

Dakota Coach

Volume 59 Issue #4

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For the 2023
Summer Convention!**

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Dakota Coach Summer 2023

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**Register online for the NDHSCA
Summer Coaches Convention
July 17-20th, 2023
Fargo Ramada**

www.ndhsca.com



<https://nhsaca.org/>



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Message from NDHSCA President, Rick Anderson



Trust Leads To Confidence



NDHSCA President, Rick Anderson

Kudos to all the teams and athletes for a great spring season.

Congratulations to all the individual and team champions this spring, and to all the Outstanding Senior Athlete winners and the spring Coach of the Year recipients.

The performances were quite amazing considering the weather. I believe this is a direct result of the quality of coaches and coaching that takes place here in North Dakota. It never ceases to amaze me what the coaches of our state do for our kids.

As I was contemplating what to write about, I asked several colleagues if there was anything they would like me to write about. One suggestion was how do you teach self-confidence. I will attempt to touch on that topic with a track and cross-country perspective.

I am not sure if I teach self-confidence, but rather try to instill in an athlete to believe and trust in themselves. I believe a coach must also have self-confidence.

The first thing I do with the kids is to let them know that it is okay to be nervous and anxious about new things. It is also okay to try things and you are going to make mistakes. I let them know that whatever we are doing is based on what I think will work best and what is best suited for the athletes, but that doesn't mean it will always work that way. I want to let them know that I make mistakes as well. I explain to the kids what we are trying to accomplish with each workout, whether it is an easy day or hard day, and that nobody is being punished, even though it may feel like that during a workout.

The main goal is to get everyone to see their worth to the team and to their teammates. I put a lot of trust in each athlete and if possible, see if they can share with a teammate. I will continually monitor the kids to see how they are feeling or if we must back off for some individuals. I ask them how much more do you think you can do? I also have them tell me what their bodies are experiencing so I can get feedback from them. I tell them I can't feel any of their pain, so they must let me know how they are feeling. We end each practice with a fist bump so I must see each athlete personally before they can leave. It is kind of funny because if I get busy with some individuals or another group, they will seek me out to get their "fist bump" before leaving practice.

So how do I maintain my own self-confidence? First, I continually question myself about if this is the best way to get the job done or is there a better or at least more efficient way to do this. For me I get the most feedback by talking to other coaches personally. One can learn plenty online or in other ways. But for me, having face to face meetings are the best. Attending the NDHSCA state coach's clinic is a great place to share your ideas and to get ideas from other coaches. This has been an invaluable source of self-confidence for me. It may be getting

President Rick Anderson's message continued on page 5

Dakota Coach Summer 2023

NDHSCA President Anderson's message continued...

something that is adaptable to the kids you have, something new that you can try or just reaffirming that what you are doing is working. So, I encourage each of you to attend the NDHSCA coaching clinic in Fargo, July 17th – July 20th.

Every coach has their own way of instilling self-confidence in their athletes, and it was on full display at the recently completed State Track and Field meet. There are infinite ways to accomplish what we do, which is what makes coaching so great.

The best of luck to all, hope to see you at the State Coaches Convention and keep up the great work you are doing.



NDHSCA President, Rick Anderson



2023 All Star Events Set

NDHSCA/Optimist All Star Volleyball



Monday, June 12
Fargo North High School
Tuesday, June 13
Bismarck Legacy High School
7:00 pm both locations

NDHSCA/Shrine All Star Football



Saturday, June 24
at Mayville State University
11-Man Game - 4:00 pm
9-Man Game - 7:00 pm

NDHSCA/Lions All Star Basketball

Monday, July 10, Bismarck High School
Girls' Game - 6:00 pm
Boys' Game - 8:00 pm
Tuesday, July 11, Fargo South High School
Girls' Game - 6:00 pm,
Boys' Game - 8:00 pm



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SUBWAY



Message from Vice President Mike Zier

The Restart Era

As I write this, I need you to know two things, I'm not the best "pen to paper" guy and I am writing this the last week of school. When combined, this may be a very dull and somewhat whimsical article. Speaking of the last week of school, isn't it something? Rush, Rush, Rush, and then bam graduation and we can all sleep in on Monday. Well, I do anyway. As a coach I never want to feel rushed, it's just not something I like to do, the last week of school means "Last Chance" and Regional Track meets, combined with finals and the other end of the school chores. It's rushed.

Speaking of Beach Buccaneer Track & Field I will complete my 23rd year as Head Girl's Track coach and oh, the last 4 as both boy's and girl's head coach this spring. I'm a football coach by nature but when people ask me about track I tell them this: Coaching girl's track & field has been the most rewarding and surprising part of my career. I got the job in 2000 coming off one season as a crack JH coach in Grafton, ND and was told "it will only be as long as it takes for a track coach to move to Beach" Turns out, one did, and it was me. The point of this rambling wreck is this; try new things, give it a shot, you never know, you might find something that sticks.

In this day and age of just hit "restart", sports like Track, Wrestling, Swimming, among others are becoming more and more vital. Kids, like adults, need to spend more time looking in the mirror reflecting on how much work they are putting into their success or failures. Instead of blaming others. Speaking of failures, it's "OK" to fail, in fact, I feel it's vital to constant growth in sports and in life. I think most coaches would agree with me on this.

Pushing yourself to get better is never easy, but if this mentality can be acquired at a young age through sports, it will carry over into adult life. That's the goal, right? There are doors in everyone's life that only they can go through. The skills learned in sports will provide that courage to know that even if one door doesn't work out the next one might and if that one doesn't either, just keep grinding, eventually the right door will open.

As a coach never forget you make the difference in the lives of kids, I know we just say that, but it's true. Two of the best kids I ever coached were two milers and never sniffed the state track meet but after every 3200 they said "I can get better next time" and they did. Later in life they took that same mentality to graduate from the United States Naval Academy and law school respectfully. They didn't say "oh shoot, didn't work out, I should quit". They looked at themselves in the mirror and said "I will get better today" and they did.

Well, thanks for reading and never forget I'm a better talker than writer, but I thank you for your time nonetheless. Have a great summer!

NDHSCA Vice President, Mike Zier





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)

1 Steak (size of a deck of cards)



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From the NDHSCA

Executive Secretary's Desk

Randy Johnson



WOW! The school year has flown by! All the North Dakota High School Sports are complete for another year. Looking back, it was a tremendous year in sports. Congratulations to all the State Champions, NDHSCA POWERade Senior Athlete of the Year recipients and the NDHSCA Subway Coach of the Year recipients.

Coaches are constantly asking athletes to put some time in during the off-season to get better. The same is true for coaches. It is very important to put time in, to better your knowledge of the sports you coach and all the other "intangibles" to help kids. The best way to improve is attending the North Dakota High School Coaches Association State Convention. The convention gives you an opportunity to listen to outstanding speakers, collaborate with other coaches, get to know coaches within your discipline, and generate ideas for the future. This year's State Convention is in Fargo at the Ramada Hotel and Convention Center. The dates are July 17th to July 20th. Sign up today for the 2023 NDHSCA State Coaches Convention by going to our website: www.ndhsca.com. When you register for the convention, it is important you also register for membership. The total cost of NDHSCA membership and convention is \$125.00. This is a bargain. With the \$125.00 you are a member for 2023-2024, admittance to any speaking session during the convention, noon lunch on Monday, free taco feed and social on Wednesday evening, noon Subway lunch on Thursday, and one ticket to the NDHSCA Hall of Fame/Coach of the Year Banquet. We also have an opportunity for coaches to gain up to two graduate credits from NDSU at \$65.00 per credit. **Looking forward to you signing up today!**

The NDHSCA will once again be giving out two \$100.00 Scheels gift cards at the State Convention. One card will go to coaches who have attended the convention for the first or second time. The other gift card will be for coaches who have attended the convention for three or more years. Be sure to stop by the registration table to sign up for the \$100.00 Scheels gift card. The drawing will take place during the NDHSCA Annual Meeting on Thursday, July 20th. You will need to be present to win.

It is important for veteran coaches to contact the young coaches throughout the state and encourage them to attend the convention. Part of our duty as coaches is to broadcast the importance of education and constantly work towards improvement in our profession. Coaches have an opportunity to assist young people become tomorrow's leaders. Continue to build the foundation for improvement in all athletics by attending the 2023 NDHSCA State Coaches Convention.

A few weeks ago, I received a phone call telling me Kevin Dockter passed away. Kevin was a long-time football and track and field coach at Underwood High School. The NDHSCA sends prayers to the Dockter family. May God comfort you during this time of sorrow.

Continued on page 10



Coach Quote:

"Think back to the most important experiences of your life, the highest highs, the greatest victories, the most daunting obstacles overcome. How many happened to you alone? I bet there are very few. When you understand that being connected to others is one of life's greatest joys, you realize that life's best comes when you initiate and invest in solid relationships."

-John C. Maxwell-

Dakota Coach Summer 2023

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

The North Dakota High School Coaches Association is a member of the National High School Athletic Coaches Association. This means if you join the NDHSCA as a member, you are also a member of the NHSACA. The NDHSCA and NHSACA work together to bring a number of benefits to its members. Here are some of the member benefits.

- \$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 Senior to be issued a scholarship from the NDHSCA and Scheels. Seniors of NDHSCA members only are eligible to apply.
- 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 for the NHSACA Hall of Fame
- Eligible to be on Sports Advisory
- Free digital editions of Coach & AD Magazine
- Voice in North Dakota High School Athletics through the NDHSCA
- Free admission to most regular season high school athletic contests
- Free admission to many College and University contests
- Free admission to one NDSU Football game – Information is on our website
- Free admission to UND Football Games – Information is on our website
- Reduced rates on select hotel rooms
- Reduced rates on select car rentals
- Reduced rates at Office Max
- Reduced rates on Long Term Care Insurance, Pet Insurance and other insurance

The NDHSCA will continue to assist coaches in North Dakota. Be sure to visit with new coaches on all the benefits of being a member of the NDHSCA!

Coaching is an outstanding profession! Coaches have an opportunity to help today's youth become outstanding. Our influence is enormous with young, energetic kids. It is important we are proper role models for our student-athletes. Remember, someone is watching and listening. The NDHSCA has a Coaches Code of Conduct and Coaches Code of Ethics. These are printed later in the Dakota Coach and also on our website: www.ndhsca.com. I encourage everyone to occasionally look over these aspects as we work towards helping today's youth.

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 look forward to seeing you at the Fargo Ramada in July for the NDHSCA State Coaches Convention!

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



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Message from the NHSACA Past President, Randy Johnson

Greetings from the National High School Athletic Coaches Association!

The National High School Athletic Coaches Association is busy preparing for the 2023 National Convention. The convention will be held at Lincoln North Star High School in Lincoln, Nebraska from July 25 – July 27, 2023. They are expecting between 2,000 and 3,000 coaches to attend. It will be a great convention.

Some highlights during the convention are the NHSACA National Hall of Fame Banquet and the NHSACA National Coach of the Year Banquet. The Hall of Fame Banquet will be held on Tuesday, July 25th and the NHSACA National Coach of the Year Banquet will be held on Thursday, July 27th. North Dakota has a number of finalists for the National Coach of the Year Award. The finalists from North Dakota 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 amongst the top eight candidates from throughout the United States. 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.

Continued on page 13

Dakota Coach Summer 2023

NHSACA Past President, Randy Johnson's message continued

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.

North Dakota is very 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

A special thank you to each of these individuals from North Dakota who are serving the National High School Athletic Coaches Association. North Dakota has a very strong voice throughout the nation.

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 am more than willing to 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 need more information.

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



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NDHSCA 2023 SUMMER COACHES CONVENTION



**EARN UP TO
2 CREDITS
THROUGH**



**Fargo Ramada Convention Center (3333 - 13th Avenue South)
Monday, July 17, 2023 - Thursday, July 20, 2023**

**GREAT
LINE UP OF
SPEAKERS!**

Full convention schedule
beginning on page 33

MONDAY - JULY 17

- Recertify in CPR/AED/First Aid
- Update Concussion Management
- Coaching Professionalism
- Stress/Mental Health of Athletes
- Coaching Info from NDHSCA
- Hyperbaric Oxygen Therapy

TWO DRAWINGS FOR A

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1 for a 1st or 2nd year
convention attendee

1 for a member that has
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Drawing Thursday at the Annual Meeting

TUESDAY - THURSDAY - JULY 18-20

- Sport Specific Sessions
- A Great Selection of College/University Coaches
- Many Outstanding HS Level Presenters
- Collaboration With Colleagues

WEDNESDAY - JULY 19

- Sport Specific Sessions
- Annual Taco Feed and Social
- CORN HOLE TOURNAMENT** with
Donations to the Gelaine Orvik Scholarship

**VENDORS PRESENT
TUESDAY AND WEDNESDAY!
DRAWINGS IN THE VENDOR ROOM
DURING BREAKS!**

THURSDAY - JULY 20

- Sport Specific Sessions
- NDHSCA Sports Advisory Meetings
- NDHSCA Annual Meeting with
FREE NOON MEAL for attendees
- NDHSCA Hall of Fame/Coach of
the Year Banquet including:
2 Gelaine Orvik Scholarship
recipients
6 Scheels Scholarship recipients
Induction of New Hall of
Fame Members
Coach of the Year Recipients
Honored



Greg Brown

Candidates for NDHSCA Vice President



Mike Hendrickson

Greg Brown

Mandan High School Head Girls' Track and Field Coach

Mike Hendrickson

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

Voting will take place at the NDHSCA Convention in July.



NDHSCA Spring Assistant Coach of the Year

The 2023 Spring Season recipient of the North Dakota High School Coaches Association Assistant Coach of the Year Award is **Adam Christensen**, West Fargo Sheyenne High School Assistant Track and Field Coach. **Adam** was nominated by Jordan Aus, West Fargo Sheyenne High School Head Boys' Track and Field Coach.

Coach Christensen has been coaching for 15 years. He is responsible for coaching all girls' and boys' pole vaulters from Junior High to Varsity in the West Fargo Sheyenne school system. **Adam** also administers the pole vault event at all the home track and field meets and assists in facilitating the event at away meets. He coached both the Girls' and Boys' State Pole Vault Champions in 2022. In the past seven years **Adam** has had a steady stream of State Qualifiers in the Pole Vault. He loves to see athletes improve throughout the year and be able to make starting heights for the first time.

Jordan Aus, Head Boys' Track and Field Coach at West Fargo Sheyenne High School, has this to say about **Coach Adam Christensen**. "**Coach Christensen** has led the West Fargo Sheyenne Pole Vaulters to become an elite force in the state. He has great dedication and a genuine love of the Pole Vault. His work with all the vaulters is outstanding."

Adam and his wife Amy have two children: Colton and Dylan.

NDHSCA-Gelaine Orvik Scholarship Recipients Selected

The annual NDHSCA-Gelaine Orvik \$1,000 Scholarship recipients have been selected and notified. The presentations will be made at the Annual NDHSCA Coaches Awards Ceremony to be held at the Fargo Ramada Inn on Thursday, July 20th. The selection committee evaluate and assess applicants before determining the beneficiaries. After careful consideration of all the criteria, the recipients will be **Bryce Philpot** from Grand Forks Central High School and **Amya Gourneau** from Turtle Mountain Community High School.

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

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

Bryce Philpot



Bryce is ranked first in his class of 218 at Grand Forks Central High School. He will have earned 26.0 credits when he graduates; he earned a 4.00 GPA (4.333 Weighted GPA) through seven semesters. Bryce has earned credits in Advanced and Enriched classes that includes Advanced Placement Calculus, DC English, Advanced Placement Biology, DC Speech, Enriched Pre-Calculus, Enriched Algebra II, Enriched Chemistry, and Enriched Geometry. He has also earned credits German I and II, Microsoft Power-Point, and graphic arts.

Bryce participated in three sports (football, hockey and Lacrosse) all four years at Central HS. He earned a letter in for football and hockey for his 10th grade, 11th grade, and 12th grade for a total of 9 letters during his Central High School attendance. Bryce also captained the Central Knights' football team and hockey team as a senior. He earned the Arnie Bakke Award in football and the Unsung Hero Award in hockey.

Bryce participated in the following non-athletic activities at Grand Forks Central HS: Fellowship of Christian Athletes, National Technical Honor Society and National Honor Society. He was also involved in the Grand Forks Youth Hockey Association and Grand Cities Lacrosse Association (2022 Academic Honors and All-State Midfielder-Honorable Mention).

Bryce explains his desire to become a high school coach is to leave his fingerprint on players' lives in a positive way that shapes student-athletes to become productive people. He continues that his aim is to encourage student-athletes to grow as humans and become more accountable, respectful, responsible, coachable and safe. Bryce knows understands that coaching is more than the competition.

Dakota Coach Summer 2023

Gelaine Orvik Scholarship Recipients continued.

Bryce identifies successful coaches really care about their athletes and those athletes trust their coaches. This relationship is built off trust and from that trust other factors that make teams successful are developed: those factors of accountability, respectfulness, responsibility, coachability and safety. He continues with “. . . being coachable is not a one-way street.”

Bryce notes that besides his parents, his coaches have had the strongest influence on his life. This fact has become his motivation as a way to give back to those who have influenced him. High school coaches are probably the major influence on teenagers’ lives and those young people probably have not had a good role model.

Bryce had three outstanding people praise him as “an excellent young man with a very bright future.” One letter of recommendation notes that “Whether on the field, ice, or classroom, Bryce is a leader and does the right things.”

Bryce is praised by his football coach for being “. . . a relentless competitor with unmatched practice habits.” His coach points out that “Bryce has a willingness to do whatever it takes to put the team first.” Finally, he adds that “Bryce has a remarkable respect towards opponents, officials, and the game itself.” In addition, “Bryce is extremely likeable and polite. He is quick to greet people with a smile and has an uncanny organizational skill to gather all teammates together to enhance a powerful bonding experience.”

Bryce Philpot is the son of Len and Heidi Philpot; he will attend the University of North Dakota this fall.

Amya Gourneau



Amya Gourneau is ranked 1st in her class of 129 at Turtle Mountain Community High School. She has never had a grade other than an “A” as a semester grade. That has been accomplished while earning 21.00 credits in seven semesters. She has also earned college credits in college algebra, pre-calculus, psychology, composition and computer literacy.

Amya has participated in volleyball, basketball, and softball during her four years in high school. She has earned a letter in volleyball and softball for three seasons, and basketball for four seasons at Turtle Mountain Community High School. Amya has been a leader and captain for one year in volleyball, for three years in softball and for four years in basketball. She was also active in non-school activities and services that included Gifted and Talented Program, National Honor Society, FBLA, FBLS, Student Council, and senior class leader.

Amya’s response to why she wants to be a coach always begins with her family background. Her father, grandfather, stepdad, and uncle have been athletes and coaches. She would hang around her paternal leadership and go to practice whenever they were coaching. Amya has always wanted to be an athlete since childhood. As she grew older, she just wanted to compete, but an injury this past season sidelined her and she found that she could offer her team advice and clarification. She discovered that she was still valued as a captain and a senior. She found that she took great pride in “giving back”. As the year moved on, she realized that coaching was a part of her makeup. Amya wants to learn and absorb as much knowledge as possible about coaching.

Amya has received great support and commendation from her high school coaches, her school administration and faculty members. From an academic side, Ms. Boswell praised Amya for acceptance of challenges. She contributes to the toughest discussions and volunteers her opinions to develop ideas. Ms. Boswell admires her enthusiasm, inspiration and acceptance of challenges. “Amya has

Dakota Coach Summer 2023

Gelaine Orvik Scholarship Recipients continued.

persevered in balancing schoolwork with co-curricular activities; she has a strength in organization, discipline and time management.

Amya is additionally praised by David Azure, assistant basketball coach, for her “love of learning and for her commitment to succeed.” Amya additionally inspires others with her volunteerism with children, sports, leadership, elderly assistance and coat and food drives.” Coach Azure also notes “Amya’s character and serving as an excellent role model for our youth.”

Amya receives great admiration from her high school’s administration. Mr. Shane Martin accepts her being an amazing athlete in basketball, volleyball and softball. However, Dr. Martin also praises her for volunteerism and being a mento for the schools’ programs. Amya is also involved in Tribal Leadership Forums, coat drives, retirement home volunteers and Youth Scholar Mentor.

Amya is the daughter of David Gourneau Jr. and Anna Ross; she plans to attend Minot State University this fall.



DID YOU KNOW?

Four from North Dakota have served as President of the National High School Athletic Coaches Association and this summer Tim Wallstrum is in line to be the fifth!

Congratulations, Tim!

Past NHSACA Presidents from North Dakota:

1988	Gelaine Orvik
2004	John Hutchison
2012	Dave Dougherty
2016	Randy Johnson



Coach Quote:

“To give anything less than your best is to sacrifice your gift.”
-Steve Prefontaine-

NDHSCA-SCHEELS Scholarship Recipients

The North Dakota High School Coaches Association Executive Committee has selected the recipients of the 2023 NDHSCA Scheels Scholarships. Each recipient will receive a \$750.00 scholarship from the NDHSCA and Scheels at the July 20th NDHSCA Hall of Fame/Coach of the Year Banquet in Fargo at the Ramada Convention Center.

This scholarship is available to graduating High School Seniors whose parents are members of the NDHSCA. The 2023 recipients are:

- **Dylan Bartsch, Rugby HS:** who plans to attend Minnesota State University Moorhead
- **Rachael Bergstedt, Enderlin HS:** who plans to attend North Dakota State University
- **Taylor Christensen, Glen Ullin HS:** who plans to attend South Mountain Community College in Phoenix
- **Savanna Fredrickson, Powers Lake HS:** who plans to attend the University of Mary
- **Genevieve Gruba, Enderlin HS:** who plans to attend Concordia College Moorhead
- **Kyle Sandy, Velva HS:** who plans to attend Minot State University

The scholarships will be presented to each student/athlete at the Annual NDHSCA Hall of Fame/COTY Banquet at the Fargo Ramada Convention Center on Thursday, July 20, 2023. The six student/athletes collectively earned 74 athletic letters and were involved in 99 different activities. The recipients' GPA average is 3.99, and all six of them were ranked number one in their graduating class.



Dylan Bartsch graduated from Rugby High School with a 3.983 GPA and ranked number one in his class. He earned 10 athletic letters in the sports of Football (4), Hockey (3) and Baseball (3). Dylan was also involved in Band, National Honor Society and Student Council. He was praised by his teachers and coaches for being a model student, exhibiting integrity, leadership, responsibility, and academic abilities.

Dylan is the son of Jennifer and Tim Bartsch.

Rachael Bergstedt graduated from Enderlin High School with a 4.00 GPA and ranked first in her class. She earned 12 athletic letters in the sports of Volleyball (4), Basketball (4) and Track and Field (4). Rachael was also involved in Speech, One-Act Play, Band, Choir, FCCLA, Pep Club and National Honor Society. Her teachers and coaches praised her for the following: strong work ethic, positive attitude and outstanding leadership.

Rachael is the daughter of Jill and Eric Bergstedt.



NDHSCA- SCHEELS Scholarship Recipients



Taylor Christensen graduated from Glen Ullin High School with a 4.00 GPA and ranked first in her class. She earned 12 athletic letters in the sports of Volleyball (4), Basketball (4) and Softball (4). Taylor was also involved in Choir, Acalympics and Future Business Leaders of America. Her teachers and coaches classify her as a role model with a strong work ethic, caring attitude and very conscientious.

Taylor is the daughter of Shelly and Kyle Christensen.

Savanna Fredrickson graduated from Powers Lake High School with a 4.00 GPA and ranked first in her class. She earned 10 athletic letters in the sports of Volleyball (4), Basketball (4) and Track and Field (2). Savanna was also involved in Future Farmers of America, Future Business Leaders of America, SADD, Academic Olympics and was an Academic All State Bronze Team recipient. She is praised by her teachers and coaches for being a hard worker, diligent, intelligent, and a great leader.



Savanna is the daughter of Teddi and Nick Fredrickson.



Genevieve Gruba graduated from Enderlin High School with a 4.00 GPA and ranked first in her class. She earned 19 athletic letters in the sports of Cross Country (2), Volleyball (4), Basketball (4), Track and Field (3), Golf (3), and Softball (3). Genevieve was also involved in Band, Choir, FCCLA, Pep Club, Student Council, FCA, Close-Up, Yearbook, National Honor Society, and 4-H. Her teachers and coaches gave her great praise for being an outstanding leader, responsible, and respectful and having a great work ethic,

Genevieve is the daughter of Danette and Kurt Gruba.

Kyle Sandy graduated from Velva High School with a 3.98 GPA and ranked first in his class. He earned 12 athletic letters in the sports of football (4), Basketball (4) and Track and Field (4). Kyle was also involved in Future Business Leaders of America, Band and Student Council. He was praised by his teachers and coaches for being hard working, positive, responsible, respectful and demonstrates a high amount of integrity.



Kyle is the son of Kim and Larry Sandy.

2023 Coaches Convention Information

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

Registration for the convention is open. An e-mail was sent to member coaches. 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 is \$60.00.** One must be a member to attend the convention. (\$125 for the Convention and membership.)
2. The convention is at the Ramada Hotel and Conference Center 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. Visit the NDHSCA website for syllabus information to earn the credit(s)
 - 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**. The cost is **\$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.

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.

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

NDHSCA 2023 Awards

The following awards will be presented at the NDHSCA Hall of Fame/Coach of the Year Banquet on July 20th at the Fargo Ramada Convention Center.

Hall of Fame



Ron Benson

Track & Field/Football Coach
Mott Regent HS



Randy Gordon

Retired Football/Assistant
Basketball, JH Track & Field
Dickinson HS



Todd Olson

Athletic Director
Fargo Public Schools



Larry Sandy

Football Coach/Track & Field
Velva HS

Award of Merit

The 2023 NDHSCA Award of Merit recipients are **Jeanette Dahl** of Grand Forks Public Schools and **Jody Norstedt** of Midco Sports.



Jeanette Dahl
Grand Forks Public Schools



Jody Norstedt
Midco Sports



NDHSCA 2023 Awards

Distinguished Service Award



The Distinguished Service Award will be presented to **Greg Brown** from Mandan High School for his work with the National High School Athletic Coaches Association as a sport chair on the Board of Directors.



Special Recognition Award



Dave Klundt is the Special Recognition Recipient for 2023. Dave is a Basketball, Baseball and Softball Official from Fargo, ND.



NDHSCA-NHSACA Hall of Fame 2023 Inductees

Rick Anderson and Gregg Grinsteinner are the 2023 inductees to the 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



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

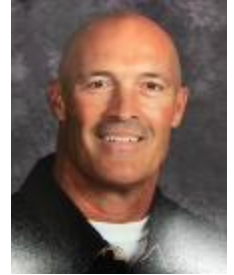
2023 NDHSCA-NHSACA National Coach of the Year Finalists from ND



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 Summer 2023

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>

Coach Quote:

“There is no doubt in my mind that there are many ways to be a winner, but there is really only one way to be a loser, and that is to fail and not look beyond the failure”

-Kyle Rote, Jr.-



From the **NDHSCA**

Code of Ethics

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



Fulfill responsibilities to provide health services and an environment free from safety hazards.

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Performance Through Protein



North Dakota Beef Commission
Contact Nicole Wardner

Bismarck, ND * 701-328-5120 * ndbeef@ndbeef.org

Dakota Coach Summer 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

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

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.

Dakota Coach Summer 2023

2022-23 NDHSCA-Subway Coach of the Year Recipients

SPORT

Class B Girls' Golf
Class A Girls' Golf
Class A Boys' Tennis
Class A Boys' Soccer
Class B Boys' Cross Country
Class B Girls' Cross Country
Class A Boys' Cross Country
Class A Girls' Cross Country
Class 9B Football
Class 11B Football
Class 11A Football
Class 11 AA Football
Class A Girls' Swimming
Class B Volleyball
Class A Volleyball
Girls' Wrestling
Class B Boys' Wrestling
Class A Boys' Wrestling
Class A Boys' Hockey
Class A Gymnastics
Class A Boys' Swimming
Class A Girls' Hockey
Class B Girls' Basketball
Class A Girls' Basketball
Class A Boys' Basketball
Class B Boys' Basketball
Class B Athletic Director
Class A Athletic Director
Class B Girls' Track and Field
Class A Girls' Track and Field
Class A Girls' Track and Field
Class B Boys' Track and Field
Class A Boys' Track and Field
Class A Girls' Soccer
Class B Girls' Softball
Class A Girls' Softball
Class A Girls' Tennis
Class B Boys' Baseball
Class A Boys' Baseball
Class B Boys' Golf
Class A Boys' Golf
Fall Assistant COTY (Cross Country)
Fall Junior High COTY (Football)
Winter Assistant COTY (Girls' BB)
Spring Assistant COTY (Track & Field)

COACH

Laine Brantner
Eric Sanders
Josh Lunak
Ian Costello
Jonathan Jahner
Bill Jansen
Gary Mailloux
Deb Beilke
Steve Kleinjan
Larry Sandy
Bill Nelson
Troy Mattern
Ben Smith
Jaime Richter
Leah Newton
Travis Lemar
Ryan Mitchell
Gresh Jones
Tim Skarperud
Rachel Johnson-Krug
Cale Schafer
Ben Hertz
Matt Chase
Jason Schwarz
Darin Mattern
Jeremy Brandt
Jason Simpfenderfer
Scott Nustad
Elliot Belquist
Tim Kolsrud
Dale Colby
Jonathan Jahner
Jeff Bakke
Nick Christensen
Cory Erickson
Gerard Cederstrom
Erik Hanson
Nathan Soulis
Andrew Lunsetter
Nate Simpson
Dan Wolf
Jennifer Bartsch
Justin Foss
Richard Anderson
Adam Christensen

SCHOOL

Fargo Oak Grove HS
Grand Forks Red River HS
Grand Forks Red River HS
Fargo Davies HS
Bowman County HS
Rugby HS
Fargo North HS
Valley City HS
New Salem-Almont HS
Velva-Drake-Annamoose-Garrison
Jamestown HS
Fargo Shanley HS
Jamestown HS
Linton-HMB HS
West Fargo Sheyenne HS
Central Cass HS
Northern Lights
Williston HS
Grand Forks Red River HS
Bismarck PS
Bismarck HS
Mandan HS
Garrison HS
Minot HS
Bismarck Century HS
Beulah HS
Beulah HS
Bismarck HS
New Rockford-Sheyenne
Bismarck HS
Bismarck HS
Bowman County HS
Grand Forks Red River HS
Fargo Davies HS
Hillsboro/Central Valley
Minot HS
Bismarck HS
Thompson HS
Wahpeton HS
Bottineau HS
West Fargo Sheyenne HS
Rugby HS
Hatton-Northwood HS
West Fargo HS
West Fargo Sheyenne HS

Dakota Coach Summer 2023

2022-23 NDHSCA-POWERade Senior Athlete of the Year

<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
B Girls' Track and Field	Kennedy Harter	Kidder County HS	Kasey Kallenbach
A Girls' Track and Field	Bariborve Deebom	Fargo Davies HS	Rory Beil
B Boys' Track and Field	Austin Wanner	Bowman County HS	Jonathan Jahner
B Boys' Track and Field	Jack Packer	Kindred HS	Joshua Allmaras
A Boys' Track and Field	Dylan McGlothlin	Bismarck Legacy HS	Chris Clements
A Girls' Soccer	Ella Frisk	Fargo Shanley HS	Ryan Christianson
B Girls' Softball	Taylor Christensen	Beulah HS	Kyle Christensen
A Girls' Softball	Katelyn Falk	Jamestown HS	Mike Soulis
A Girls' Tennis	Halle Mattson	Minot HS	Scott DeLorme
B Boys' Baseball	Jack Romfo	Langdon Area/Munich/Edmore	Joshua Krivarchka
A Boys' Baseball	Mason Lunzman	Jamestown HS	Jack Bowman
B Boys' Golf	Zach St. Aubin	South Border	Jeremy St. Aubin
A Boys' Golf	Andrew Wilhelm	West Fargo Sheyenne HS	Dan Wolf





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.

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.

Remember, this is the number of years you have been coaching through the spring of 2023 at any level.



20 Years



Paul Christen
Ali Clemenson
Travis Engen
Jessica Fritz
Dalon Grimm
Shane Gunderson
Tammy Heinrich
David Jackson
Jonathan Jahner
Clayton Johnsen
Rich Lacina
Chad Leas
John McLaurin
Daniel Mogren

Mandan High School
Horace Elementary
Valley City Public School
Rugby High School
St. Mary's High School
Berthold
Medina Public School
Surrey High School
Bowman County
Killdeer Public School
Lisbon High School
Rolla High School
Devils Lake High School
Kenmare High School



Jeremy Newton
Brian Nieuwsma
Kevin Richardson
Josh Rogers
Daniel Shultis
Nate Simpson
Chad Slyter
Jake Solper
Randy St. Pierre
Kevin Strobel
Troy Thorson
Nick Walker
Thomas Wheeling
Mark Wiest

Sheyenne High School
Flasher Public School
Mandan Middle School
Davies High School
Fargo North High School
Bottineau High School
Oak Grove Lutheran
Minot High School
Trenton School
Kulm High School
Sheyenne High School
Killdeer High School
Legacy High School
Mandan High School

Longevity Awards



25 Years



30 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

Sean Allan	Grand Forks Central
Bruce Bender	New England HS
George Brackin III	Century High School
Peter Dobitz	Dickinson High School
David Duttenhefer	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	Minot High School
Kevin Froeber	West Fargo High School
Thomas Johnson	Mandan High School
Brent Lundgren	West Fargo High School
Kim Mark	Lisbon Public
Kent Schweigert	Bismarck



45 Years

Terry Porter
Fargo Davies High School

Dave Tews
Jamestown High School

Tim White
Griggs County High School



50 Years

Dan Smrekar Bismarck St. Mary's High School

Virgil Tickasin Standing Rock High School

Gary Walhaug Surrey High School

CATER TO THEIR CRAVINGS

Sandwich platters are great for meetings and planning sessions!



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2023 NDHSCA Convention Schedule Fargo Ramada Convention Center

Monday, July 17th; Coaching Seminars:

7:00 AM - 2:30 PM Registration Desk Opens in the Ramada Courtyard

REGISTRATION for Monday's Seminars

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

MUST BE COMPLETE BEFORE 7:30 am

7:30 AM Woodland North College Credit Registration, Dr. Brad Strand

8:00 Coaching Seminars

Walnut Forks Special Topics "Don't Tell Me How Rough The Sea Is, Just Bring The Ship In" Mike Berg; Grand

9:00 Coaching Seminars

Woodland East ND CPR/AED "CPR, AED, First Aid Recertification – Attend 1" Christa Kovarik; Garrison,

Walnut Special Topics "Concussions: Evaluations & Management" Dr. Jay Albrecht; MSMU

10:00 Coaching Seminars

Woodland East ND CPR/AED "CPR, AED, First Aid Recertification – Attend 1" Christa Kovarik; Garrison,

Walnut NDSU Special Topics "Stress/Mental Health and How It Effects Performance" Desire'e Larson;

11:00 Coaching Seminars

Woodland East ND CPR/AED "CPR, AED, First Aid Recertification – Attend 1" Christa Kovarik; Garrison,

Walnut Special Topics "Taking Care of Your Mental Health as a Coach" Desire'e Larson; NDSU

NOON Woodland North East Seminar Luncheon (provided by NDHSCA)

Noon Lunch sponsored by North Dakota Beef Commission

Luncheon Speaker "Benefits of Beef in the Athlete's Diet" Nicole Wardner; ND Beef Commission

1:30 Coaching Seminars

Woodland NE Special Topics "Coaching Information from the NDHSAA" Matt Fetsch; NDHSAA

2:30 Coaching Seminars

Woodland NE NDSU Special Topics "What Drives Winning: A Winning Model" Dr. Brad Strand and Matt Veit;

3:30-5:00 Coaching Seminars – General Session

Woodland NE Hyperbarics "Hyperbaric Oxygen Therapy for Sports Related Injuries" Dr. Daphne Denham; Healing with

4:00 Vendor Set Up Woodland South

Dakota Coach Summer 2023

2023 NDHSCA Convention Schedule

Tuesday, July 18th

7:30 AM – 2:30 PM Registration Desk Open Ramada Courtyard

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

Woodland North 8:00 College Registration, Dr. Brad Strand; NDSU

8:30-4:30 Convention Exhibit Hall Open Woodland South

8:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Woodland North	Basketball	“Bison Basketball”	Spencer Wilker; NDSU
Walnut	Football	“Bison Football”	Matt Entz; NDSU
Cedar	Soccer	“Dragon Soccer”	Christie Kopietz; MSUM
Birch	Track & Field	“Training Multiple Event Athletes in High School”	Stevie Keller; NDSU
Woodland East	Volleyball	“Bison Volleyball”	Jennifer Lopez; NDSU

9:30-9:45 Visit Exhibits

9:45 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Woodland North	Basketball	“Bison Basketball”	Joshua Jones; NDSU
Walnut	Football	“Bison Football”	Steve Crutchley; NDSU
Edgewood	Golf	“Golfing Instruction”	Brad Strand; NDSU
Cedar	Soccer	“Dragon Soccer”	Christie Kopietz; MSUM
Birch	Track & Field	“Javelin”	Jeff Pflaumbau; NDSU
Woodland East	Volleyball	“Bison Volleyball”	Jennifer Lopez; NDSU
Elm	X-Country	“Jimmie Cross Country”	Jarvis Jelen; University of Jamestown

10:45-11:15 Visit Exhibits

11:15 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Woodland North	Basketball	“Cobber Basketball”	Kim Wagers; Concordia College
Walnut	Football	“Bison Football”	Jason Petrino; NDSU
Edgewood	Golf	“Jimmie Golf”	Zach Hale; University of Jamestown
Cedar	Soccer	“Jimmie Soccer”	Connor Campbell; University of Jamestown
Birch	Track & Field	“Shot Put”	Jeff Pflaumbaum; NDSU
Carl Ben Gym	Volleyball	“Spartan Volleyball Practice Drills”	Rachel Hummel; Fargo North HS
Elm	X-Country	“Jimmie Cross Country”	Jarvis Jelen; University of Jamestown

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

1:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Woodland North	Basketball	“2-3 Match Up Zone”	Dennis Hutter; Mayville State
Walnut	Football	“Wildcat Football”	Eric Issendorf; NDSCS
Edgewood	Golf	“Jimmie Golf”	Zach Hale; University of Jamestown
Cedar	Soccer	“Jimmie Soccer”	Connor Campbell; University of Jamestown
Birch	Track & Field	“High Jump”	Clayton Pritchard; NDSU
South Gym	Volleyball	“Bruin Volleyball”	Peyton Wegleitner; Fargo South HS
Elm	X-Country	“Panther Cross Country”	Bill Jansen; Rugby HS

2:00-2:30 Visit Exhibits

2:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Woodland North	Basketball	“Building Team Culture Through Relationships”	Dennis Hutter; Mayville State
Walnut	Football	“Wildcat Football”	Eric Issendorf; NDSCS
Cedar	Soccer	“Cobber Soccer”	Rebecca Quimby; Concordia College
Birch	Track & Field	“Triple Jump”	Clayton Pritchard; NDSU
Carl Ben Gym	Volleyball	“Coaching Today’s Athletes”	Faith Radermacher; Concordia College
Elm	X-Country	“Round Table Discussion”	Bill Jansen; Rugby HS

3:30-3:40 Visit Exhibits

Dakota Coach Summer 2023

2023 NDHSCA Convention Schedule

Tuesday, July 18th

3:40 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Woodland North	Basketball	"5 Out Dribble Drive Concepts"	Dennis Hutter; Mayville State
Walnut	Football	"Wildcat Football"	Eric Issendorf; NDSCS
Cedar	Soccer	"Cobber Soccer"	Rebecca Quimby; Concordia College
Birch	Track & Field	"Pole Vault"	Jackson Schepp; NDSU
Carl Ben Gym College	Volleyball	"Maximizing Your Players Potential - Drills"	Faith Radermacher; Concordia College

4:45 ROOM

TOPIC

SPEAKER; SCHOOL

Woodland Northeast	General Session: "Understanding Optimal Performance"	Dr. Brad Strand; NDSU
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All Convention registrants are invited to attend

Wednesday, July 19th

7:30-2:30 AM Registration Desk Open Ramada Courtyard

Golf Sessions on Wednesday will be at the NDSU Training Facility – 1500 North University Drive

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

8:30 ROOM	SPORT	TOPIC	SPEAKER;
SCHOOL			
Woodland North	Basketball	"Viking Basketball"	Ryan Montgomery; Valley City State University
Walnut	Football	"Lightning Hawk Football"	Kyle Schweigert; UND
Executive II	Golf	"Mental Skills Training for HS Athletes"	Ryan Teigen; Mindful Sports Performance
Executive III	Softball/BaseB	"Team Practice and Drills"	Gerice Olson; NDSU
Cedar	Swim & Dive	"Spartan Swimming"	Talia Butery; Fargo North HS
Birch	Track & Field	"Special Endurance Considerations-Finish the Race"	Jim Vahrenkamp; UND
Woodland East	Volleyball	"Lightning Hawk Volleyball"	Jesse Tupac; UND

9:30-10:00 Visit Exhibits

10:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Woodland North	Basketball	"Viking Basketball"	Ryan Montgomery; Valley City State University
Walnut	Football	"Fighting Hawk Football"	Daniel Freund; UND
Executive II	Golf	"Mindful Sports Performance Enhancement"	Ryan Teigen; Mindful Sports Performance
Executive III	Softball/BaseB	"Individual Skills for Defense"	Gerice Olson; NDSU
Cedar	Swim & Dive	"Packer Swimming"	Barb Fisher & Lisa Montplaisir; West Fargo HS
Birch	Track & Field	"Important Aspects to Develop Championship Hurdlers"	Jim Vahrenkamp; UND
Woodland East	Volleyball	"Fighting Hawk Volleyball"	Jesse Tupac; UND
Chestnut	Wrestling	"Bison Wrestling"	Nick Magee; NDSU
Elm	X-Country	"Cobber Cross Country"	Maddie Van Beek; Concordia College

11:00-11:15 Visit Exhibits

11:15 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Woodland North	Basketball	"Jimmie Basketball"	Danny Neville; University of Jamestown
Walnut	Football	"Fighting Hawk Football"	UND Football Staff
Executive II	Golf	"Round Table Discussion"	Jeremy St. Aubin; South Border
Executive III	Softball/BaseB	"Fighting Hawk Softball"	Jordan Stevens; UND
Cedar	Swim & Dive	"Building Culture in a Program and Setting Goals"	Cale Schafer; Bismarck HS
Birch	Track & Field	"Long Jump"	Molly Jones Vahrenkamp; UND
Woodland East	Volleyball	"Cardinal Volleyball"	Megan Trautman; Carrington HS
Chestnut	Wrestling	"Bison Wrestling"	Nick Magee; NDSU
Elm	X-Country	"Cobber Cross Country"	Maddie Van Beek; Concordia College

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

2023 NDHSCA Convention Schedule

Wednesday, July 18th

1:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Woodland North	Basketball	"Jimmie Basketball"	Danny Neville; University of Jamestown
Walnut	Football	"Squirrel Football"	Tommy Butler; Central Cass HS
Executive III	Softball/BaseB	"Fighting Hawk Softball"	Jordan Stevens; UND
Cedar	Swim & Dive	"Coyote Swimming"	Jason Mahowald; USD
Birch	Track & Field	"Discus"	Elijah Talk; UND
Carl Ben Gym	Volleyball	"Volleyball"	Brigitte Greywater; Valley City
Chestnut	Wrestling	"Mustang Wrestling"	Lex Lunde; West Fargo Sheyenne HS
Elm	X-Country	"Viking Cross Country"	Josh Roberts; Kindred HS

2:00-2:30 Visit Exhibits

2:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Woodland North Jamestown	Basketball	"Keeping it Fresh – Practice Engagement"	Thad Sankey; University of
Walnut	Football	"Short Passing Game"	Troy Mattern; Fargo Shanley HS
Executive III	Softball/BaseB	"Planning for Practice Indoors and Outdoors"	Molly Lunden; Fargo South HS
Cedar	Swim & Dive	"Coyote Swimming"	Jason Mahowald; USD
Birch	Track & Field	"800m Training"	Ryan Milner; MSUM
Carl Ben Gym	Volleyball	"Volleyball"	Brigitte Greywater; Valley City
Chestnut	Wrestling	"Knight Wrestling"	Matt Berglund; Grand Forks Central HS

3:30-3:45 Visit Exhibits

3:45 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Woodland North Jamestown	Basketball	"Competitive Growth – Building Relationships"	Thad Sankey; University of
Walnut	Football	"Blue Jay Football"	Bill Nelson; Jamestown HS
Executive III	Softball/BaseB	"Hillsboro-Central Valley Softball"	Cory Erickson; Hillsboro-Central Valley
Cedar	Swim & Dive	"Coyote Swimming"	Jason Mahowald; USD
Birch	Track & Field	"1600m – 3200m Training"	Ryan Milner; MSUM
Carl Ben Gym	Volleyball	"Volleyball"	Brigitte Greywater; Valley City
Chestnut	Wrestling	"Midget Wrestling"	Trevor Conrad; Dickinson HS

**6:00-10:00 Convention Social Woodland North East & South
Taco Bar with a Cash Bar – Bean Bag Tournament
Sponsored by NDHSCA and Game One**



Dakota Coach Summer 2023

2023 NDHSCA Convention Schedule

Thursday, July 20th

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

7:30-2:30 am Registration Desk Open Ramada Courtyard

Special Note: All Tennis Sessions on Thursday will be held at Courts Plus following the 8:30 AM session!

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

8:30 ROOM	SPORT	TOPIC	SPEAKER;
SCHOOL			
Executive III	Baseball/SoftB	"Bison Baseball"	Tanner Neale; NDSU
Woodland North	Basketball	"Cobber Basketball"	Tyler Bormann; Concordia College
Walnut	Football	"Viking Defense"	Eric Burgad; Kindred HS
Woodland South	Golf	NDHSCA Advisory Committee Review & Planning	Justin Fletschock; NDHSAA
Executive II	Gymnastics	"Nutrition for Peak Performance"	TBA
Cedar	Swim & Dive	"Cobber Swimming"	Anneliese Bruns; Concordia College
Elm	Tennis	NDHSCA Advisory Committee Review & Planning	Brian Bubach; NDHSAA
Birch	Track & Field	"300m Hurdle Training"	Jeryl "Murph" Thompson; Drayton HS
Woodland East	Volleyball	NDHSCA Advisory Committee Review & Planning	Kevin Morast; NDHSAA
Chestnut	Wrestling	"Demon Wrestling"	Mark Lardy; Bismarck HS

9:30-9-40 Break Tennis Sessions at Courts Plus from 9:45 AM to 1:45 PM

9:40 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Executive III	Baseball/SoftB	"Bison Baseball"	Tanner Neale; NDSU
Woodland North	Basketball	"Cobber Basketball"	Tyler Bormann; Concordia College
Walnut	Football	NDHSCA Advisory Committee Review & Planning	Justin Fletschock; NDHSAA
Woodland South	Golf	"Round Table Discussion"	Jeremy St. Aubin; South Border
Executive II	Gymnastics	"Sports Psychology"	Erin Haugen; Grand Forks Therapy
Cedar	Swim & Dive	"Cobber Swimming"	Anneliese Bruns; Concordia College
Courts Plus	Tennis	"Fast Paced Drills for Teams"	Oliver Summers; Courts Plus
Birch	Track & Field	NDHSCA Advisory Committee Review & Planning	Kevin Morast; NDHSAA
Woodland East	Volleyball	"Keys to Success, Mental Toughness, Skills and Drills"	Jaime Richter; Linton HS
Chestnut	Wrestling	"Squirrel Wrestling"	Travis Lemar; Central Cass HS

10:50 NDHSCA Annual Business Meeting Woodland North East
Membership encourage to attend.
People taking two Graduate Credits must attend
Light Lunch provided by NDHSCA to General Business Meeting Attendees following Meeting

12:15 Dining Room NDHSCA Hall of Fame Luncheon for Inductees
(Past Presidents, Past Inductees & Executive Committee are invited to attend)

Dakota Coach Summer 2023

2023 NDHSCA Convention Schedule

1:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Executive III	Baseball/SoftB	"Jimmie Baseball"	Tom Hager; University of Jamestown
Woodland North	Basketball	NDHSCA Advisory Committee Review & Planning	Justin Fletschock; NDHSAA
Walnut	Football	"Comet Football"	Rocky Larson; Mayville State
NDSU Training	Golf	"Bison Golf"	Steve Kennedy & Matt Johnson; NDSU
American Gold	Gymnastics	"Gymnastics at its Best"	American Gold Gymnastics
Cedar	Swim & Dive	NDHSCA Advisory Committee Review & Planning	Kevin Morast; NDHSAA
Courts Plus	Tennis	"Fast Paced Drills for Teams"	Oliver Summers; Courts Plus
Birch	Track & Field	"Sprint Starts"	Lisa Rollefstad; Choice Fitness Grand Forks
Woodland East	Volleyball	"Teaching Skills Through Progressions"	Stevan Waddell; Lake Region State
College			
Chestnut	Wrestling	"Northern Lights Wrestling"	Ryan Mitchell; Northern Lights

2:00-2:10 Break

2:10 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Executive III	Baseball/SoftB	"Jimmie Baseball"	Tom Hager; University of Jamestown
Woodland North	Basketball	"Efficient Preparation"	Kenyon Wingenbach; West Fargo Sheyenne HS
Walnut	Football	"Comet Football"	Rocky Larson; Mayville State
NDSU Training	Golf	"Bison Golf"	Steve Kennedy & Matt Johnson; NDSU
American Gold	Gymnastics	"Gymnastics at its Best"	American Gold Gymnastics
Cedar	Swim & Dive	"Jackrabbit Swimming"	Douglas Humphrey; SDSU
Birch	Track & Field	"Form Running – Technique"	Lisa Rollefstad; Choice Fitness Grand Forks
Woodland East	Volleyball	"Position Specific Training"	Stevan Waddell; Lake Region State College
Chestnut	Wrestling	"Grizzly Wrestling"	Mitch Greenwood; Cavalier HS
Elm	X-Country	NDHSCA Advisory Committee Review & Planning	Justin Fletschock; NDHSAA

3:10-3:20 Break

3:20 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Executive III	Baseball	NDHSCA Advisory Committee Review & Planning	Justin Fletschock; NDHSAA
Carl Ben Gym	Basketball	"Developing a Fearless "Firebird"'"	Dustin Brodina; Devils Lake HS
Walnut	Football	"Comet Football"	Rocky Larson; Mayville State
NDSU Training	Golf	"Bison Golf"	Steve Kennedy & Matt Johnson; NDSU
American Gold	Gymnastics	"Gymnastics at its Best"	American Gold
Executive III	Softball	NDHSCA Advisory Committee Review & Planning	Justin Fletschock; NDHSAA
Cedar	Swim & Dive	"Jackrabbit Swimming"	Douglas Humphrey; SDSU
Birch	Track & Field	"Spring Relays"	Tommy Butler; Central Cass HS
Chestnut	Wrestling	NDHSCA Advisory Committee Review & Planning	Kevin Morast; NDHSAA
Woodland East	Volleyball	"Building Team Culture & Communication"	Stevan Waddell; Lake Region State
College			

5:00-6:00 pm NDHSCA AWARDS BANQUET RECEPTION
Woodland East

6:00pm NDHSCA Hall of Fame & COTY Banquet
Woodland Square



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**
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 - Weekly e-Newsletter from Training & Conditioning
 - Announcement and invitations to Webinars
 - Announcements from marketing partners containing key product information

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- You can register online for the Store Discount Program when you register for your account via our dedicated ODP site.
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-

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

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Dakota Coach Summer 2023

From the **NDHSCA**



Code of Conduct

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

- ***Create a set of training rules for athletes which reflects the positive values of abstaining from the use of drugs, alcohol, and tobacco.***



What does our Sports Advisory Committee do?

NDHSCA Sports' Advisory Committee Duties & Responsibilities.

General duties and responsibilities

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



NDHSCA Convention Responsibilities

1. Attend NDHSCA Convention
2. Attend NDHSCA Sports' Advisory Committee Meeting at the convention
3. Petition coaches in your sport to attend the Advisory Committee Meeting at the convention
4. Make a concerted effort to contact all coaches to attend the convention and the Advisory Committee meeting at the convention
5. Conduct the Advisory Committee Meeting at the Convention with one member of the committee to take minutes and file the minutes with the NDHSCA Executive Secretary
6. Serve as a Liaison to the NDHSCA Executive Committee
7. Solicit potential speakers for respective sport during Convention Meeting and submit suggestions to the

NDHSCA Executive Secretary

8. Serve as a source of distribution of suggested Advisory Committee Topics to all coaches of respective sport
- Preparation for NDHSCA Advisory Committee Meeting in Valley City
1. Review suggested topics with Advisory Committee Members
 2. Submit survey to all coaches in respective sport for direction for each topic

Attend NDHSAA Advisory Committee Meeting in Valley City or online

1. Send Advisory Committee minutes to every coach in respective sport
2. Send rationale and briefing to Athletic Review Members to solicit support for sport's recommendations

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North Dakota High School Coaches Association

The North Dakota High School Coaches Association is the only high school coaches association in North Dakota that is created by coaches and governed by coaches. It is a not for profit corporation that provides interscholastic coaches across the state with a voice in current issues. NDHSCA provides North Dakota's coaches with finest recognition program available and is a dual member of the National High School Athletic Coaches Association and its recognition program.

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Coach Quote:

“Part of being a champ is acting like a champ. You have to learn how to win and not run away when you lose...

Everyone has bad stretches and real successes. Either way, you have to be careful not to lose your confidence or get too confident.”

-Nancy Kerrigan-



NDHSCA



ONLINE MEMBERSHIP REGISTRATION LINK

PLEASE TAKE NOTE!

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

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



Membership Application and Registration includes payment before season application deadline.

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

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

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



SUBWAY

Order your next 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
Aric Lee; Shiloh Christian	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
Justin Miller; 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.**

Dakota Coach Summer 2023

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.

The NDHSCA is here to serve. Always feel free to contact any officer or the Executive Director with a problem, suggestion, or complaint.

Knowing the needs of coaches makes it possible for the NDHSCA to serve you better.



SCHEELS®



Lifetime Membership



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

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

Notes on Lifetime Membership

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



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
Burriss, 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, Joe; NDSU
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
Fillbeck, Brian; Beulah HS
Fish, Frank; Watford City HS
Fjeld, Greg; Minot HS
Flaagan, Craig; Fargo South HS
Flyberg, Brian; Linton HS
Folstad, Collette; West Fargo HS
Foltz, Scott; Minot HS
Forsberg, Mike; Fargo Oak Grove HS
Foss, Bradley; Watford City HS
Frost, Mark; Hope-Page
Gabrielsen, Thomas; Grand Forks RRHS
Gadberry, Ron; Hillsboro HS
Glasser, Steve; Dickinson Trinity HS
Gordon, Randy; Dickinson Trinity HS
Hack, Rick; Ellendale HS
Haggin, Barry; Divide County HS
Halland, Joan; Kindred HS
Hammer, Dennis; Grafton HS
Handt, Dave; Litchville-Marion HS
Hannegrefs, Shane; Minot HS
Hanson, David; St. Thomas HS
Hanson, James; St. Thomas HS
Hanson, Randy; Washburn HS
Hanson, Perry; Bismarck HS
Hardie, Karen; Fargo North HS
Hardie, Rodney; Fargo North HS
Haugen, Derold; LaMoure HS
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 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
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
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, 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
Wollenzien, 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

www.ndhsca.com



All State Football Nominee
Assistant Coach of the Year
Junior High Coach of the Year
Hall of Fame Nomination Form
Award of Merit Recommendation
Lifetime Membership Application Instructions
NDHSCA Gelaine Orvik Scholarship Fund
Sports Advisory Committee Membership
Gelaine Orvik Scholarship Application
Senior Scholarship Application
Shrine Football Nominee
Victory Milestones
Special Recognition
Sponsor Membership

**G GAME
ONE™**

Gelaine Orvik Scholarship Fund



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

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

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

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

Donor:

Address:

City: State: Zip:

Home Phone: Cell Phone:

E-mail Address:

Amount of Donation: Date:

Thank you for your generous Donation!

PLEASE RETURN THIS FORM AND YOUR DONATION TO:

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

PLEASE DETACH THIS BOTTOM PORTION FOR YOUR TAX RECORDS

DONOR’S NAME:

Donation Amount:

Date:

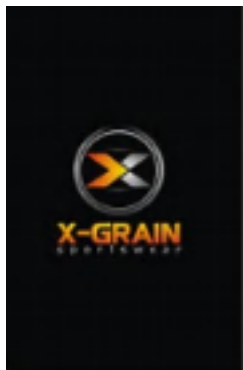
A Big THANK YOU to the following  sponsors!

SCHEELS®





THANK YOU to all our sponsors!





Code of Ethics

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

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



Coaches Code of Conduct

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

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

SUBWAY™

**Sponsor of NDHSCA
Coach of the Year Awards
and NDHSCA
Gelaine Orvik Scholarship**

**North Dakota High School
Coaches Association
and POWERade
sponsor the
*Outstanding Senior
Athlete Award***



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