

Dakota Coach

Issue #58
Volume 3

*NDHSCA/NHSACA
State & National Combined
Convention June 2024
In Bismarck*



*Read more about
NDHSCA and NHSACA
Honorees*

Dakota Coach Spring 2024

In This Issue

Executive Committee.....	3
Message from Pres. Jamie Zastoupil....	4
Why Protein Matters, ND Beef Comm..	5
Message Past President Ron Metz.....	6
Concussion Awareness	7
Exec. Secretary Johnson’s Message.....	8
5 Nutrients Athletes Commonly Miss ...	9
NHSACA message by Randy Johnson..	11
Coaches Coaching Coaches.....	12
Long Term Athletic Development.....	13
NDHSCA Vice Pres. Candidates, Special Recognition, & Award of Merit.....	17
NDHSCA Hall of Fame Inductees.....	18
Winter JH Coach of the Year.....	19
Fall Assist. Coach of the Year.....	19
NHSACA National COTY Finalists.....	20
NHSACA Hall of Fame Inductees.....	21
NDHSCA Outstanding Senior.....	23
NDHSCA Coach of the Year.....	24
2024 Convention Planned.....	25
Jason Foundation.....	27
Membership Benefits.....	28
Insurance by Loomis & Lapann, Inc ...	30
Advisory Committees.....	33
Longevity Information.....	35
Longevity Awards.....	36
Lifetime Membership Information.....	37
Paid Lifetime Members.....	38
Past Presidents.....	39
Gelaine Orvik Scholarship Form.....	41
NDHSCA Code of Ethics.....	44
Coaches Code of Conduct.....	45
Dakota Coach Publication Info.....	46

Message from President Jamie Zastoupil

Challenge

page 4

Why Protein Matters

North Dakota Beef Commission

page 5

Message from Past President, Ron Metz

Service

page 6

Concussion Awareness

Sponsored by Healing with Hyperbarics

page 7

NDHSCA/NHSACA

Messages from Randy Johnson

page 8 & 11

5 Nutrients HS Athletes

Commonly Miss

page 10

Sponsored by Undeniably Dairy

NDHSCA/NHSACA

COTY Finalists &

pages 20-24

Hall of Fame Inductees

Coaches Convention Planned

Page 25

SAVE THE DATES!
JUNE 22-27, 2024
NDHSCA/NHSACA
COACHES CONVENTION



X @ndhsca1
www.ndhsca.com

*Cover Photo courtesy of
Dave Samson &
inform Communications*



Dakota Coach Spring 2024



2023-2024 NDHSCA Executive Committee



 <p>President Jamie Zastoupil</p> <p>736 Mustang Drive Bismarck, ND 58503</p> <p>Phone Numbers: (h) 701-224-1231 (w) 701-323-4900 (c) 701-730-5192 <small>jamie_zastoupil@bismarckschools.org</small></p>	 <p>President Elect Mike Zier</p> <p>PO Box 353 Beach, ND 58621</p> <p>Phone Numbers: (h) 701-872-3140 (w) 701-872-4161 (c) 701-872-3140 <small>mike.zier@k12.nd.us</small></p>	 <p>Vice President Greg Brown</p> <p>2507-6th Avenue NW Mandan, ND 58554</p> <p>Phone Numbers: (h) 701-570-0554 (w) 701-570-0554 (c) 701-570-0554 <small>gregory.brown@msd1.org</small></p>	 <p>Immediate Past President Rick Anderson</p> <p>1415 Roberts Ave NE Cooperstown, ND 58425</p> <p>Phone Numbers: (h) 701-797-3199 (w) 701-797-3114 (c) 701-789-1669 <small>rick.anderson@k12.nd.us</small></p>	 <p>Past President Ron Metz</p> <p>4368 Pleasant Valley Rd South Mandan, ND 58554</p> <p>Phone Numbers: (h) 701-471-5197 (w) 701-323-4900 (c) 701-471-5197 <small>ron_metz@bismarckschools.org</small></p>
 <p>Executive Secretary Randy Johnson</p> <p>1527 North 33rd St, Suite 4 Bismarck, ND 58501</p> <p>Phone Numbers: (h) 701-870-1064 (w) 701-870-1064 (c) 701-870-1064 <small>duck@westriv.com</small></p>	 <p>Assistant Executive Secretary Scott Grochow</p> <p>409 7th Avenue SE Rugby, ND 58368</p> <p>Phone Numbers: (h) 701-776-5201 (w) 701-776-6854 (c) 701-771-2709 <small>scott.grochow@k12.nd.us</small></p>	 <p>Assistant Executive Secretary Bill Jansen</p> <p>410 7th Avenue SE Rugby, ND 58368</p> <p>Phone Numbers: (h) 701-776-7758 (w) 701-776-5201 (c) 701-351-0844 <small>william.jansen@k12.nd.us</small></p>	 <p>Assistant Executive Secretary - Dakota Coach Lisa Strand</p> <p>1511 7th Avenue NE Thompson, ND 58278</p> <p>Phone Numbers: (h) 218-779-3404 (w) 701-599-2765 (c) 218-779-3404 <small>lisa.strand@tps-k12.org</small></p>	 <p>Membership Chairperson Eric Olson</p> <p>121 Maplewood Dr. Gwinner, ND 58040</p> <p>Phone Numbers: (h) 701-678-6842 (w) 701-678-2492 (c) 701-730-2018 <small>eric.olson@k12.nd.us</small></p>
	<p>Lions' Basketball Co-Chairs Michael Sorlie PO Box 5 Gwinner, ND 58040 Phone Numbers (c) 701-527-5273 (h) 701-678-3823 <small>michael.sorlie@k12.nd.us</small></p> <p>Mike Hendrickson 1408 57th Avenue S Fargo, ND 58104 Phone Numbers (c) 701-367-6546 (h) 701-367-6546 <small>hendrim@fargo.k12.nd.us</small></p>	<p>Shrine Football Chair Bill Lorenz 1431 Chestnut Street Grand Forks, ND 58201 Phone Numbers (c) 218-791-3121 (h) 701-795-7818 <small>wlorenz280@mygfschools.org</small></p>	<p>Optimists' Volleyball Co-Chairs Lisa Strand 1511 7th Avenue NE Thompson, ND 58278 Phone Numbers: (c) 218-779-3404 (h) 218-779-3404 <small>lisa.strand@tps-k12.org</small></p> <p>Tim Wallstrum PO Box 402 Kenmare, ND 58746 Phone Numbers (c) 701-340-8221 (h) 701-385-3376 <small>twallstrum@mykps.us</small></p>	



My Challenge To You

Message from NDHSCA President Jamie Zastoupil

Spring is here! Hopefully when you look out your window it looks like spring and not winter.

I would like to congratulate all our winter sports teams on a successful winter season. A special congratulations to the state championship teams, NDHSCA POWERade Senior Athlete of the Year award winners, and NDHSCA Subway Coach of the Year recipients. There are so many talented teams, players, and coaches in our state.

Every spring I visit with my assistant coaches to work on our summer calendar for workouts, open gyms, camps, and expectations. I look at this calendar every year and review the expectations that we put on our athletes to get better. I think it's also important to think about what expectations we as coaches are putting on ourselves to get better and grow. It might be a new book, podcast, or conference. I know for myself one of the most impactful things I have done is attend in-person conferences. Not only do I learn new skills, drills, or strategies, but I also get to network and build relationships with other coaches.

This summer, we have the honor of hosting the 2024 National Convention along with the North Dakota High School Coaches Association Convention, June 22-27, in Bismarck, ND. The convention will be at the Bismarck Hotel and Conference Center. Last year as I took over the president position, I challenged our membership. My challenge to you was to bring one new coach to join our membership and get them to the convention. This will be a great year to bring a coach to our convention. The schedule is packed with many amazing speakers from around the area, as well as many National Finalists who will be speaking. There will be a wealth of information and networking that will happen. Registration is open so don't delay getting yourself and one new coach signed up for the convention.

I would like to encourage you to keep pushing membership to coaches that you encounter. Membership provides you with many opportunities and benefits. Membership in the NDHSCA has brought me many opportunities to learn, network and build lasting friendships. I also want to remind you to nominate assistant coaches and junior high coaches for coach of the year awards. There are many hardworking and deserving individuals in our state, this is a great way to acknowledge them for their work.

Best wishes to all our spring sports participants and coaches this season. I look forward to following all the amazing things each of you accomplish.

Jamie Zastoupil, NDHSCA President



2024 CONVENTION
NEW MEMBERS WELCOME!
JUNE 22-27 IN BISMARCK

BEEF.
IT'S WHAT'S FOR DINNER.®



Why Protein Quality Matters

Protein is an essential part of a healthy diet. When it comes to the type of protein we select on a day-to-day basis, are all sources of protein created equal? Not necessarily...

To understand the differences between various protein sources, we first have to understand the very basics of dietary protein and how it works in our bodies:

PROTEIN BASICS

Proteins are made up of building blocks called amino acids. There are 20 unique amino acids, 9 of which are essential amino acids, and must come from the foods we eat. Our bodies are able to create the other 11 amino acids we need using elements already present in the body. These are called *nonessential amino acids*.

PROTEIN QUALITY

Different measurement scales are used to rate the quality of protein in different foods.⁴ These measurements usually look at two things:

1. How many essential amino acids are present in the protein (remember, those are the building blocks that we *need* to get from a healthy diet).
2. The body's ability to digest and use the protein from the food source (this is referred to as *bioavailability*).






A well-balanced diet that includes a variety of protein foods will ensure your athlete is getting enough to meet his or her needs.

- **ANIMAL PROTEINS:** The protein found in beef, fish, poultry, eggs, and milk generally have the highest protein quality - these are considered complete protein sources - they contain all 9 essential amino acids and are easy to digest.¹ In addition, animal proteins are optimal in their ability to help the body build and maintain muscle.²
- **PLANT PROTEINS:** The protein from plant sources often scores lower in protein quality because most plant-based proteins are incomplete, meaning they are lacking one or more of the essential amino acids (with soy and quinoa being notable exceptions).¹ While the fiber in plants can support our health in many ways, dietary fiber along with other components can interfere with how the body absorbs and digests amino acids.³ Research shows that plant-based proteins are less effective than animal proteins in supporting muscle growth and maintenance.⁵

FEELING FULL YET?

Studies tell us that eating high-quality, whole food proteins can help us to feel full and satisfied and help us feel less hungry between meals.^{4,5,6} A 3 oz serving of cooked lean beef (about the size of a deck of cards) packs a powerful punch of high-quality protein with a reasonable number of calories. Keeping a target of 20-30 grams of protein per meal in mind, take a look at how some plant-based protein foods compare to one 3 oz serving of cooked beef.

WHAT DOES 25 GRAMS OF PROTEIN LOOK LIKE?!

	AMOUNT	CALORIES	PROTEIN
Quinoa	 3 cups	666	25g
Peanut Butter	 6.5 tbs	613	25g
Black Beans	 1 2/3 cups	379	25g
Edamame	 1 1/3 cups	249	25g
Beef	 3 ounces	173	25g

Compared to plant-based protein sources, lean beef provides more high-quality protein with fewer calories. On the other hand, plant-based protein foods may provide dietary fiber and other vitamins and minerals that animal-based protein foods do not! Variety is the name of the game. Including lean beef as part of your balanced, healthy lifestyle is something you and the whole family can feel good about!



SERVICE



Welcome all, to the spring sports season! Or where did the winter go and have we had spring for a while? What a contrast in winters. Last year we were still deep in the clutches of winter, and it extended well into April. Hopefully this year allows for full and complete seasons without a lot of rescheduling and no cancellations for our spring teams.

We would all like to say congratulations to all the winter state competition qualifiers as well as all our State Champions. Also, congratulations to our winter Powerade senior athletes of the Year and the Subway Coaches of the Year. You are all fine representatives in each of your respective sports. With the success we see for all these teams and individuals we hope the success goes beyond the competition. As the lead term to my letter states, are we teaching service? I am not only talking about high school athletics but also conditions at the collegiate level. Is service being taught as a priority within our programs? Service to the program, school, and community are so very important. With this comes the responsibility of acting as well as performing in appropriate ways. We should have this developed into our programs and these ethics are not only stated, but they are also lived and exhibited in everything our athletes do. If this is the case, then we should not have the negative instances that are occurring within our athletic contests. We would not have instances of unsportsmanlike conduct during the contest or after. Fights that erupt in the handshake line after a contest would be eliminated. The idea that we should eliminate the handshake line upon completion of a contest is completely counterproductive. If this ends, what message are we conveying to our athletes? I believe it sends a completely wrong message. Instead, we should be emphasizing the idea of service and the commitment that it takes. The commitment to our program, our school and our communities. These are all part of the life lessons that strongly belong in all athletic programs at every level.

Please remember we have the honor of hosting the national convention this summer here in Bismarck. Our association is the best in the nation and for us to host this event is a direct result of how strong our association is. The convention will be in June this year. The dates are June 22nd – 27th. It will be held at the Bismarck Hotel and Conference Center. Please do all you can to attend, one, two or every day.

As I move to my final months of service on the board, I find it difficult to believe that it has been six years already. Working with such a great group of individuals has made this such a rewarding experience. When agreeing to this position and then getting elected, my goal was to give all I could to the association and do the best I could to live up to all who have preceded me. I never realized how much this experience would change my life for the better. I would like to express my sincerest appreciation to the membership of the NDHSCA for their trust in me. I am extremely grateful and thankful for the opportunity to serve the wonderful coaches of the state of North Dakota. The executive board is here for our membership. Please contact us with your needs/concerns and questions. As I conclude my message, I would like to leave you with this message of service and teaching which as coaches we should be committed to doing.

“If your gift is serving others, serve them well. If you are a teacher, teach well.”

Romans 12:7

NDHSCA Past President, Ron Metz



CONCUSSION AWARENESS PLEDGE



It's time to change the game ...

- 1** Recognize the signs
- 2** Diagnose & treat
- 3** Get back in the game!

Join the movement

SIGN THE PLEDGE



**HEALING**
WITH **HYPERBARICS**
of North Dakota



Message from NDHSCA Executive Secretary, Randy Johnson

Updates and Information



The weather this winter has been very mild. What a change from last year. It was much easier on the athletic directors and coaches with very few games and contests needing to be rescheduled. Congratulations to all the State Champions, NDHSCA Subway Coach of the Year Recipients and NDHSCA POWERade Senior Athlete of the Year Recipients! It was a great winter for sports as well as the weather!

The Executive Secretary's office received word that Dennis Thronset, Langdon passed away on January 4th. Dennis was the NDHSCA President during the 1982-1983 school year. Our greatest sympathy to the Thronset family on your loss. I also received word that Byron Hoeckle, longtime coach at Midkota passed away on March 3rd. The NDHSCA and its members send sympathy to the Hoeckle family as well. May God be with both of these families as they adapt to life without these outstanding individuals.

Have you heard the North Dakota High School Coaches Association is hosting the 2024 NDHSCA-NHSACA National Coaches Convention this summer in Bismarck? The convention is being held at the Bismarck Hotel and Conference Center (800 South 3rd Street) June 22 – June 27, 2024. June 22-23 will be a Leadership Conference. This is a time when coaches can learn how to support athletes with mental health concerns, mental wellness for coaches and athletes, working with officials, and a number of other leadership items. Sunday, June 23rd will be a day when coaches can get recertified in CPR/AED and concussion management. This is also the day when Sanford Health out of Bismarck is presenting a number of issues important to coaches. We will be offering one Semester Hour of Graduate Credit from NDSU for these two days. The cost of the credit is \$100.00.

June 24-27 will be the Sport Specific Sessions. Coaches will have an opportunity to listen to speakers in a number of disciplines. We will have speakers from throughout the country. There will be college coaches and a number of NHSACA National Coach of the Year finalists speaking during this time. We also have sessions for Athletic Directors. What a great opportunity for coaches and athletic directors to stay current on the trends of today. You have the opportunity to listen to the best in the country! A coach can take this for either one or two semester hours of credit. The cost is \$100.00 per credit. Basically, to receive two credits you would need to be at the sport specific sessions all four days. To take one semester hour of credit, you will need to be at the convention for two of the four days. It will be a great convention.



**NATIONAL CONVENTION
2024
JUNE 22 – 27**

**BISMARCK HOTEL AND
CONFERENCE CENTER**

REGISTER ONLINE

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

(Randy Johnson's message continued on page 9)

Dakota Coach Spring 2024

Message from NDHSCA Executive Secretary, Randy Johnson continued.

Here are some other key dates during the convention.

- Monday, June 24 – Taco Bar and cash bar, Corn Hole Tournament
- Tuesday, June 25 – NHSACA National Hall of Fame Banquet
- Wednesday, June 26 – NHSACA National Coach of the Year Banquet
- Thursday, June 27 – NDHSCA Hall of Fame/Coach of the Year Banquet

Thursday, June 27th is classified as North Dakota day. We will have sports advisory meetings and high school coaches from North Dakota presenting.

The key to an outstanding convention is the attendees. Every coach in North Dakota should attend this convention. The NDHSCA does not know when they will be able to host another National Convention. This is a great opportunity for coaches to build relationships with other coaches. Even if you can only come for one or two days, register to attend. I guarantee you will enjoy the time and learn from some of the best in the country. This is an outstanding opportunity to become a better coach and a better person. **Sign up today!** Registration is on our website: www.ndhsca.com. There is also a tentative schedule and a syllabus for the leadership and sport specific sessions. The schedule will be updated weekly until it is finalized. **I expect to see all of you in June!**

What is professionalism? According to some dictionaries, professionalism is defined as a set of standards that an individual is expected to adhere to in a workplace, usually in order to appear serious, uniform, and respectful. Coaching is a profession. Coaches need to display professionalism. This includes our behavior, actions and dress. I encourage coaches to read the NDHSCA Coaches Code of Conduct and the NDHSCA Coaches Code of Ethics. Model the professionalism needed to be an outstanding coach. Keep in mind how you wanted to be coached when you were a young student-athlete.

The North Dakota High School Coaches Association is for coaches run by coaches. We are here for you. Please feel free to contact any NDHSCA Executive Board member, or me with any questions. My e-mail address is duck@westriv.com. We look forward to seeing all coaches in Bismarck in June for the National Convention. Help this association be the best in the country by attending!

Randy Johnson
NDHSCA Executive Secretary



SCHEELS®
gear. passion. sports.

5 Nutrients High School Athletes Commonly Miss (and how to consume more!)

Calcium

- Calcium is important for bone health, normal enzyme activity and muscle contraction.
- This is especially important for this age group, as bone mass is still developing.
- Recommended intake = 1300 mg/day for athletes ages 9-18 years old.
- Dairy is one of the best and most easily absorbed sources of calcium, providing 25% of the daily value in 1 glass of milk.



Vitamin D

- Vitamin D is necessary for bone health and is involved in the absorption and regulation of calcium.
- Recommended intake = 600 IU/day for 4-18 year olds.
- Athletes living in northern latitudes or who train indoors are more likely to be vitamin D deficient.
- Sources: fish, fortified foods, such as milk, and sun exposure. One serving of milk provides 15% of the daily value of vitamin D.

Iron

- Iron is important for oxygen delivery to body tissues.
- During adolescence, more iron is required to support growth. Recommended intake = up to 11 mg/day for males, 15 mg/day for females ages 14-18 years old.
- Female athletes, vegetarians and vegans, and distance runners should be screened periodically for iron status.
- Sources: eggs, lean meat, seafood, leafy green vegetables, and fortified whole grains.



Omega-3 Fatty Acids

- Omega-3s are essential for brain health and cognitive function. High school athletes need optimal cognitive function for learning, concentration, and decision-making in and out of school.
- Omega-3s play a role in inflammation, joint health, and immune health.
- Sources: fatty fish like salmon, and plant sources like flaxseeds, chia seeds, and walnuts.



Protein

- High school athletes have demanding schedules that can lead to irregular eating patterns or reliance on convenient but less nutritious food options low in protein.
- Consume a protein-rich food at each meal and snack, such as dairy (yogurt, cheese, milk), poultry, tofu, tempeh, legumes, fish, or meat.



Dakota Coach Spring 2024

**From the NDHSCA Past President
Randy Johnson**



Hello from the National High School Athletic Coaches Association!

The 2024 National High School Athletic Coaches Association National Convention is fast approaching. It will be held at the Bismarck Hotel and Conference Center (800 South 3rd Street) in Bismarck. The convention will be held in conjunction with the NDHSCA State Convention June 22 – June 27, 2024. There are a number of great speakers scheduled and an opportunity for coaches to network with other coaches throughout the nation. There will be a social for all attendees on Monday, June 24th. There will be a taco bar and a cash bar. We will hold our 2024 Corn Hole Tournament that night. Tuesday, June 25th is the night of the NHSACA Hall of Fame Banquet.

North Dakota has two people inducted into the Hall of Fame this year. They are as follows:

- Dr. Jim Haussler – Retired Athletic Director at Bismarck Public Schools
- Dan Smrekar – Retired football coach at Bismarck St. Mary's High School

Congratulations Jim and Dan on your induction. You are very deserving of this award.

The NHSACA National Coach of the Year Banquet will be held on Wednesday, June 26th. Here is the list of finalists from North Dakota.

- | | | |
|-------------------------------------|-------------------|---------------------------------|
| • Athletic Director | Dave Zittleman | Bismarck Public Schools |
| • Basketball – Boys' | Dean Winczewski | Minot High School |
| • Basketball – Girls' | Andy Braaten | Carrington High School |
| • Cross Country – Boys' | Brad Lies | Bismarck Century High School |
| • Cross Country – Girls' | Bill Jansen | Rugby High School |
| • Football | Ron Wingenbach | Bismarck Century High School |
| • Golf | Dan Wolf | West Fargo Sheyenne High School |
| • Soccer | Nick Christianson | Fargo Davies High School |
| • Softball | Scott Kost | Central Cass High School |
| • Swimming & Diving | Talia Butery | Fargo North High School |
| • Track & Field – Boys' | Josh Allmaras | Kindred High School |
| • Track & Field – Girls' | Greg Hoeckle | Carrington High School |
| • Wrestling | Mark Lardy | Bismarck High School |
| • Assistant COTY – Boys' | Rich Hovland | Bismarck Century High School |
| • Assistant COTY – Girls' | Steven Mueller | Rugby High School |

North Dakota wishes these finalists the best of luck. They are chosen to be in the top eight in the country within their respective division! If you are unable to attend, keep an eye out on social media and the local media on Wednesday, June 26th to see which of these 15 finalists will be a NHSACA National Coach of the Year.

Message continued on page 11.



(Randy Johnson's NDHSCA message continued.)

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

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

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

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

Coaches Coaching Coaches teaching, training, learning

Editor Brad Strand

Coaches Coaching Coaches (CCC) is a collection of articles written by coaches for coaches. The purpose is to provide an outlet for coaches to share their knowledge in hopes of helping other coaches become better. CCC is interested in all topics related to coaching, for example, skill techniques, game tactics, coaching strategies, practice planning, team and individual psychology, nutrition, culture, first aid, training and conditioning, motivation, parent relationships, practice planning, mental health, leadership, mentoring, and relationships.

Click on "Read More" for the articles:



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

Long Term Athletic Development

Written by Jacob Sanders from Sanford Sports in Bismarck



The Long-Term Athletic Development (LTAD) model was created in 1990 by Canadian sports scientist Istvan Bayli, who was a part of the British Amateur Swimming Association. His idea was to create a model to be used by other coaches to facilitate the development of athletes over an extended period of time. This model allows athletes to develop the skills necessary to not only compete in sport, but to also become lifelong movers. The original model consisted of three stages which included training to train, training to compete, and training to win. It was eventually expanded upon into 7 stages, with Athletics Canada including 9 stages. This article will include the 7-stage model, as it is the one most commonly used.

As coaches we understand that development takes time, and it is important to expose young athletes to a wide variety of movements and skills to help them build confidence for training in the future. It may take anywhere from 8-12 years for an athlete to reach an elite level of performance if they choose to continue participating in athletics. Although pursuing a career in sport may not be the goal for everyone that we have the opportunity to work with, it is still important that a slower approach is taken in order to allow athletes to have the best chance of success. Due to the amount of time it takes for athletes to mature, it is in their best interest for us to teach fundamental motor skills when they are young. For example, it takes many more repetitions to fix a faulty movement pattern than it does to teach it correctly the first time. Also, if advancements are made too quickly, there will be nowhere to progress.

At the most basic level, our goal in training is to elicit adaptations and build upon skills over time. This is where the model allows us to take an approach most beneficial to the athlete long term. We understand that athletes mature physically at different times, and that their chronological age does not always coincide with their biological age. This is further expanded when taking their training age into account. On top of these factors, the ages where different qualities can be trained to the greatest degree differ between males and females. Females tend to mature at a faster rate; therefore, they typically see a faster progression in athletic advancement. Because of this, the LTAD model argues that there are critical periods of time where training a specific quality will have the greatest effect, therefore, the model takes these times and ages into account allowing the coach to have a sustainable framework to work from. These qualities include endurance/stamina, strength, speed, skill, and suppleness. The endurance window is said to be during the onset of peak height velocity (PHV), or when the individual experiences the fastest upward growth in their stature. The strength window occurs immediately after PHV while speed has 2 separate windows. The first being 7-9 years of age and 6-8 years for boys and girls respectively. The second window for boys is from ages 13-16 and 11-13 for girls. Skill development is 9-12 years for boys and 8-11 for girls with suppleness being from 6-10 years for both boys and girls.

Stage 1: Active Start. Ages 0-6

The active start stage is a time which allows young kids to move around and learn to be active. There is little to no coaching involved during these times as the kids should be encouraged to explore new movements while discovering patterns on their own that promote movement problem solving. It is important to make this fun, so the child can learn to make movement a habit throughout their lifetime. There are no particular qualities that are trying to be developed during this stage, and general movement is key.

Stage 2: FUNdamentals. Ages 6-9 (males) 6-8 (females)

This is the time to develop fundamental motor skills such as running, jumping, kicking, throwing, catching etc.... During this stage, the athletes should begin to work on skills such as agility, balance, and coordination. There is still no formal training during this period, however, the goal of them being active does

(Longterm Athletic Development continued page 14)



become more specific to work on the aforementioned skills. This stage should be a natural progression from general movement into the teaching of fundamental motor skills so that they are engrained earlier rather than later. There should be an emphasis on flexibility during this period which allows for the athlete to be more successful in later stages that may require strength in larger ranges of motion. It is important that this is continually trained later in their career as if you don't use it, you will lose it. Gymnastics would be a great example of what this stage is attempting to accomplish. The athlete has to learn to use their body in a way that increases movement quality, flexibility, and overall relative strength.

Stage 3: Learning to Train. Males 9-12/Females 8-11

Stage 3 is a time where young athletes can continue to develop agility, balance, and coordination. General strength development should occur during this time, with how it looks being up to the coach's discretion. It may be bodyweight exercises or movement training with very light weights that the athlete is able to handle for many reps. Working sub maximally will allow more reps to be completed which will further engrain movement patterns while still developing strength. Because they are maturing, and the stimulus is novel to them they will become stronger regardless of what is used for strength development. It is still important to train flexibility along with general aerobic fitness as this is the time where the body is best able to adapt to longer endurance. Although training may not be completely formal at this point, it is a great time to teach the athlete what training is, and the importance of doing so. As they begin to get older, they still may not completely care about why they are training or what they are training for, but having a simple explanation for what they are doing and why may help them to understand the importance of it as they mature.

Stage 4: Training to Train. Males 12-16/Females 11-15

The theme with this model is that the previous stage allows for further development onto later stages. Stage 3 should allow a bigger base to be built with some strength and aerobic fitness which will then in turn create success when more specific work is trained during stage 4. This stage is when the athlete should continue to train endurance, strength, and begin to focus on speed. At this time, young athletes have a pliable nervous system, letting them adapt very quickly to whatever is thrown at them. Because of this, athletes should be sprinting often. Due to their physical output not being as high as it will be later in their training career, sprinting frequency can be very high. Their effort will be maximal, yet their body is not truly working at 100 percent which is why they are able to train speed with more frequency than a well-trained athlete. Formal weight training that is planned can now be introduced into the athlete's schedule, with a gradual approach to progression being taken. This is also the time where athletes should include some specific skill work pertaining to their sport. Ideally the athlete will be participating in several sports which results in specific qualities needed to be developed just by practicing the sport itself.

Stage 5: Training To Compete Males 18-21+/Females 17-21+

Training to compete is now the time where athletes may begin to pick one sport to focus on, with an increase in sport specific preparation. As mentioned previously, it is important that the athlete participates in several activities before this point as early specialization rarely results in success later in their career. Staying active or competing in numerous activities before this point will only be beneficial for the athletes overall athletic development. As an example, 90 percent of NFL athletes participated in multiple sports during their high school career. During this stage we can increase the number of training sessions per week which the athlete should be able to handle well if they were developed from an early age. During this time, the athletes may be graduating from high school and transitioning into collegiate athletics. For athletes that are not participating in sports while in college, they should focus on continuing to stay active for life. This could mean training on their own or being involved in recreational sports.

Stage 6: Training to Win. Males 20-23+/Females 20-23+

Training to win is the period where the athlete is competing collegiately or professionally. Most athletes will not compete at the college level, and even less will make it to the professional level. At this point, they are

(Longterm Athletic Development continued page 15)

Dakota Coach Spring 2024

(Longterm Athletic Development continued)

full-time athletes, and are working to maximize specific performance. It becomes even more rare to play multiple sports in college, so this is a great time for further specialization of training tailored for the needs of whatever they are participating in. Up to this stage, the individual should have a very strong grasp of the training process and understand the work that it takes to excel at the next level. While their training is now geared towards the sport they compete in, it is still important to emphasize movement quality. Coaches should still include general strength training while still having the opportunity to maintain and improve qualities such as strength, endurance, suppleness, speed and skill.

Stage 7: Active For Life

Stage 7 is the final stage of the model and will be the last step for all individuals. Some athletes may skip stages 5 and 6, however all athletes will come to this point once their athletic career is over. Continuing to pursue an active lifestyle is the final goal of the model. This could look different for everyone as some may continue to stay involved in some form of athletics, while others may continue to train for general health and wellness. Ideally, the individual should have a strong base to build from if the groundwork was laid correctly before reaching this point. This stage will continue for the rest of their life, and if the previous stages were worked through in a well-planned manner, they should be able to enjoy continuing to work on personal health and wellness goals.



Written by Jacob Sanders, Sanford Sports of Bismarck.

Quote:

The people who we surround ourselves with either raise or lower our standards. They either help us to become the-best-version-of ourselves or encourage use to become lesser versions of ourselves. We become like our friends. No man becomes great on his own. No woman becomes great on her own. The people around them help to make them great.

We all need people in our lives who raise our standards, remind us of our essential purpose, and challenge us to become the-best-version-of-ourselves.

Matthew Kelly, [The Rhythm of Life: Living Every Day with Passion and Purpose](#)

Your NDHSCA Membership is a dual Membership with NHSACA

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

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



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.

A WINNING COMBO



VISIT A SUBWAY® RESTAURANT TODAY!

Find the nearest location or order ahead using the Subway® app or online at www.subway.com

App/online ordering available at participating restaurants.
Allow 15 minutes for pickup.

All chip-related trademarks are owned by Frito-Lay North America, Inc. ©/© Subway IP LLC 2021.

SUBWAY®

2024 NDHSCA Vice President Candidates



Breanna Sisson

The 2024 North Dakota High School Coaches Association candidates for Vice President are Head Volleyball Coach, Breanna Sisson of Dickinson Trinity High School and Head Girls' Basketball Coach, Lisa Jenkins of Wilton-Wing



Lisa Jenkins

2024 NDHSCA Special Recognition



Linda Orvik
NDHSCA Registration
Fargo, ND

The North Dakota High School Coaches Association presents the Special Recognition Recipients for the 2024 NDHSCA Hall of Fame/Coach of the Year Banquet. The Awards will be presented on June 27th at the Bismarck Hotel and Conference Center.



Edwin "Ned" Clapp
FAT Timing
Fargo, ND

2024 NDHSCA Award of Merit



Dr. Brad Strand
NDSU Professor

The North Dakota High School Coaches Association presents the Award of Merit Recipients for the 2024 NDHSCA Hall of Fame/Coach of the Year Banquet. The Banquet will take place on June 27th at the Bismarck Hotel and Conference Center.



Perry Hanson
ND Hoopster





Four To Be Inducted 2024 NDHSCA Hall of Fame

The following individuals will be inducted into the NDHSCA Hall of Fame this summer. The NDHSCA Hall of Fame/Coach of the Year Banquet is June 27, 2024, at the Bismarck Hotel and Conference Center. This is part of the 2024 NDHSCA-NHSACA National Coaches Convention.



Ryam Brantl
Retired
Baseball Coach from
Thompson
High School



Scott McPherson
Tennis Coach
From
Bismarck Legacy
High School



Ron Metz
Retired Girls'
Basketball Coach
Bismarck Century
High School



Scott Reichenberger
Cross Country and
Track and Field Coach
from Bismarck High
School



Mandan's Ralph Manly to be Honored with NDHSCA Distinguished Service Award



The NDHSCA will honor Ralph Manly from Mandan High School with the NHSACA Distinguished Service Award. The award will be given to Ralph during the 2024 NDHSCA Hall of Fame/Coach of the Year Banquet at the Bismarck Hotel and Conference Center during the 2024 NDHSCA-NHSACA National Convention on June 27, 2024. Ralph was very instrumental in assisting the National High School Athletic Coaches Association by being a Swimming and Diving Sport Chair for many years. Ralph has since retired from teaching and coaching but is still an active liaison for the swim coaches in North Dakota and the nation. Congratulations, Ralph!



2023-24 Winter Season NDHSCA Assistant Coach of the Year

The 2023-2024 Winter Season recipient of the North Dakota High School Coaches Association Assistant Coach of the Year Award is **Travis Mertens**, Four Winds High School Assistant Boys' Basketball Coach. **Travis** was nominated by Rick Smith, Four Winds Head Boys' Basketball Coach.

Coach Mertens has been coaching for 10 years. Nine of those years as an Assistant Boys' Basketball Coach at Four Winds High School. He also is the Head Football Coach at Four Winds High School. **Travis** has been part of two State Championships and two State Runner-Up finishes at the State Class B Boys' Basketball Tournament. He is responsible for scouting upcoming opponents, film break down of our team and teams we are playing, offensive plays and strategies, defensive schemes, in game adjustments, practice planning and equipment. **Coach Mertens** has assisted in coaching three all-staters and one Senior Athlete of the Year in basketball. His Boys' Basketball Coaching record is 171 wins with just 6 losses.

Rick Smith, Head Boys' Basketball Coach at Four Winds High School has this to say about **Travis**. "**Coach Mertens** has been on the Four Winds Boys' Basketball Coaching staff for six State Tournament appearances. He has brought a new element and knowledge to our basketball program. **Travis** earned the respect immediately from our student-athletes. He is an outstanding coach.

Travis Mertens of Four Winds High School is the 2023-2024 North Dakota High School Coaches Association's Winter Assistant Coach of the Year in the sport of Boys' Basketball.



2023-24 Winter Season NDHSCA Junior High Coach of the Year

The 2023-2024 Winter Season recipient of the North Dakota High School Coaches Association Junior High Coach of the Year Award is **Kevin Froeber**, Cheney Middle School Junior High Girls' Basketball Coach. **Kevin** was nominated by Mike Benson, Head Girls' Basketball Coach at West Fargo High School.

Coach Froeber is a 41-year coaching veteran with the last 14 years as the Junior High Girls' Basketball Coach at Cheney Middle School in West Fargo. He also coaches boys' basketball, cross country and track and field. His responsibility is defense for both half court and full court, out of bounds plays, press breaker, conditioning and some scouting. **Kevin** was a part of two State Girls' Basketball Championship Teams and also a part of two State Girls' Basketball Runners-Up finishes. He has spent many hours in his career coaching basketball camps at West Fargo High School. He was a part of the West Fargo High School Hall of Fame Team Awards for Girls' Basketball.

Mike Benson, Head Girls Basketball Coach at West Fargo High School, has this to say about **Coach Froeber**. "**Kevin** has committed a lifetime to coaching athletes of all ages and amongst numerous sports. He is exceptionally detail oriented. He is prepared and his ability to teach the fundamentals is unmatched. Kevin's commitment to his student-athletes has been tremendous, which is shown by his impressive teaching and coaching career.

Kevin and his wife Michelle have two children: David and Michael.

Kevin Froeber of Cheney Middle School is the 2023-2024 North Dakota High School Coaches Association Junior High Coach of the Year in the sport of Girls' Basketball.

Dakota Coach Spring 2024

2024 COACH OF THE YEAR FINALISTS FROM NORTH DAKOTA



The North Dakota High School Coaches Association announces the NHSACA National Coach of the Year finalists from North Dakota. They are listed below. The NHSACA National Coach of the Year Finalists will be honored on Thursday, June 27th in Bismarck, North Dakota. These coaches are among eight finalists in each category for the NHSACA National Coach of the Year Award.



Dave Zittleman
Bismarck PS
Athletic Director



Dean Winczewski
Minot HS
Basketball – Boys'



Andy Braaten
Carrington HS
Basketball – Girls'



Brad Lies
Bismarck Century HS
Cross Country – Boys'



Bill Jansen
Rugby HS
Cross Country – Girls'



Ron Wingenbach
Bismarck Century HS
Football



Dan Wolf
West Fargo Sheyenne HS
Golf



Nick Christianson
Fargo Davies HS
Soccer



Scott Kost
Central Cass HS
Softball



COACH OF THE YEAR FINALISTS FROM NORTH DAKOTA



Talia Butery
 Fargo North HS
Swimming & Diving



Josh Allmaras
 Kindred HS
Track & Field – Boys'



Greg Hoeckle
 Carrington HS
Track & Field – Girls'



Mark Lardy
 Bismarck HS
Wrestling



Rich Hovland
 Bismarck Century HS
Assistant COTY – Boys'



Steven Mueller
 Rugby HS
Assistant COTY – Girls'

NDHSCA-NHSACA NATIONAL HALL OF FAME INDUCTEES



North Dakota has the following inductees into the 2024 National High School Athletic Coaches Association National Hall of Fame.

Congratulations to retired Bismarck Public School Activities Director, Dr. Jim Haussler (left) and Dan Smrekar (right) retired Bismarck St. Mary's Football Coach.



PROUD SPONSOR OF THE NORTH DAKOTA HIGH SCHOOL COACHES ASSOCIATION

SCHEELS
EMPLOYEE OWNED



WE INVITE COACHES TO CONTACT THEIR LOCAL SCHEELS
TO SECURE INFORMATION ON

TEAM
SHOPPING NIGHTS &
EXCLUSIVE DISCOUNTS



CALL FOR INFORMATION

FARGO 701.298.2918

MINOT 701.852.1010

BISMARCK 701.255.7255

GRAND FORKS 701.780.9424

2023-2024 NDHSCA-POWERade Outstanding Senior Athlete Awards

SPORT

B Girls' Golf
 A Girls' Golf
 A Boys' Tennis
 A Boys' Soccer
 B Girls' Cross Country
 B Boys' Cross Country
 A Girls' Cross Country
 A Boys' Cross Country
 Nine Man Football
 11A Football
 11AA Football
 11AAA Football
 11AAA Football
 A Girls' Swimming
 A Girls' Volleyball
 B Girls' Volleyball
 Girls' Wrestling
 B Boys' Wrestling
 A Boys' Wrestling
 A Girls' Gymnastics
 A Girls' Hockey
 A Boys' Hockey
 A Boys' Swimming
 B Girls' Basketball
 A Girls' Basketball
 AA Girls' Basketball
 AA Boys' Basketball
 A Boys' Basketball
 B Boys' Basketball

ATHLETE

Avery Bartels
 Anna Huettl
 Evan Panzer
 Brayden Oswald
 Brooklyn Bartsch
 Keaton Olson
 Reagan Berg
 Owen Sondag
 Nate Tastad
 Ty Dassinger
 Peder Haugo
 Tyson Ruzicka
 Jordan Leininger
 Brooklyn Keney
 Makenna Nold
 Kelsie Belquist
 Jennifer Verdin
 Coy Okeson
 Leandro Araujo
 Rylee Olson
 Margaret Seeley
 Grant Gardner
 Haydn Vein
 Maya Vibeto
 Jessica Mogen
 Jocelyn Schiller
 Carter Zeller
 Deng Deng
 Dane Hagler

SCHOOL

Kindred HS
 Mandan HS
 Grand Forks Central HS
 Minot HS
 Rugby HS
 Kindred HS
 Valley City HS
 Fargo North HS
 North Prairie
 Dickinson Trinity HS
 Fargo North HS
 Minot HS
 Fargo Shanley HS
 West Fargo Sheyenne HS
 Jamestown HS
 New Rockford-Sheyenne
 Hettinger-Scranton
 Minot Bishop Ryan HS
 Bismarck HS
 Dickinson HS
 West Fargo HS
 Grand Forks Red River HS
 Fargo North HS
 Our Redeemers
 Watford City HS
 Grand Forks Red River HS
 Fargo North HS
 Four Winds HS
 North Star HS

HEAD COACH

Kory Bartels
 Dean Johs
 Max Weisser
 Jordan Foley
 Bill Jansen
 Josh Roberts
 Deb Beilke
 Gary Mailloux
 Joshua Keller
 John Odermann
 Adam Roland
 Chauncy Hendershot
 Troy Mattern
 Erich Richardson
 Sara Hegerle
 Sara Myhre
 Randy Burwick
 Connor Ledoux
 Mark Lardy/Jeff Schumacher
 Casey Berry
 Pat Johnson
 Tim Skarperud
 Richard Fisher
 HS Hart Andes
 Thomas Dwyer
 Kent Ripplinger
 Travis Hoeg
 Rick Smith
 Jesse Vote



POWERADE



2023-2024 NDHSCA-SUBWAY



Coaches of the Year



SPORT

NAME

SCHOOL

Class B Girls' Golf	Jeremy St. Aubin	South Border
Class A Girls' Golf	Eric Sanders	Grand Forks Red River HS
Class A Boys' Tennis	Paul Christen	Mandan HS
Class A Boys' Soccer	Brandi Harty	Jamestown HS
Class B Girls' Cross Country	Bill Jansen	Rugby HS
Class B Boys' Cross Country	Josh Roberts	Kindred HS
Class A Girls' Cross Country	Janelle Olson	Bismarck HS
Class A Girls' Cross Country	Scott Reichenberger	Bismarck HS
Class A Boys' Cross Country	Scott Reichenberger	Bismarck HS
Class Nine Man Football	Evan Mellmer	South Border
Class 11A Football	John Odermann	Dickinson Trinity HS
Class 11AA Football	Adam Roland	Fargo North HS
Class 11AAA Football	Chauncy Hendershot	Minot HS
Class A Girls' Swimming	Jackie Snyder	Fargo Shanley HS
Class A Girls' Volleyball	Rachel Hummel	Fargo North HS
Class B Girls' Volleyball	Stacy Hanson	Mayville-Portland-CG HS
Class Girls' Wrestling	Mitchell Meyer	Minot HS
Class B Boys' Wrestling	Ryan Mitchell	Northern Lights
Class A Boys' Wrestling	Trevor Conrad	Dickinson HS
Class A Girls' Wrestling	Casey Berry	Dickinson HS
Class A Girls' Hockey	Pat Johnson	West Fargo HS
Class A Boys' Hockey	Tyler Klein	Fargo North HS
Class A Boys' Swimming	Barb Fisher	West Fargo HS
Class A Boys' Swimming	Lisa Montplaisir	West Fargo HS
Class B Girls' Basketball	Keenan Konschak	Mayville-Portland-CG
Class A Girls' Basketball	Jason Brend	Thompson HS
Class AA Girls' Basketball	Kent Ripplinger	Grand Forks Red River HS
Class AA Boys' Basketball	Dean Winczewski	Minot HS
Class A Boys' Basketball	Brad Woehl	Kindred HS
Class B Boys' Basketball	Anthony Lee	Westhope-Newburg





2024 NDHSCA Coaches Convention Planned

The North Dakota High School Coaches Association is hosting the **2024 NDHSCA-NHSACA National Coaches Convention June 22 – June 27, 2024**. The convention will be held at the Bismarck Hotel and Conference Center (800 South 3rd Street). **Call to reserve your rooms today!**

- Bismarck Hotel and Conference Center – (701-660-8063) \$99.00 per night
- EverSpring Suites (180 East Bismarck Expressway) – (701-222-3311) \$109.95 per night
- EverSpring Inn (200 East Bismarck Expressway) – (701-222-2900) \$99.00 per night

Registration is open! Register today!

All coaches need to register through the NDHSCA website: www.ndhsca.com. Be sure to sign up for membership when you register for the convention. Here are some key points about this summer's convention.

1. Convention registration is \$65.00. Membership remains at \$60.00. Need to be a member to attend the convention.
2. Convention is held at the Bismarck Hotel and Conference Center
3. Tentative schedule is on our website: www.ndhsca.com. This will be updated weekly until finalized.
4. Saturday, June 22 and Sunday, June 23 – **Leadership Conference**
 - a. One semester hour of **Graduate Credit available through NDSU**
 - b. Cost - \$100.00 per credit
 - c. Syllabus is on our website
 - d. Great sessions
 - e. Recertify in CPR/AED on Sunday, June 23rd
 - f. Recertify in concussion management on Sunday, June 23rd.
5. Monday, June 24 to Thursday, June 27 – **Sport Specific Sessions**
 - a. One or two semester hours of Graduate Credit available through NDSU
 - b. Cost - \$100.00 per credit
 - c. Syllabus is on our website
 - d. Great sessions from college and high school coaches from throughout the country
6. Final registration for Graduate Credit will be at the hotel.
7. Monday, June 24th – **Evening Social**
 - a. Free Taco Bar
 - b. Cash Bar
 - c. Corn Hole Tournament
 - d. Donations for the NDHSCA Gelaine Orvik Scholarship
 - e. Silent Auction
 - f. Fun social event
8. Tuesday, June 25th – **NHSACA Hall of Fame Banquet**
 - a. North Dakota Inductees
 - i. Dr. Jim Haussler
 - ii. Dan Smrekar
 - b. Tickets are \$50.00 each – May be purchased when registering

(Convention Planned continued page 26)

Dakota Coach Spring 2024

(Convention Planned continued)

2024 NDHSCA Coaches Convention Planned



9. Wednesday, June 26th – **NHSACA Coach of the Year Banquet**
 - a. See North Dakota Finalists later in this issue of the Dakota Coach
 - b. Tickets are \$50.00 each – May purchase when you register
10. Thursday, June 27th – NDHSCA Annual Meeting
11. Thursday, June 27th – NDHSCA Sports Advisory Meetings
12. Thursday, June 27th – **NDHSCA Hall of Fame/Coach of the Year Banquet**
 - a. Receive one ticket when registering
 - b. Additional tickets are \$35.00 each

All Athletic Directors and coaches are reminded this will work for the recertification process of coaches. We have worked hard to bring a number of different speakers to the National Convention this summer. There will be college and high school coaches from throughout the country speaking.

The NDHSCA convention is for ALL member coaches!

Assistant and Junior High Coaches are invited to attend. Bring a fellow coach. There will be a drawing for a \$100.00 Scheels Gift Card for a coach who is attending for the first or second time. We will have a drawing for a \$100.00 Scheels Gift Card for a coach who has attended for three or more years. It will be a great learning experience.

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

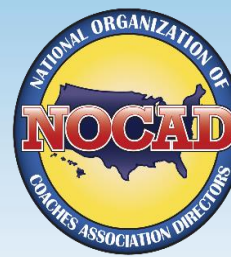
Looking forward to seeing you in Bismarck, June 22 – June 27, 2024.

Be sure to sign up today and reserve your hotel rooms right away. Help your association out by signing up **today!** It will be a great experience!

POWERED
BY BEEF 
Performance Through Protein



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



Coaches can be a key resource providing educational opportunities about mental health and suicidal ideation for parents and student-athletes. The Parent Resource Program is a great tool that can assist coaches' efforts educating parents about the "Silent Epidemic" of youth suicide. Preparing parents to recognize changed behavior in their child and how to respond is key to saving lives. Also, a link may be placed on the school or athletic website for a continuing resource.



Suicide Prevention Begins With Awareness and Education

Youth Suicide is a major health problem facing the youth in our nation, state and communities. Yet, most people are unaware of the danger suicide presents for our young people. The Parent Resource Program (PRP) is a web-based program designed specifically for parents; however, the information provided is an excellent resource for educators, coaches, youth workers, other adults, and young people. The Jason Foundation (JFI) believes that awareness and education are key elements to preventing youth suicide. The main focus of the PRP is to provide information that will assist parents to recognize changes in behaviors that may indicate suicidal thoughts and know what to do to help an at-risk child. The PRP provides:

- Youth Suicide Statistics
- Common Suicide Myths
- Signs of Concern
- Higher Risk Groups
- Risk Factors & Elevated Risk Factors
- What A Parent Can Do
- Do's and Don'ts
- Resources for Assistance
- Parent and Community Seminar

For more information, please visit the Parent Resource Program website:

prp.jasonfoundation.com

This website is to be used for educational and information purposes only. It is NOT a crisis intervention service.

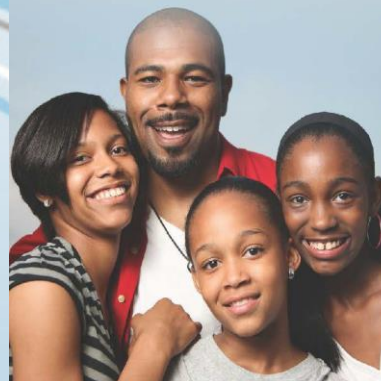


The Jason Foundation, Inc. (JFI) is a non-profit organization dedicated to the prevention of the "Silent Epidemic" of youth suicide through educational and awareness programs that equip young people, educators/youth workers and parents with the tools and resources to help identify and assist at-risk youth.

DID YOU KNOW?

- Suicide is the 2nd leading cause of death for young people, ages 10-24 (CDC WISQARS)
- Suicide is the 2nd leading cause of death for ages 12-18. (CDC WISQARS)
- Suicide is the 3rd leading cause of death for college-aged youth. (CDC WISQARS)

The Parent Resource Program is provided at no cost. If interested, a button or link to the PRP can be added to your school's or agency's websites. For more information please contact The Jason Foundation at: 1-888-881-2323 or contact@jasonfoundation.com.



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.

Reminder that All Coaches Need to be Certified

COACHES CERTIFIED PERMIT REQUIREMENTS:

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

**Other than the NFHS on-line course,
all requirements
can be completed at the 2024 Coaches Convention, June 22-27 in Bismarck!**

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 Spring 2024



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.

Dakota Coach Spring 2024

From the NDHSCA



Code of Ethics

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

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



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.



together with



Presents the **2024**

National Coaches Convention

June 22-27, 2024

At the Bismarck Hotel and Convention Center

Clinic sessions with 19 specific sports
College Credit Available

Networking with Coaches from across the USA

National Coaches Hall of Fame Ceremony

National Coach of the Year Ceremony
NDHSCA Hall of Fame and Coach of the Year Ceremony

And MORE!





**PROUDLY
SUPPORTING
THOSE THAT
KEEP THE LOVE
OF THE GAME
ALIVE.**

Simply Different
fumic.com



*not all products underwritten by Farmers Union Insurance



Dakota Coach Spring 2024



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; Velve 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 Spring 2024



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 NDHSCA 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.

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.

POWERADE

2024 NDHSCA AWARDS FOR LONGEVITY

20 Years

Jeremy Anderson, Thompson HS
Kari Baker, Beach HS
Andrea Bitz, Fargo HS
Nicole Burtman, Divide Co HS
Talia Butery, Fargo North HS
Duane Connell, Central Valley HS
Ian Costello, Fargo North HS
Wallace DeCoteau, Dunseith HS
Christopher Doane, Ashley Public
Jill Eckroth, Flasher HS
Jessica Fritz, Rugby HS
Oliver Gourd, Jr., Four Wind HS

Justin Graham, Williston HS
Mitch Greenwood, Cavalier HS
Don Hollister, Northern Cass HS
Tami Hunter, Williston
Jonathan Jahner, Bowman Co.
Ellen Jebens, Minot HS
Kevin Lokken, Hillsboro HS
Jake Luger, Standing Rock
Terry Luschen Oak Grove Lutheran
Brett Mitchell, Legacy HS
Ryan Mitchell, Northern Lights
Mark Moss, Lisbon HS
Jeremy Newton, West Fargo Sheyenne

Matthew Nielson, Valley City HS
Brian Nieuwsma, Flasher Public
Jaime Richter, Linton
Duane Schmidt, Beulah
Aaron Schramm, Park River Area
Todd Sheldon, Mandan HS
Nate Simpson, Bottineau HS
Melissa Solper, Minot HS
Jeremy St. Aubin, South Border
Luke Sturn, New Salem-Almont
Carla Wahlund, Minot HS
Robert Watson, Standing Rock HS

25 Years

Ryan Bilden, Northwood Public
Scott Bommersbach, Grand Forks
Wilford Counts, Dunseith
Travis Engen, Valley City Public
Brandy George, Thompson HS
Mark Gibson, Bismarck HS
Steve Glasser, Trinity HS
Eric Hendrickson, Minot Public
Matt Herman, Ellendale
Doug Johnson, Oak Grove Lutheran
Justin Johnsrud, Watford City HS
Andy Lach, Minot HS

Shari McTaggart, Fargo Shanley HS
Jason Monilaws, Hankinson HS
Brent Nelson, Minot HS
Ryan Nielson, HHS
Shane Robinson, Minto HS
Ray Saylor, Burke Central HS
Cory Schall, Oakes
David Silbernagel, Kidder Co.
Sara Walls, Red River HS
David Weiler, Fargo South HS
Brad Woehl, Kindred HS

30 Years

Derek Bakken, Concordia College
Rory Bell, Fargo Davies HS
Bruce Bender
Lou Dobitz, Killdeer
David Duttonhefer, Hazen
Justin Foss, Hatton-Northwood
Chris Gleason, Milnor Public
Dean Johs, Mandan HS
Thomas Marcis, Legacy HS
Rich Olson, Langdon HS
Troy Olson, Century
Jerry Schneider, Fargo North HS
Rick Smith, Four Winds
Brian Vance, Ellendale
Phil Weldele, Bowman Co.

35 Years

Damon Brady, Parshall
Scott Miller, Dickinson HS
Michael Porter, Century HS/Horizon
Kent Ripplinger, Grand Forks Red River
Paul Rudolph, Lewis and Clark/Berthold
Wayne Shipman, Carrington HS
Mike Soulis, Jamestown Public
Pete Stanton, Dickinson State

40 Years

Randy Berwick, Hettinger
Harry Clark, Kindred HS
Mark Frost, Hope-Page
Tim Kolsrud, Bismarck HS
Ron Wingenschach, Bismarck Century



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.



Click Here:

www.ndhsca.com

Go Online to Find:

Forms

All Star Teams

All-State Teams

Coaches Resources

Insurance Information

Scholarship Information

AND MORE!

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
Anderson, Rick; Griggs Co. Central HS
Askvig, Curtis; Surrey HS
Beaudrie, Bob; Newburg HS
Bennett, Jason; Minot, HS
Benson, Ron; Mott-Regent HS
Berg, Mike; Grand Forks Central HS
Berglund, Darrell; Hazen HS
Berglund, Kathy; Hazen HS
Bettenhausen, LeRoy; Watford City HS
Boehm, Darrin; West Fargo HS
Brackenbury, Wayne; Mohall-L-Sherwood HS
Brandt, Jeremy; Beulah HS
Brenner, Henry; ND School for the Deaf
Brown, Greg; Watford City HS
Bubach, Brian; NDHSAA
Burckhard, Richard; Parshall HS
Burris, LuAnn; Grand Forks Central HS
Callahan, Mike; Minnewaukan HS
Carlson, Ron; Minnewaukan HS
Carlson, Sherry; Minot HS
Carlsrud, Dave; NDHSAA
Carr, Daniel; Linton HS
Caya, Billie Ann; Bismarck HS
Cederstrom, Gerard; Minot HS
Conlon, Frank; Jamestown HS
Cornell, Rick; Grand Forks Schroeder JHS
DeCoteau, Jerome; Turtle Mtn Comm. HS
Deutsch, Joe, NDSU
Deutsch, Nancy; Watford City HS
Dew, Jim; Valley City State College
Deyle, Alvina; Fargo South HS
Dinius, Denny; Langdon HS
Disher, Ken; Minot HS
Dixon, Derrick; Turtle Mtn. Community HS
Dockter, Dwight; Hope-Page HS
Dolan, Michelle; Ray HS
Dooley, James; Beulah HS
Dwyer, Michael; Shiloh Christian HS
Erhardt, Janet; Center
Fetsch, Matt; NDHSAA
Filibeck, Brian; Beulah HS
Fish, Frank; Watford City HS
Fjeld, Greg; Minot HSHS
Flaagan, Craig; Fargo South HS
Fleck, Cory; Williston HS
Fletschock, Justin; NDHSAA
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, Perry; Bismarck HS
Hanson, Randy; Washburn HS
Hardie, Karen; Fargo North HS
Hardie, Rodney; Fargo North HS
Hauge, John; Bottineau HS
Haugen, Derold; LaMoure HS
Haussler, Jim; Bismarck Schools
Healy, Dennis; Williston HS
Hendrickson, Eric; Minot
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
Lach, Andy; Minot HS
LaDouceur, Greg; Grand Forks RR HS
Larson, Arley; Ray HS
Larson, Todd; Minot HS
Lehman, Cory; Fargo South HS
Lee, Aric; Shiloh Christian HS
Leier, Dwight; Maddock HS
Limke, Greg; West Fargo HS
Loberg, Myron; Devils Lake HS
Lockwood, Ed; Fargo Public Schools
Long, Jeri; Glenburn HS
Lorenz William; Grand Forks Central HS
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
McPeak, Barb; Minot HS
McPherson, Scott; Bismarck Legacy HS
Michaelson, Dave; Dickinson HS
Miller, Steve; Bismarck HS
Mitzel, Frank; Minto HS
Morast, Kevin; NDHSAA
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
Oswalt, Chad; Minot 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, Jeryl; Drayton HS
Townsend, Brad; Bismarck Century HS
Trieglaff, Robert; Fargo North HS
Vance, Brian; Ellendale HS
Vigen, Randy; Central Valley HS
Wagner, Chuck; Killdeer HS
Wagner, Doug; DesLacs-Burlington HS
Walhaug, Gary; Surrey HS
Walker, Larry; Killdeer HS
Walsh, Nathan; Central Valley HS
Ward, John.; Hazen HS
Werchau, Robbie; Minot HS
Wheeling, Bob; Killdeer HS
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
Search “NDHSCA” or enter

www.ndhsca.com



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

**G GAME
ONE™**

Gelaine Orvik Scholarship Fund



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

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

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

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

Donor:

Address:

City: State: Zip:

Home Phone: Cell Phone:

E-mail Address:

Amount of Donation: Date:

Thank you for your generous Donation!

PLEASE RETURN THIS FORM AND YOUR DONATION TO:

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

PLEASE DETACH THIS BOTTOM PORTION FOR YOUR TAX RECORDS

DONOR’S NAME:

Donation Amount:

Date:

A Big THANK YOU to the following  Sponsors!





THANK YOU to our sponsors!

Riddell.



FLIPSLED

LEADING EDGE FUNDRAISING

10 DIFFERENT FUNDRAISING PROGRAM OPTIONS

www.leadingedgefundraising.com | 888-527-5432

- Customized Apparel Athlete Incentives
- Mobile App Tracks Sales, Accepts Credit Cards
- Offers Cash Back
- Local, State & Nationwide Discounts
- Area Rep Runs the Fundraiser for You!
- MORE MONEY, LESS TIME- GUARANTEED!

AMERICA'S PREMIER FUNDRAISING COMPANY





Code of Ethics

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

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



Coaches Code of Conduct

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

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

Dakota Coach



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

SUBWAY™

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

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



POWERADE®

