

Dakota Coach

Volume 58
Issue #1



Congrats to
Greg Brown
Mandan HS
Newly elected
Vice President
of the NDHSCA



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**NDHSCA & NHSACA
Convention Highlights
on pages 17-23**



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Kim Garman Photography and
Forum Photography*



Dakota Coach Fall 2023



2023-2024 NDHSCA Executive Committee



**President
Jamie Zastoupil**

736 Mustang Drive
Bismarck, ND 58503

Phone Numbers:
(h) 701-224-1231
(w) 701-323-4900
(c) 701-730-5192

jamie_zastoupil@bismarckschools.org



**President Elect
Mike Zier**

PO Box 353
Beach, ND 58621

Phone Numbers:
(h) 701-872-3140
(w) 701-872-4161
(c) 701-872-3140

mike.zier@k12.nd.us



**Vice President
Greg Brown**

2507-6th Avenue NW
Mandan, ND 58554

Phone Numbers:
(h) 701-570-0554
(w) 701-570-0554
(c) 701-570-0554

gregory.brown@mstd1.org



**Immediate Past
President
Rick Anderson**

1415 Roberts Ave NE
Cooperstown, ND
58425

Phone Numbers:
(h) 701-797-3199
(w) 701-797-3114
(c) 701-789-1669

rick.anderson@k12.nd.us



**Past President
Ron Metz**

4368 Pleasant Valley
Rd South
Mandan, ND 58554

Phone Numbers:
(h) 701-471-5197
(w) 701-323-4900
(c) 701-471-5197

ron_metz@bismarckschools.org



**Executive Secretary
Randy Johnson**

1527 North 33rd St,
Suite 4
Bismarck, ND 58501

Phone Numbers:
(h) 701-870-1064
(w) 701-870-1064
(c) 701-870-1064

duck@westriv.com



**Assistant Executive
Secretary
Scott Grochow**

409 7th Avenue SE
Rugby, ND 58368

Phone Numbers:
(h) 701-776-5201
(w) 701-776-6854
(c) 701-771-2709

scott.grochow@k12.nd.us



**Assistant Executive
Secretary
Bill Jansen**

410 7th Avenue SE
Rugby, ND 58368

Phone Numbers:
(h) 701-776-7758
(w) 701-776-5201
(c) 701-351-0844

william.jansen@k12.nd.us



**Assistant Executive
Secretary - Dakota
Coach
Lisa Strand**

1511 7th Avenue NE
Thompson, ND 58278

Phone Numbers:
(h) 218-779-3404
(w) 701-599-2765
(c) 218-779-3404

lisa.strand@tps-k12.org



**Membership
Chairperson
Eric Olson**

121 Maplewood Dr.
Gwinner, ND 58040

Phone Numbers:
(h) 701-678-6842
(w) 701-678-2492
(c) 701-730-2018

eric.olson@k12.nd.us



**Lions' Basketball
Co-Chairs**

Michael Sorlie
PO Box 5

Gwinner, ND 58040

Phone Numbers
(c) 701-527-5273
(h) 701-678-3823

michael.sorlie@k12.nd.us

Mike Hendrickson

1408 57th Avenue S
Fargo, ND 58104

Phone Numbers
(c) 701-367-6546
(h) 701-367-6546

hendrim@fargo.k12.nd.us

**Shrine Football
Chair**

Bill Lorenz

1431 Chestnut Street
Grand Forks, ND 58201

Phone Numbers

(c) 218-791-3121

(h) 701-795-7818

wlorenz280@mygfschools.org

**Optimists' Volleyball
Co-Chairs**

Lisa Strand

1511 7th Avenue NE
Thompson, ND 58278

Phone Numbers:

(c) 218-779-3404

(h) 218-779-3404

lisa.strand@tps-k12.org

Tim Wallstrum

PO Box 402
Kenmare, ND 58746

Phone Numbers

(c) 701-340-8221

(h) 701-385-3376

twallstrum@mykps.us



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Convention Connection

Message from NDHSAA President Jamie Zastoupil



Welcome back to another school year! I am eager to get the 2023-2024 sports year started. I hope you all had a great summer getting to relax, spend time with loved ones and have a little fun. Good luck to all the fall sports teams as your seasons get underway and that this finds your teams healthy and excited to get to work.

I find myself especially excited and refreshed to get back into the gym this year. I have a fun group of volleyball players with some young ones ready to learn. This past summer, I attended the NDHSCA State Convention, in Fargo. What a convention! Thank you to Randy Johnson for putting together another year of outstanding speakers. I had the opportunity to hear from administrators, college coaches, high school coaches and many more. There are so many great things going on in our state. I had so many takeaways that I could bring back to my own gym this season. Along with the learning that took place, it is always nice to reconnect with other coaches from all over North Dakota and in various sports. I truly appreciate these friendships and connections I have been able to make around the state. Congratulations to all of our North Dakota Hall of Fame Inductees including our ND Coach of the Year recipients.

The last week of July, I had the honor of attending the NHSACA Convention in Lincoln, NE. This was my first Nation Convention and it did not disappoint. We had many outstanding speakers and events to attend. I had the honor of representing our state as a finalist for the National Coach of the Year in the sport of volleyball. Again, the friendships and learning that happened is something I will never forget. I had the opportunity to reconnect with a former teacher and coach of mine from South Dakota and make new relationships with volleyball coaches from all over the country. Congratulations to all our North Dakota National Coach of the Year Finalists. I enjoyed meeting many of you for the first time and reconnecting with those I had already had the privilege of knowing.

I want to give a special congratulations to Rick Anderson and Gregg Grinsteinner on being inducted into the NHSACA Hall of Fame. I would also like to congratulate Rod Hardie NHSACA Assistant Coach of the Year, Rick Anderson NHSACA Coach of the Year in the sport of Boys Cross Country and Perry Piatz NHSACA Coach of the Year in the sport of Golf.

I have had so many amazing opportunities because of the North Dakota High School Coaches Association. This membership has allowed me to create friendships with many coaches in the state and across the country. My teams have grown and become better because of the in-person sessions both in the classroom and on the court. I now get to serve our great organization as your President. At the state convention in Fargo, I gave a Presidential challenge. I challenged all our members to bring one new coach to our organization, be a mentor and guide them in this incredibly rewarding profession. I also challenged you all to attend the NDHSCA-NHSACA Convention June 22-27, 2024, in Bismarck, ND, at the Bismarck Hotel and Conference Center. Bring a first time attendee with you and show them what we are all about.

In closing, make sure to mark your calendars for the NDHSCA-NHSACA Convention June 22-27, 2024, in Bismarck, ND, at the Bismarck Hotel and Conference Center. Help us grow the membership by bringing on a new coach in your sport or in your area. May you all have an incredible 2023-2024 sports season.

Jamie Zastoupil, NDHSCA President

Dakota Coach Fall 2023

Message from NDHSCA Immediate Past President, Rick Anderson

Convention Gains



I would like to wish everyone the best of luck in your fall season that is currently underway. I am looking forward to seeing all the athletes compete, knowing I am going to witness some great performances and efforts by both teams and individuals.

North Dakota has incredible coaches, and it is my sincere hope that we will strive to continue to be the best in the nation. I say this because of what I witnessed at the state and national conventions that took place most recently. If you attended either, or both of these, you know what I mean.

I am going to focus on the NHSACA National Coaches Convention which took place this year in Lincoln, NE and next year will be held right here in North Dakota in Bismarck. The dates are June 22 - June 27, 2024.

Here are some of the reasons I think you should attend this great convention.

As I mentioned earlier, I feel we have the best coaches in the country. I attended the National Coach of the Year Banquet, where there are nineteen categories with eight finalists in each category. Amazingly, there were eighteen North Dakota finalists out of the nineteen categories! This is an indication of the caliber of coaching we have in our state. From these finalists, I extend my congratulations to two of the recipients of National Coach of the Year; Rod Harding of Fargo North who was Boys' Assistant Coach of the Year and Perry Piatz of Kindred for being named Golf Coach of the Year.

I feel it is important to attend these conventions just to hear the finalists speak to their peers in each sport. Listening and interacting with these people is an incredible experience, and what you can learn from them is nothing short of amazing. You may only need to pick up a tidbit of information, but that could be the one little thing that could make a big difference in your program. You really should observe this in person to find out how incredible this really is.

Congratulations to Gregg Grinsteiner of Dickinson Trinity for being inducted into NHSACA National Hall of Fame. Listening to his accomplishments and the impact on his kids is another amazing feat. This is true for all the inductees, especially if you look at the length of time that these people have put into our great profession.

I also want to mention that I think the NDHSCA is the best state association in the country. I believe that goes back to the great leadership that continues to improve coaching and coaches here in North Dakota. Special thanks to Randy Johnson for his great leadership and dedication to all the coaches of our state. Randy has assembled a great team to lead the NDHSCA. In addition, many thanks to Dave Dougherty and Tim Wallstrum for their current leadership roles at the national level in the NHSACA

Coaches, keep doing the great job you are doing and continue to get better in the same way we try to instill improvement in our kids. Create those great relationships, show integrity, sportsmanship, and great coaching ethics as we strive to be the best we can be. The kids will be the recipients if we do these things.

One last reminder to please attend the NDHSCA-NHSACA National Coaches Convention in conjunction with the State Convention in Bismarck at the Bismarck Hotel and Convention Center. The dates again are June 22 – June 27, 2024. Hope to see you all there.

NDHSCA Immediate Past President, Rick Anderson



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Using 100% pure oxygen that is pressurized, we are *treating* concussions. Concussions cause injury and inflammation in the brain. Like a sprained ankle that results in swelling and inflammation, the goal is to reduce this swelling and inflammation. Hyperbaric oxygen allows the brain cells to repair themselves and reduces the inflammation. It gives the brain a huge dose of oxygen, allowing it to return to pre-concussion function. All patients lay in the chamber and watch TV for the hour-long treatment. The average concussion is *treated* with less than four treatments, two treatments per day with several hours rest in between. Most concussions are back to school and sports in a matter of days. No more waiting to see if the injury will resolve itself.

CONCUSSIONS ARE NOT JUST HEADACHES

Symptoms vary from person to person. They can include physical symptoms like headaches, nausea, sensitivity to light and sound, and numbness or tingling. They can also include cognitive symptoms like difficulty concentrating or focusing. Often the emotional symptoms increased irritability, sadness, nervousness or feeling less emotional are frequently missed. Lastly, sleep can also be affected.

The brain does **not** self-diagnose. This means that not everyone who has a concussion can tell that they are concussed. Athletes need you to be looking out for their brain health. It is imperative for their future.



While we continue to do research, hyperbaric oxygen is not currently an FDA approved indication for concussions. This means that insurance will not cover the cost of treatments for concussions.

Call us for more information and pricing details.



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)



Strength = Balanced Diet + Physical Activity + Good Health



From the NDHSCA Executive Secretary's Desk

Randy Johnson



Welcome to a new school year! **WOW**, the summer has flown by. It seems like we just finished the spring sports. Good Luck to all coaches, athletes and teams this school year. Looking forward to some more awesome sporting events!

The 2023 North Dakota High School Coaches Association State Convention brought a number of awesome comments from its attendees. Here are a few highlights:

- “Lots of presenters and great to network with other coaches.”
- “Well informed speakers with applicable information.”
- “Innovative coaching methods and strategies were presented by both college and high school coaches.”
- “Always great to see colleagues from throughout the state. The networking and relationship building is a plus.”
- “Speakers had good material. Coaches social on Wednesday night is awesome! Banquet is always enjoyable.”
- “Enjoyed meeting new coaches, both at the high school and college level.”
- “Speaker knowledge was great, but also NEW stuff, ideas concepts that challenged my viewpoints at times.”
- “I enjoy the networking and bouncing things off other coaches. Hearing how things are at other schools was a plus.”
- “Presenters had a lot of valuable information that I cannot wait to share with my other coaches.”
- “I enjoyed learning different practices from other coaches.”

This brings me to a point. How about getting as many coaches as you can to attend the NDHSCA State Convention. Next summer the North Dakota High School Coaches Association will be hosting the NDHSCA-NHSACA National Coaches Convention at the Bismarck Hotel and Conference Center on June 22 – 27, 2024. The National Convention will be held in conjunction with the State Convention. Notice it is in June instead of July. Our goal is to have over 1,000 coaches attend. We need your help. Bring your assistant and junior high coaches. Bring your friends. Even if you can attend for only a couple of days. You will find great satisfaction in the learning opportunities. Mark the dates on your calendar today!

The highlight of the 2023 convention was the NDHSCA Hall of Fame/Coach of the Year Banquet. We have the video on our website: www.ndhsca.com. You will see some photos from the banquet later in this newsletter. The following coaches were inducted into the NDHSCA Coaches Hall of Fame

- Ron Benson – Mott-Regent High School
- Randy Gordon – Dickinson Trinity High School
- Todd Olson – Fargo Public Schools
- Larry Sandy – Velva High School

Continued on page 10



Dakota Coach Fall 2023

Randy Johnson Executive Secretary NDHSCA message continued.

We also honored the NDHSCA Subway Coach of the Year recipients from the 2022-2023 school year. Congratulations on this outstanding achievement. The Association also handed out two \$1,000.00 NDHSCA Gelaine Orvik Scholarships to the following:

- Amya Gourneau – Turtle Mountain Community High School
- Bryce Philpot – Grand Forks Central High School

The NDHSCA was pleased to issue six 2023 graduates with \$750.00 NDHSCA Scheels Scholarships as follows:

- Dustin Bartsch – Rugby High School
- Rachael Bergstedt – Enderlin High School
- Taylor Christiansen – Glen Ullin High School
- Savanna Fredrickson – Powers Lake High School
- Genevieve Gruba – Enderlin High School
- Kyle Sandy – Velva High School

The NDHSCA Award of Merit Awards went to:

- Jeanette Dahl – Grand Forks Public School
- Jody Norstedt – Midco Sports

We awarded David Klundt of Fargo with the Special Recognition Award.

The NDHSCA would like to thank all the sponsors and vendors for their assistance with the convention. Their sponsorship helps the convention run smoothly. The vendors and sponsors are listed later in this Dakota Coach.

A special thank you goes to Rick Anderson from Griggs County Central High School for his leadership as President this past year. Rick's knowledge and experience helped this organization continue to grow. Jamie Zastoupil from Bismarck Century High School is the 2023-2024 NDHSCA President. She brings great ideas, professionalism and knowledge to the position. We are in good hands. Congratulations to Greg Brown of Mandan High School on being elected Vice President. He will be an excellent addition to the board. Tim Wallstrum finished out his tenure on the Executive Committee. Tim was on the board for six years including two years during COVID as our President. Thank you Tim for all your work during this time. It is very important for me to stress my appreciation to the entire NDHSCA Executive Board. They make my job a lot easier. Their time and effort is outstanding and really make the organization run smoothly.

The National High School Athletic Coaches Association National Convention was held in Lincoln, Nebraska this summer. What an event! North Dakota can be very proud. Rick Anderson, Griggs County Central High School and Gregg Grinsteinner, Dickinson Trinity High School were inducted into the National Hall of Fame. They are very deserving of this honor. North Dakota had 18 finalists out of 19 sport categories for the NHSACA National Coach of the Year. We had three recipients. Rod Hardie, Fargo North High School, was named National Boys' Assistant Coach of the Year. Rick Anderson, Griggs County Central High School, was named National Boys' Cross Country Coach of the Year. Perry Platz, Kindred High School, was named National Golf Coach of the Year. Tim Wallstrum, Kenmare High School, took over as the NHSACA President for the 2023-2024 school year. What an awesome week for North Dakota! Remember, the North Dakota High School Coaches Association will be hosting the 2024 National Convention in Bismarck at the Bismarck Hotel and Conference Center on June 22 – June 27, 2024. Block those dates out now to attend. You will enjoy the time!

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

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



Continued on page 11

Dakota Coach Fall 2023

Randy Johnson Executive Secretary NDHSCA message continued.

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

This year the NDHSCA will also offer up to three - \$1,000.00 Gelaine Orvik Scholarships. The requirements for this scholarship is the graduate needs to plan to become a high school coach and attend a North Dakota College or University. Nominations for this scholarship are due by March 10, 2024. Please send them early. You can visit our website to download the nomination form. Any graduate who is interested in becoming a high school coach is eligible. Please visit with your student-athletes today.

The North Dakota High School Coaches Association continues to be strong. We encourage membership from every coach in your school. Please recruit new members to the association. Keep in mind our membership runs July 1st to June 30th. You can view the benefits of being a member later in this Dakota Coach. Share this information with every coach in your school. Help the NDHSCA become even stronger!

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

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

Coaching is one of the best professions around. Coaches have a life-lasting impact on student-athletes. You have a lot of influence on kids. It is important that we display appropriate conduct at all times. How a coach portrays himself/herself in action, dress and demeanor says a lot about that Individual. Be professional! Coaches are role models. It is important to review the NDHSCA Coaches Code of Ethics and Coaches Code of Conduct which are in this Dakota Coach and on our website.

Please feel free to contact our office at any time with questions or concerns. We will try to help as much as we can. We are here to assist coaches. This is an organization for coaches, run by coaches.

In closing, I would like to wish everyone an outstanding athletic year.

Randy Johnson
NDHSCA Executive Secretary



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Dakota Coach Fall 2023



Message from Randy Johnson and Dave Dougherty of the NDHSACA



Hello from the National High School Athletic Coaches Association!

The NHSACA 2023 National Convention was held in Lincoln, NE in conjunction with the NCA state clinic. There were over 2,000 coaches in attendance from July 24-27. The convention/clinic site was at Lincoln North Star High School. The banquets were held in the Hay Market District, at the Great Hall, in downtown Lincoln.

The NHSACA National Hall of Fame Banquet was held on Tuesday, July 25th with 35 coaches from around the nation being inducted. North Dakota had two legendary coaches inducted into the class of 2023.

- Rick Anderson - Griggs County Central High School
- Gregg Grinsteinner - Dickinson Trinity High School.

The NDHSCA nominated 19 coaches for National Coach of the Year Awards program this year, with 18 of the 19 coaches advancing as finalists. The NDHSCA led all states in coaches advancing as finalists. Out of those 18 finalists, North Dakota had three NHSACA National Coach of the Year recipients. They were:

- | | | |
|-----------------|-----------------------|-----------------------------------|
| • Rod Hardie | Assistant Boys' Coach | Fargo North High School |
| • Rick Anderson | Boys' Cross-Country | Griggs County Central High School |
| • Perry Piatz | Golf | Kindred High School |

The National Coach of the Year banquet was held on July 27. It was a great honor to have North Dakota receive these three NHSACA National Coach of the Year recipients. Congratulations Rod, Rick and Perry.

North Dakota is a leading state in the NHSACA providing critical leadership to the association for over 25 years. Current leaders include:

- Dave Dougherty – Current NHSACA Executive Director and Past President
- Tim Wallstrum - Current President of the NHSACA
- Jeremy St. Aubin - National Golf Sport Chair
- Greg Brown - National Soccer Sport Chair this past year
- Jake Solper - National Swimming and Diving Chair
- Gelaine Orvik – Past President and former NHSACA Executive Director
- John Hutchison – Past President and current Narrator for the NHSACA Hall of Fame and NHSACA Coach of the Year Banquets
- Randy Johnson – Current NHSACA Webmaster and Past President



If you are interested in serving on the NHSACA National Board of Directors, please contact Randy Johnson. When there is a position open, your name will be submitted to be part of the board.

The 2024 NHSACA National Convention will be held at the Bismarck Hotel and Convention center from June 22-27, 2024. The NDHSCA is the host association and will run their state convention in conjunction with the national convention. If you are interested in volunteering to assist with the National Convention, please contact Randy Johnson at duck@westriv.com. We want to make this one of the best National Conventions ever. Our goal is to have over 1,000 coaches attend. Help us now by blocking those dates so you may attend.

Respectfully submitted,



What to Eat Before and After Your Workout

Angie Asche MS RD, CSSD Eleat Sports Nutrition, LLC

Sponsored by Undeniably Dairy

Whether you're an athlete, active individual, or just starting your fitness journey, proper nutrition plays a vital role in optimizing your workouts and maximizing your results. Pre-workout and post-workout nutrition are two crucial components that can help enhance your performance, aid in recovery, and support your overall fitness goals. In this article, we'll delve into the significance of pre-workout and post-workout nutrition and provide practical tips to fuel your workouts effectively.

Pre-Workout Nutrition

Pre-workout nutrition involves consuming the right combination of nutrients to provide energy, enhance endurance, and prepare your body for exercise. Here are some considerations for an effective pre-workout routine:

Timing your pre-workout meal: Give yourself enough time to digest your meal or snack before exercising. Aim to eat 2-3 hours before exercising, depending on the size and composition of the meal. If you're pressed for time, a light snack 30-60 minutes before exercise can provide a quick energy boost.

Carbohydrates for Energy: Carbohydrates are the primary fuel source for your muscles during exercise. The greater the intensity, the more your body relies on carbohydrates. Before your workout, opt for easily digestible carbohydrate sources. Some options include fruit, bread, bagels, rice, whole grain cereals with low-fat milk, or starchy vegetables like potatoes and sweet potatoes.

Protein for Muscle Support: Including a moderate amount of protein in your pre-workout meal or snack can aid in muscle maintenance and repair. Opt for lean protein sources like poultry, fish, tofu, tempeh, and dairy products. Dairy such as milk, chocolate milk, Greek yogurt, and cottage cheese are all excellent sources of protein.

Prioritize hydration: Don't forget the importance of hydration. Drink water throughout the day, aiming for at least 16-20 oz. of fluid in the few hours leading up to your training session. To estimate hydration needs during exercise, simply take your weight in pounds and divide it by 30 to find an estimated amount of ounces per 15 minutes. For example, if you weigh 160 lbs, this would come out to be about 5 oz. every 15 minutes or so. Hydration needs will depend on several factors such as rate of exertion, sweat rate, and environmental factors.

Scan for more information on educating athletes on fueling for performance:



Article continued: *What to Eat Before and After Workout sponsored by Undeniably Dairy.*



Scan for videos from Leslie Bonci, RD, Sports Dietitian with Kansas City Chiefs to share with athletes:

Post-Workout Nutrition

Post-workout nutrition is crucial for replenishing energy stores, promoting muscle repair, and facilitating recovery. Here are some key considerations for post-workout nutrition:

Refuel with Carbohydrates: After a workout, your body needs to replenish its glycogen stores. Consume a combination of complex carbohydrates and easily digestible sugars to restore energy levels. Chocolate milk is an athlete favorite, and we love that it hits on all 3 - carbs, protein, and fluids, providing a 3:1 ratio of carbohydrates to protein to help refuel exhausted muscles after strenuous exercise.

Rebuild with Protein: Post-workout protein intake is essential for muscle repair and growth. Include a serving of high-quality protein in your post-workout meal or snack. Lean meat and poultry, eggs, dairy products like milk, yogurt, cheese, and cottage cheese, legumes, soy, or ready-to-drink protein shakes are excellent options.

Incorporate Antioxidant-Rich Foods: Include antioxidant-rich foods like berries, leafy greens, and colorful vegetables to combat inflammation and promote recovery. Research shows that polyphenols can help minimize post-exercise pain, improve strength recovery and reduce fatigue. Polyphenols are found in plant foods such as fruit like berries and cherries, herbs and spices, vegetables, nuts and seeds. One of our athlete's favorite post-workout snacks is a smoothie made with antioxidant-rich frozen berries and leafy greens, blended with bananas or oats for more carbohydrates, and milk or yogurt for high-quality protein.

Post-Workout Nutrition: *What Should I Eat After Training?*

The 3 R's to Recovery:

- **Refuel** - replace glycogen stores (carbs)
- **Repair** - initiate protein synthesis (protein)
- **Replenish** - rehydrate (fluids/electrolytes)

Smoothies, chocolate milk, milk, and ready-to-drink shakes are all excellent and convenient ways to consume all three - fluids, carbohydrates, and protein - post-workout. Aim to consume at least 16-24 oz. of fluid for every pound lost during exercise, and 15-25 grams of protein.

Liquid Options:

Convenient for athletes who struggle to eat solid foods or experience a lack of appetite after exercise.

- Milk
- Chocolate Milk
- Smoothie with protein powder or yogurt, fruit, oats, peanut butter
- Ready-to-drink protein shake with a small piece of fruit



Food Options:

For two-a-day workouts or tournament days, this recovery window becomes even more important. Could consume a small snack immediately post, followed by a larger meal 2-4 hours after.

- PB&J with a glass of milk
- Eggs, whole grain bagel, fruit
- Greek yogurt parfait with honey, banana, granola, pumpkin seeds
- Burrito bowl with chicken, beans, brown rice, cheese, vegetables
- Lean ground beef tacos with tortillas, lettuce, tomatoes, peppers, and avocado



Eleat Sports Nutrition®
www.eleatnutrition.com

Article continued: What to Eat Before and After Workout sponsored by Undeniably Dairy.

Prioritize hydration: Rehydrate your body after exercise by drinking water or electrolyte-rich beverages. Fluid replenishment is crucial for restoring hydration levels and aiding in recovery. As I mentioned earlier, chocolate milk is another excellent option providing fluids, carbohydrates, and protein.

Pre-workout and post-workout nutrition are integral parts of a well-rounded training regimen. Proper fueling before exercise provides the energy and nutrients needed for optimal performance, while post-workout nutrition helps to optimize recovery and support muscle repair. By paying attention to your body's nutritional needs and applying these guidelines, you can maximize your workouts and enhance your results. Meet with a registered dietitian today to help develop a personalized pre and post-workout nutrition plan for you.



Coaches Coaching Coaches teaching, training, learning

Editor Brad Strand

Dr. Brad Strand from North Dakota State University and the North Dakota High School Coaches Association have been working together to provide a supplement to the Dakota Coach called Coaches Coaching Coaches. We have an exciting article to start off the Fall Season 2023. In this article you can read about the The Four Degrees of Defense, Nutrition, Friendly Competition, Developing Talent and Training the Developmental Athlete in Sprints, Hurdles and Jumps for Long Term Success. Enjoy the read.

Click on Read More for the articles:

→ [READ MORE](#) ←

To submit an article to Coaches Coaching Coaches, send your article in word format to bradford.strand@ndsu.edu or feel free to email it to Randy Johnson at duck@westriv.com



National Convention

Highlights Featuring ND Coaches

The 2023 NDHSCA Hall of Fame/Coach of the Year Banquet video is online. Here is the link on our website to view it: www.ndhsca.com.

North Dakota Finalists in attendance.



Pictured Left to Right above:



Finalist Scott McPherson

Front Row: Rick Smith, Rick Anderson, Laurie Sieben, Jamie Zastoupil, Craig Kovash
Back Row: Sean Allan, Perry Piatz, Dan Smrekar, Jake Solper, Pete Dobitz, Travis Lemar, Rod Hardie



Finalist Josh Issertel

Your NDHSCA Membership is a dual Membership with NHSACA



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

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

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

Three from North Dakota Receive National COTY Award!



Rick Anderson receiving his NHSACA National COTY Award

Boys' Cross Country.



Ron Hardie receiving his NHSACA National COTY Award

Boys' Assistant

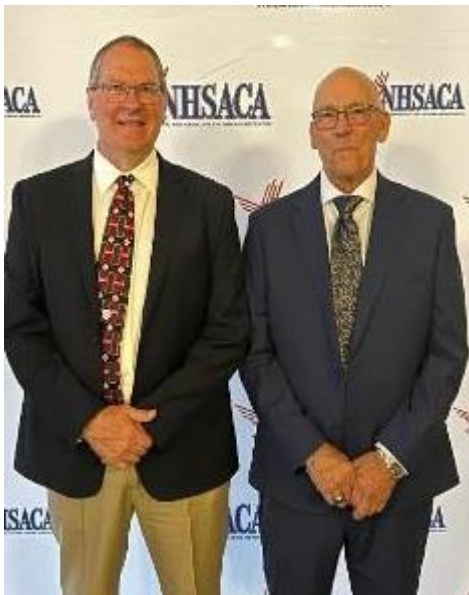


Perry Piatz receiving his NHSACA National COTY

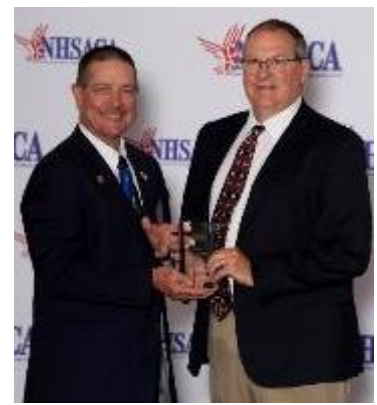
Golf

*Awards were presented by Rocky Ruhl, NHSACA President

NHSACA Hall of Fame Awards



Gregg Grinsteinner (left) and Rick Anderson (right)



Rick Anderson of Griggs Co. Central and Gregg Grinsteinner of Dickinson Trinity were inducted into the NHSACA Hall of Fame during the 2023 Convention held in Lincoln, NE.

Pictured above is NHSACA President Rocky Ruhl with Rick Anderson and again with Gregg Grinsteinner.

NDHSCA Hall of Fame

The North Dakota High School Coaches Association inducted Todd Olson, Larry Sandy, Randy Gordon and Ron Benson into the NDHSCA Hall of Fame at the July 2023 Summer Coaches Convention Banquet held in Fargo. Awards were presented by Past President Tim Wallstrum. Congratulations to the Class of 2023.



Ron Benson with Tim Wallstrum



Randy Gordon with Tim Wallstrum



Todd Olson with Tim Wallstrum



Larry Sandy with Tim Wallstrum



North Dakota Convention Highlights



Gelaine Orvik Scholarship Recipients

Gelaine Orvik Scholarship Recipient
Amya Gourneau with Gelaine Orvik and John Clark of Subway, a sponsor of the Scholarship.

Gelaine Orvik Scholarship Recipient
Bryce Philpot with Gelaine Orvik and John Clark of Subway, a sponsor of the Scholarship.

Scheels Scholarship Recipients



President Rick Anderson with Taylor Christianson



Dylan Bartsch



Genevieve Gruba



Rachel Bergstedt



Kyle Sandy

2023 Scheels Scholarship Recipients (Left to Right) Kyle Sandy, Genevieve Gruba, Rachel Bergstedt, and Dylan Bartsch, pictured with Wray Wright of Scheels.



NDHSCA Special Recognition



The 2023 Special Recognition Award was presented to Dave Klundt of Fargo for his service as a basketball, baseball and softball official. Dave (left) is pictured with NDHSCA President Rick Anderson.

NDHSCA Award of Merit

The 2023 Award of Merit was presented to Jeanette Dahl, Administrative Assistant with Grand Forks Public Schools. Jeanette (left) is pictured with NDHSCA President Rick Anderson.



Jody Norstedt of Midco Sports was also presented with the 2023 Award of Merit. Jody (left) is pictured NDHSCA President Rick Anderson after receiving his plaque.



Thank You

The North Dakota High School Coaches Association would like to thank Todd Olson and Fargo Public Schools Athletic Department for the use of their facilities and also the use of their projectors during the NDHSCA State Convention. Your assistance and hospitality is greatly appreciated!

NDHSCA Coach of the Year Awards

The Coach of the Year Award is announced at the conclusion of each season. The 2022-2023 Coach of the Year plaques are awarded at the NDHSCA banquet held during the summer convention. Pictures include those recipients in attendance on July 20th.



Spring Asst. COTY
Adam Christianson



Fall Asst. COTY
Jennifer Bartsch



Winter Asst. COTY
Richard Anderson



Class A Baseball COTY
Andrew Lunsetter



Class A Girls' Swimming
Ben Smith



Class A Boys' Swimming
Cale Schafer



Class B Girls' Cross Country
Bill Jansen



Class B Girls' Softball
Cory Erickson



Class A Girls' Track & Field
Dale Colby



Class A Girls' Cross Country
Deb Beilke



Class A Boys' Cross Country
Gary Mailloux



Class A Boys' Golf
Dan Wolf



Class B Girls' Volleyball
Jaime Richter



Class A Boys' Basketball
Darin Mattern



Class B Boys' Basketball
Jeremy Brandt



NDHSCA Coach of the Year Awards



Class A Boys' Track & Field
Jeff Bakke



Class A Girls' Basketball
Jason Schwartz



Class B Boys' Cross Country
Class B Boys' Track & Field
Jon Jahner



Class B Athletic Director
Jason Simpenderfer



Class B Girls' Golf
Laine Brantner



2022-2023 NDHSCA Executive Board

Front row-(L-R) Jamie Zastoupil, Mike Zier, Rick Anderson,
Tim Wallstrum, Lisa Strand

Back row-(L-R) Bill Jansen, Scott Grochow, Randy Johnson, Eric Olson,
Ron Metz



President Rick Anderson passes the Gavel to President Zastoupil along with some advice.

Quote:

“Being humble means recognizing that we are not on earth to see how important we can become but to see how much difference we can make in the lives of others.”

-Gordon Hinckley-



2023 Corn Hole Tournament Champions!

Jordan Aus & John McClaren
They received a traveling trophy and bragging rights for a year for as Corn Hole Champions!

Friendly Reminder from NDHSCA

North Dakota High School Coaches Association

ONLINE MEMBERSHIP REGISTRATION LINK

PLEASE TAKE NOTE!

Convention and Membership Registration is on-line only. Visit our website www.ndhsca.com. **NDHSCA encourages 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.

Membership Deadlines:

- 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 on** to the NDHSCA Registration Link **each year** and check lifetime member. Please update your data.



Membership Deadlines and Benefits

Reminder to get your assistant coaches and junior high coaches to sign up for membership to the North Dakota High School Coaches Association for the 2023-2024 school year if you have not done so. Our membership runs July 1 through June 30.

Membership Deadlines

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



Membership Benefits

- \$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
 - Do not want to take away from being a member of 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
- 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 National Coaches Hall of Fame
- Eligible to be on Sports Advisory
- Voice in North Dakota High School Athletics through the NDHSCA
- Free admission to most regular season high school contests
- Free admission to many College and University contests – please contact the University before attending
- Free admission to one NDSU Football game – Information is on the website
- Free admission to UND Football Games – Information is on the website
- Other benefits include:
 - Reduced hotel rooms
 - Reduced car rental
 - Reduced items at Office Max
 - Reduced price of insurance
 - Please visit our website for more information

Dual Membership

- Coaches who are members of the NDHSCA are also members of the National High School Coaches Association. It is a dual membership.



Dakota Coach Fall 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, 2023 – August 1, 2024

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

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.

MINUTES FROM THE

NDHSCA Annual Business Meeting

July 20, 2023; 10:50 AM

Fargo Ramada Convention Center Woodland North 10:50 AM

President Rick Anderson called the meeting to order at 10:52 AM.

Jordan Aus, West Fargo Sheyenne HS, moved to accept the 2022 NDHSCA Annual Meeting Minutes as printed in the 2022 Fall Dakota Coach; Gelaine Orvik, Fargo, seconded the motion. Motion passed without any dissenting voice vote.

Executive Secretary Randy Johnson presented the NDHSCA financial report as of 6-30-2023 as follows:

\$ 98.83 – FPSFCU Primary Shares Account Balance June 30, 2023
\$ 13,128.75 – FPSFCU Checking Account June 30, 2023
\$ 3,057.23 – FPSFCU Football Clinic Account June 30, 2023
\$ 30,755.69 – FPSFCU Gelaine Orvik Scholarship Account Balance June 30, 2023
\$ 95,696.44 – FPSFCU Money Market Share Balance June 30, 2023
\$142,736.94 – FPSFCU Total Cash on Hand June 30, 2023

June 30, 2022 Comparison

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

Outstanding Income – Lions All Star Basketball (August 1, 2023 Request)

Outstanding Income – NDHSAA Support of Convention (August 1, 2023 Request)

Randy felt the NDHSCA is financially sound. He stated they are working to build the finances because of hosting the 2024 NDHSCA-NHSACA National Convention. Jon Jahner, Bowman County, HS moved to accept the financial report; Nathan Horgeshimer, Killdeer HS seconded the motion. Motion passed without any dissenting voice vote.

Membership Chair Eric Olson gave an update on the 2023 NDHSCA State Coaches Convention. On Thursday, July 20th we had 257 coaches registered for the convention. 27 coaches taking one semester hour of credit and 15 coaches taking two semester hours of credit. At that point we had 406 coaches registered for NDHSCA membership. Jeremy St. Aubin, South Border, moved to accept the convention report; Greg Brown, Mandan HS, seconded the motion. Motion passed without any dissenting voice vote.

Dakota Coach Fall 2023

Annual Business Meeting Minutes continued...

Assistant Executive Secretary Lisa Strand gave a report on the Dakota Coach. We have been working on increasing the number of articles for the Dakota Coach. If someone has an article they would like to share for the quarterly newsletter, please e-mail Lisa or Randy. The membership needs to let Lisa know if there is something they would like in the Dakota Coach. She also asked for any pictures they might have to show in the Dakota Coach would be great. Jake Solper, Minot HS moved to accept the report; Melissa Dalke, South Border, seconded the motion. Motion passed without any dissenting voice vote.

Eric Olson gave the 2022-2023 NDHSCA Membership report as follows: We had 1,299 paid members, 11 new lifetime members, 202 living lifetime members and 1,390 active members this past year. Cameron Dockter, Fargo South HS, moved to accept the membership report; Trevor Conrad, Dickinson HS, seconded the motion. Motion passed without any dissenting voice vote.

President-Elect Jamie Zastoupil introduced the 2023 NDHSCA Vice President Candidates. They are Greg Brown, Mandan HS and Mike Hendrickson, Fargo South HS. The voting will end at 1:00. The new Vice President will be announced at the NDHSCA Hall of Fame/Coach of the Year Banquet this evening.

Assistant Executive Secretary Scott Grochow discussed the NDHSCA POWERade Senior Athlete of the Year balloting and also the NDHSCA Subway Coach of the Year balloting. Everything is going well. He mentioned the e-mailing of the ballot and using Survey Monkey to send it out. He talked about the importance of using the e-mail they have on the NDHSAA website. Please make sure it is correct.

NHSACA Executive Director Dave Dougherty gave the NHSACA report as follows: The NHSACA 2023 National Convention is being held in Lincoln, NE in conjunction with the NCA state clinic. There will be almost 2,000 coaches in attendance from July 24-27, 2024. The convention/clinic site is the Lincoln North Star High School. The banquets will be held in the Hay Market District, at the Great Hall, in downtown Lincoln. The NHSACA National Hall of Fame Banquet will be held on Tuesday, July 25th with 35 coaches from around the nation due to be inducted. North Dakota has two legendary coaches to be inducted into the class of 2023. They are: Rick Anderson from Griggs County Central High School and Gregg Grinsteinner from Dickinson Trinity High School. The NDHSCA nominated 19 coaches for National Coach of the Year Awards program this year, with 18 of the 19 coaches advancing as finalists. The NDHSCA led all states in coaches advancing as finalists. North Dakota's finalists include:

- | | | |
|---------------------|------------------------|-----------------------------------|
| • Dr. Mark Rerick | Athletic Director | Grand Forks Public Schools |
| • Peter Dobitz | Baseball | Dickinson High School |
| • Rod Hardie | Assistant Boys' Coach | Fargo North High School |
| • Rick Smith | Boys' Basketball | Four Winds Public Schools |
| • Rick Anderson | Boys' Cross Country | Griggs County Central High School |
| • Craig Kovash | Boys' Track and Field | Dickinson Trinity High School |
| • Dan Smrekar | Football | Bismarck St. Mary's High School |
| • Tim Delmore | Girls' Assistant Coach | Grand Forks Red River High School |
| • Girls' Basketball | Grafton Public Schools | |

Dakota Coach Fall 2023

Annual Business Meeting Minutes continued...

- | | | |
|-------------------|-------------------------|---------------------------------|
| • Sean Allan | Girls' Cross Country | Grand Forks Central High School |
| • Rory Beil | Girls' Track and Field | Fargo Davies High School |
| • Perry Piatz | Golf | Kindred High School |
| • Patrick Johnson | Softball | West Fargo High School |
| • Josh Issertell | Special Sports (Hockey) | Fargo Davies High School |
| • Jake Solper | Swimming and Diving | Minot High School |
| • Scott Mcpherson | Tennis | Bismarck Legacy High School |
| • Jamie Zastoupil | Volleyball | Bismarck Century High School |
| • Travis Lemar | Wrestling | Central Cass High School |

The National Coach of the Year banquet will be held on July 27 honoring 8 National Finalists in 19 sports with the highlight of the banquet happening when the 19 National Coach of the Year Recipients are named. North Dakota is a leading state in the NHSACA providing critical leadership to the association for over 25 years.

Current leaders include:

- | | |
|--------------------|--|
| • Tim Wallstrum | 1 st Vice President |
| • Jeremy St. Aubin | National Golf Sport Chair |
| • Greg Brown | National Soccer Sport Chair |
| • Jake Solper | National Swimming and Diving Chair |
| • Randy Johnson | National Website Manager and Past President |
| • Gelaine Orvik | Past President and former Executive Director |
| • John Hutchison | Past President and current Narrator for the Hall of Fame/COTY Banquets |
| • Dave Dougherty | Current Executive Director for past 10 Years and Past President |

The 2024 NHSACA National Convention will be held at the Bismarck Hotel and Convention center from June 22-27. The NDHSCA is the host association and will run their state convention in conjunction with the national convention. Randy Johnson reported on the 2024 NDHSCA-NHSACA National Convention. It will be in June and the NDHSCA is looking for coaches to help with the event. He would like to have at least one coach from each sport to help the National Sport Chair. Randy asked for them to send him an e-mail if they are interested in assisting. Thomas Wheeling, Bismarck Legacy HS, moved to accept the report; Claudia Schoellkopf seconded the motion. Motion passed without any dissenting voice vote.

Mike Hendrickson provided the Lions All Star Basketball Report. Players reported on Friday, July 7th Girls to Bismarck and Boys to Fargo – (both teams were housed at Expressway Inn and Suites)
Coaches:

- A Girls – Kent Ripplinger (Red River) and Kenyon Wingenbach (Sheyenne)
- B Girls – Jay Bachman (Central Cass) and Jason Brend (Thompson)
- A Boys – Travis Hoeg (Fargo North) and Kirby Krefting (Red River)
- B Boys – Matt Norman (Central Cass) and Brad Miller (Shiloh Christian)

Continued on page 30

Dakota Coach Fall 2023

Annual Business Meeting Minutes continued...

Games:

- Monday July 10th at Bismarck
 - Girls: B – 85 A – 77 Scoring leaders:
(B – Rylan Burgess 14, Mykell Heidlebaugh 13)
(A – Bregan Kinnebrew 22, Miriley Simon 15)
 - Boys: A – 106 B – 94
(B – Ayden Stainbrook 21, Carson Yale 16)
(A – Darik Dissette 23, Anthony Doppler 13)
- Tuesday, July 11th at Fargo
 - Girls: A – 97 B – 88 (OT)
(B – Ellie Braaten 19, Decontee Smith 14)
(A – Bergan Kinnebrew 27, Miriley Simon 24)
 - Boys: B – 107 A - 100
(B - Carson Yale 16, Ayden Stainbrook 13, Tyson Enget 13)
(A – Conner Kraft 16, Zach Kraft 16)

Overall Totals:

- Girls games A 47 wins B 32 wins (since 1981)
- Boys games A 53 wins B 28 wins (since 1977)

Thanks to the coaches and ADs in helping to get player info turned in. It gets to be more of a challenge each year to get information in by the deadline. Please help us in getting information out to players in a timely fashion. Thanks also to the Capital City Lions and the Gateway Lions for all of the time and effort that they put in to the All-Star Games and helping to make this a positive and successful event for our players. It was the 47th year of the Lion's All-Star Games. Jon Jahner, Bowman County HS, moved to accept the report; Jordan Aus, West Fargo Sheyenne HS, seconded the motion. Motion passed without any dissenting voice vote.

Tim Wallstrum and Lisa Strand gave the Optimist All Star Volleyball Report. The 2023 All Star Volleyball Series began with 24 Class A and B players and coaches reporting to the Expressway Inn in Fargo on Friday, June 9th to get room assignments and meet with the Fargo Optimist representative, Lori Dekeyser, and the NDHSCA All Star Co-Chairs, Tim Wallstrum and Lisa Strand. After player introductions, welcome, rules review and an ice breaker activity, the players were transported to Fargo North for their first practice followed by a meal and an outing to see the Fargo RedHawks baseball game. Saturday they had two practices, one in the morning and the second in the afternoon. They were treated that evening to an escape room activity. One practice was held on Sunday afternoon and one more on Monday morning. Monday afternoon the Optimists hosted a meal for the players and their parents before the Monday evening match on June 12. The draft format was used for the second year

with players being placed on teams according to position to make teams as equal as possible. The match featured the Red Team coached by Jamie Zastophil of Bismarck Century and Tim Wallstrum of Kenmare facing the Blue Team coached by Angie Johnson of Northern Cass and Leah Newton of West Fargo Sheyenne. The Blue Team was victorious in 4 sets, winning 3-1 (25-23, 27-29, 25-17, 25-19). A second match was played at Bismarck Legacy on June 13 with 4 sets being played. The Blue Team won in 3 sets and also won the 4th set; a fourth set is played as per the series rules to allow for more

Dakota Coach Fall 2023

Annual Business Meeting Minutes continued...

playing time (25-22, 26-24, 25-16, 25-15). Thank you to the Fargo Optimists for sponsoring the series, Fargo North High School and Bismarck Legacy High School for hosting the matches. Special thanks to all the volunteers that helped make the series possible. John McLaurin, Devils Lake HS, moved to accept the report; Bobby Hoffner, Benson County HS, seconded the motion. Motion passed without any dissenting voice vote.

Eric Olson gave the Shrine All Star Football Report for Bill Lorenz. The 2023 Shrine Football Games were played at Jerome Berg Field on the campus of Mayville State University on Saturday, June 24th. The 11-man game started late due to a tornado warning. We also had two lightning delays in the first half. We played the second half with running clock and shortened the quarters to ten minutes. The 11-East team won the game 21-0 over the West squad. With unsettled weather in the area, it was decided to shorten the quarters to ten minutes and utilize a running clock to start the 9-man game. Ultimately, mother nature won. The decision was made to cancel the game with around five minutes left in the first quarter. The 9-man East team was leading the West team 7-0. It was a difficult decision to make but in the end it was the best decision for the safety of everyone involved. The week started with 125 players and 16 coaches checking into the dorm on the campus of Mayville State University. MSU was a very gracious host. The housing, dining, and practice facilities were able to handle our large group with ease. Everyone that was involved was very accommodating. The community of Mayville was also very welcoming. We also held our annual banquet in the field house at MSU. The facility was able to handle a crowd of over 600 people. There was plenty of space for people to move around and be very comfortable during this time. Our annual media day was held on Thursday. Along with talking to the media, the players also attended sessions and were able to learn about the purpose and goals of the Shrine Hospital. They also were able to listen to two patients tell their stories about how the Shrine hospital was able to help them. This was an excellent opportunity for the athletes to hear about the benefits that the hospital provides. Preparations for the 2024 game have already started. The

committee is planning on having all four teams and coaches practice at Mayville State University again. The tentative date for the games is June 22nd, 2024. In visiting with numerous players and coaches, everyone had a great experience during the week leading up to the game and on game day. Brady Gudge, Mandan HS, moved to accept the report; Jeff Bakke, Grand Forks Red River HS, seconded the motion. Motion passed without any dissenting voice vote.

Scott Grochow gave the Longevity Awards Report. He reminded coaches the NDHSCA gives longevity awards for coaches who have been in the profession 20, 25, 30, 35, 40, 45 and 50+ years. The plaques are laid out in the registration area for coaches to pick up. Any coach with 30 or more years of Longevity will be named at the banquet on Thursday evening. If any coach has not received an award and would like one, they should contact Scott. Matthew Poppe, Bismarck HS, moved to accept the report; Thomas Wheeling, Bismarck Legacy HS, seconded the motion. Motion passed without any dissenting voice vote.

Randy Johnson reported on the POWERade Cooperative Agreement, Scheels Agreement, Subway Agreement and the help from the North Dakota Beef Commission. It is important to write thank you notes to POWERade for the Senior Athlete Award. Randy strongly encouraged the same thing for Scheels, Subway and the North Dakota Beef Commission. Jake Solper, Minot HS, moved to accept the report; Greg Brown, Mandan HS, seconded the motion. Motion passed without any dissenting.

Dakota Coach Fall 2023

Annual Business Meeting Minutes continued...

Randy Johnson gave a report on the NDHSCA Website. Everything has been updated on the website except for the NDHSCA Coach of the Year History by Sport. He will be working on adding a couple of items for the website. If there is something that does not seem correct on the website, please send a message to Randy as soon as possible so he gets it corrected. Claudia Schoellkopf, Mandan HS, moved to accept the report; Kaycee Grochow, TGU, seconded the motion. Motion passed without any dissenting voice vote.

Eric Olson gave a report on the NDHSCA Twitter (X) account. We currently have 1,892 followers. He talked about different items he tries to put on Twitter in hopes to increase the number of followers. The Twitter account is used to broadcast happenings in the association and high school sports in North Dakota. Matthew Poppe, Bismarck HS, moved to accept the report; Thomas Wheeling seconded the motion. Motion passed without any dissenting voice vote.

Randy Johnson talked about the 2024 NDHSCA-NHSACA National Convention to be held in Bismarck. The dates for the convention will be June 22 – June 27, 2024. It will be held at the Bismarck Hotel and Conference Center. There will also be two overflow hotels. Randy asked for coaches to contact him if they are interested in helping the sport chairs at the National Convention next summer.

Immediate Past President Ron Metz discussed various information dealing with the North Dakota High School Coaches Association. He strongly encouraged members to visit the NDHSCA website often. Read the Dakota Coach when it comes out to catch up on various news and happenings with Association. Coach Metz also asked the members to fill out the speaker suggestion sheet and the Sports Advisory sheets in their packets to become more involved in the organization. He strongly encouraged members to run for the Executive Board when asked. It is a rewarding experience. Ron also asked coaches to please nominate Assistant and Junior High Coaches for the Coach of the Year Award. We are always looking for good coaches to be awarded. He also reminded them that if they are a member of the North Dakota High School Coaches Association, they are also a member of the National High School Athletic Coaches Association.

Randy Johnson discussed the liability insurance. Our insurance does work in the classroom, but it is important to remember it is only liability insurance. We do not want to take away from the Teacher's Union. Randy also suggested coaches take out the camp insurance if they are hosting any camps or leagues. This insurance would help parents cover their deductible if a child gets hurt while at camp.

Randy Johnson shared with the group information about the NDHSCA Gelaine Orvik Scholarship Fund. The fund balance is \$30,755.69. Next year the NDHSCA will offer up to three NDHSCA Gelaine Orvik Scholarships. He thanked the members for their contributions to the fund. Last year, the membership gave \$1,785.00 to the fund. At last year's social, the members gave \$2,343.00 in earnings. Last night at the social, we brought in \$671.00 for the NDHSCA Gelaine Orvik Scholarship Fund. Gelaine Orvik thanked the group for all they did to make this scholarship possible.

Past President Tim Wallstrum moved to have Randy Johnson be the NDHSCA Executive Secretary for the 2023-2024 year; Gelaine Orvik seconded the motion. Motion passed without any dissenting voice vote. Randy Johnson abstained from voting.

President Rick Anderson adjourned the meeting at 11:59 AM.



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Sanford Sports Concussion Program Coaches Signs and Symptoms

Athletes who experience one or more of the signs and symptoms listed below after a bump, blow or jolt to the head or body may have a concussion.

Signs observed by coaching staff

Appears dazed or stunned
Is confused about assignment or position
Forgets an instruction
Is unsure of game, score or opponent
Moves clumsily
Answers questions slowly
Loses consciousness (even briefly)
Shows mood, behavior or personality changes
Can't recall events prior to hit or fall
Does not "feel right"

Symptoms reported by athlete

Headache or "pressure" in head
Nausea or vomiting
Balance problems or dizziness
Double or blurry vision
Sensitivity to light
Sensitivity to noise
Feeling sluggish, hazy, foggy or groggy
Concentration or memory problems
Confusion
Can't recall events after hit or fall

Concussion Action Plan

If you suspect that an athlete has a concussion, you should take the following four steps:

1. Remove the athlete from play.
2. Ensure that the athlete is evaluated by a health care professional experienced in evaluating for concussion. Do not try to judge the seriousness of the injury yourself.
3. Inform the athlete's parents or guardians about the possible concussion and give them the facts sheet on concussions.
4. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says that athlete is symptom-free and it's OK to return to play.

Any athlete with a suspected concussion should not be allowed to return to play on the same day!

Red Flags – If any of the following signs and/ or symptoms are present, immediately activate Emergency Medical Service EMS (Dial 911), so the athlete can be promptly taken to the nearest Emergency Department.

- Headache that worsens
- Seizure
- Looks very drowsy or can't be awakened
- Repeated vomiting
- Slurred speech
- Can't recognize people or places
- Increasing confusion or irritability
- Weakness or numbness in arms or legs
- Unusual behavior change
- Any loss of consciousness greater than 30 seconds

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Dakota Coach Fall 2023

Struggle leads to strength.
Adversity leads to growth.
Obstacles lead to improvements.
Setbacks lead to comebacks.
Tests lead to testimonials.

The challenges you face are part of the growth plan for your life.

-Jon Gordon. -

From the NDHSCA

Code of Ethics



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

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

Find the entire NDHSCA Code of Ethics on page 60



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

Dakota Coach Fall 2023

NDSU Athletics offers NDHSCA members free admission to home football games for select contests.

For 2023, complimentary tickets for NDHSCA members will be available for the following games:

- September 9 vs Maine
- September 16 vs Central Arkansas
- October 21 vs Western Illinois
- October 28 vs Murray State
- November 11 vs Southern Illinois

Policies and Procedures for Requesting NDHSCA Tickets

• NDHSCA members may begin requesting 1 complimentary ticket and 1 additional ticket to purchase beginning at 8:00am on the Monday of game-week. All requests must be submitted via email to nds.bisontickets@nds.edu

- Tickets are limited and orders will be filled based on ticket availability and frequency of an individual's requests. Submitting a request does not guarantee tickets will be awarded.
- Tickets will be awarded and confirmations sent on the Wednesday of game-week
- Tickets can be picked up 90 minutes prior to kick-off on game day. Per NCAA rules, no tickets can be picked up in advance of that time.
- Coaches picking up tickets will be required to present their current NDHSCA membership card with a valid photo ID at the time of pick up.
- Failure to pick up tickets can result in a loss of future ticket opportunities for that individual. Single game tickets can also be purchased through the NDSU ticket office.

Please visit www.GoBison.com for additional information.



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

"Every athletic career, no matter how modest or lofty, is a journey."

---Dan Millman--



NDHSCA GOALS



INCLUDE:

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

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Dakota Coach Fall 2023



2023-2024 NDHSCA SPORTS ADVISORY COMMITTEES

| SPORT | REPRESENTATION | TERM |
|--|-----------------------------------|-------------|
| <u>BASEBALL:</u> | | |
| Aric Lee; Shiloh Christian 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 |
| DeWitt Mack; Mandan HS | A Division West Representative | 2023-2027 |
| <u>BASKETBALL – Boys’:</u> | | |
| BJ Etzold; Bismarck St. Mary’s HS | AA Division Representative | 2021-2024 |
| Jeff Ralph; Wahpeton HS | A Division Representative | 2022-2025 |
| Isaac Sondrol; Velva HS | B Division Representative | 2023-2026 |
| <u>BASKETBALL – Girls’:</u> | | |
| Lisa Jenkins; Wilton-Wing | B Division Representative | 2021-2024 |
| Kenyon Wingenbach; West Fargo Sheyenne HS | AA Division Representative | 2022-2025 |
| Jason Brend; Thompson HS | A Division Representative | 2023-2026 |
| <u>CHEERLEADING (Appointed by Cheerleading Advisory):</u> | | |
| Ruth VanWechel; Mayville-Portland CG | B Division Representative | 2021-2024 |
| Luann Burris; Grand Forks Central HS | A Division Representative | 2022-2025 |
| Billie Ann Caya; Bismarck HS | At Large Representative 2023-2026 | |
| <u>CROSS COUNTRY:</u> | | |
| 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 |
| Josh Roberts; Kindred HS | B Division East Representative | 2023-2027 |
| <u>FOOTBALL:</u> | | |
| Vyrn Muir; Grand Forks Red River HS | AA Division Representative | 2020-2024 |
| Wayne Werremeyer; Fargo Davies HS | AAA Division Representative | 2021-2025 |
| Ben Wollenzien; Towner-Granville-Upham | 9-Man Division Representative | 2022-2026 |
| Bret Dockter; Harvey-Wells County | A Division Representative | 2023-2027 |
| <u>GOLF:</u> | | |
| 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 | 2022-2026 |
| Dan Wolf; West Fargo Sheyenne HS | A Division Girls’ Representative | 2023-2027 |
| <u>GYMNASTICS:</u> | | |
| Rachel Johnson Krug; Bismarck Public Schools | At Large Representative | 2021-2024 |
| Robbie Werchau; Minot HS | West Representative | 2022-2025 |
| Andrea Bitz; Fargo Public Schools | East Representative | 2023-2026 |
| <u>HOCKEY (Appointed by Hockey Advisory):</u> | | |
| 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 |
| Ben Hertz; Mandan HS | Girls’ Representative | 2023-2027 |
| <u>SOCCER:</u> | | |
| 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 |
| Thomas Marcis; Bismarck Legacy HS | Boys’ West Representative | 2023-2027 |
| <u>SOFTBALL:</u> | | |
| 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 | 2022-2026 |
| Gerard Cederstrom; Minot HS | Class A West Representative | 2023-2027 |



Dakota Coach Fall 2023

2023-2024 NDHSCA SPORTS ADVISORY COMMITTEES



SWIMMING & DIVING:

| | | |
|-------------------------------------|-------------------------|-----------|
| Thomas Wheeling; Bismarck Legacy HS | At Large Representative | 2021-2024 |
| Talia Butery; Fargo North HS | Girls' Representative | 2022-2025 |
| Cale Schafer; Bismarck HS | Boys' Representative | 2023-2026 |

TENNIS (Appointed by Tennis Advisory):

| | | |
|---------------------------------------|----------------------------|-----------|
| 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 | 2022-2026 |
| Chad Anderson; West Fargo Sheyenne HS | East Girls' Representative | 2023-2027 |

TRACK & FIELD – Boys':

| | | |
|---------------------------------|--------------------------------|-----------|
| Mitch Grochow; Beulah HS | B Division West Representative | 2020-2024 |
| Justin Miller; Bismarck Century | A Division West Representative | 2021-2025 |
| Josh Allmaras; Kindred HS | B Division East Representative | 2022-2026 |
| Jordan Aus; West Fargo Sheyenne | A Division East Representative | 2023-2027 |

TRACK & FIELD – Girls':

| | | |
|-------------------------------|--------------------------------|-----------|
| 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 |
| John McLaurin; Devils Lake HS | A Division East Representative | 2023-2027 |

VOLLEYBALL:

| | | |
|--------------------------------------|--------------------------------|--------------|
| Jessica Fritz; Rugby HS | B Division Representative | 2021-2024 |
| Breanna Sisson; Dickinson Trinity HS | At Large Representative | 2022-2025 |
| Brianna Kline; Bismarck HS | A Division Representative | 2023-2026 |
| Tera Paulson; Hankinson HS | Volleyball Executive Appointee | 2015-Present |

WRESTLING (Appointed by Wrestling Advisory):

| | | |
|---|-------------------------------------|-----------|
| Dave Wolding; New Salem HS | B Division Representative | 2021-2024 |
| Mark Lardy; Bismarck HS | A Division President | 2022-2025 |
| Chad Barstad; Velva HS | B Division President | 2023-2026 |
| Matt Berglund; Grand Forks Red River HS | Girls East Wrestling Representative | 2021-2024 |
| Travis Lemar; Central Cass HS | Girls East Wrestling Representative | 2021-2025 |
| Scott Knowlen; Bismarck Public Schools | Girls West Wrestling Representative | 2023-2026 |
| Kelly Hase; Harvey-Wells County | Girls West Wrestling Representative | 2023-2027 |



NORTH DAKOTA HIGH SCHOOL COACHES ASSOCIATION 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: _____

Duties of 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. Survey or seek information for recommendations as needed.
5. Attend the annual NDHSAA Sport's Advisory Committee Meeting & submit the recommendations as determined by the coaches in said sport.
6. Commit to serving a 3 or 4 year term. Appointments are made at the July Executive Committee Meeting.

Return Form to:
 Randy Johnson, Executive Secretary
 1527 North 33rd Street Unit 4
 Bismarck, ND 58501
 Email: duck@westriv.com



Longevity Information for 2024 Recognition

The NDHSCA has an ongoing list of longevity winners. The years of coaching recognized are 20, 25, 30, 35, 40, 45, 50+. Please send an e-mail to Scott Grochow at Scott.Grochow@k12.nd.us, or Bill Jansen 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 2024 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 database asking them their wishes for a Longevity Plaque. Please let them know if you have any questions.

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Criteria for Post-Season Awards



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





Lifetime Membership

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

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

Notes on Lifetime Membership

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



North Dakota High School Coaches Association

Paid Lifetime Memberships

Aardahl, Vern; Milnor HS
Amundson, Greg; Mandan HS
Anderson, Brian; Watford City HS
Anderson, Darrell; Bismarck HS
Anderson, Darryl; Mandan HS
Askvig, Curtis; Surrey HS
Bennett, Jason; Minot, HS
Benson, Ron; Mott-Regent HS
Berg, Mike; Grand Forks Central HS
Berglund, Darrell; Hazen HS
Berglund, Kathy; Hazen HS
Bettenhausen, LeRoy; Watford City HS
Boehm, Darrin; West Fargo HS
Brackenburg, 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, Gerard; 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
Dockett, Dwight; Hope-Page HS
Dolan, Michelle; Ray HS
Dooley, James; Beulah HS
Dwyer, Michael; Shiloh Christian HS
Erhardt, Janet; Center
Filibeck, Brian; Beulah HS
Fish, Frank; Watford City HS
Fjeld, Greg; Minot 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
Haussler, Jim; Bismarck Schools
Healy, Dennis; Williston HS
Herman, Matt; Ellendale HS
Hertel, Dale; Fargo South HS
Hoeckel, Greg; Carrington HS
Hofer, Dr. Herb; Cankdeska Cikana CC
Hoff, David; Bottineau HS
Holinka, Gerald; Dickinson Trinity HS
Holmen, Barry; Minot HS
Holmen, Robert; Minot HS
Hornecker, Brian; Minot HS
Horner, Dennis; Midway HS
House, Leon; Mandan HS
Howson, Jim; Hatton HS
Hutchison, Donna; Grand Forks Red River HS
Hutchison, John; Northwood HS
Hutchison, Lonny; Northwood HS
Imdieke, Dan; Linton HS
Irmen, Bill; Minot HS
Jaeger, Kerry; Grand Forks Red River HS
Jensen, Julie; Kindred HS
Jeske, James; Killdeer HS
Johnson, Harlan; Parshall HS
Johnson, Randy; Hazen HS (Bismarck)
Johnson, Wayne; Rolette HS
Jonas, Jim; West Fargo HS
Julius, Disa; Minot HS
Jung, Greg; Dickinson HS
Kaiser, Tim; Wahpeton MS
Kary, Leon; Mandan HS
Kelley, Scott; Hillsboro HS
Kjelgaard, Harold; Fargo Discovery JHS
Kleveland, David; Central Valley HS
Knutson, Al; Williston HS
Kosel, Todd; Edgeley HS
Kolsrud, Tim; Bismarck HS
Krosbakken, Jerry; Fargo North HS
Kvislen, Paul; Kindred HS
Larson, Nancy; DesLacs-Burlington HS
Lehman, Cory; Fargo South HS
Leier, Dwight; Maddock HS
Limke, Greg; West Fargo HS
Loberg, Myron; Devils Lake HS
Lockwood, Ed; Fargo Public Schools
Long, Jeri; Glenburn HS
Lunde, Mitch; Minot HS
Lyon, Jerry; Minot HS
Maclver, Philip; Wahpeton JHS
Mack, Bruce; Surrey HS
Mailloux, Gary; Fargo North HS
Marsh, John; Fargo South HS
Marshall, Joel; Hazen HS
Martin, Phil; Lisbon HS
Mayer, Michael; Grant County HS
McCleary, Barry; Napoleon HS
McKinnon, Darin; West Fargo HS
McPherson, Scott; Bismarck Legacy HS
Michaelson, Dave; Dickinson HS
Miller, Steve; Bismarck HS
Mitzel, Frank; Minto HS
Nagel, Lee; Wahpeton HS
Nelson, Brent; Minot HS
Nelson, Kevin; Dunseith HS
Olson, Carolyn; Davies HS

Olson, Douglas; Beulah HS
Olson, Linette; Bismarck Century HS
Omdahl, Chad; Hatton-Northwood HS
Opdahl, Mike; Larimore HS
Opp, Leland; Hazen HS
Overby, Dennis; Northwood HS
Peterson, Paul; Larimore HS
Pfau, Matt; Minot HS
Phillion, Rick; Minot HS
Philpot, Len; Grand Forks Central HS
Pierson, Paula; West Fargo HS
Plecicity, Doyle; West Fargo HS
Rerick, Mark; University of North Dakota
Roeske, Marv; Concordia College
Sabree, Yahya; Dunseith HS
Schatz, Mike; New England HS
Schauer, Gary; Langdon HS
Schmitt, Dan; Dakota Prairie HS
Schneider, Jay; Devils Lake HS
Schobinger, Jay; Dickinson HS
Schreiner, Vernon; Minto, HS
Schumacher, Jeff; Bismarck HS
Schwartz, Jason; Minot HS
Sevre, Jocelyn; Hazen HS
Shirley, Marney; Jamestown HS
Sieben, Laurie; Concordia College
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
Wheeling, Thomas; Bismarck Legacy 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
Yetterboe, Trevor; Wilton HS
Zimney, Bob; Grand Forks Red River HS
Zinke, Davey; Valley City



Honorary Lifetime Members

Marcy Bilkre; Minot HS_Chipper Ferrell; Minot HS, Gelaine Orvik; Fargo South HS

NDHSCA Past Presidents

- 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 Stavn**
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)
- 59th - **Rick Anderson**
Griggs County Central HS (2022-2023)



Forms Available Online

Available on the NDHSCA website
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Gelaine Orvik Scholarship Fund



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

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

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

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

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Randy Johnson, Executive Secretary
1527 North 33rd Street Suite 4
Bismarck, ND 58501

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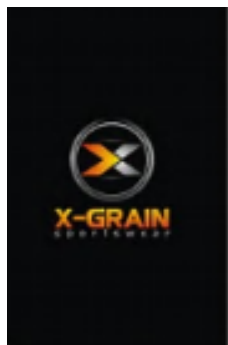
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Code of Ethics

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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