Report; Kaycee Grochow (Towner-G-U) seconded the motion. Motion passed without any dissenting voice vote.

Lisa Strand gave the Dakota Coach report. The Dakota Coach continues to be an online publication sent to the members and also can be found at the NDHSCA website. Four Dakota Coach issues have been made available to the membership this year; Volume 56, Issue #1 (Fall) in September 2021, Issue #2 (Winter) in January 2022, Issue #3 (Spring) in April, 2022 and Issue #4 (Summer) in June, 2022. We work to get these to the membership in a timely manner, being aware of the needs of the membership. We are always looking for ways to improve the Dakota Coach. Members are asked to submit articles, ideas, pictures or anything that they feel would be appropriate to share. Dr. Brad Strand has NDSU students' articles available and also a new feature Coaches Coaching Coaches. Dr. Strand reaches out to coaches asking them to write articles. Both the student articles and the coaches' articles are found in links within the Dakota Coach. If you have anything to add or suggestions, please contact Randy Johnson or Lisa Strand. Nathan Stamstad (Southern McLean) moved to accept the report; Rachel Land (Ellendale) seconded the motion. Motion passed unanimously.

# Dakota Coach Fall 2022

Annual Business Meeting Notes continued.

Eric Olson gave the 2021-2022 NDHSCA Membership Report as follows:

- Paid Memberships – 1,356 Paid Members
- Paid Lifetime Memberships – 189 Living Lifetime Members
- Total Active Members (Includes Lifetime) – 1,440 Active Members
- New Lifetime Memberships in 2021-2022 – 7

Jordan Aus (West Fargo Sheyenne) moved to accept the Membership Report; Thomas Wheeling (Bismarck Legacy) seconded the motion. Motion passed without any dissenting voice vote.

Rick Anderson introduced the 2022 NDHSCA Vice President Candidates.

- Jeremy St. Aubin – South Border
- Mike Zier – Beach High School

Scott Grochow gave a report of the NDHSCA POWERade Senior Athlete of the Year balloting stating everything is going well. We are going back to introducing all the finalists at the State Tournament. It will be after the State Championship Game. Scott also talked about the NDHSCA Subway Coach of the Year balloting. He stated voting has been going well since we have gone to Survey Monkey to do the balloting. He asked the coaches to keep up the great work and continue to get the votes in. Nathan Horgheshimer (Killdeer) moved to accept the NDHSCA POWERade Senior Athlete of the Year and NDHSCA Subway Coach of the Year Report; Greg Brown (Mandan) seconded the motion. Motion passed unanimously.

Dave Dougherty, NHSACA Executive Director, gave the following NHSACA Summer Convention Report: The National Convention was held June 18-22 at Prairie Meadows Hotel, Casino and Race Track in Altoona (Des Moines), Iowa. North Dakota Coach of the Year Finalists were:

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The 2025 NHSACA National Convention will be held in Rapid City, South Dakota. The dates will be released soon. Jake Solper (Minot) moved to accept the report; Thomas Wheeling (Bismarck Legacy) seconded the motion. Motion passed without any dissenting voice vote.

Mike Sorlie gave the Lions All Star Basketball Report. Players reported on Friday, July 8<sup>th</sup>. Girls to Bismarck and Boys to Fargo. The coaches were as follows:

- A Girls – Jason Schwarz (Minot) and Nate Welstad (Century)
- B Girls – Sam Brandt (Kindred) and Laurie Sieben (Grafton)
- A Boys – Dean Winczewski (Minot) and Adam Palczewski (West Fargo)
- B Boys – Rick Smith (Four Winds-Minnewaukan) and Riley Lillemoen (Grafton)

The games were played at the following locations.

- Monday July 11<sup>th</sup> at Bismarck
  - Girls: B – 72 A – 65
  - Boys: A – 118 B – 108
- Tuesday, July 12<sup>th</sup> at Fargo
  - Girls: B - 90 A – 67
  - Boys: B – 95 A – 94

A special thanks to the coaches and ADs in helping to get player info turned in. Thank you also to the Capital City Lions and the Gateway Lions for all of the time and effort that they put in to the All-Star Games and helping to make this a positive and successful event for our players. It was the 46<sup>th</sup> year of the Lion's All-Star Basketball Games. Andy Braaten (Carrington) moved to accept the report; Gregg Grinsteinner (Dickinson Trinity) seconded the motion. Motion passed unanimously.

Lisa Strand and Tim Wallstrum gave the NDHSCA Optimist All-Star Volleyball Report. The NDHSCA/Optimists All Star Volleyball series was held June 10-14, 2022. Athletes reported to the Expressway Inn on June 10<sup>th</sup> where they met Lori DeKeyser of the Fargo Optimist Club, Lisa Strand representing the NDHSCA, were assigned rooms, participated in an icebreaker activity, and met their coaches. The players and coaches held their first of 5 practices held at Carl Ben Eielson Elementary School. A new system for rostering teams was used for the first time this year. As in the past, players were nominated by region and a final selection was made at the coaches meeting held during the State Volleyball Tournament. Once players were selected, Volleyball All Star Co-Chair, Tim Wallstrum, sent letters to the players and coaches informing them of their selection to which they were asked to respond. Once all the responses were received, the coaches of the 2022 series and the Co-Chairs held a zoom meeting to form the rosters, dividing the 24 players by position as well as an equal class A and Class B representation on each team. This change was made to insure the teams were balanced. Ultimately it was decided that the teams would be called Blue and Red. Coaches were also assigned to teams without regard to their location in the state. Coaches were randomly selected by a drawing to coach either the Red or Blue team. Securing sites for the All Star Volleyball series was more difficult each year. Thank you to Todd Olson of Fargo Schools for working with us to find a site for practices and for the matches. Practices were held at Carl Ben Eielson Elementary School and the East match was held at Shanley High School with the help and support of Reggie Jackson of Fargo Shanley. The East match was held at Fargo Shanley High School on June 13 beginning at 7:00 pm. The Blue team was victorious winning in a thrilling 5 set match by scores of 27-25, 21-25, 25-18, 19-25, 19-17. The West match was held at Bismarck High with the help and support of Scott Nustad and staff. This match was also won by the Blue team 25-22, 25-22, 25-18, 25-13. (Four sets are played regardless of outcome in the first three. This is to allow for the most equitable playing time for all involved.) The new system was embraced by both the coaches and the players. We plan to use it again next year and re-evaluate the process. Thank you to the coaches, Jamie Zastoupil, Jaimie Richter of the Blue Team, Tim Wallstrum and Carolyn Olson of the Red Team, the Fargo Optimists, especially Lori DeKeyser, and all the volunteers and behind the scenes people that helped to make this series a success. Jeremy St. Aubin (South Border) moved to accept the report; Kaycee Grochow (Towner-G-U) seconded the motion. Motion passed without any dissenting voice vote.

# Dakota Coach Fall 2022

*Annual Business Meeting Notes continued.*

Eric Olson presented the Shrine Football Report for Bill Lorenz. The 2022 Shrine Football Games were played at Jerome Berg Field on the campus of Mayville State University on Saturday, June 18<sup>th</sup>. The 11-man East team won the first game 14-10 over the West squad. The 9-man East team beat the West team 10-0. These were two well-played games with the athletes competing until the final horn. The week started with 120 players and 16 coaches checking into the dorm on the campus of Mayville State University. Mayville State was a very gracious host. The housing, dining, and practice facilities were able to handle our large group with ease. Everyone that was involved was very accommodating. The community of Mayville was also very welcoming. Our players and coaches were able to use the movie theatre and the Shrine committee held a parade for the community in which the players and coaches participated in. We also held our annual banquet in the field house at Mayville State University. The facility was able to handle a crowd of close to 600 people. There was plenty of space for people to move around and be very comfortable during this time. Our annual media day was held on Thursday. Along with talking to the media, the players also attended sessions and were able to learn about the purpose and goals of the Shrine Hospital. They also were able to listen to two patients tell their stories about how the Shrine hospital was able to help them. This was an excellent opportunity for the athletes to hear about the benefits that the hospital provides. Preparations for the 2023 game have already started. The committee is planning on having all four teams and coaches practice at Mayville State University again. The tentative date for the games is June 24<sup>th</sup>, 2023. In visiting with numerous players and coaches everyone had a great experience during the week leading up to the game and on game day. Nick Walker (Killdeer formerly Bowman) moved to accept the report; Nathan Horgeshimer (Killdeer) seconded the motion. Motion passed unanimous!

Scott Grochow gave a report on coaching longevity. This year the plaques were put on the table by registration for coaches to pick up. The coaches who have been coaching for 30 or more years will be introduced at the banquet on Thursday night. All coaches who have been coaching 20, 25, 30, 35, 40, 45, 50 or more years will be listed in the Banquet program. Jon Jahner (Bowman County) moved to accept the report; Paul Lean (Fargo Davies) seconded the motion. Motion passed without any dissenting voice vote.

Randy Johnson discussed the various sponsors for the North Dakota High School Coaches Association. He mentioned POWERade of North Dakota helps with the NDHSCA POWERade Senior Athlete of the Year Award and strongly recommends coaches and athletes continue to write thank you notes to the three people listed in the letter. Thank you notes really make this go. Scheels this year donated the money for the NDHSCA to give away six \$750.00 scholarships to graduating Seniors of NDHSCA members. Subway continues to be one of our biggest sponsors. They provide funds for the NDHSCA Subway Coach of the Year awards and also funding for the NDHSCA Gelaine Orvik Scholarship. The North Dakota Beef Commission helped fund the Monday noon lunch. They continue to be a great supporter of high school athletics and the NDHSCA. The Bismarck-Mandan CVB also provided grant money for the North Dakota High School Coaches Association to continue to have the summer convention in Bismarck-Mandan. Mike Sorlie (North Sargent) moved to accept the report; Claudia Schoellkopf (Mandan) seconded the motion. Motion passed unanimously.

Randy Johnson gave a report on the NDHSCA website. He is working to update the website. He plans to have this completed as soon as possible after the NDHSCA Convention. It takes time. If there is anything else you would like to see on the website, please let Randy know. He will work on it with the webmaster. Greg Brown (Mandan) moved to accept the report; Nathan Horgeshimer (Killdeer) seconded the motion. Motion passed without any dissenting voice vote.

Eric Olson gave the Twitter report. We currently have 1,658 followers at the time of convention. The Twitter handle is @ndhsca1. Eric will continue to put items on Twitter. If there is something you feel would be good to put on Twitter, please contact Eric or Randy. Jordan Aus (West Fargo Sheyenne) moved to accept the report; Kent Schweigert (Bismarck Century) seconded the motion. Motion passed unanimously.

Randy Johnson mentioned the 2023 NDHSCA State Coaches Convention will be in Fargo at the Ramada. The dates will be July 17 – July 20, 2023. This is a week earlier because of the NHSACA National Convention in Lincoln, Nebraska the following week.

Tim Wallstrum gave the membership information dealing with speaker suggestions for future conventions. He discussed the importance of getting involved in the organization. Be willing to serve on Advisory Committees or run for the Executive Board. Tim also mentioned the importance of nominating Assistant and Junior High Coaches for the Coach of the Year Award. He stressed the importance of reading the Dakota Coach so coaches know what is happening with our organization. He also explained that if they are a member of the NDHSCA, they are also a member of the NHSACA. This is what it means to be a dual member.

Randy Johnson talked about the \$1,000,000 Liability Insurance policy coaches have for being a member. It is important for coaches to understand it is liability which means there has to be charges or a lawsuit brought in order for the insurance to kick in. It also works in the classroom, but does not take the place of NDU. Randy strongly recommended taking out the Camp Insurance if coaches are running camps or leagues. This will help with medical expenses including deductibles. This helps to keep the liability insurance premium down. There are a number of benefits available to members. Discounts at Office Depot, long term care insurance, life insurance and also for hotels and care rentals. There are a lot of nice benefits for being a member. It is important for all coaches to stress membership back at their schools.

Randy Johnson talked about the NDHSCA Gelaine Orvik Scholarship Fund. The balance was \$26,075.21 on June 30, 2022. The fund took in \$1,575.00 from the membership contributions last year and so far this year, the association has taken in \$1,280.00 in contributions. There was also \$2,343.00 in contributions at last night's Taco social. Thank you to the NDHSCA membership for all your contributions.

Past President Tracey Heisler moved to have Randy Johnson be the NDHSCA Executive Secretary for the 2022-2023 school year; Gelaine Orvik (Fargo) seconded the motion. Motion passed without any dissenting voice vote.

President Ron Metz asked for other business.

Vice President Jamie Zastoupil handed out door prizes.

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

President Ron Metz adjourned the meeting at 11:56 AM.

*Respectfully submitted*  
*Randy Johnson, NDHSCA Executive Secretary*



## Coaches Coaching Coaches teaching, training, learning

Editor Brad Strand

**This is the second edition of Coaches Coaching Coaches. The purpose of CCC is to provide an outlet for coaches to share coaching knowledge that helps other coaches become better coaches. CCC is interested in all topics related to coaching, for example, skill techniques, game tactics, coaching strategies, practice planning, team and individual psychology, nutrition, culture, first aid, training and conditioning, motivation, parent relationships, practice planning, mental health, leadership, mentoring, and relationships. To submit an article to Coaches Coaching Coaches, send your article in word format to [bradford.strand@ndsu.edu](mailto:bradford.strand@ndsu.edu).**

[READ MORE](#)

# 2022 NDHSCA Banquet Memories

## North Dakota Coaches Convention



NDHSCA Hall of Fame Inductees Jeff Schumacher, Ron Wingenbach, Jay Schobinger, Tim Schumacher, Brian Midthun



Allan Knutson receiving his Special Recognition plaque for his work in Track and Field.



Gelaine Orvik Scholarship Recipients Callie Hase (above) & Paytan Lippert (below) with Gelaine Orvik and Ron Metz.



Scott Loerch, BEK TV Award of Merit Recipient, with Ron Metz.



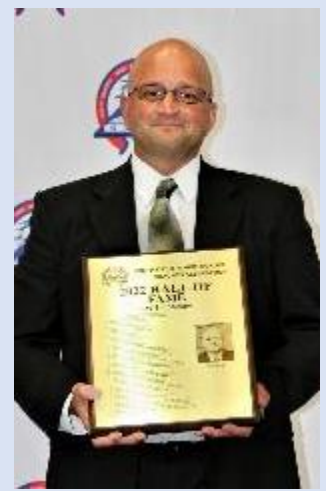
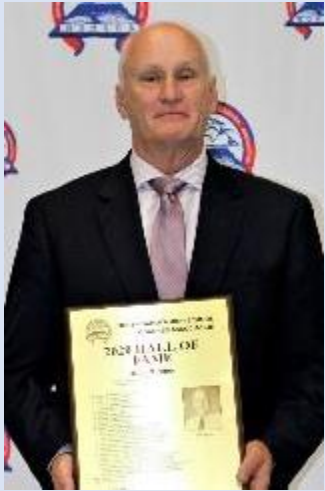
Randall Pederson, KGTO radio. Award of Merit



Jordan Hassler, BEK TV Award of Merit Recipient & Ron Metz.



# 2022 NDHSCA Banquet Memories



2022 Hall of Fame Inductees (L-R) Brian Midthun, Ron Wingenbach, Jeff Schumacher, & Jay Schobinger.



Tim Wallstrum, 2022 Hall of Fame Inductee, with Past President Tracey Heisler.



Linda Bertsch, Special Recognition Award



Dave Dougherty, NHSACA Executive Director and his wife, Danell.



Gelaine and Linda Orvik, Lonny and John Hutchison.



# 2022 NDHSCA Banquet Memories



2021-22 NDHSCA Executive Board: L-R –Front Row; Executive Director, Randy Johnson, Lisa Strand, Jamie Zastoupil, Tracey Heisler, Rick Anderson, Ron Metz. –Back Row; Tim Wallstrum, Bill Janson, Scott Grochow, Eric Olson.

## 2022 SCHEELS Scholarship Recipients



Jady Sandy



Riley Hauff



Skylar Uglem



Sydney Mahrer



JayCee Richter

## **2023 NDHSCA-NHSACA Hall of Fame Inductees Announced**

NDHSCA is pleased to announce the following North Dakota inductees to the 2023 National High School Athletic Coaches Association National Hall of Fame.

**Rick Anderson**

Griggs County High School Cross Country and Track and Field Coach

**Gregg Grinsteinner**

Dickinson Trinity High School Boys Basketball Coach and Athletic Director

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## **2023 National Coach of the Year**

### **NDHSCA-NHSACA National Coach of the Year Nominees**

<b><u>Sport</u></b>	<b><u>Coach or Athletic Director</u></b>	<b><u>School</u></b>
<b>Athletic Director</b>	Dr. Mark Rerick	Grand Forks Public Schools
<b>Baseball:</b>	Peter Dobitz	Dickinson High School
<b>Basketball – Boys’</b>	Rick Smith	Four Winds High School
<b>Basketball – Girls’</b>	Laurie Sieben	Grafton High School
<b>Cross Country – Boys’</b>	Rick Anderson	Griggs County High School
<b>Cross Country – Girls’</b>	Sean Allan	Grand Forks Central High School
<b>Football</b>	Dan Smrekar	Bismarck St. Mary’s High School
<b>Golf</b>	Perry Platz	Kindred High School
<b>Soccer</b>	Ian Costello	Fargo Davies High School
<b>Softball</b>	Pat Johnson	West Fargo High School
<b>Special Sports</b>	Josh Issertel	Fargo Davies High School
<b>Swimming &amp; Diving</b>	Jake Solper	Minot High School
<b>Tennis</b>	Scott McPherson	Bismarck Legacy High School
<b>Track &amp; Field – Boys’</b>	Craig Kovash	Dickinson Trinity High School
<b>Track &amp; Field – Girls’</b>	Rory Beil	Fargo Davies High School
<b>Volleyball</b>	Jamie Zastoupil	Bismarck Century High School
<b>Wrestling</b>	Travis Lemar	Central Cass High School
<b>Assistant COTY – Boys’</b>	Rod Hardie	Fargo North High School
<b>Assistant COTY – Girls’</b>	Timothy Delmore	Grand Forks Red River High School



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ATHLETES**

**Coaching Tip:**

**Coach attitude and effort before X's and O's. Without proper attitude and effort, the X's and O's don't matter.**



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*What is harder to catch the faster you run?  
Your breath!*

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Using your registered account and ordering online is the best way to take advantage of your full member discounts.

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## Print and Copy Services

You can also place print services orders online and have them delivered where and when you need them. Or available for pickup at an Office Depot® or Office Max® Store.

**Register Now** [Link to <https://community.officedepot.com/GPOHome?id=74035609>]

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- The current Store Purchasing Card Program is being replaced by the new Store Discount Program.
- If you are currently using a Store Purchasing Card (SPC), you can still use it temporarily to access the new Store Discount Program, but it will be discontinued in approximately 13 months.
- You can register online for the Store Discount Program when you register for your account via our dedicated ODP site.
- You will need to download the business mobile app to access the digital QR Code to present at check-out in an Office Depot® or OfficeMax® store. If you already have the Office Depot Business mobile app, it will soon be re-branded ODP Business Solutions. Once you've registered online for the Store Discount Program, you'll be able to access the digital QR Code in the app.
- The Store Discount Program will now offer a standard discount on certain product categories when you identify yourself as a program member, however the SPC will no longer provide access to all of your member discounts.

**We recommend you place your orders online so that you can continue to get your full member contract pricing.**

**Register Now** [Link to <https://community.officedepot.com/GPOHome?id=74035609> ]

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From the NDHSCA

Code of Ethics



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

Demonstrate a mastery of and continuing interest in coaching principles and techniques through professional improvement.

Find the entire NDHSCA Code of Ethics on page 60



QwikCut VIDEO & ANALYTICS

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# 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**

## What does NDHSCA do?

**SUPPORT:** Due to the cooperation of NDHSCA, NDHSAA, and NHSACA, our association is able to provide support for our members, including legal consultation via telephone regarding coaching issues. NDHSCA also has a state and national voice in significant issues facing high school coaches and athletes



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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.

## Coach Quote

“You don’t demand respect, you earn it.”

-Steve Seidler-





# **NDHSCA GOALS**

## **INCLUDE:**

- To raise the quality and competence of interscholastic coaching and administration to the highest level possible through leadership development, educational programs, training sessions, and informative publications.
- To promote and publicize interscholastic sports and its athletes through a comprehensive state and local awards program.
- To foster amateur sports programs for boys and girls with skills in a variety of sports which provide social, educational, and competitive opportunities for the student/athletes.
- To recognize those professional men and women coaches who have devoted their energies over many years to bring excellence to sports programs in high schools across the Flickertail State.

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**AND MORE!**



## ***DID YOU KNOW?***

The **NHSACA** was started on July 10, 1965. Dwight T. Keith served as the Executive Secretary from 1965-1973 providing outstanding leadership during the early years of the organization. The association has achieved a national stature through involvement in varied activities with corporate, governmental and educational groups. The **NHSACA** national office serves as a constant source of information and counsel to individuals and groups from all areas of the country.





## 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.



**Order your next  
team meal online!**





# North Dakota High School Coaches Association



## 2022-2023 NDHSCA Sports Advisory Committees

SPORT	REPRESENTATION	TERM
<b><u>BASEBALL:</u></b>		
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
Travis Risovi; Rugby HS	B Division East Representative	2022-2026
<b><u>BASKETBALL – Boys’:</u></b>		
Michael Santjer; Rugby HS	At Large Representative	2020-2023
BJ Etzold; Bismarck St. Mary’s HS	A Division Representative	2021-2024
Brandy George; Thompson HS	B Division Representative	2022-2025
<b><u>BASKETBALL – Girls’:</u></b>		
Jason Schwarz; Minot HS	At Large Representative	2020-2023
Lisa Jenkins; Wilton-Wing	B Division Representative	2021-2024
Kenyon Wingenbach; West Fargo Sheyenne HS	A Division Representative	2022-2025
<b><u>CHEERLEADING (Appointed by Cheerleading Advisory):</u></b>		
Ruth VanWechel; Mayville-Portland CG	B Division Representative	2020-2023
Billie Ann Caya; Bismarck HS	At Large Representative	2021-2024
Luann Burris; Grand Forks Central HS	A Division Representative	2022-2025
<b><u>CROSS COUNTRY:</u></b>		
Terri Soine; Northwood 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
Brad Lies; Bismarck Century HS	A Division West Representative	2022-2026
<b><u>FOOTBALL:</u></b>		
Josh Krivarchka; Langdon HS	11 B Division Representative	2019-2023
Vyrn Muir; Grand Forks Red River HS	11 A Division Representative	2020-2024
Wayne Werremeyer; Fargo Davies HS	11 AA Division Representative	2021-2025
Ben Wollenzien; Towner-Granville-Upham	9 B Representative	2022-2026
<b><u>GOLF:</u></b>		
Dan Wolf; West Fargo HS	A Division Girls’ Representative	2019-2023
Emily Schaefer; Glenburn HS	B Division Boys’ Representative	2020-2024
Jeremy St. Aubin; South Border HS	B Division Girls’ Representative	2021-2025
Shane Hannegrefs; Minot HS	A Division Boys’ Representative	2018-2022
<b><u>GYMNASTICS:</u></b>		
Kyrstin Filip; Fargo South HS	East Representative	2020-2023
Rachel Johnson Krug; Bismarck Public Schools	At Large Representative	2021-2024
Robbie Werchau; Minot HS	West Representative	2012-2025
<b><u>HOCKEY (Appointed by Hockey Advisory):</u></b>		
Ben Hertz; Mandan HS	Girls’ Representative	2019-2023
Jason Bennett; Minot HS	Boys’ Representative	2020-2024
David Benson; West Fargo Sheyenne HS	Boys’ Representative	2021-2025
Patrick Johnson; West Fargo HS	Girls’ Representative	2022-2026
<b><u>SOCCER:</u></b>		
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
Ian Costello; Fargo Davies HS	Boys’ East Representative	2022-2026
<b><u>SOFTBALL:</u></b>		
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
Michael Loll; Hankinson HS	Class B East Representative	2018-2022

# North Dakota High School Coaches Association

2022-2023 Sports Advisory Committee Representatives

## SWIMMING & DIVING:

Richard "Dick" Fisher; Fargo North HS	Boys' Representative	2020-2023
Thomas Wheeling; Bismarck Legacy HS	At Large Representative	2021-2024
Talia Butery; Fargo North HS	Girls' Representative	2022-2025

## TENNIS (Appointed by Tennis Advisory):

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
Scott McPherson; Bismarck Legacy HS	West Girls' Representative	2018-2022

## TRACK & FIELD – Boys':

Sean Allan; Grand Forks Central HS	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
Josh Allmaras; Kindred HS	B Division East Representative	2022-2026

## TRACK & FIELD – Girls':

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
Jeremy Anderson; Thompson HS	B Division East Representative	2022-2026

## VOLLEYBALL:

Brianna Kline; Bismarck HS	A Division Representative	2020-2023
Jessica Fritz; Rugby HS	B Division Representative	2021-2024
Breanna Sisson; Dickinson Trinity HS	At Large Representative	2022-2025
Tera Paulson; Hankinson HS	Volleyball Executive Appointee	2015-Present

## WRESTLING (Appointed by Wrestling Advisory):

Chad Barstad; Velva HS	B Division President	2020-2023
Dave Wolding; New Salem HS	B Division Representative	2021-2024
Mark Lardy; Bismarck HS	A Division President	2022-2025
Scott Knowlen; Bismarck Public Schools	A Girls Wrestling Representative	2021-2023
Matt Berglund; Grand Forks Red River HS	A Girls Wrestling Representative	2021-2024
Travis Lemar; Central Cass HS	B Girls Wrestling Representative	2021-2025

## NDHSCA Sports' Advisory Committee Application

NAME: \_\_\_\_\_

SCHOOL: \_\_\_\_\_

Home Address: \_\_\_\_\_

City, State & Zip: \_\_\_\_\_

Sport: \_\_\_\_\_ E-Mail Address: \_\_\_\_\_

Years of Coaching: \_\_\_\_\_ Home Phone: \_\_\_\_\_ School Phone: \_\_\_\_\_

Number of Years of Membership to the NDHSCA: \_\_\_\_\_



### My duties as a Sports Advisory Committee member include:

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

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)

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



# Longevity Information for 2023 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 2023 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.

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# Criteria for Post-Season Awards



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





## *Lifetime Membership*

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

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

### Notes on Lifetime Membership

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



# North Dakota High School Coaches Association

## ***Paid Lifetime Memberships***

Aardahl, Vern; Milnor HS  
Amundson, Greg; Mandan HS  
Anderson, Brian; Watford City HS  
Anderson, Darrell; Bismarck HS  
Anderson, Darryl; Mandan HS  
Askvig, Curtis; Surrey HS  
Bennett, Jason; Minot, HS  
Benson, Ron; Mott-Regent HS  
Berg, Mike; Grand Forks Central HS  
Berglund, Darrell; Hazen HS  
Berglund, Kathy; Hazen HS  
Bettenhausen, LeRoy; Watford City HS  
Boehm, Darrin; West Fargo HS  
Brackenbury, Wayne; Mohall-L-Sherwood HS  
Brandt, Jeremy; Beulah HS  
Brenner, Henry; ND School for the Deaf  
Brown, Greg; Watford City HS  
Burckhard, Richard; Parshall HS  
Burris, LuAnn; Grand Forks Central HS  
Callahan, Mike; Minnewaukan HS  
Carlson, Ron; Minnewaukan HS  
Carlson, Sherry; Minot HS  
Carlsrud, Dave; NDHSAA  
Carr, Daniel; Linton HS  
Caya, Billie Ann; Bismarck HS  
Cederstrom, Gerald; Minot HS  
Conlon, Frank; Jamestown HS  
Cornell, Rick; Grand Forks Schroeder JHS  
DeCoteau, Jerome; Turtle Mtn Comm. HS  
Deutsch, Nancy; Watford City HS  
Dew, Jim; Valley City State College  
Deyle, Alvina; Fargo South HS  
Dinius, Denny; Langdon HS  
Disher, Ken; Minot HS  
Dixon, Derrick; Turtle Mtn. Community HS  
Dockter, Dwight; Hope-Page HS  
Dolan, Michelle; Ray HS  
Dooley, James; Beulah HS  
Dwyer, Michael; Shiloh Christian HS  
Erhardt, Janet; Center  
Filibeck, Brian; Beulah HS  
Fish, Frank; Watford City HS  
Fjeld, Greg; Minot HSHS  
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  
Maclver, Philip; Wahpeton JHS  
Mack, Bruce; Surrey HS  
Mailloux, Gary; Fargo North HS  
Marsh, John; Fargo South HS  
Marshall, Joel; Hazen HS  
Martin, Phil; Lisbon HS  
Mayer, Michael; Grant County HS  
McCleary, Barry; Napoleon HS  
McKinnon, Darin; West Fargo HS  
McPherson, Scott; Bismarck Legacy HS  
Michaelson, Dave; Dickinson HS  
Miller, Steve; Bismarck HS  
Mitzel, Frank; Minto HS  
Nagel, Lee; Wahpeton HS  
Nelson, Brent; Minot HS  
Nelson, Kevin; Dunseith HS  
Olson, Carolyn; Davies HS

Olson, Douglas; Beulah HS  
Olson, Linette; Bismarck Century HS  
Omdahl, Chad; Hatton-Northwood HS  
Opdahl, Mike; Larimore HS  
Opp, Leland; Hazen HS  
Overby, Dennis; Northwood HS  
Peterson, Paul; Larimore HS  
Pfau, Matt; Minot HS  
Phillion, Rick; Minot HS  
Philpot, Len; Grand Forks Central HS  
Pierson, Paula; West Fargo HS  
Plecicity, Doyle; West Fargo HS  
Rerick, Mark; University of North Dakota  
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  
Schobinger, Jay; Dickinson HS  
Schreiner, Vernon; Minto, HS  
Schumacher, Jeff; Bismarck 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, Jake; Minot HS  
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  
Strand, Lisa; Thompson 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  
Wollenziens, Ben; Towner-Granville-Upham  
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 Grinsteiner**  
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)
- 58<sup>th</sup> - **Ron Metz**  
Bismarck Century HS (2021-2022)



# Forms Available Online

Available on the NDHSCA website  
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# Gelaine Orvik Scholarship Fund



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

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

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

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

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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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