

Dakota Coach

Volume 59 Issue #3
www.ndhsca.com



Dakota Coach Spring 2023

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<https://nhsaca.org/>

**Make Plans to attend
the NDHSCA Summer
Coaches Convention
July 17-20th, 2023
Fargo Ramada**





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Message from NDHSCA President, Rick Anderson



Changes and Constants



NDHSCA President, Rick Anderson

Greetings to all. I hope by the time you read this our seemingly never-ending winter will **finally** be coming to a close.

I would like to congratulate all the teams, athletes, and coaches on a great winter season. A special shout out to all the state champion teams and individual champions, the championship coaches, the NDHSCA POWERade Senior Athlete recipients, and the NDHSCA Subway Coach of the Year recipients.

The spring season is now upon us, and the excitement that comes with a new season never seems to get old, unlike me who is getting old, or should I use the term more *experienced*.

Having been in coaching for nearly half a century, I have experienced much. I am going to relate some of my observations and experiences over that time span. Some changes that have occurred and some of the constants.

Let me start with one of the most recent changes, going from two to three classes in basketball. The big change will begin next season. It seemed like the change came rather quickly and suddenly, but it has actually been discussed for years. Most changes seem to evolve but when the change is announced it seems like it was a fast decision.

Some of the changes that have occurred since I began my career include adding many women's sports. Girls' wrestling may be the most recent. Girls' hockey, volleyball, boys' and girls' soccer to name a few have also been added. Football has also changed with classifications over that time. I have seen the growth of cross country over the years. I remember when we switched from the English system to using the metric system in track.

Another significant change was when the NDHSCA started the NDHSCA/POWERade Outstanding Senior Athlete award. This is an award that is appreciated by the recipients. Being a member of the NDHSCA board I have been fortunate to be able to present these awards at various state tournaments and events over the years, so I get to see the joy of those who receive this award. The NDHSCA/Subway Coach of the Year in each sport is also well deserved and appreciated by the recipients. Presenting these awards has given me the opportunity to see first-hand some of the state tournaments that I might not otherwise have attended. It has been eye opening and enjoyable for me to visit these events.

One constant I have found to remain over the years is building a trusting relationship with my students and athletes. There have been many changes over time. As an example, when I started coaching most of my kids were farm kids. Now we don't have many farm kids, but they all have the will to get better and that is our constant. We all still try to improve as much as we can, trying to overcome whatever obstacles may get in our way.

Dakota Coach Spring 2023

NDHSCA President's Message continued...

The biggest constant for me has been the NDHSCA summer coaching clinic. That is where I could keep up with the changes that were occurring and how to best deal with those changes. The sharing by all the coaches is such a great thing and really promotes all sports in North Dakota. When I started, coaches seemed to be more secretive about what we did. But as I went to more clinics and witnessed more sharing, I found we kept getting better and better through sharing. As a result, coaching clinics have had a profound effect on what I do as a coach and have helped me grow over time. So please attend if you are able or be a presenter to share with others your experience.

Have a great spring!

NDHSCA President, Rick Anderson



Your NDHSCA Membership is a dual Membership with NHSACA



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SUBWAY



Message from Past President Tim Wallstrum

Imprinted



I do a lot of evaluations in the sports world and two of the items we evaluate are honors and service. It seems like all of these experienced coaches have a lot of honors. Some of them are absolutely unbelievable, coaching 3 sports for around 50 years. The other item we evaluate coaches on is their service to peers. This area seems to go unnoticed by many athletic leaders, but I have to believe that it is truly an essential component of being a good coach.

I have always found that it is a credit to serve in the varied positions in which I have held, but that is only a byproduct. It is truly an homage to serve the people who I most admire. One of the aspects I love most about coaching is being around other coaches. There is a kinship; a shared set of values, expectations and experiences.

The more we know, the more we realize we don't know. I often hear people say that they must learn to say no, but every time you say yes, it opens so many more opportunities. Many years ago, I served on the advisory committee and when there was a need for some help with the All-Star games, I cautiously sent a message to Gelaine Orvik saying that if they needed me, I would be willing to help. Ever since then it seems I have been funneled into opportunity after opportunity. If you have an opportunity, say yes. I said yes when I unpretentiously presented myself to the NDHSCA Executive Board and I thank our membership for the confidence you placed in me when you elected me. I hope you feel that the board has served you well in that time, as I know it will continue to long into the future.

In the past, I wrote a newsletter in which I recited lessons learned from geese. It seemed to make sense since I am a true Maroon and Gold Honker all the way back to when I played sports. I guess that I did not realize that I am more like a goose than I thought. We used to have a small extra gym in which all our younger students would practice their sports and even play some games. We genially called this gym the hatchery, where our goslings would develop into seasoned athletic honkers.

I guess I am a lot like those goslings because I have become imprinted in our association. Research has shown that goslings can become imprinted on some unusual objects, anyway I have definitely found a strong attachment. This association and the executive board especially, truly are a family. You continue to elect amazing people and I have been privileged to serve with each of them. I will miss them and serving you. So, like a gosling, maybe I will have some separation anxiety.

Experienced coaches took me under their wing when I started to coach and mentored me in every aspect of coaching. I like to think I have in some small way given back to those that guided me by passing it on. It has been a great opportunity to serve the coaches of our state through the organization that has impressed me in every aspect of its goals to educate, support and recognize fellow coaches. I have been humbled to even be a part of the NDHSCA Board these past six years. This association's dependability, leadership and character are unparalleled.



Thanks for it all!

Wave when you see me flying by,

NDHSCA Past President, Tim Wallstrum



Anchor Your Plate with Protein

For the growing athlete, protein is a key component of a balanced, strength-promoting diet. It provides the building blocks for growth and maintenance of tissues like lean muscle mass. When deciding how to best fuel your growing athlete, start your planning with protein! Choose a high-quality source of protein to anchor the plate and be sure to include other nutritious foods, like fruits, vegetables, whole grains, nuts, and legumes.

FUN FACT!

Beef, and other animal proteins, are considered "complete" proteins, because they contain all the essential amino acids needed by the human body.

How do your favorite foods stack up?

3 oz cooked beef: 25 g	5.3 oz of Greek yogurt: 12 g	1 oz slice cheddar cheese: 7 g
3 oz cooked chicken breast: 27 g	2 tbsp peanut butter: 7 g	1 egg 6g
1/2 cup pinto beans: 8 g	20-23 almonds: 6 g	3 oz cooked salmon: 21 g

What does 30 grams of BEEF look like?

1 Burger (size of a hockey puck)

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From the NDHSCA

Executive Secretary's Desk

Randy Johnson



Congratulations to all the State Champions, NDHSCA Subway Coach of the Year Recipients and NDHSCA POWERade Senior Athlete of the Year Recipients! Your accomplishments are something you will cherish forever. I know it was difficult at times dealing with the weather; however, when a person looks back at the Winter season it was very entertaining and exciting.

The 2023 North Dakota High School Coaches Association Summer Convention is taking shape. The convention will be held in Fargo at the Ramada (3333 – 13th Avenue South) from Monday, July 17th through Thursday, July 20th. We will finish the four-day conference with the NDHSCA Hall of Fame/Coach of the Year Banquet on Thursday, July 20th. This year we will be filming the NDHSCA Hall of Fame/Coach of the Year Banquet. The video will be on our website! The schedule is almost complete and when finalized will be posted on our website: www.ndhsca.com. It should be available by the end of April 2023. There will be an opportunity for coaches to take one or two semester hours of graduate credit from North Dakota State University. A syllabus is posted on our website under the convention tab. More information can also be found in this issue of the Dakota Coach. Please e-mail me if you have any questions: duck@westriv.com. **Once again 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 attending 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. One of the best ways to improve as a coach is to collaborate with your peers. It is amazing how much you can pick up just visiting with other coaches. It will be another great time for coaches to learn and gather steam for another great school year. I encourage everyone to attend. Make plans now by setting July 17th and July 20th aside!

I encourage everyone to inspire all coaching friends to become a member of the NDHSCA. The NDHSCA is continuing to grow and look for more opportunities to help coaches and give them more benefits. Maintaining membership status is very important. Keep in mind the association is an organization run by coaches, for coaches. We are here to assist coaches.

I continue to send e-mails out to our membership with discounts from Office Depot, rental cars, various hotels, insurance, etc. Please understand this is a benefit. If you are not interested, just trash the e-mail. We are trying to provide some cost savings for you. This is also a way where we can receive some money back to benefit the NDHSCA.

I encourage coaches to stop at Subway when you are traveling with your team. On our website there is a Word document you can fill out and e-mail to the particular Subway Manager. They will have your Subs ready so you can purchase them and be on the road quicker. You must order at least 24 hours in advance and I strongly recommend you call the Subway store you ordered from to make sure the order will be ready when you wish to pick them up. Please contact me if you have any problems, or concerns. I will work with our sponsor to get everything figured out. Subway is a major sponsor of the NDHSCA.

Continued on page 10

Dakota Coach Spring 2023

NDHSCA Executive Secretary by Randy Johnson message continued from page 9.

I want to remind everyone the North Dakota High School Coaches Association is hosting the 2024 National High School Athletic Coaches Association National Convention in Bismarck. It will be June 22 to June 27, 2024. We will be asking our membership for some assistance with the convention. Our goal is to have at least one coach assist with all the sport sessions. When asked, please say you will volunteer your time while you attend the convention. It is well worth your effort!

Coaching is a profession. It is very important for coaches to display ethical and moral behavior. You have a great impact on our children. Help them become outstanding adults by modeling the appropriate behavior. I encourage all coaches to read the NDHSCA Coaches Code of Conduct and the NDHSCA Coaches Code of Ethics. We have these printed later in this Dakota Coach and they are also on our website.

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 Fargo Ramada in July for the NDHSCA State Coaches Convention!

***Sincerely for the Coaching Profession,
Randy Johnson
NDHSCA Executive Secretary***



@ndhsca1

Coaches Coaching Coaches teaching, training, learning

Editor Brad Strand

This is the fourth edition of the Coaches Coaching Coaches (CCC). It is a supplement to the Dakota Coach. 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 or feel free to e-mail it to Randy Johnson at duck@westriv.com.

[READ MORE](#)

Dakota Coach Spring 2023

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Message from the NHSACA Past President, Randy Johnson

Greetings from the National High School Athletic Coaches Association!

The 2023 National High School Athletic Coaches Association National Convention is fast approaching. It will be held at Lincoln North Star High School from July 25 – July 27, 2023. This convention will have between 2,000 and 3,000 coaches present. The NHSACA National Hall of Fame Banquet will be Tuesday, July 25th and the NHSACA National Coach of the Year Banquet will be held Thursday, July 27th. It will be a great convention.

North Dakota is well represented with 18 finalists for the NHSACA National Coach of the Year in their respective sports. The finalists are as follows:

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

North Dakota wishes these finalists the best of luck. They are chosen to be in the top eight in the country within their respective division! Keep an eye out on social media and the local media on Thursday, July 27th to see which of these 18 finalists will be a NHSACA National Coach of the Year.

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

- Rick Anderson Griggs County HS
- Gregg Grinsteiner Dickinson Trinity HS

Congratulations Rick and Gregg on this outstanding accomplishment. We look forward to your induction on Tuesday, July 25th.

Continued on next pag

Dakota Coach Spring 2023

NHSACA Past President message continued from page 12.



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: Filling is as National Soccer Sports Chair: Mandan High School
- Jeremy St. Aubin: National Golf Sport Chair: South Border
- Tim Wallstrum: 1st 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

Congratulations to Jeremy St. Aubin for being named the National Golf Sport Chair this year. He will be an awesome addition to the NHSACA Board of Directors.

If there are any member coaches who would be interested in a position on the NHSACA National Board of Directors in the future, please contact Randy Johnson at duck@westriv.com. I will put you on the list of potential candidates.

I invite any North Dakota High School Coaches Association member to attend the NHSACA National Convention from July 25 – July 27, 2023. It will be a great convention. Let me know if you are interested or would like more information.

***Respectfully submitted,
Randy Johnson, NHSACA Past President***

The 2023 North Dakota High School Coaches Association

Candidates for Vice President



Mike Hendrickson

Mike Hendrickson

Fargo South High School Head Boys' Basketball Coach and
NDHSCA Lions All Star Basketball Co-Chair

Greg Brown

Mandan High School Head Girls' Track and Field Coach

**Voting will take place at the
NDHSCA Convention in July.**



Greg Brown

NDHSCA-NHSACA Hall of Fame 2023 Inductees

North Dakota has the following inductees to the 2023 National High School Athletic Coaches Association National Hall of Fame.



Rick Anderson

Rick Anderson

Griggs County Central High School, Cross Country and Track and Field Coach

Gregg Grinsteinner

Dickinson Trinity High School Boys' Basketball Coach and Athletic Director



Gregg Grinsteinner



The National High School Athletic Coaches Association is dedicated to serving High School Coaches and Athletic Directors throughout the United States through education, recognition, and support.

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

Follow the link below for the newsletter of the National High School Athletic Coaches Association

<https://mailchi.mp/varsitybound/national-athletic-high-school-coaches-association>

NDHSCA-NHSACA 2023 Coach of the Year Finalists from ND

The North Dakota High School Coaches Association is pleased to announce the NHSACA National Coach of the Year finalists from North Dakota. The NHSACA National Coach of the Year Finalists will be honored on Thursday, July 27th in Lincoln, Nebraska. These coaches are among eight finalists in each category for the NHSACA National Coach of the Year Award. Congratulations to all 18 finalists.



Dr. Mark Rerick
Grand Forks PS
Athletic Director



Pete Dobitz
Dickinson HS
Baseball



Rick Smith
Four Winds HS
Basketball – Boys'



Laurie Sieben
Grafton HS
Basketball – Girls'



Rick Anderson
Griggs County Central HS
Cross Country – Boys'



Sean Allan
Grand Forks Central HS
Cross Country – Girls'



Dan Smrekar
Bismarck St. Mary's HS
Football



Perry Piatz
Kindred HS
Golf



Pat Johnson
West Fargo HS
Softball

2023 NDHSCA-NHSACA National Coach of the Year Finalists from ND



Josh Issertel
Fargo Davies HS
Special Sports



Jake Solper
Minot HS
Swimming & Diving



Scott McPherson
Bismarck Legacy HS
Tennis



Craig Kovash
Dickinson Trinity HS
Track & Field – Boys'



Rory Beil
Fargo Davies HS
Track & Field – Girls'



Jamie Zastoupil
Bismarck Century HS
Volleyball



Travis Lemar
Central Cass HS
Wrestling



Rod Hardie
Fargo North HS
Assistant COTY – Boys'



Tim Delmore
Grand Forks Red River HS
Assistant COTY – Girls'



Dakota Coach Spring 2023



2023 Coaches Convention Planned

The North Dakota High School Coaches Association Summer Coaches Convention will be held in Fargo at the Ramada Hotel and Conference Center (3333 – 13th Avenue South) from Monday, July 17th through Thursday, July 20th. Rooms have been reserved for this convention at the Ramada. Please call to reserve today (701-235-3333).

Registration for the convention should be open around May 5th. We will send an e-mail out letting people know when it is open. All coaches will need to register through the NDHSCA website: www.ndhsca.com. Here are some key points about this summer's convention.

1. Convention registration is \$65.00. Membership remains at \$60.00. Need to be a member to attend the convention.
2. Convention is held at the Ramada in Fargo.
3. Dates of the convention are July 17th through July 20th.
4. Up to two semester hours of credit available through NDSU
 - a. Cost is \$65.00 per credit
 - b. A person may take one or two credits
 - c. Website has the criteria for the syllabus to earn the credits
 - d. Final registration for credit will be at the hotel
5. May recertify in CPR/AED/First Aid – This will only be available on Monday, July 17th. 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 17th.
7. Social will be Wednesday, July 19th with a free taco feed and games
8. NDHSCA Annual Meeting will take place on Thursday, July 20th. There will be a Subway Lunch for all meeting attendees.
9. NDHSCA Hall of Fame/Coach of the Year Banquet will be Thursday, July 20th.
10. Great sessions all week.



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

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

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

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

Looking forward to seeing you in Fargo July 17th through July 20th. Help your association out by signing up early and reserving your rooms.

NDHSCA Coaches Code of Conduct

As a professional educator and leader, the high school Coach or Athletic Director will strive to develop the qualities of leadership, initiative, and good judgment in each team member.

See the full Code of Conduct on page 46

Coach Quote:

What makes something special is not just what you have to gain, but what you feel there is to lose.”

-Andre Agassi-

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Dakota Coach Spring 2023



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

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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

INSURANCE ADMINISTRATOR

LOOMIS & LAPANN, INC.
INSURANCE SINCE 1852

www.loomislapann.com
(P) 800-566-6479 | (F) 518-792-3426

Greg Joly
Lori George
Karen Boller

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

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

NDHSCA HALL OF FAME 2023 INDUCTEES



We are excited to announce the following individuals will be inducted into the NDHSCA Hall of Fame this summer. The NDHSCA Hall of Fame/Coach of the Year Banquet will be held July, 20, 2023 at the Fargo Ramada.



Ron Benson



Randy Gordon



Todd Olson



Larry Sandy

Ron Benson is a Track and Field and Football Coach from Mott-Regent High School. **Randy Gordon** is a retired Football, Assistant Basketball and Junior High Track and Field Coach from Dickinson Trinity High School. **Todd Olson** is the Athletic Director at Fargo Public Schools. **Larry Sandy** is a Football and Track and Field Coach at Velva High School. Congratulations to all.

Special Recognition Award



Congratulations from the North Dakota High School Coaches Association as we announce **Dave Klundt** as the Special Recognition Recipient for 2023. The award will be presented at the NDHSCA Hall of Fame/Coach of the Year Banquet on July 20th at the Fargo Ramada Convention Center.

Dave Klundt is a Basketball, Baseball and Softball Official from Fargo, ND.

NDHSCA 2023 Award of Merit Recipients



Congratulations from the North Dakota High School Coaches Association to the 2023 Award of Merit Recipients, **Jeanette Dahl** and **Jody Norstedt**. The awards will be presented at the 2023 NDHSCA Hall of Fame/Coach of the Year Banquet on July 20th at the Fargo Ramada Convention Center.

Jeanette Dahl
Grand Forks Public Schools



Jody Norstedt
Midco Sports



NDHSCA 2023 Distinguished Service Award



The NDHSCA will honor **Greg Brown** from Mandan High School with the NDHSCA Distinguished Service Award. The award will be given to Greg during the 2023 NDHSCA Hall of Fame/Coach of the Year Banquet at the Fargo Ramada on July 20, 2023. Greg has been very instrumental in assisting the National High School Athletic Coaches Association by being a sport chair on the Board of Directors. Congratulations Greg!

2023 WINTER ASSISTANT COACH OF THE YEAR



The 2022-2023 Winter Season recipient of the North Dakota High School Coaches Association Assistant Coach of the Year Award is **Richard Anderson**, West Fargo High School Assistant Girls' Basketball Coach. **Richard** was nominated by Mike Benson, West Fargo High School Head Girls' Basketball Coach.

Coach Anderson has been coaching for 36 years. He has coached boys' basketball and track and field as well as girls' basketball. His main responsibility is to develop players' fundamental skills so they can play at the next level. He is also responsible for coordinating statistics and informing the media of scores and information following the game. **Richard** also works with video breakdown and organizing team meals when West Fargo is on the road. He works with ball handling, dribbling, passing and defensive drills during practice time. **Coach Anderson** also works with game preparation and managing youth girls' basketball leagues, tournaments and camps.

Mike Benson, Head Girls' Basketball Coach at West Fargo High School, has this to say about **Coach Richard Anderson**. "**Coach Anderson** has many fine qualities as a coach, but his two best traits are his exceptional ability to connect with student-athletes and his ability to teach the fundamentals of the game. He has a relentless work ethic and instills a love for the game of basketball."

Richard and his wife Lori have two children: Morgan and Madison.

Richard Anderson of West Fargo High School is the 2022-2023 North Dakota High School Coaches Association's Winter Assistant Coach of the Year in the sport of Girls' Basketball.

Don't Forget Your Coaching Permit Requirements

- Complete the National Federation of State High School Associations (NFHS) Fundamentals of Coaching online course or have completed a coaching fundamentals course while in college.
- Complete the NFHS Concussion Management Course
- Complete a First Aid Course
- Complete Cardiopulmonary Resuscitation (CPR) certification and Automated External Defibrillator (AED) usage every two years.

For full details go to:

<http://www.ndhsca.com/certificationchecklist.pdf>



2022-2023 NDHSCA- COACHES OF THE YEAR

<u>SPORT</u>	<u>COACH</u>	<u>SCHOOL</u>
Class B Girls' Golf	Laine Brantner	Fargo Oak Grove HS
Class A Girls' Golf	Eric Sanders	Grand Forks Red River HS
Class A Boys' Tennis	Josh Lunak	Grand Forks Red River HS
Class A Boys' Soccer	Ian Costello	Fargo Davies HS
Class B Boys' Cross Country	Jonathan Jahner	Bowman County HS
Class B Girls' Cross Country	Bill Jansen	Rugby HS
Class A Boys' Cross Country	Gary Mailloux	Fargo North HS
Class A Girls' Cross Country	Deb Beilke	Valley City HS
Class 9B Football	Steve Kleinjan	New Salem-Almont HS
Class 11B Football	Larry Sandy	Velva-Drake-Annamoose-Garrison
Class 11A Football	Bill Nelson	Jamestown HS
Class 11 AA Football	Troy Mattern	Fargo Shanley HS
Class A Girls' Swimming	Ben Smith	Jamestown HS
Class B Volleyball	Jaime Richter	Linton-HMB HS
Class A Volleyball	Leah Newton	West Fargo Sheyenne HS
Girls' Wrestling	Travis Lemar	Central Cass HS
Class B Boys' Wrestling	Ryan Mitchell	Northern Lights
Class A Boys' Wrestling	Gresh Jones	Williston HS
Class A Boys' Hockey	Tim Skarperud	Grand Forks Red River HS
Class A Gymnastics	Rachel Johnson-Krug	Bismarck PS
Class A Boys' Swimming	Cale Schafer	Bismarck HS
Class A Girls' Hockey	Ben Hertz	Mandan HS
Class B Girls' Basketball	Matt Chase	Garrison HS
Class A Girls' Basketball	Jason Schwarz	Minot HS
Class A Boys' Basketball	Darin Mattern	Bismarck Century HS
Class B Boys' Basketball	Jeremy Brandt	Beulah HS



Order your next meal online!





Longevity Information and 2023 Recognition



The 2023 list for Coaching Longevity is printed below and on the following page. Individuals wishing to receive plaques will be honored at the 2023 North Dakota High School Coaches Association Summer Convention to be held at the Fargo Ramada Convention Center. The Banquet will be on Thursday, July 20th. Please e-mail Scott Grochow (scott.grochow@k12.nd.us) or Bill Jansen (william.jansen@k12.nd.us) if there is a mistake on this list. Thank you.

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.

A list of this year's recipients is listed on the next page. 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.

20 Years

Paul Christen	Mandan High School	Jeremy Newton	Sheyenne High School
Ali Clemenson	Horace Elementary	Brian Nieuwsma	Flasher Public School
Travis Engen	Valley City Public School	Kevin Richardson	Mandan Middle School
Jessica Fritz	Rugby High School	Josh Rogers	Davies High School
Dalon Grimm	St. Mary's High School	Daniel Shultis	Fargo North High School
Shane Gunderson	Berthold	Nate Simpson	Bottineau High School
Tammy Heinrich	Medina Public School	Chad Slyter	Oak Grove Lutheran
David Jackson	Surrey High School	Jake Solper	Minot High School
Jonathan Jahner	Bowman County	Randy St. Pierre	Trenton School
Clayton Johnsen	Killdeer Public School	Kevin Strobel	Kulm High School
Rich Lacina	Lisbon High School	Troy Thorson	Sheyenne High School
Chad Leas	Rolla High School	Nick Walker	Killdeer High School
John McLaurin	Devils Lake High School	Thomas Wheeling	Legacy High School
Daniel Mogren	Kenmare High School	Mark Wiest	Mandan High School

Longevity Awards



25 Years



Faye Alexander	Kenmare High School
Michael Babinski	Drayton Public School
Trevor Bakalar	Valley City High School
Rory Beil	Fargo Davies
Matt Berglund	Grand Forks Central
Ben Berogan	West Fargo High School
Wilford Counts	Dunseith
Jason Ermer	Garrison High School
Lawrence Fontaine	Hope-Page
David Kohlmeier	Grand Forks Central
Jason Kunze	Lisbon Public Schools
Travis Lemar	Central Cass
Brad Lies	Bismarck Century
Barbara McPeak	Minot High School
Brendon Parsley	Dakota Prairie
Bruce Rauser	Mandan
Ray Saylor	Burke Central High School
Cory Schall	Oakes
Brady Schwab	Thompson
David Silbernagel	Kidder County
Robert Turcotte	Trenton High School
Shane Walker	Rugby
Brad Woehl	Kindred High School
Brent Wolf	Dickinson High School
Ben Wollenzien	TGU



30 Years



Sean Allan	Grand Forks Central
Bruce Bender	New England HS
George Brackin III	Century High School
Peter Dobitz	Dickinson High School
David Duttonhefer	Hazen
Justin Foss	Hatton-Northwood
Sheila Gerding	South Prairie School
Deborah Goven	Rugby High School
Jerry Schneider	Fargo North High School
Shelly Schultz	Williston Trinity Christian
Rick Smith	Four Winds High School
Tyler Vander Wal	New Salem-Almont H.S.
Mark Wisnewski	Lidgerwood



35 Years



Wally Beckman	MLS Mohall
Bob Brown	Divide County High School
Gregg Horner	Valley City HS
David Kerlin	Devils Lake
Scott Knowlen	Bismarck High School
Lyall Krueger	Surrey Public School
Paul Lean	Fargo Davies
Dean Rolle	Hebron Public School
Pete Stanton	Dickinson State
Timothy Wallstrum	Kenmare High School

40 Years



Gerard Cederstrom
 Kevin Froeber
 Thomas Johnson
 Brent Lundgren
 Kim Mark
 Kent Schweigert

Minot High School
 West Fargo High School
 Mandan High School
 West Fargo High School
 Lisbon Public
 Bismarck



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2022-23 NDHSCA-POWER-ade Outstanding Senior Athlete

<u>SPORT</u>	<u>ATHLETE</u>	<u>SCHOOL</u>	<u>HEAD COACH</u>
B Girls' Golf	Ainsley McLain	Grafton HS	Todd Burianek
A Girls' Golf	Hannah Herbel	Bismarck Century HS	Preston Brown
A Boys' Tennis	Ethan Raan	West Fargo Sheyenne HS	Chad Anderson
A Boys' Soccer	Esteban Nunez	Fargo Davies HS	Ian Costello
B Boys' Cross Country	Austin Wanner	Bowman County HS	Jonathan Jahner
B Girls' Cross Country	Jenna Soine	Hatton-Northwood-Larimore	Terri Soine
A Boys' Cross Country	Fynn Krenz	Williston HS	Shane Wahlstrom
A Girls' Cross Country	Jaelyn Ogle	Watford City HS	Sydney Lund
9B Football	Landon Carter	Cavalier HS	Mitch Greenwood
11B Football	Trey Heinrich	Kindred HS	Matt Crane
11A Football	Payton Hochhalter	Jamestown HS	Bill Nelson
11AA Football	Karsyn Jablonski	Mandan HS	Todd Sheldon
A Girls' Swimming	Tierney Howell	West Fargo Sheyenne	Erich Richardson
B Volleyball	Shaylee Bosch	Linton-HMB HS	Jaime Richter
A Volleyball	Logan Nissley	Bismarck Century HS	Jamie Zastoupil
Girls' Wrestling	Allyssa Johnson	Grand Forks Public Schools	Matt Berglund/Brady Terrill
B Boys' Wrestling	Boeden Greenley	Lisbon HS	Richard Lacina/Kevin McCleary
A Boys' Wrestling	Koye Greebel	Valley City HS	Aaron Larson
A Boys' Hockey	Michael Coleman	Grand Forks Red River HS	Tim Skarperud
A Gymnastics	Emma Hillerud	Jamestown HS	Bre Carlson
A Boys' Swimming	Alexander King	Minot HS	Jake Solper
A Girls' Hockey	Kaylee Baker	Grand Forks PS	Alex Hedlund/Margot Miller
B Girls' Basketball	Ellie Braaten	Westhope-Newburg	Bob Beaudrie
A Girls' Basketball	Logan Nissley	Bismarck Century HS	Nathan Welstad
A Boys' Basketball	Darik Dissette	Minot HS	Dean Winczewski
B Boys' Basketball	Ayden Stainbrook	North Border	Dan Moore





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
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- Reduced price of insurance
- Please visit our website for more information



Dual Membership!



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NATIONAL HIGH SCHOOL ATHLETIC COACHES ASSOCIATION

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To continue to receive your member discounts, you'll need to re-enroll or register for an account through our dedicated ODP site.

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- 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:

Strive to develop in each athlete the qualities of leadership, initiative and good judgment.



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DID YOU KNOW?

**A 2022 Resolution reflects
the **NHSACA**'s concern with athletes' safety.**

2022 Resolution: Whereas school safety is a major concern for our nation. Therefore, we the National High School Athletic Coaches Association recommend that coaches build open lines of communication with their athletes to discuss mental anxiety and issues that could lead to safety concerns for students and teachers at their school.



SCHEELS®

Coach Quote:

The key to coaching is keeping it as simple as possible. People think coaching is a hard deal.

I think when you over-complicate it, it confuses guys, The easier you can make it- the easier you can teach it – the better off they're going to be.

-Kevin Mawae-





NDHSCA



ONLINE MEMBERSHIP REGISTRATION LINK

PLEASE TAKE NOTE!

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

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



Membership Application and Registration includes payment before season application deadline.

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

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

Lifetime Members: Remember to **log in** to the NDHSCA Registration Link **each year** and check lifetime member. Please update your data regularly.



SUBWAY
team meal online!





North Dakota High School Coaches Association



2022-2023 NDHSCA Sports Advisory Committees

SPORT	REPRESENTATION	TERM
<u>BASEBALL:</u>		
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
<u>BASKETBALL – Boys’:</u>		
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
<u>BASKETBALL – Girls’:</u>		
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
<u>CHEERLEADING (Appointed by Cheerleading Advisory):</u>		
Ruth VanWechel; Mayville-Portland CG	B Division Representative	2020-2023
Billie Ann Caya; Bismarck HS	At Large Representative	2021-2024
Luann Burriss; Grand Forks Central HS	A Division Representative	2022-2025
<u>CROSS COUNTRY:</u>		
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
<u>FOOTBALL:</u>		
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
<u>GOLF:</u>		
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
<u>GYMNASTICS:</u>		
Andrea Bitz; Fargo Public Schools	East Representative	2020-2023
Rachel Johnson Krug; Bismarck Public Schools	At Large Representative	2021-2024
Robbie Werchau; Minot HS	West Representative	2012-2025
<u>HOCKEY (Appointed by Hockey Advisory):</u>		
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
<u>SOCCER:</u>		
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
<u>SOFTBALL:</u>		
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 33rd St. Unit 4, Bismarck, ND
58501

email: duck@westriv.com

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

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.



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
Brackenburg, Wayne; Mohall-L-Sherwood HS
Brandt, Jeremy; Beulah HS
Brenner, Henry; ND School for the Deaf
Brown, Greg; Watford City HS
Burchard, 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 HS
Filibeck, Brian; Beulah HS
Fish, Frank; Watford City HS
Fjeld, Greg; Minot SHS
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
Hausler, 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 HS
Kelley, Scott; Hillsboro HS
Kjelgaard, Harold; Fargo Discovery JHS
Kleveland, David; Central Valley HS
Knutson, Al; Williston HS
Kosel, Todd; Edgeley HS
Kolsrud, Tim; Bismarck HS
Krosbakken, Jerry; Fargo North HS
Kvislen, Paul; Kindred HS
Lehman, Cory; Fargo South HS
Larson, Todd; Minot HS
Lee, Aric; Shiloh Christian HS
Leier, Dwight; Maddock HS
Limke, Greg; West Fargo HS
Loberg, Myron; Devils Lake HS
Lockwood, Ed; Fargo Public Schools
Long, Jeri; Glenburn HS
Lorenz, William; Grand Forks Central 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
Pfauf, 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
Stenberger, Pete; Minot HS
Stibbe, Peggy; Discovery MS
Strand, Fred P; Hatton-Northwood HS
Strand, Lisa; Thompson HS
Suelzle, Tom; Watford City HS
Thompson, Jerry; 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

- 1st - **Harold Pederson**
Williston HS (1962-1963)
- 2nd - **Dale Brown**
Minot Bishop Ryan HS (1936-1964)
- 3rd - **Loren "Lefty" Faris**
Mandan HS (1964-1965)
- 4th - **Milo "Mike" Lodoen**
Bottineau HS (1965-1966)
- 5th - **Marv Skaar**
Grand Forks Central HS (1966-1967)
- 6th - **Duane Carlson**
Minot HS (1967-1968)
- 7th - **Ken Towers**
Grand Forks Red River HS (1968-1969)
- 8th - **Ken Rio**
Grand Forks Central HS (1969-1970)
- 9th - **Jerry Sheldon**
Fargo North HS (1970-1971)
- 10th - **Duane Hennessy**
Grand Forks Central HS (1971-1972)
- 11th - **Serge Gambucci**
Grand Forks Central HS (1972-1973)
- 12th - **Walt Hatlestad**
Fargo North HS (1973-1974)
- 12th - **Walt Hatlestad**
Fargo North HS (1974-1975)
- 13th - **Howard Thiege**
Minot HS (1975-1976)
- 14th - **Dick Vinger**
Grand Forks Central HS (1976-1977)
- 15th - **Robert Feeney**
Bismarck HS (1977-1978)
- 16th - **Carl Wall**
Fargo North HS (1978-1979)
- 17th - **Rich Wardner**
Dickinson HS (1979-1980)
- 18th - **John Hutchison**
Northwood HS (1980-1981)
- 19th - **Nancy Tidd**
Fargo North HS (1981-1982)
- 20th - **Dennis Thronset**
Langdon HS (1982-1983)
- 21st - **Ed Beyer**
Hillsboro HS (1983-1984)
- 22nd - **Jerry Popp**
Bowman HS (1984-1985)
- 23rd - **Allyn Workman**
Lisbon HS (1985-1986)
- 24th - **Doyle Radke**
Minot HS (1986-1987)
- 25th - **Dwight Leier**
Esmond HS (1987-1988)
- 26th - **Roger Stone**
Dickinson HS (1988-1989)
- 27th - **Rod Oksendahl**
Cavalier HS (1989-1990)
- 28th - **Gene Manson**
Minot HS (1990-1991)
- 29th - **Bruce Stein**
Hankinson HS (1991-1992)
- 30th - **Gary Schauer**
Bismarck HS (1992-1993)
- 31st - **Randy Coleman**
Devils Lake HS (1993-1994)
- 32nd - **Bob Zimney**
Grand Forks Red River HS (1994-1995)
- 33rd - **Bill Cahill**
Harvey HS (1995-1996)
- 34th - **Ron Wingenbach**
Bismarck Century HS (1996-1997)
- 35th - **Brian Anderson**
Watford City HS (1997-1998)
- 36th - **Julie Stavv**
Bismarck Century HS (1998-1999)
- 37th - **Curt Herman**
Dakota Prairie HS (1999-2000)
- 38th - **Terry West**
Grand Forks Red River HS (2000-2001)
- 39th - **Dave Dougherty**
Watford City HS (2001-2002)
- 40th - **Jack Carlson**
Dickinson HS (2002-2003)
- 41st - **Randy Johnson**
Hazen HS (2003-2004)
- 42nd - **Todd Olson**
Grand Forks Central HS (2004-2005)
- 43rd - **Scott Grochow**
Rugby HS (2005-2006)
- 44th - **Dave Michaelson**
Dickinson HS (2006-2007)
- 45th - **Jon Bertsch**
Wells County HS (2007-2008)
- 46th - **Carolyn Olson**
Grand Forks Red River HS (2008-2009)
- 47th - **Pete Moe**
Washburn HS (2009-2010)
- 48th - **Dave Zittleman**
Bismarck HS (2010-2011)
- 49th - **Gregg Grinsteiner**
Dickinson Trinity HS (2011-2012)
- 50th - **Ralph Manley**
Mandan HS (2012-2013)
- 51st - **Lisa Strand**
Thompson HS (2013-2014)
- 52nd - **Michael Kuhn**
Mandan HS (2014-2015)
- 53rd - **Andy Braaten**
Carrington HS (2015-2016)
- 54th - **Paul Lean**
Fargo Davies HS (2016-2017)
- 55th - **Eric Olson**
North Sargent HS (2017-2018)
- 56th - **Tracey Heisler**
Grand Forks Red River HS (2018-2019)
- 57th - **Tim Wallstrum**
Kenmare HS (2019-2020 & 2020-2021)
- 58th - **Ron Metz**
Bismarck Century HS (2021-2022)



Forms Available Online

Available on the NDHSCA website

Search “NDHSCA” or enter

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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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Thank you for your generous Donation!

PLEASE RETURN THIS FORM AND YOUR DONATION TO:

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

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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. 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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