

Dakota Coach

Volume 58 Issue #2
www.ndhsca.com



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NHSACA 2023 Hall of Fame Inductees and COTY Nominees

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NDHSCA/NHSACA

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Greg Brown

NDHSCA Vice President Nominees Announced

Election to take place at the summer convention, Fargo, ND

July 17-20, 2023

Bios found on page 11



Mike Hendrickson



2022-23 NDHSCA Executive Committee



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Dakota Coach Winter 2023

Message from NDHSCA President, Rick Anderson

Benefits of Giving Back

Greetings, and Happy New Year to all!

I would like to say congratulations to all fall teams, athletes and coaches. From my point of view, it was a great fall. I commend the fall championship teams and individual award winners on their accomplishments. They were very well deserved!



As we look forward to the new year it is important for us to ask ourselves a few questions. What did we learn? Where did we learn it? Was it shared? Did we come up with something that could be shared? I ask myself these questions quite often. I feel we need to share what we know so we can serve all the participants in all activities as best as we can. That brings me to my point of becoming involved and giving back. I am asking each of us to share what we know and what we've learned by getting involved in the NDHSCA. We need more coaches to get involved, not only to share knowledge, but to also get a broader perspective in all areas. Volunteer to be a speaker at the annual convention, sign up to serve on an advisory board, or run for an office.

I realize there is a concern about the time commitment. There really is not a large amount of extra time needed to be actively involved. The benefits you get by being involved far outweigh the time commitment. Personally, I have gotten back far more than my contribution to our association. For example, I have been a speaker at the state level. Let's say there were 15 people at my session. They get to hear me and what I am sharing but when I am done, I get feedback from probably over half of them either with questions or suggestions. So, I come away from my session with more than I shared with my audience. It is like teaching and coaching. I asked all our kids to give back, by reflecting what they want to get out of our program and pass that along to the younger kids to follow.

Each coach out there is capable of making a major contribution to our profession. Not just championship coaches, but each one of you has something to offer. So please consider getting involved.

Have a great New Year.

NDHSCA President, Rick Anderson



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SUBWAY



Building Relationships

Message from Vice President Jamie Zastoupil



HAPPY HOLIDAYS!

I hope you all had a great holiday season and were able to spend time with family and friends, despite the crazy winter weather. I hope you also found time to relax and re-energize as we head into the New Year.

I want to take time to congratulate the fall state qualifiers as well as all the State Champions. I would also like to Congratulate the NDHSCA/POWERade Senior Athlete of the Year recipients and the Subway Coaches of the Year. We are proud of all on how you represent not only your respective sports but also our entire state.

As many of you, when my fall season came to a close, I finally had time to reflect on the season. As this season came to an end, I found myself not ready for the finality of the season and to say goodbye to the seniors. As are many teams, this was a special group to me. That being said, I thought long and hard about the players that I have had the opportunity to coach the past 18 years, 12 as a head coach. The word that I kept coming back to was relationships. I have been blessed with some incredible relationships in my career. The majority of which, all extend beyond a season. So, while the end is sad, I look towards the future and what all these amazing athletes will do in the next chapters of their lives. I look forward to being able to be a different role in the next chapters of their lives.

This also makes me think of the remarkable coaches I have met over the years. I have been blessed with so many mentors not only in my sport but other sports that have helped shape me into the coach and teacher I am now. I have had incredible experiences with coaching the Optimist All-Star Volleyball match where I can visit with many incredible coaches in my sport. This has given me the opportunity to not only learn more about the sport but take in the knowledge of sportsmanship, integrity, professionalism, and so much more.

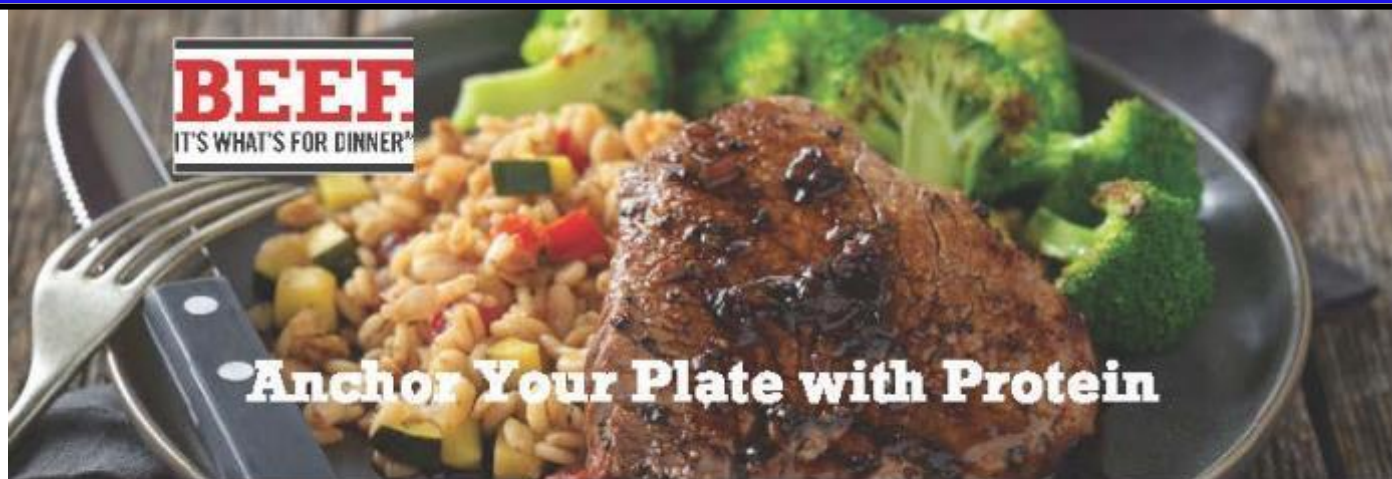
Another great opportunity I have had is the NDHSCA Coaches Convention. Those of you that attend frequently know what a great opportunity this is to grow both professionally and personally. The relationships that I have gained over the years will be something I will always cherish. Those of you that haven't attended or maybe haven't attended for more than a day, I would encourage you to do so. The sessions are very informational and allow for a lot of learning opportunities, as well as college credits. Taking advantage of the social provides great opportunities to network and meet many coaches outside your specific sport. This is where great relationships are made. This Summer our NDHSCA Coaches Convention is July 17-20, in Fargo.

Good Luck to our Winter sports teams on the rest of your seasons and into post season. You have not had an easy season with weather, I hope the rest of the season and tournaments run smoothly for you all. Best wishes to our spring sports teams as you start preparing for your season.

Happy New Year to all!

Jamie Zastoupil
NDHSCA President Elect





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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Dakota Coach Winter 2023



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



Happy New Year! Hopefully everyone had a Merry Christmas and was able to reach their destination to celebrate this occasion with loved ones. The weather has already created some challenges this year and Christmas time was no different. Christmas break is a great time to be with family and friends while recharging the batteries to continue through the rest of the school year.

Congratulations to the NDHSCA Subway Coach of the Year recipients, the NDHSCA POWERade Senior Athlete of the Year recipients and the Fall State Champions. Your accomplishments are outstanding and something that will be cherished throughout your life. The fall season was very exciting, and I anticipate the winter season to be the same.

I received a message from Dave Dougherty on Tuesday, December 13, 2022, that his wife Danell had passed away. Danell was diagnosed with Stage 4 Glioblastoma Cancer in June 2021. Please keep the Dougherty family in your prayers as they grieve the loss of a loving wife, mother, sister and daughter.

Subway of North Dakota is a huge sponsor for our organization. They provide support for the Coach of the Year Awards, Longevity Awards and the NDHSCA Gelaine Orvik Scholarship. I encourage you and your team to stop by Subway for a nutritious post-game meal. There is a Word document on our website, www.ndhsca.com, that allows you to order ahead of time. It is important to order the subs 24 hours in advance and send the order via e-mail. The Subway stores that are participating are listed on the document. Please follow up with a phone call to make sure they got the order and are able to fill it so you could pick the order up, get on the bus and return home. Please help the NDHSCA by supporting Subway of North Dakota.

POWERade of North Dakota sponsors the North Dakota High School Coaches Association POWERade Senior Athlete of the Year Award. If you have an athlete that receives this award, please continue to send thank you notes to the addresses in the letter sent with the name plates following the presentation at the State Tournament. The companies in the letter love hearing from coaches and athletes. A note of thanks helps us secure the sponsorship the next year. Keep up the great work!

Preparation for the 2023 North Dakota High School Coaches Association State Coaches Convention is well underway. The date of this summer's convention will be Monday, July 17, 2023 to Thursday, July 20, 2023. The convention is scheduled for the Fargo Ramada Convention Center. The cost of the convention is \$125.00 which includes the \$60.00 membership for 2023-2024 school year. Attendees have the opportunity to receive one or two graduate credits from NDSU. The cost is \$65.00 per credit. If you take one semester hour of credit you need to attend any two days of the clinic and if you take two semester hours of credit you need to attend all four days of the convention.



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Dakota Coach Winter 2023

NDHSCA Executive Secretary by Randy Johnson message continued from page 8

I strongly encourage coaches to attend the sessions on Monday, July 17th. This is the only day to recertify in CPR/AED and concussion management. There will also be some sessions dealing with Mental Health of Athletes. Keep in mind attending the State Convention works for recertification of your coaching certificate. The taco feed, socialization and Bean Bag Tournament is scheduled for Wednesday, July 19th. The convention will conclude on Thursday, July 20th with the NDHSCA Annual Meeting and the NDHSCA Hall of Fame/Coach of the Year Banquet.



The NDHSCA Executive Board has decided to continue to offer two \$100.00 Scheels Gift Cards. One will be drawn amongst coaches who are attending the convention their first or second time and one will be open to all coaches who have attended for three or more years. You need to be present to win and you need to sign up prior to the Annual Meeting. Please bring a first, or second year, coach with you to the convention.

NDHSCA Convention attendance is an important part of your continual growth to become a better coach. Learning from peers will only assist in building your educational base. One of the best parts of being at the convention is the socialization with fellow coaches. The clinic helps recharge and prepare you for the next school year. I strongly encourage attendance from both young and experienced coaches.

The NDHSCA will be awarding two \$1,000.00 Gelaine Orvik Scholarships this year. The criteria for this scholarship is the graduating high school Senior needs to be pursuing a career in coaching and also attend a North Dakota College or University. The student must be nominated by a Coach of Athletic Director. Nomination forms are available on our website: www.ndhsca.com. Nominations are due by March 10th.

The NDHSCA will also be awarding six - \$750.00 NDHSCA Scheels Scholarship this year. In order to be eligible for this award the graduation high school Senior must be a son or daughter of a coach who is a member of the NDHSCA. Applications are available on our website for your son or daughter to fill out. The deadline for receiving the applications is March 15th. If you have any questions about the scholarships, please contact me at duck@westriv.com.

Remember the North Dakota High School Coaches Association is a dual member with the National High School Athletic Coaches Association. This means if you are a member of the NDHSCA, you are also a member of the NHSACA. This membership brings you many benefits. Here is a link to some of the benefits: <https://1800members.com/nhsaca>. One of the goals of the NHSACA is to help State Associations provide educational resources for coaches. In the next year, there will be more educational resources available for member coaches. You can view the other benefits of being an NDHSCA member later in this Dakota Coach.

Please review the Coaches Code of Ethics and Coaches Code of Conduct later in the Dakota Coach. These are the background for Education Based Athletics. It is important to review these "Coaches Codes" before, during and after the season. Follow these guidelines to assist you to become a better person and a better coach.

I encourage coaches to review the criteria we have when nominating athletes for All District, All Region, All State and the NDHSCA POWERade Senior Athlete of the Year Awards. This helps maintain the integrity of the award and the coaching profession! The criteria is posted on our website: www.ndhsca.com.

Good Luck to all Winter Sport Teams. Enjoy the opportunity to compete against other teams. Travel safe and may the athletic events be filled with positive excitement!

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



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Vice President Nominations



The North Dakota High School Coaches Association has made nominations for balloting for the Association's Vice President. The balloting will be conducted at the North Dakota High School Coaches Association State Coaches Convention held this summer at the Fargo Ramada July 17 through July 20.

The two candidates will be Greg Brown, currently the Head Girls' Track and Field Coach at Mandan High School and Mike Hendrickson, Head Boys' Basketball Coach at Fargo South High School.



Greg Brown is a graduate of the University of Mary. He is a 27-year coaching veteran. He is currently the Head Girls' Track and Field Coach at Mandan High School. He has held this position for four years. Previously Greg coached Boys' and Girls' Cross Country and Girls' Track and Field at Watford City High School. He has also coached Boys' and Girls' Basketball, Football, Wrestling and Girls' Swimming. He coached the 2009 Watford City Girls' Cross Country Team to a State Championship. Greg was named the NDHSCA State Girls' Cross Country Coach of the Year twice and the NDHSCA State Girls' Track and Field Coach of the Year once. He has served the National High School Athletic Coaches Association as the Girls' Track and Field Sports Chair for six years, the North Dakota High School Coaches Association Girls' Track and Field Advisory for eight years and one year on the Class A Girls' Cross Country Advisory. Coach Brown has been a clinician at multiple NDHSCA State Coaches Conventions.

Greg and his wife Kelly have two children: Chans and Reid.

Mike Hendrickson is a graduate of Minot State University and St. Catherine University. He is a 32-year coaching veteran. Mike is the Head Boys' Basketball Coach at Fargo South High School. He has also coached Girls Basketball, Baseball and Track and Field. His career coaching record in boys' basketball is 480 wins with 315 losses and girls' basketball was 30 wins with 30 losses. Coach Hendrickson has coached three State Class A Boys' Basketball Runner-up teams. He was the National High School Athletic Coaches Association National Coach of the Year Finalist in Boys Basketball once. Coach Hendrickson was the NDHSCA State Boys' Basketball Coach of the Year once and the NDHSCA Regional Boys' Basketball Coach of the Year three times. He has served the NDHSCA on Boys Basketball Advisory for three years and been a Lion's All-Star Basketball Co-Chairperson for 21 years. Mike received the Lion's Melvin Jones Award in 2019.

Mike and his wife Kris have three children: H, Hunter and Tre.



Dakota Coach Winter 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



www.loomislapann.com

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

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

Dakota Coach Winter 2023



<https://nhsaca.org/>

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Scholarship Available to Graduating Seniors

To be eligible for the NDHSCA / Scheels Scholarship, one of the graduating senior's parents must be a member of the North Dakota High School Coaches Association. Two letters of recommendation and your Official High School Transcript (at the end of first Semester ---- Senior Year) are also required. **Application Deadline: March 15.**

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-Jon Gordon-

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Don't Forget Your Coaching Permit Requirements

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

For full details go to:
<http://www.ndhsca.com/certificationchecklist.pdf>



NDHSCA-Gelaine Orvik Scholarship

The **NDHSCA-Gelaine Orvik Scholarship** honors a North Dakota High School graduating senior who will attend a North Dakota College or University with the intention of becoming a high school coach. The recipient will be a student-athlete who best exemplifies the values and ideals modeled by Coach Orvik. The same values and ideals he expected from his athletes and students and those he urges all coaches to portray. For more information go to page ___ or to fill out the application go to:

<http://www.ndhsca.com/orvik/orvikinfo.htm>

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Dakota Coach Winter 2023



Message from the NHSACA Past President, Randy Johnson

Greetings from the National High School Athletic Coaches Association!



Hello from the National High School Athletic Coaches Association!

The National High School Athletic Coaches Association is preparing for the 2023 National Convention. The convention will be in Lincoln, Nebraska. This convention will have between 2,000 and 3,000 coaches present. In order to hold this number of attendees, it will be held at Lincoln North Star High School. It will take place July 24 – July 27, 2023. The sport specific sessions will be July 25 – July 27. The NHSACA National Hall of Fame Banquet will be Tuesday, July 25th and the NHSACA National Coach of the Year Banquet will be held Thursday, July 27th. It looks to be a great convention.

The NHSACA Executive Director is busy gathering all the National Coach of the Year nominees. They are due in his office in January. Following the deadline, the Sport Chairs, Executive Board and the Executive Director will begin the evaluation process. I will release the finalist from North Dakota as soon as I receive word from the Executive Directors office.

The North Dakota High School Coaches Association nominees for the NHSACA National Coach of the Year Award 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 |
| • Soccer | Ian Costello | Fargo Davies 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 |

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continued from page 15

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

North Dakota is well represented on the NHSACA Board of Directors. The members from North Dakota are as follows:

- Jake Solper: National Swimming and Diving Sport Chair: Minot High School
- Greg Brown: Filling is as National Soccer Sports Chair: Mandan High School
- Jeremy St. Aubin: National Golf Sport Chair: South Border
- Tim Wallstrum: 1st Vice President: Kenmare High School
- Dave Dougherty: Executive Director: Fargo, ND (Previously, Watford City H. S.)
- Randy Johnson: Website Administrator, Past President: Hazen, ND (Bismarck)
- Gelaine Orvik: Past President: Fargo, ND
- John Hutchison: Past President, HOF and COTY Narrator: Northwood, ND

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

The NHSACA was saddened to here of the passing of Danell Dougherty on Tuesday, December 13, 2022. Danell was the wife of Executive Director Dave Dougherty. She was very active in helping with the NHSACA and assisting Dave with preparing for the National Convention every year. Danell will be missed by all. Please keep the Dougherty family in your prayers during this time.

I invite any North Dakota High School Coaches Association member to attend the NHSACA National Convention from July 24 – July 27, 2023. It will be a great convention. Let me know if you are interested, or would like more information.



Respectfully submitted
Randy Johnson, NHSACA Past President

@nhsaca

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

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NORTH DAKOTA BEEF COMMISSION

North Dakota Beef Commission
Contact Nicole Wardner
Bismarck, ND * 701-328-5120 * ndbeef@ndbeef.org

2023 NDHSCA Hall of Fame Inductees

The North Dakota High School Coaches Association Executive Committee voted unanimously at the Fall Meeting to induct four coaches into the North Dakota High School Coaches Association Hall of Fame. The inductees are as follows:

- **Ron Benson** – Track and Field and Football Coach from Mott-Regent High School
- **Randy Gordon** – Retired Football, Assistant Basketball and Junior High Track and Field Coach from Dickinson Trinity High School.
- **Todd Olson** – Athletic Director at Fargo Public Schools.
- **Larry Sandy** – Football and Track and Field Coach at Velva High School.



Ron Benson coached for 40 years at Butte and Mott-Regent High School. His coaching career started at Butte High School as the Head Boys' Basketball and Assistant Girls' Basketball Coach. In 1977 he moved to Mott where he coached Boys' and Girls' Track and Field and Football. During Coach Benson's 40-year coaching career his football teams won one State Championship, one State Runner-Up, six Regional Titles and three Regional Runners-Up. His Boys' Track and Field Teams were Regional Runner-Ups three times and his Girls' Track and Field Teams were Regional Runners-Up four times. Ron's football teams had 161 victories and his track and field teams amazed 184 multi-team victories.

Coach Benson was named North Dakota High School Coaches Association State Football Coach of the Year one time, NDHSCA Regional Football Coach of the Year five times and was named the NDAPSSA High School Male Coach of the Year for football one time. He was honored by the NDHSCA as Regional Boys' Track and Field Coach of the Year four times and Regional Girls' Track and Field Coach of the Year one time.

Ron served the North Dakota High School Coaches Association as a Shrine All Star Football Coach six times. He was a clinician for the NDHSCA State Coaches Convention twice. Coach Benson also served as a Football Coach for the Mon-Dak All Star Football Game one time.

Ron and his wife Lorna have three children: Brent, Leigh and Lacey.



Randy Gordon coached for 40 years at Killdeer and Dickinson Trinity High School. His coaching career started in Killdeer where he coached football. In 1986 he moved to Dickinson Trinity High School where he coached Football, Assistant Boys' Basketball and Junior High Track and Field. In Coach Gordon's 40-year coaching career his football teams won three State Championships, three State Runners-Up, 11 Regional Titles, six Regional Runners-Up and two Conference Titles. During this time span his football teams acquired 241 victories. Randy was also an Assistant Boys' Basketball Coach when Dickinson Trinity won two State Championships, three State Runners-Up and ten Regional Titles.

Coach Gordon was named the North Dakota High School Coaches Association State Football Coach of the Year four times. He served the NDHSCA by being on the Football Advisory Committee for four years. Randy also coached the Shrine All-Star Football Game one time and the Mon-Dak All-Star Football Game one time. He was also a State Clinician at the NDHSCA State Coaches Convention.

Randy and his wife JoAnn have four children: Katie, Emily, Megan and Ben.

Dakota Coach Winter 2023

2023 Hall of Fame Inductees continued from page 17



Todd Olson has coached or been an Athletic Director for 32 years at Grand Forks Red River, Grand Forks Central, Grand Forks Public Schools and Fargo Public Schools. His coaching career started at Grand Forks Red River as an Assistant Boys' Basketball Coach. In 1992 he moved over to Grand Forks Central as an Assistant Girls Basketball Coach and Head Boys Basketball Coach. Todd was named the Athletic Director for Grand Forks Public School in 2005. In 2012 he moved to Fargo to be the Athletic Director for the Fargo Public Schools. A position he still holds today. In Coach Olson's Basketball coaching career his teams won one State Championship, one Regional Title, one Regional Runner-Up and three Conference Titles. His basketball teams acquired 151 victories.

Coach Olson was named the North Dakota High School Coaches Association State Boys' Basketball Coach of the Year once, Regional Boys' Basketball Coach of the Year three times and NDAPSSA Male Sport Coach of the Year one time.

Todd was named the National High School Athletic Coaches Association Athletic Director of the Year once, NDHSCA (NDIAAA) State Athletic Director of the Year twice and NDHSCA (NDIAAA) Regional Athletic Director of the Year twice. He was inducted into the NDIAAA Hall of Fame in 2021. Coach Olson was given the NDIAAA State Award of Merit in 2019. He was also awarded the NIAAA Distinguished Service Award and the NFHS Citation Award.

Todd served the NDHSCA by being on the Executive Board for five years acting as President for the 2004-2005 School Year. He has served on the NDIAAA Board of Directors since 2008 acting as President during the 2010-2011 school year. Coach Olson also served a four-year term on the NDHSAA Board of Directors being President during the 2013-2014 school year. He also served on the NIAAA Board of Directors for four years acting as President in 2019. Todd also served on the NDHSAA Coach Certification Committee, NIAAA Coaches Education Committee and the NIAAA Certification Committee. He is currently serving on the NDHSAA Tournament Committee and the Metro Area Tournament Committee.

Todd and his wife Beth have two children: David and Katelyn.



Larry Sandy has coached for 36 years at Sully Buttes (Onida, SD), Steele-Dawson and Velva High School. His coaching career began at Sully Buttes High School in Onida, South Dakota as a Football and Track and Field Coach. In 1989 he moved to Steele-Dawson where he coached football. Coach Sandy has been at Velva since 1990 as the Head Football Coach, Athletic Director and a Track and Field Coach. In Larry's 26-year coaching career his football teams won 10 State Championships, 12 Regional Titles and 8 Regional Runners-Up. His football teams have 297 victories.

Coach Sandy was named the National High School Athletic Coaches Association Football Coach of the Year Finalist once and was an NHSACA Coach of the Year nominee three times. He was named the North Dakota High School Coaches Association State Football Coach of the Year five times and the NDHSCA Regional Football Coach of the Year 13 times.

Larry served the NDHSCA by being a Shrine All-Star Football Coach five times. He was also a clinician at the NDHSCA State Coaches Convention. Coach Sandy coached the Knights of Columbus Mon-Dak All-Star Football game as well.

Larry and his wife Kim have four children: Josh, Katelyn, Jadyn and Kyle.



2023 NDHSCA Award of Merit



Jeanette Dahl
Grand Forks Public Schools

The North Dakota High School Coaches Association announces the Award of Merit Recipients for the 2023 NDHSCA Hall of Fame/Coach of the Year Banquet. The recipients are Jeanette Dahl and Jody Norstedt. The Banquet will take place on July 20th at the Fargo Ramada Convention Center.



Jody Norstedt
Midco Sports



Dave Klundt
Basketball, Baseball,
Softball Official- Fargo

2023 NDHSCA Special Recognition Award

The North Dakota High School Coaches Association announces the Special Recognition Recipient for the 2023 NDHSCA Hall of Fame/Coach of the Year Banquet. The award will be presented on July 20th at the Fargo Ramada Convention Center.



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2023 NHSCA Hall of Fame Inductees

The North Dakota High School Coaches Association congratulates Rick Anderson, Griggs County High School, and Gregg Grinsteinner, Dickinson Trinity High School on being inducted into the National High School Athletic Coaches Association Hall of Fame this summer. The induction ceremony will take place at the Great Hall – Old Train Station at Haymarket Square in Lincoln, Nebraska on Tuesday, July 25, 2023.



Rick Anderson graduated from Cook High School in Minnesota. He went on to get his bachelor's degree from Mayville State University. Coach Anderson is a 49-year coaching veteran with all his years at Griggs County High School in Cooperstown, North Dakota. He has coached Boys' and Girls' Cross Country, Boys' Track and Field, and Boys' and Girls' Basketball. Rick's Boys' Cross Country Teams have won four State Championships and eight Regional Championships. His Girls' Cross Country Teams have won one State Championship, one State Runner-Up and four Region Championships. Coach Anderson's Boys' Track and Field Teams have won 15 Regional Championship and 23 Conference Championships. His Girls' Basketball Team was State Runner-Up one time, Regional Champions one time and Conference Champions one time.

Coach Anderson has served the North Dakota High School Coaches Association being on the Executive Board for four years serving as President during the 2022-2023 School Year. He was the State Cross Country Meet Manager one time, East Region Cross Country Meet Manager 30 times, District Girls Basketball Tournament Manager one time and the District Girls Volleyball Tournament Manager one time. Rick has served on the NDHSCA State Cross Country Advisory Board for 16 years and the NDHSCA Girls Basketball Advisory Board for four years.

Coach Anderson was named the NDHSCA State Boys' Cross Country Coach of the Year nine times, NDHSCA State Girls' Cross Country Coach of the Year one time and NDHSCA State Boys' Track and Field Coach of the Year one time. He was also named the NDHSCA Regional Boys' Cross-Country Coach of the Year multiple times, NDHSCA Regional Girls' Cross Country Coach of the Year multiple times and the NDHSCA Regional Boys' Track and Field Coach of the Year multiple times. He was inducted into the NDHSCA Hall of Fame in 2007.

Rick gives credit to his assistant coaches for helping his programs to be successful. Working with great student athletes has meant the world to him.

Dakota Coach Winter 2023

2023 NHSACA Hall of Fame Inductees continued.



Gregg Grinsteinner graduated from Dickinson Trinity High School in Dickinson, North Dakota. He went on to gain his bachelor's degree from Dickinson State University. Coach Grinsteinner is a 41-year coaching veteran with all his years at Dickinson Trinity High School in Dickinson, North Dakota. He has coached Football, Boys' Basketball and Legion Baseball. His Varsity Boys' Basketball Record is 556 wins with 150 losses. Gregg's Boys Basketball teams have won two State Championships, three State Runner-Ups, 13 Regional Championships and seven District Championships. He was the Offensive Coordinator for the Football team that won three State Championships and two State Runner-Ups.

Coach Grinsteinner has served the North Dakota High School Coaches Association being on the Executive Board for five years serving as President during the 2011-2012 School Year. He served on Boys' Basketball Advisory for four years, Lion's All-Star Basketball selection committee 14 times and also coached the Lion's All-Star Basketball Game five times. Gregg has been a clinician at the North Dakota High School Coaches Convention seven times and the National High School Athletic Coaches Association National Convention clinician four times. He also coached the Knights of Columbus Montana vs. North Dakota Football Game as an Assistant Coach.

Gregg has been a NHSACA Boys' Basketball National Coach of the Year Finalist four times. He was named NDHSCA State Boys' Basketball Coach of the Year once, NDHSCA Regional Boys' Basketball Coach of the Year six times and NDHSCA District Boys' Basketball Coach of the Year five times. Coach Grinsteinner was named the North Dakota Associated Press Sportscasters Male Coach of the Year in 2004. He was awarded the Dickinson State University Booster Club Outstanding Blue Hawk Achievement Award in 2007. Gregg was inducted into the Dickinson Trinity High School Hall of Fame in 2015 and the NDHSCA Hall of Fame in 2018.

Coach Grinsteinner takes great pride in mentoring young coaches. The process and relationships a coach makes are a big part of success whether in the classroom or athletic arena. His Varsity Boys' Basketball Teams have been in the North Dakota State Class B Tournament 13 times with their lowest finish being 5th place.

Gregg and his wife Carol have four children: Amy, Aaron, Nikki and Katelyn.

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Coaches Coaching Coaches teaching, training, learning

Editor Brad Strand

This is the third edition of the Coaches Coaching Coaches (CCC). It is a supplement to the Dakota Coach. The purpose of CCC is to provide an outlet for coaches to share coaching knowledge that helps other coaches become better coaches. CCC is interested in all topics related to coaching, for example, skill techniques, game tactics, coaching strategies, practice planning, team and individual psychology, nutrition, culture, first aid, training and conditioning, motivation, parent relationships, practice planning, mental health, leadership, mentoring, and relationships.

To submit an article to Coaches Coaching Coaches, send your article in word format to

bradford.strand@ndsu.edu or feel free to e-mail it to Randy Johnson at duck@westriv.com.

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Dakota Coach Winter 2023

The 2022 Fall Season recipient of the North Dakota High School Coaches Association Assistant Coach of the Year Award is **Jennifer Bartsch**, Rugby High School Assistant Cross Country Coach. **Jennifer** was nominated by Bill Jansen, Rugby Head Cross Country Coach.

Assistant Coach of the Year



Coach Bartsch has been coaching for eight years. She also coaches Track and Field at Rugby High School. Her career coaching record in Boys' Cross Country is 81 wins with 19 losses and in Girls' Cross Country is 90 wins with 10 losses. She is part of four straight State Girls' Cross Country Championships. **Jennifer's** responsibilities include helping run practice and leading core exercises. She attends all the meets and also helps coach the Elementary Cross Country Program. She assists in hosting an Elementary Cross Country Meet the first week of October where they get an average of 80 to 110 kids participating. Her highlight from this past season is winning their 4th straight State Girls' Cross Country Championship even though some of their athletes were battling illness.

Bill Jansen, Head Cross Country Coach at Rugby High School has this to say about **Coach Bartsch**. "**Jennifer** is very knowledgeable and has been a great help in work-out planning and general practice planning. She handles the strength training for the team and brings a high level of energy to practice. She is definitely a role model for our athletes and a big reason for all our success."

Jennifer and her husband Tim have three children: Dylan, Brooklyn and Gavin.

Jennifer Bartsch of Rugby High School is the 2022 North Dakota High School Coaches Association's Fall Assistant Coach of the Year in the sport of Cross Country.

Junior High Coach of the Year



The 2022 Fall Season recipient of the North Dakota High School Coaches Association Junior High Coach of the Year Award is **Justin Foss**, Hatton-Northwood Junior High Football Coach. **Justin** was nominated by Tony Evenstad, Athletic Director and Head Football Coach at Hatton-Northwood.

Coach Foss is a 29-year coaching veteran with the last 14 years as a Junior High Football Coach. He has also coached basketball and baseball. This past season his Junior High Football Team went 6 – 0. He has coached eight future All-State Competitors. **Justin** is the Head Junior High Football Coach at Hatton-Northwood and is responsible for all practice plans, game plans and preparing the Junior High Football players for varsity level play. This past season was the first time the Hatton-Northwood Junior High Football Team went undefeated since their coop. Their numbers are continuing to grow which is

helping with the success.

Tony Evenstad, Hatton-Northwood Athletic Director and Head Football Coach has this to say about **Coach Foss**. "**Justin** one of the best Junior High Football Coaches. He is great at X's and O's, but more importantly builds a great relationship with his players on and off the field. His expertise is a major asset to our Football Team and why they went undefeated this past season.

Justin and his wife Tracy have three children: Austin, Neil and Kennedy

Justin Foss of Hatton-Northwood is the 2022 North Dakota High School Coaches Association Junior High Coach of the Year in the sport of Football.

2023 National Coach of the Year NDHSCA-NHSACA National Coach of the Year Nominees

<u>Sport</u>	<u>Coach or Athletic Director</u>	<u>School</u>
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 Platz	Kindred High School
Soccer	Ian Costello	Fargo Davies 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 Century 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



2022-2023 NDHSCA-POWERade Outstanding Senior Athlete Awards

SPORT

B Girls' Golf
A Girls' Golf
A Boys' Tennis
A Boys' Soccer
B Boys' Cross Country
B Girls' Cross Country
A Boys' Cross Country
A Girls' Cross Country
9B Football
11B Football
11A Football
11AA Football
A Girls' Swimming
B Volleyball
A Volleyball

ATHLETE

Ainsley McLain
Hannah Herbel
Ethan Raan
Esteban Nunez
Austin Wanner
Jenna Soine
Fynn Krenz
Jaelyn Ogle
Landon Carter
Trey Heinrich
Payton Hochhalter
Karsyn Jablonski
Tierney Howell
Shaylee Bosch
Logan Nissley

SCHOOL

Grafton HS
Bismarck Century HS
West Fargo Sheyenne HS
Fargo Davies HS
Bowman County HS
Hatton-Northwood-Larimore
Williston HS
Watford City HS
Cavalier HS
Kindred HS
Jamestown HS
Mandan HS
West Fargo Sheyenne
Linton-HMB HS
Bismarck Century HS

HEAD COACH

Todd Burianek
Preston Brown
Chad Anderson
Ian Costello
Jonathan Jahner
Terri Soine
Shane Wahlstrom
Sydney Lund
Mitch Greenwood
Matt Crane
Bill Nelson
Todd Sheldon
Erich Richardson
Jaime Richter
Jamie Zastoupil



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2022-2023 NDHSCA-Subway Coaches of the Year

SPORT

COACH

SCHOOL

Class B Girls' Golf	Laine Brantner	Fargo Oak Grove HS
Class A Girls' Golf	Eric Sanders	Grand Forks Red River HS
Class A Boys' Tennis	Josh Lunak	Grand Forks Red River HS
Class A Boys' Soccer	Ian Costello	Fargo Davies HS
Class B Boys' Cross Country	Jonathan Jahner	Bowman County HS
Class B Girls' Cross Country	Bill Jansen	Rugby HS
Class A Boys' Cross Country	Gary Mailloux	Fargo North HS
Class A Girls' Cross Country	Deb Beilke	Valley City HS
Class 9B Football	Steve Kleinjan	New Salem-Almont HS
Class 11B Football	Larry Sandy	Velva-Drake-Annamoose-Garrison
Class 11A Football	Bill Nelson	Jamestown HS
Class 11 AA Football	Troy Mattern	Fargo Shanley HS
Class A Girls' Swimming	Ben Smith	Jamestown HS
Class B Volleyball	Jaime Richter	Linton-HMB HS
Class A Volleyball	Leah Newton	West Fargo Sheyenne HS





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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

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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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- UND Football Games – *Information is on the website*

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Dakota Coach Winter 2023

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From the NDHSCA

Code of Ethics



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

- *Encourage the highest standards of conduct and scholastic achievement among all athletes.*

Find the entire NDHSCA Code of Ethics on page 60



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What does NDHSCA do?

Goals and Purposes

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.



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

Coach Quote

5 Ways to Win Today!

1. **Expect to Win!**
2. **Choose faith over fear.**
3. **Speak truth to the lies.**
4. **Control what you can (your actions) and let go of the rest (actions of others.)**
5. **Be your best and bring out the best in others.**



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The **NHSACA** promotes multi-sport athletes?
In 2015 Resolution II was passed:

Whereas multi-sport participation has been shown to enhance grade point average, reduce injuries from muscle and joint overuse, decrease burn out and leads to total body development. Therefore, the NHSACA encourages coaches to support multi-sport participation by student athletes.





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.

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North Dakota High School Coaches Association



2022-2023 NDHSCA Sports Advisory Committees

SPORT	REPRESENTATION	TERM
<u>BASEBALL:</u>		
DeWitt Mack; Mandan HS	A Division West Representative	2019-2023
Kip Erickson; Washburn HS	B Division West Representative	2020-2024
Hans Anderson; Fargo Davies HS	A Division East Representative	2021-2025
Travis Risovi; Rugby HS	B Division East Representative	2022-2026
<u>BASKETBALL – Boys':</u>		
Michael Santjer; Rugby HS	At Large Representative	2020-2023
BJ Etzold; Bismarck St. Mary's HS	A Division Representative	2021-2024
Brandy George; Thompson HS	B Division Representative	2022-2025
<u>BASKETBALL – Girls':</u>		
Jason Schwarz; Minot HS	At Large Representative	2020-2023
Lisa Jenkins; Wilton-Wing	B Division Representative	2021-2024
Kenyon Wingenbach; West Fargo Sheyenne HS	A Division Representative	2022-2025
<u>CHEERLEADING (Appointed by Cheerleading Advisory):</u>		
Ruth VanWechel; Mayville-Portland CG	B Division Representative	2020-2023
Billie Ann Caya; Bismarck HS	At Large Representative	2021-2024
Luann Burris; 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>		
Kyrstin Filip; Fargo South HS	East Representative	2020-2023
Rachel Johnson Krug; Bismarck Public Schools	At Large Representative	2021-2024
Robbie Werchau; Minot HS	West Representative	2012-2025
<u>HOCKEY (Appointed by Hockey Advisory):</u>		
Ben Hertz; Mandan HS	Girls' Representative	2019-2023
Jason Bennett; Minot HS	Boys' Representative	2020-2024
David Benson; West Fargo Sheyenne HS	Boys' Representative	2021-2025
Patrick Johnson; West Fargo HS	Girls' Representative	2022-2026
<u>SOCCER:</u>		
Thomas Marcis; Bismarck Legacy HS	Boys' West Representative	2019-2023
Matt Pfau; Minot HS	Girls' West Representative	2020-2024
Nick Christianson; Fargo Davies HS	Girls' East Representative	2021-2025
Ian Costello; Fargo Davies HS	Boys' East Representative	2022-2026
<u>SOFTBALL:</u>		
Gerard Cederstrom; Minot HS	Class A West Representative	2019-2023
Trevor Yetterboe; Wilton HS	Class B West Representative	2020-2024
Mark Woodbury; West Fargo Sheyenne HS	Class A East Representative	2021-2025
Michael Loll; Hankinson HS	Class B East Representative	2018-2022

North Dakota High School Coaches Association

2022-2023 Sports Advisory Committee Representatives

SWIMMING & DIVING:

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

TENNIS (Appointed by Tennis Advisory):

Chad Anderson; West Fargo Sheyenne HS	East Girls' Representative	2019-2023
Scott DeLorme; Minot HS	West Boys' Representative	2020-2024
Matt Nielson; Valley City HS	East Boys' Representative	2021-2025
Scott McPherson; Bismarck Legacy HS	West Girls' Representative	2018-2022

TRACK & FIELD – Boys':

Sean Allan; Grand Forks Central HS	A Division East Representative	2019-2023
Mitch Grochow; Beulah HS	B Division West Representative	2020-2024
Chris Clements; Bismarck Legacy	A Division West Representative	2021-2025
Josh Allmaras; Kindred HS	B Division East Representative	2022-2026

TRACK & FIELD – Girls':

Darrin McGinnon; West Fargo HS	A Division East Representative	2019-2023
Jon Jahner; Bowman County HS	B Division West Representative	2020-2024
Tim Kolsrud; Bismarck HS	A Division West Representative	2021-2025
Jeremy Anderson; Thompson HS	B Division East Representative	2022-2026

VOLLEYBALL:

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

WRESTLING (Appointed by Wrestling Advisory):

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

NDHSCA Sports' Advisory Committee Application

NAME: _____
SCHOOL: _____
Home Address: _____
City, State & Zip: _____
Sport: _____ **E-Mail Address:** _____
Years of Coaching: _____ **Home Phone:** _____ **School Phone:** _____
Number of Years of Membership to the NDHSCA: _____



My duties as a Sports Advisory Committee member include:

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

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

Return Form to:

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

email: duck@westriv.com

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

Dakota Coach Winter 2023



Longevity Information for 2023 Recognition

The NDHSCA has an ongoing list of longevity winners. The years of coaching recognized are 20, 25, 30, 35, 40, 45, 50, etc. Please send an e-mail to [Scott Grochow](mailto:Scott.Grochow@k12.nd.us) at Scott.Grochow@k12.nd.us, or [Bill Jansen](mailto:William.Jansen@k12.nd.us) at William.Jansen@k12.nd.us if you are one of these individuals.



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

You **must be a member of the NDHSCA to be recognized** and you must be a junior high, or high school coach at the time. Please remember to fill out your membership forms through the next year. This keeps our data base up to date.

We will run a complete list in the Spring and Summer Dakota Coach. Please see if your name is on the list. Scott and Bill will e-mail coaches from the data base asking them their wishes for a Longevity Plaque. Please let them know if you have any questions.

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



Criteria for Post-Season Awards



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





Lifetime Membership

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

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

Notes on Lifetime Membership

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



North Dakota High School Coaches Association

Paid Lifetime Memberships

Aardahl, Vern; Milnor HS
Amundson, Greg; Mandan HS
Anderson, Brian; Watford City HS
Anderson, Darrell; Bismarck HS
Anderson, Darryl; Mandan HS
Askvig, Curtis; Surrey HS
Bennett, Jason; Minot, HS
Benson, Ron; Mott-Regent HS
Berg, Mike; Grand Forks Central HS
Berglund, Darrell; Hazen HS
Berglund, Kathy; Hazen HS
Bettenhausen, LeRoy; Watford City HS
Boehm, Darrin; West Fargo HS
Brackebury, Wayne; Mohall-L-Sherwood HS
Brandt, Jeremy; Beulah HS
Brenner, Henry; ND School for the Deaf
Brown, Greg; Watford City HS
Burckhard, Richard; Parshall HS
Burris, LuAnn; Grand Forks Central HS
Callahan, Mike; Minnewaukan HS
Carlson, Ron; Minnewaukan HS
Carlson, Sherry; Minot HS
Carlsrud, Dave; NDHSAA
Carr, Daniel; Linton HS
Caya, Billie Ann; Bismarck HS
Cederstrom, Gerald; Minot HS
Conlon, Frank; Jamestown HS
Cornell, Rick; Grand Forks Schroeder JHS
DeCoteau, Jerome; Turtle Mtn Comm. HS
Deutsch, Nancy; Watford City HS
Dew, Jim; Valley City State College
Deyle, Alvina; Fargo South HS
Dinius, Denny; Langdon HS
Disher, Ken; Minot HS
Dixon, Derrick; Turtle Mtn. Community HS
Dockter, Dwight; Hope-Page HS
Dolan, Michelle; Ray HS
Dooley, James; Beulah HS
Dwyer, Michael; Shiloh Christian HS
Erhardt, Janet; Center HS
Filibeck, Brian; Beulah HS
Fish, Frank; Watford City HS
Fjeld, Greg; Minot SHS
Flaagan, Craig; Fargo South HS
Flyberg, Brian; Linton HS
Folstad, Collette; West Fargo HS
Foltz, Scott; Minot HS
Forsberg, Mike; Fargo Oak Grove HS
Foss, Bradley; Watford City HS
Frost, Mark; Hope-Page
Gabrielsen, Thomas; Grand Forks RRHS
Gadberry, Ron; Hillsboro HS
Glasser, Steve; Dickinson Trinity HS
Gordon, Randy; Dickinson Trinity HS
Hack, Rick; Ellendale HS
Haggin, Barry; Divide County HS
Halland, Joan; Kindred HS
Hammer, Dennis; Grafton HS
Handt, Dave; Litchville-Marion HS
Hannegrefs, Shane; Minot HS
Hanson, David; St. Thomas HS
Hanson, James; St. Thomas HS
Hanson, Randy; Washburn HS
Hanson, Perry; Bismarck HS
Hardie, Karen; Fargo North HS
Hardie, Rodney; Fargo North HS
Haugen, Derold; LaMoure HS
Hausler, Jim; Bismarck Schools
Healy, Dennis; Williston HS
Herman, Matt; Ellendale HS
Hertel, Dale; Fargo South HS
Hoeckel, Greg; Carrington HS
Hofer, Dr. Herb; Cankdeska Cikana CC
Hoff, David; Bottineau HS
Holinka, Gerald; Dickinson Trinity HS
Holmen, Barry; Minot HS
Holmen, Robert; Minot HS
Hornecker, Brian; Minot HS
Horner, Dennis; Midway HS
House, Leon; Mandan HS
Howson, Jim; Hatton HS
Hutchison, Donna; Grand Forks Red River HS
Hutchison, John; Northwood HS
Hutchison, Lonny; Northwood HS
Imdieke, Dan; Linton HS
Irmen, Bill; Minot HS
Jaeger, Kerry; Grand Forks Red River HS
Jensen, Julie; Kindred HS
Jeske, James; Killdeer HS
Johnson, Harlan; Parshall HS
Johnson, Randy; Hazen HS (Bismarck)
Johnson, Wayne; Rolette HS
Jonas, Jim; West Fargo HS
Julius, Disa; Minot HS
Jung, Greg; Dickinson HS
Kaiser, Tim; Wahpeton 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
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
Maclver, Philip; Wahpeton JHS
Mack, Bruce; Surrey HS
Mailloux, Gary; Fargo North HS
Marsh, John; Fargo South HS
Marshall, Joel; Hazen HS
Martin, Phil; Lisbon HS
Mayer, Michael; Grant County HS
McCleary, Barry; Napoleon HS
McKinnon, Darin; West Fargo HS
McPherson, Scott; Bismarck Legacy HS
Michaelson, Dave; Dickinson HS
Miller, Steve; Bismarck HS
Mitzel, Frank; Minto HS
Nagel, Lee; Wahpeton HS
Nelson, Brent; Minot HS
Nelson, Kevin; Dunseith HS
Olson, Carolyn; Davies HS
Olson, Douglas; Beulah HS
Olson, Linette; Bismarck Century HS
Omdahl, Chad; Hatton-Northwood HS
Opdahl, Mike; Larimore HS
Opp, Leland; Hazen HS
Overby, Dennis; Northwood HS
Peterson, Paul; Larimore HS
Pfauf, Matt; Minot HS
Phillion, Rick; Minot HS
Philpot, Len; Grand Forks Central HS
Pierson, Paula; West Fargo HS
Plecicity, Doyle; West Fargo HS
Rerick, Mark; University of North Dakota
Roeske, Marv; Concordia College
Sabree, Yahya; Dunseith HS
Schatz, Mike; New England HS
Schauer, Gary; Langdon HS
Schmitt, Dan; Dakota Prairie HS
Schneider, Jay; Devils Lake HS
Schobinger, Jay; Dickinson HS
Schreiner, Vernon; Minto, HS
Schumacher, Jeff; Bismarck HS
Schwartz, Jason; Minot HS
Sevre, Jocelyn; Hazen HS
Shirley, Marney; Jamestown HS
Simfenderfer, Jason; Beulah HS
Sluke, David; Grafton HS
Smrekar, Dan; Bismarck St. Mary's HS
Snortland, Keith; Warwick HS
Solberg, Sheryl; NDHSAA
Solper, Jake; Minot HS
Solper, Melissa; Minot HS
Sondrol, Rick; Central Valley HS
Sorensen, Chris; Hazen HS
Sorlie, Michael; North Sargent HS
Stanley, Len; Bismarck State College
Stegman, Wayne; Drayton HS
Stein, Bruce; Hankinson HS
Stenberger, Pete; Minot HS
Stibbe, Peggy; Discovery MS
Strand, Fred P; Hatton-Northwood HS
Strand, Lisa; Thompson HS
Suelzle, Tom; Watford City HS
Thompson, Jerry; Drayton HS
Townsend, Brad; Bismarck Century HS
Trieglaff, Robert; Fargo North HS
Vance, Brian; Ellendale HS
Vigen, Randy; Central Valley HS
Wagner, Chuck; Killdeer HS
Wagner, Doug; DesLacs-Burlington HS
Walhaug, Gary; Surrey HS
Walker, Larry; Killdeer HS
Walsh, Nathan; Central Valley HS
Ward, John.; Hazen HS
Werchau, Robbie; Minot HS
Wheeling, Bob; Killdeer HS
Wilson, Dean; Carl Ben Eielson MS
Wilson, Jerry; Bismarck Century HS
Winczewski, Dean; Minot HS
Wisthoff, David; Glenburn HS
Wollenziens, Ben; Towner-Granville-Upham
Zimney, Bob; Grand Forks Red River HS
Zinke, Davey; Valley City

Honorary Lifetime Members

Marcy Bilkre; Minot HS
Chipper Ferrell; Minot HS
Gelaine Orvik; Fargo South HS



NDHSCA Past Presidents

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



Forms Available Online

Available on the NDHSCA website
Search “NDHSCA” or enter

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
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Gelaine Orvik Scholarship Fund



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

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

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

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

Donor:

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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

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Code of Ethics

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

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



Coaches Code of Conduct

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

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

Dakota Coach



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

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