

Dakota Coach

Issue #58
Volume 2



NDHSCA VICE PRESIDENT CANDIDATES

Read their Bios
on page 16



2024 NHSACA and NDHSCA Hall of Fame Inductees Named

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SAVE THE DATE(S)!

JUNE 22-27,

2024

**NDHSCA/NHSACA
COACHES CONVENTION**



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Tips for Eating Healthy While Traveling

Sponsored by Undeniably Dairy

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NDHSAA Photography and
Tom Mix*



Dakota Coach Winter 2023-24



2023-2024 NDHSCA Executive Committee



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Build Strength Through a Healthy Diet

What comes to mind when you think of the word “strength”?

Is it how much weight you can lift? Is it how fast and far you can run, jump, swim, or bike? When it comes to athletic performance — and life, in general — physical strength is important. It's also important to consider that strength can apply to your mental and emotional well-being, your focus, and in your day-to-day discipline practice.

A healthy diet can influence all of these things. The foods we choose impact our bodies and our brains. Over the next few months, we'll be sharing some nutrition tips and tricks to help you optimize health and strength, but today, let's start with the basics. Let's learn more about the nutrients that support strength, and how you can use a healthy diet to your advantage.

Note: Much of the information in this article (and in articles to come) is based on information from Strength: The Field Manual, a guide developed to provide information and tools to develop strength in your life. The guide was created by Dr. Michael Roussell, PhD, a published author, researcher, and speaker.

NUTRIENTS FOR SUPPORTING STRENGTH

PROTEIN: Protein is a fundamental nutrient for strength,^{1,2,3} as it provides the building blocks to build and repair muscle and other body tissues.⁴ Additionally, it supports brain function and the immune system.⁵ While many Americans eat enough to meet their minimal requirement for protein, it's less clear if we're eating an optimal amount of protein for good health.^{6,7} Since athletes generally have higher protein needs than less active individuals,⁸ getting enough is even more important.

IRON: Iron carries the oxygen you breathe to each of the cells in your body.⁹ It also plays an important role in brain and nervous system function. Not getting enough iron can impact [athletic performance](#), causing overall fatigue and muscle weakness.

FUN FACT: “Heme” iron is found in animal foods and is absorbed better by the body compared to “non-heme” iron, found in plant foods.^{12,13}

Chronically not getting enough iron can have impacts on heart health and growth.^{10,11}

B VITAMINS: Among other important actions, these vitamins participate in the chemical reactions that convert the foods you eat into a form of energy the body can use.¹⁴ While they don't necessarily give us energy, they help us use energy!

ZINC: Zinc plays an important role in [a maintaining](#) a healthy immune system. It is also found in high concentrations in the brain, where it is needed for proper growth and strengthening of communication among neurons. This makes it another [nutrient](#) that is critical for strength.¹⁵ Physically demanding workouts can increase your body's need for zinc, so it's important to get enough.^{19,20}

SELENIUM: Although this nutrient is needed in small amounts, it influences a variety of bodily organs and systems, including the thyroid gland and liver, as well as the immune, cardiovascular, and digestive systems.²¹

HOW DO YOU GET THESE NUTRIENTS?

A balanced diet with enough, but not too much, energy (aka calories) that includes high-quality protein and other nutrient-dense foods is a core for building strength.^{22,23} Planning a healthy diet doesn't have to be overwhelming or complicated. In the rest of this series, we'll provide a variety of strategies and ideas to help improve your nutrition. The key is choosing foods that [offer](#) a variety of nutrients. Beef is prime example of such foods. Beef is not only an excellent source of protein, but did you know that [offers](#) the other key strength nutrients mentioned above? A 3 oz serving of beef is high ($\geq 20\%$ DV) in zinc, vitamin B₁₂, niacin (vitamin B₃), vitamin B₆ and selenium. Beef is also a good source (14% DV) of iron (the better-absorbed “heme” form) and [about](#) [avon](#) (vitamin B₅).⁴ Few typical “protein foods” measure up to beef's supply of [the strength](#)-building nutrients. [Take a look](#) at this chart below²⁵ to compare:

Percent Daily Value* of Key Nutrients that Support Strength in Common Protein Foods

	Large Scrambled Egg	3 ounces Chicken Thigh Meat, Cooked	3 ounces Chicken Breast Meat, Cooked	1/2 cup Quinoa, Cooked	3 ounces Beef, Cooked (composite of retail cuts)
Protein	12%	42%	53%	8%	51%
Zinc	4%	11%	6%	7%	39%
Iron	4%	5%	5%	8%	14%
Vitamin B ₁₂	8%	6%	5%	0%	41%
Riboflavin (B ₂)	13%	11%	6%	6%	14%
Niacin (B ₃)	<1%	26%	59%	2%	25%
Vitamin B ₆	4%	20%	26%	6%	24%
Selenium	20%	33%	34%	4%	38%

*The Daily Value (DV) refers to the amount of a nutrient needed for a healthy adult on a 2,000-calorie diet.

The %DV is the [percent](#) of a nutrient's Daily Value provided by a serving of food.

Source: US Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory, USDA National Nutrient Database for Standard Reference, Legacy, Version Current: April 2013. Internet: [https://ndb.nsl.gov/ndb/](#). NDB #s: scrambled egg - 01332, chicken thigh meat - 05008, chicken breast meat - 05004, quinoa - 20137, beef - 13354

Stay tuned for additional practical ideas and suggestions for fueling your body with strength in mind.



Coaches are Natural Givers

Message from NDHSCA President Jamie Zastoupil



Happy Holidays! I hope this finds you happy, healthy, and able to find time for yourself and your family over the holiday season. I would like to congratulate all the fall coaches and teams on a great fall season. I commend the fall championship teams and individual award winners for their accomplishments. They were very well deserved!

As we look forward to the new year, I hope you can find time to reflect on the hard work, lessons learned, and accomplishments made throughout the past year. Being in the coaching profession, we are natural givers. This might be through teaching our athletes the skills, time spent preparing our teams, mentoring our assistant coaches, or even sharing lessons learned with others in the profession. There are so many ways that we can give to others in our profession. Another one of those ways is by getting involved in NDHSCA. You can get involved in many ways, from reading the Dakota Coach, to attending or presenting at the convention, serving on advisory or becoming a member of the Executive Board. The NDHSCA offers many options to both learn from the best and give back to our profession.

In my 19 years of coaching, I have been blessed with many mentors that have helped mold and shape me into the coach that I am. I have had the opportunity to learn from other's successes and failures while experiencing my own. These individuals have been there for me in making the difficult choices and celebrating the successes. I got involved in the NDHSCA because I felt like it was my time to contribute and give back to the profession that has been so great to me. I started by becoming a member, attending conventions, serving on advisory, coaching in All-Star volleyball matches and then running for vice president. The relationships that I have made throughout the years because of this organization will be something that I will cherish forever. I am grateful for all the comradery and collaboration that happens amongst the members.

Are you looking for ways to give back to our profession? Looking for a way to get involved? Or looking for something to bring back to your program? Come to the convention! This year the NDHSCA is set to host the National Convention in conjunction with our state convention June 22-27, at the Bismarck Hotel and Conference Center, in Bismarck, ND. There are many great speakers and events lined up for the week. You also will have opportunities to earn graduate credits. Mark your calendars and I look forward to seeing you all there.

Good Luck to all our winter sports teams and coaches. I hope the weather stays kind and you all have a healthy and fun season. Here is hoping that you and your families have had the most blessed and Happy Holiday season.

Jamie Zastoupil, NDHSCA President



Message from NDHSCA

Immediate Past President, Mike Zier



Small Circle



As a coach I've always been a believer of the "Small Circle" principle. What might you ask is that? I will try to explain my version of it, for other coaches their versions may be different, situations are always different based on varying factors. Most of us have seen the bad side of coaching, so I won't spend any time on those cases. We all know them and for most of us, we have experienced them.

As my years of coaching continue to drift on by, I've learned one thing: keep those that you trust, close, and those that are only around you when things are going well at a distance. My close list starts with my wife, Susan, who is my #1 supporter and fan. One of the best things for us happened by accident. One year (like in a lot of small towns) I was in need of a new stat person for our varsity football games, I asked Susan, she agreed, and this has been happening for quite a few years now (over 10). As it turned out this has been a blessing as it has kept her out of the stands and for home games in the warm crowd's nest. LOL.

Who else is in my "Small Circle" well, my assistant coaches must be, I need someone to talk x's and o's with and who will tell me if what I'm seeing is what they are seeing. I also expect them to tell me directly if they have an issue and not tell people down at the bar, that helps no one ---- EVER.

Lastly, it's our players on the team, sure I don't tell them everything, or expect them to do the same for me. But we have to be on the same page and trust each other in what we are doing. Now this doesn't happen every year but when coaches and players can trust each other great things can happen.

NDHSCA President Elect, Mike Zier



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From the NDHSCA Executive Secretary's Desk

Randy Johnson



Don't Miss Out



Hopefully you had a Merry Christmas with your family and friends! The North Dakota High School Coaches Association wishes everyone a Happy New Year. Good Luck to all coaches and players during the New Year!

Congratulations to the NDHSCA Subway Coach of the Year recipients, the NDHSCA POWERade Senior Athlete of the year recipients and the Fall State Champions. You have accomplished some outstanding feats, and the memories are ones you will cherish forever.

Did you know the North Dakota High School Coaches Association is hosting the **2024 NDHSCA-NHSACA National Coaches Convention in June 2024?** The convention will be held at the Bismarck Hotel and Conference Center (800 South 3rd Street). The dates of the convention are **June 22 – June 27, 2024**. June 22nd and 23rd will be a Leadership Conference. This is where one can renew their concussion management and AED/CPR. There is an opportunity to earn one semester hour of credit for those two days. June 24th through June 27th will be the Sport Specific Sessions. You can earn one or two semester hours of credit for those four days. The cost of the credit is \$100.00 per credit. What a deal! Monday, June 24th will be the date of the social with a free taco feed and the famous Corn Hole Tournament! The NHSACA National Hall of Fame Banquet will be on Tuesday, June 25th. June 26th will be the date of the NHSACA National Coach of the Year Banquet and June 27th will be the NDHSCA Hall of Fame/Coach of the Year Banquet. It will be a fun filled convention with an opportunity to listen and collaborate with some of the best high school and college coaches in the country! Our plan is to have the National Coach of the Year finalists speak during some of the sessions. What a great way to learn! You will find it much more rewarding than looking at videos online, reading books, or searching the internet. In fact, you will learn way more face to face and be able to collaborate with other coaches. This helps you realize some of the same problems you face are also faced by other coaches and maybe they have a way they dealt with the issues that can assist you. North Dakota is proud to host the National Convention. Help the NDHSCA show the nation how much support North Dakota has for NHSACA. If you have never attended a coaches' convention, I strongly encourage you to attend this one. Once you come to one, you will want to come every year! There will be a tentative schedule posted on our website soon. We will also have hotel information and graduate credit information listed on the website. See you in Bismarck in June!

Read to find out more about:
-2024 NDHSCA-NHSACA National Convention to be in Bismarck
-Subway sponsorships
-PowerAIDE sponsorships
-RackCoach Information
-Scalewear Football Gloves
-Gelaine Orvik Scholarships
-Scheels Scholarships
-Educational Resources available
-Dual Membership

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Gelaine Orvik Scholarship Criteria

Graduating High School Senior
Pursuing a career in coaching
Attend a ND College or University
Nominated by a Coach or Athletic
Director
Nominations due by March 10th



Scheels Scholarship Criteria

Son or daughter of a coach who is a
member.
Completed Application
found on NDHSCA website
Applications due by March 15
www.ndhsca.com

Subway of North Dakota sponsors all our Coach of the Year Awards, Longevity Awards and provides funding for the NDHSCA Gelaine Orvik Scholarship. I encourage you and your team to stop by Subway for a nutritious meal during your travels. There is a Word document on our website, www.ndhsca.com, that allows you to order ahead of time. It is important to order the subs 24 hours in advance and send the order via e-mail. I strongly encourage you to call to make sure they have received the order and can fill it in time for you to pick them up. The participating Subway stores are listed in the Word document. This is a great way for you to get food on the go so you can return home quicker following those road trips this winter.

POWERAde of North Dakota sponsors our Senior Athlete of the Year Award. The one consistent feedback we receive from this corporation is how much they enjoy reading the thank you notes from the coaches and athletes who receive them. I strongly encourage coaches to help the athletes understand the importance of the thank you notes. This is huge in helping us secure this sponsorship every year.

The North Dakota High School Coaches Association is always looking for ways to assist its membership. We have created a partnership with RackCoach. RackCoach is an app you can use to assist in weightroom training. You can visit the following website for more information: <https://rackcoach.com/ndhsca/>. If you are interested in the six months of free membership, hit the following link: [click here](#).

The North Dakota High School Coaches Association is also looking at partnering with Scalewear who makes football gloves. These gloves are being approved as I write this article. The price will be less than what you can purchase them online for, or at a sporting goods store. They will personalize gloves with your school logo or name. Once they are officially approved, I will send out an e-mail to all football coaches letting them know.

The North Dakota High School Coaches Association is offering up to three - \$1,000.00 NDHSCA Gelaine Orvik Scholarships this year. The criteria for this scholarship is the graduating high school Senior needs to be pursuing a career in coaching and also attend a North Dakota College or University. The student must be nominated by a Coach or Athletic Director. Nomination forms are available on our website: www.ndhsca.com. Nominations are due by March 10th. Please begin nominating Seniors who are interested in pursuing coaching as a profession.

Dakota Coach Winter 2023-24

Randy Johnson – Executive Secretary Report continued

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

The North Dakota High School Coaches Association is a dual member with the National High School Athletic Coaches Association. This means if you are a member of the NDHSCA, you are also a member of the NHSACA. This membership brings you many benefits. Here is a link to some of the benefits: <https://1800members.com/nhsaca>

One of the goals of the NHSACA is to help State Associations provide educational resources for coaches. This year there will be more educational resources available for member coaches than in the past. We are continuing to build the library for coaches to attain information in hopes of helping them become better coaches. You can view the other benefits of being an NDHSCA member later in this Dakota Coach.

The Coaches Code of Ethics and Coaches Code of Conduct are printed later in this Dakota Coach. These codes are the backbone for Education Based Athletics. High School Athletics is Education Based Athletics. We need to keep this as our focus any time we are working with our youth. It is important to review these “Coaches Codes” before, during and after the season. Follow these guidelines to assist you in becoming a better person and a better coach.

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

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

Sincerely for the Coaching Profession
Randy Johnson
NDHSCA Executive Secretary



Randy Johnson
NDHSCA Executive Secretary

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We're excited to tell you about **a new partnership between the NDHSCA and RackCoach**. They are offering a fantastic opportunity, providing 6 months of their **weight room audio-visual platform for free**, along with complimentary onboarding and consultation for your school.

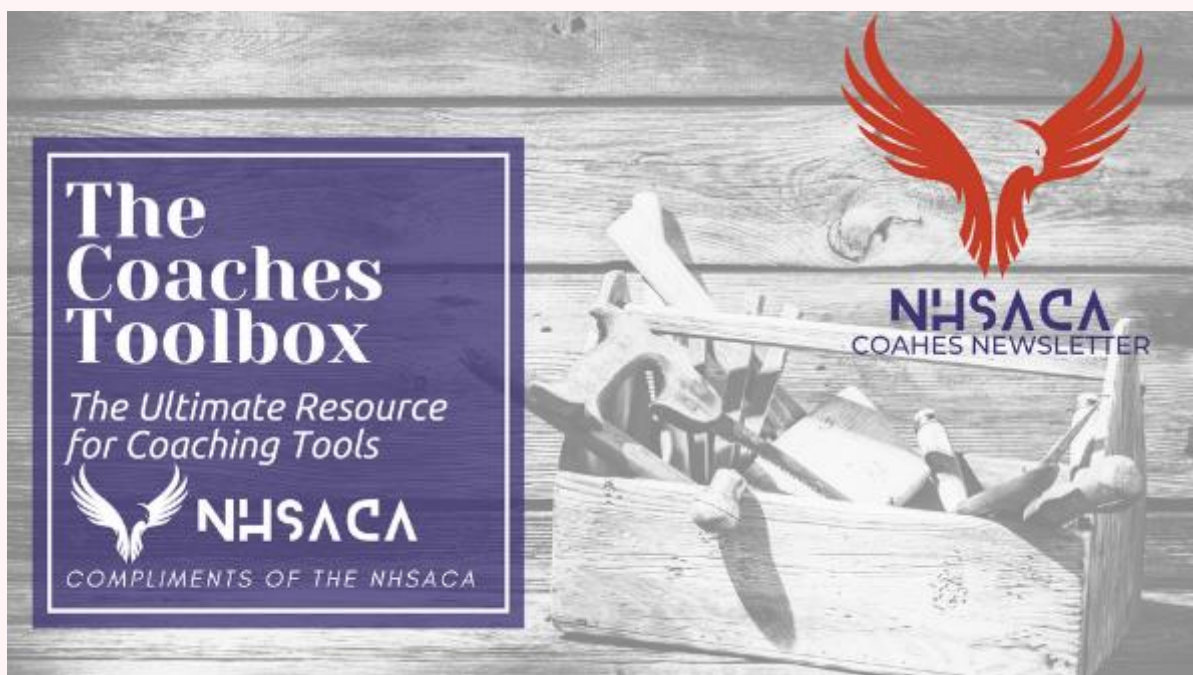
Take your team's workouts to the next level while saving valuable time with their audio-visual timers. To take them up on this offer and activate your free 6 months, simply [click here](#) to complete your registration.

But what exactly is RackCoach? <https://rackcoach.com/ndhsca/>

To begin your complimentary 6 months, click [here](#).

If you have any inquiries or require assistance, please feel free to reach out to David at david@rackcoach.com. He can answer any questions to help you get started.

NHSACA has some great information available on it's website. Click below to visit the site.



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Message from NHSACA Past President, Randy Johnson

Greetings from the National High School Athletic Coaches Association!



The National High School Athletic Coaches Association hopes you have been able to have a Merry Christmas and are beginning an awesome New Year. North Dakota is the host of the 2024 NDHSCA-NHSACA National Coaches Convention. It will be held in Bismarck June 22nd through June 27th. June 22nd and 23rd will be a Leadership Conference. A coach will be able to attain one graduate credit by attending these two days. June 24th through June 27th will be Sport Specific Sessions. Coaches will have the ability to earn one or two graduate credits by attending these four days of the convention. There will be some great speakers and an opportunity to visit with some of

the best coaches in the country!

Dave Dougherty, NHSACA Executive Director, is busy gathering all the National Coach of the Year nominees' information. These are due in his office in January. Following the deadline, the Sport Chairs, Executive Board and Executive Director will begin the evaluation process. I will release the finalists from North Dakota as soon as I receive work from the Executive Director's office.

The North Dakota High School Coaches Association nominees for the NHSACA National Coach of the Year Award are as follows:

• Athletic Director	Dave Zittleman	Bismarck Public Schools
• Baseball:	Scott Milbrandt	Kindred High School
• 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
• Special Sports	Jason Bennett	Minot High School
• Swimming & Diving	Talia Butery	Fargo North High School
• Tennis	Scott DeLorme	Minot High School
• Track & Field – Boys'	Josh Allmaras	Kindred High School
• Track & Field – Girls'	Greg Hoeckle	Carrington High School
• Volleyball	Jaime Richter	Linton 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

Good Luck to each of these coaches as they attempt to be a finalist for the NHSACA National Coach of the Year in their respective divisions.

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

- Jim Haussler – Bismarck Public Schools
- Dan Smrekar – Bismarck St. Mary's High School

Congratulations Jim and Dan on this accomplishment. This is an honor very well deserved by each of you.

Dakota Coach Winter 2023-2024

Randy Johnson, NHSACA Past President 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 Sport Chair - Mandan High School
- Jeremy St. Aubin: National Golf Sport Chair - South Border
- Tim Wallstrum: President - Kenmare High School
- Dave Dougherty: Executive Director - Fargo, ND (Previously, Watford City H. S.)
- Randy Johnson: Website Administrator, Past President – Bismarck, ND (Previously Hazen HS)
- Gelaine Orvik: Past President - Fargo, ND
- John Hutchison: Past President, HOF and COTY Narrator - Northwood, ND

North Dakota continues to be a strong voice in the National High School Athletic Coaches Association.

I strongly encourage the entire North Dakota High School Coaches Association membership to attend the National Convention in Bismarck, June 22 – June 27, 2024. It will be a great convention with some outstanding speakers. SEE YOU IN BISMARCK!

Respectfully submitted,

Randy Johnson
NHSACA Past President

The logo for Leading Edge Fundraising. It features a stylized blue and white graphic of a person running or jumping, followed by the text "LEADING EDGE FUNDRAISING" in a bold, blue, sans-serif font.

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Coaches Coaching Coaches teaching, training, learning

Editor Brad Strand

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

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



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Quote:

“Seek opportunities to show you care.
The smallest gestures often make
the biggest difference.”

- John Wooden -



NDHSCA Vice President Candidates



Lisa Jenkins

The North Dakota High School Coaches Association has made nominations for balloting for the Association's Vice President. The balloting will be conducted at the North Dakota High School Coaches Association-National High School Athletic Coaches Association National Coaches Convention held this summer at the Bismarck Hotel and Convention Center on June 22 through June 27.



Breanna Sisson

The two candidates will be Lisa Jenkins, currently Head Girls' Basketball Coach at Wilton-Wing and Breanna Sisson, currently the Head Volleyball Coach at Dickinson Trinity High School.

Lisa Jenkins is a graduate of Texas A & M University and the University of North Dakota. She is a 22-year coaching veteran. In addition to coaching Girls' Basketball, Lisa also coaches Middle School Volleyball and Middle School Track and Field at Horizon MS in Bismarck. Her Girls' Basketball Teams have accumulated 221 victories. She coached Wilton-Wing to the NDHSAA State Class B Girls' Basketball Tournament in 2021 finishing fourth. Coach Jenkins was named the Class B Girls' Basketball Coach of the Year in 2021. She serves on the NDHSCA Girls' Basketball Advisory Committee and looks forward to helping with the 2024 NDHSCA-NHSACA National Convention to be held in Bismarck in June.

Lisa has two children: Jordyn and Brandon.

Breanna Sisson has been coaching for 13 years. She has been the Head Volleyball Coach at Dickinson Trinity High School for the last nine years and has coached track and field for 12 years. Coach Sisson's volleyball teams have won 278 matches. She was an Assistant Track and Field Coach for seven years before becoming the Head Coach 5 years ago. Breanna has lead the Titans to seven consecutive Class B State Volleyball Tournament appearances. She was named the NDHSCA Regional Volleyball Coach of the Year five times. Coach Sisson serves on the NDHSCA Volleyball Advisory Committee.

Breanna and her husband, Anthony, have two children: Beau and Owen.



The Top 3 Misconceptions about Concussions



After treating more than 1,000 concussions with hyperbaric oxygen therapy, we've seen it all when it comes to concussions. We've put together the top 3 misconceptions about concussions, so you are more informed about the brain injury.

1. **There is no treatment for concussions.**

Current research is showing increasing numbers of concussions are NOT getting better with rest. Using hyperbaric oxygen therapy, we are treating concussions in all ages. Our research shows concussion resolution, with return to normal activity, in less than a week.

2. **You must accept your "new normal."**

After a concussion, there are numerous symptoms people may experience and many experts say to accept these symptoms and figure out a "new normal" living with them. We disagree! Hyperbaric oxygen treats the brain, the root cause of concussion symptoms. NO new normal.

3. **There is no good objective testing for concussions.**

Concussions are called the "invisible injury" because it is hard to see an injury to the brain. Oftentimes, we rely on the concussed to describe their injury, but we can do better. The brain is not good at self-reporting symptoms, and therefore an injured brain may not know how injured it really is. Objective testing allows us to see the injury and then improvement through treatments. We are the most advanced concussion diagnostic clinic in North Dakota, using both RightEye and BrainScope to help to diagnose concussions.



Evaluation • Consultation • Treatment

Healing with Hyperbarics is changing the standard of care for concussions

Conveniently located in Fargo, ND

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.



2024 NDHSCA Hall of Fame Inductees



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

- Ryam Brantl – Baseball Coach from Thompson High School
- Scott McPherson – Tennis Coach from Bismarck Legacy High School
- Ron Metz – Girls Basketball Coach from Bismarck Century High School
- Scott Reichenberger – Track and Field and Cross Country Coach from Bismarck High School



Ryam Brantl coached baseball for 37 years at Thompson High School. His teams won four State Titles, one State Runner-Up Finish, 14 Regional Titles, seven Regional Runners-Up, seven District Titles and five Conference Titles. Ryam compiled 529 baseball victories during his coaching career.

Coach Brantl was named the North Dakota High School Coaches Association State Baseball Coach of the Year once. He was named the NDHSCA Regional Baseball Coach of the Year four times. In 1986 Ryam was named the National Federation Interscholastic Coaches Association Baseball Outstanding Coach for North Dakota. He was a National High School Athletic Coaches Association National Baseball Coach of the Year Finalist in 2008.

Ryam served the NDHSCA as the North Dakota Regional Baseball Chair for three years. He was also on the North Dakota High School Coaches Association Baseball Advisory Committee for four years. Coach Brantl was a mentor for many baseball coaches throughout the state of North Dakota.

Ryam and his wife Cindy have three children: Rylan, Casey and Calyn.



Scott McPherson is a 39-year coaching veteran. His coaching career started in Williston where he coached Girls' Basketball, Girls' and Boys' Tennis and Track and Field. In 2001, Scott moved to Bismarck to take the Bismarck Century Girls' and Boys' Tennis program over. Since 2014 he has been coaching Girls' and Boys' Tennis at Bismarck Legacy High School. Coach McPherson's Girls' Tennis Teams won one State Title, nine State Runner-ups, nine Regional Titles, seven Regional Runner-ups and ten Conference Titles. His Boys' Tennis Teams were State Runners-up four times, won 13 Regional Titles, seven Regional Runners-up and 13 Conference Titles. Scott's tennis teams won 867 duals. Coach McPherson was a National High School Athletic Coaches Association National Tennis Coach of the Year finalist four times. He was inducted into the North Dakota Tennis Association Hall of Fame in 2022. Scott was named NDHSCA State Coach of the Year in Girls' Tennis twice and in Boys' Tennis twice. He was named NDHSCA

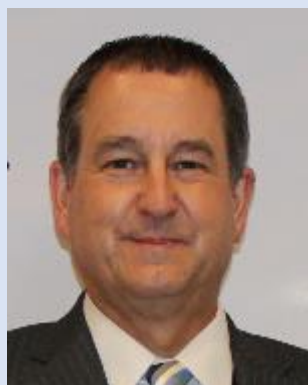
West Region Girls' Tennis Coach of the Year four times and West Region Boys' Tennis Coach of the Year eight times.

Scott served on the NDHSCA-NDHSAA Tennis Advisory Committee for 11 years. He has been a clinician for the National High School Athletic Coaches Association National Convention four times and the North Dakota High School Coaches Association State Convention ten times. Coach McPherson is a certified Professional Tennis Instructor, a North Dakota Tennis Association Board Member and a Board Member of the Bismarck-Mandan Tennis Association.

Scott and his wife Danielle have four children: Alexander, Abby, Ashlee and Aleah.

Dakota Coach Winter 2023-2024

NDHSCA Hall of Fame Inductees continued.



Ronald Metz is a 33-year coaching veteran. His coaching career started at Upham High School where he coached Girls' and Boys' Basketball. He moved to Lemmon, South Dakota in 1991 where Ron coached Girls' and Boys' Basketball and Girls' and Boys' Track and Field. In 2002, Coach Metz moved to Bismarck where he taught and coached at Simle Middle School, Bismarck High School and Bismarck Century. He coached Football, Girls' Basketball and Girls' and Boys' Track and Field. Ron's Girls' Basketball Teams won six State Championships, two Runners-Up, 13 Regional Titles, four Regional Runners-Up, four District Titles and ten Conference Championships. His Basketball teams won 423 games.

Coach Metz was the National High School Athletic Coaches Association National Girls' Basketball Coach of the Year nominee three times and a finalist one time. He was named the NDHSCA State Girls' Basketball Coach of the Year three times, NDHSCA Regional Girls' Basketball Coach of the Year four times and was the South Dakota Basketball Coaches Association Section Coach of the Year twice.

Ron served on the North Dakota High School Coaches Association Executive Board for six years holding the office of President in 2021-2022. He coached the NDHSCA Lions All Star Basketball Game ten times. Coach Metz served on the NDHSCA Girls Basketball Advisory Board for six years. He also coached the South Dakota All Star Basketball Game and was the Sectional Representative for the South Dakota Basketball Coaches Association for five years.

Ron and his wife Jill have two children: Rani and RiAnne.



Scott Reichenberger has been coaching for 31 years. He spent two years at Bismarck Century as the Head Boys' Cross Country Coach. Coach Reichenberger has been coaching Girls' and Boys' Cross Country and Girls' and Boys' Track and Field at Bismarck High School for most of the 31 years. His cross country teams have 2,825 multi-team victories and his track and field teams have won 190 multi-team meets.

Scott has been the National High School Athletic Coaches Association National Girls' Cross Country Coach of the Year finalist three times and was named the NHSACA National Girls' Cross Country Coach of the Year in 2021. He was named the NDHSCA State Girls' Cross Country Coach of the Year twice and the NDHSCA State Boys' Cross Country Coach of the Year once. Coach Reichenberger was named the NDHSCA Regional Girls' Cross Country Coach of the Year eight times and the NDHSCA Regional Boys' Cross Country Coach of the Year twice.

Coach Reichenberger has served on the NDHSCA-NDHSAA Cross Country Advisory Board eight years. He has been an NHSACA National Convention clinician three times and shared with the North Dakota coaches as the NDHSCA State Coaches Convention clinician five times.

Scott and his wife Michelle have two children: Neely and Zoe.





2024 NDHSCA Fall Assistant Coach of the Year



The 2023 Fall Season recipient of the North Dakota High School Coaches Association Assistant Coach of the Year Award is **Duane Bowman**, Bowman County High School Assistant Cross Country Coach. **Duane** was nominated by Jonathan Jahner, Bowman County Head Cross Country Coach.

Coach Bowman has been coaching for 16 years. Twelve of those years as an Assistant Cross Country Coach at Bowman County High School. He also coaches Track and Field at Bowman County High School and has coached basketball. He is part of four straight State Boys' Cross Country Championships and one State Girls' Cross Country Championship. **Duane** is responsible for timing workouts, organizing meet results, helping with the weekly workout schedule, driving bus for practices, encouraging and caring about the athletes. He helped implement a journaling system for the team where the kids log their workouts, how they were feeling and write as much about their training as possible.

He has helped coach 43 All State Cross Country Athletes at Bowman County.

Jon Jahner, Head Cross Country Coach at Bowman County High School, has this to say about **Coach Bowman**. "**Duane** draws a wealth of distance running knowledge to our program. He delivers that knowledge in a caring and genuine manner, nurturing strong relationships with our athletes that develops excellence on and off the course. **Coach Bowman** is a valued part of the Bowman County program. He provides excellent training ideas and always looks to improve the program while fostering a positive culture."

Duane and his wife Shannon have four children: Kenley, Thomas, Warner and Branick.

Duane Bowman of Bowman County High School is the 2023 North Dakota High School Coaches Association's Fall Assistant Coach of the Year in the sport of Cross Country.

Coach Quote:

"Success is peace of mind
which is a direct result of self-satisfaction
in knowing you did your best to become the
best you are capable of becoming."

-John Wooden-



FLIPSLED





2024 NDHSCA Fall Junior High Coach of the Year



The 2023 Fall Season recipient of the North Dakota High School Coaches Association Junior High Coach of the Year Award is **Merry Feldman**, Kenmare Junior High Volleyball Coach. **Merry** was nominated by Tim Wallstrum, Head Volleyball Coach at Kenmare High School.

Coach Feldman is a 28-year coaching veteran with the last 16 years as a Junior High Volleyball Coach. She also coaches Junior High girls' basketball. The Junior High Volleyball seasons are very successful at Kenmare. The last two seasons they have combined for over 50 victories. Their 8th grade team has been in the top three at the Berthold Volleyball Tournament the last three seasons. **Merry** is responsible for training, transportation and nurturing the Junior High Volleyball girls. The success of the Kenmare Varsity Volleyball Program starts with the development at the Junior High level. She has worked with nine All-State Volleyball players and the honkers have participated in 11 state tournaments since she has been the Junior High Coach at Kenmare.

Tim Wallstrum, Head Volleyball Coach at Kenmare High School has this to say about **Coach Feldman**. "**Merry** has a vast amount of experience coaching volleyball. She is responsible for developing the skill sets of the goslings in the Honker Volleyball program. She has done an admirable job and is one of the reasons Kenmare Volleyball has been so strong."

Merry and her husband Richard have four children: Colby, Riley, Delaney and Kenley.

Merry Feldman of Kenmare is the 2023 North Dakota High School Coaches Association Junior High Coach of the Year in the sport of Volleyball.

2024 NDHSCA Award of Merit Recipients



Perry Hanson
ND Hoopster

The North Dakota High School Coaches Association announces 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.



Brad Strand
NDSU Professor

2024 NDHSCA Special Recognition Recipients



**Edwin Clapp
FAT Timing
Fargo**

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



**Linda Orvik
NDHSCA Convention
Registration
Fargo**

2024 CONVENTION SPEAKERS PREVIEW!

Dr. William Burns, NDSU Dr. Brad Strand, NDSU
Chad Bjornson, Bismarck Pete Moe, Washburn
Dr Jim Haussler, Bismarck

Speakers also from:

University of Mary, University of Jamestown, Dickinson State University, Minot State University, University of North Dakota, Valley City State University, Bismarck State, North Dakota State University, Northern Aberdeen, Sanford Health, as well as sessions featuring National COTY Finalists from across the Nation

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SUBWAY 



Dr. James Haussler



2024 NHSACA HALL OF FAME INDUCTEES



Dan Smrekar

Dr. James Haussler graduated from Monango High School. He earned his bachelor's degree from the University of Jamestown, his Master's Degree from South Dakota State University and his Doctorate in Educational Administration from the University of North Dakota. Jim began his teaching and coaching career at Finley-Sharon Public Schools. He made stops at New England Public School, South Dakota State University as a Graduate Assistant and Aberdeen Central High School in South Dakota before finishing his career as the Bismarck Public Schools Activities Director. Dr. Haussler is currently the Facility Manager of the Bismarck MDU Resources Community Bowl.

Dr. Haussler managed at least 80 NDHSAA State Tournaments and 166 Regional Tournaments during his time as Activities Director for Bismarck Public Schools. Bismarck High School, Bismarck Century and Bismarck Legacy won 125 State Championships and 235 Regional Championships under his guidance. Jim was a finalist for the NHSACA Athletic Director of the Year five times and was named the National High School Athletic Coaches Association Athletic Director of the Year in 2016. He was named the NDIAAA Athletic Director of the Year twice and the Regional Athletic Director of the Year four times. The North Dakota High School Coaches Association recognized Dr. Haussler with a Special Recognition Award in 2002. In 2015, Jim was awarded the Special Achievement Award by the North Dakota Sports Writers and Sports Casters. The gymnasium at Bismarck Legacy High School was named James Haussler Gymnasium. He was inducted into the North Dakota Track and Field Hall of Fame in 2011, the North Dakota High School Coaches Association Hall of Fame in 2013. In 2014, the University of Jamestown recognized him with the Rollie Greeno Award for excellence in Education.

Jim is a Past President of the North Dakota Interscholastic Athletic Administrators Association. He is also a Past President of the Western Dakota Association. Dr. Haussler was the chairman of the Bismarck Community Bowl Authority for 19 years.

Dr. James Haussler and his wife Julie have five children: Jeremy, Jon, Jamie, Tessa and Cara.

Dan Smrekar graduated from Silver Bay High School in Silver Bay, Minnesota and North Dakota State University. He started his coaching career at Kindred High School. Dan spent his last 49 years at Bismarck St. Mary's High School. Coach Smrekar coached football, basketball, track and field and was a strength coach. Dan is best known for his football coaching in North Dakota. His career football coaching record is 293 wins with 168 losses. Coach Smrekar's teams won eight State Championships, six State Runner-Ups, 15 Regional Championships and played in 21 semi-final football games during his career. He was a NHSACA National Football Coach of Year Finalist twice, named the NDHSCA State Football Coach of the Year six times and was the NDHSCA Regional Football Coach of the Year nine times. Dan was the North Dakota Associated Press

2024 NHSACA Hall of Fame Inductees continued

Sportscasters and Sportswriters Association Coach of the Year twice and his football team was named the NDAPSSA Team of the Year once. He coached the NDHSCA Shrine All Star Football Game five times and was also named the NDIAAA West Region Athletic Director of the Year one time. The Bismarck St. Mary's Football Field was named after Coach Smrekar. He was inducted into the Bismarck St. Mary's High School Hall of Fame and the North Dakota High School Coaches Association Hall of Fame.

Dan served as a NHSACA National Convention Clinician twice and the NDHSCA State Convention Clinician four times. He was on NDHSCA-NDHSAA Football Advisory for seven years and was part of the NDHSCA All State Football Selection Committee 12 times. Coach Smrekar was part of the Athletic Review Committee for three years and was the NDIAAA Regional Representative three times.

Coach Dan Smrekar and his wife Kris have one son: Gus.

The induction ceremony will take place in June 2024 at the NDHSCA-NHSACA Coaches' Convention in Bismarck.

NDHSCA-NHSACA NATIONAL COACH OF THE YEAR NOMINEES

<u>Sport</u>	<u>Coach or Athletic Director</u>	<u>School</u>
Athletic Director	Dave Zittleman	Bismarck Public Schools
Baseball:	Scott Milbrandt	Kindred High School
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
Special Sports	Jason Bennett	Minot High School
Swimming & Diving	Talia Butery	Fargo North High School
Tennis	Scott DeLorme	Minot High School
Track & Field – Boys'	Josh Allmaras	Kindred High School
Track & Field – Girls'	Greg Hoeckle	Carrington High School
Volleyball	Jaime Richter	Linton 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

Youth Suicide Statistical Impact

According to the latest CDC's WISQARS National Data Reporting (2021):

- Suicide is the 2nd leading cause of death for ages 10-14 in the US.
- Suicide is the 2nd leading cause of death for ages 12-18 (middle and high school ages) in the US.
- Suicide is the 3rd leading cause of death for college-age youth ages 18-22 in the US.



US 2021 Youth Risk Behavioral Survey (CDC): (Most Recent Released Report)

When young people were asked in the US:

- ***"Have you experienced the feeling of hopelessness and sadness for a constant period of two weeks or greater during the past twelve months (possible beginning of clinical depression)?"***
42.3% or almost 1 out of every 2 young people (depression is a leading cause of suicide) answered YES.

- ***"Have you made a plan to attempt suicide in the past twelve months?"***
17.6% answered YES or over 1 out of every 6 young people.

- ***"Have you attempted suicide in the past twelve months?"***
10.2% answered YES or over 1 out of every 10 young people.



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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

ATHLETE

Avery Bartels
Anna Huettl
Evan Panzer
Brayden Oswalt
Brooklyn Bartsch
Keaton Olson
Reagan Berg
Owen Sondag
Nate Tastad
Ty Dassinger
Peder Haugo
Tyson Ruzicka
Jordan Leininger
Brooklyn Keney
Makenna Nold
Kelsie Belquist

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

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



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2023-2024 NDHSCA-SUBWAY



Coaches of the Year



SPORT

Class B Girls' Golf
Class A Girls' Golf
Class A Boys' Tennis
Class A Boys' Soccer
Class B Girls' Cross Country
Class B Boys' Cross Country
Class A Girls' Cross Country
Class A Girls' Cross Country
Class A Boys' Cross Country
Class Nine Man Football
Class 11A Football
Class 11AA Football
Class 11AAA Football
Class A Girls' Swimming
Class A Girls' Volleyball
Class B Girls' Volleyball

NAME

Jeremy St. Aubin
Eric Sanders
Paul Christen
Brandi Harty
Bill Jansen
Josh Roberts
Janelle Olson
Scott Reichenberger
Scott Reichenberger
Evan Mellmer
John Odermann
Adam Roland
Chauncy Hendershot
Jackie Snyder
Rachel Hummel
Stacy Hanson

SCHOOL

South Border
Grand Forks Red River HS
Mandan HS
Jamestown HS
Rugby HS
Kindred HS
Bismarck HS
Bismarck HS
Bismarck HS
South Border
Dickinson Trinity HS
Fargo North HS
Minot HS
Fargo Shanley HS
Fargo North HS
Mayville-Portland-CG HS



Coach Quote:

“In the end, it’s about the teaching, and what I always loved about coaching was the practices. Not the games, not the tournaments, not the alumni stuff. But teaching the players during practice was what coaching was all about to me.”

-John Wooden-

Tips For Eating Healthy While Traveling

Angie Asche MS, RD, CSSD Eleat Sports Nutrition, LLC

Sponsored by Undeniably Dairy

Eating healthy while traveling is crucial for athletes who are constantly finding themselves on the road during season. Between competitions and training camps, athletes spend a significant amount of time traveling for their sport and are often relying on what's available at convenience stores, gas stations, or fast food restaurants along the way. In this article, we'll be reviewing tips and tricks to help you make healthier eating choices while on the road. From breakfast, lunch and dinner, to snacks and hydration while traveling, we've got you covered.

Building a Healthy Breakfast

A common issue we see with fast food breakfasts is that they are high in fat and/or added sugar, while being low in protein and micronutrients. Options that I recommend limiting include sweet pastries like Danishes, donuts, or cinnamon rolls, and fatty meats like sausage and bacon. Healthier options available at gas stations or most hotels serving continental breakfasts include: fresh fruit, milk, yogurt, eggs, oatmeal, and whole wheat bread.

You can combine several of these items together to make a well-balanced breakfast while traveling. Try to include a source of carbohydrates, healthy fat, lean protein, and produce at each meal. For example, a bowl of oatmeal with milk and nuts like sliced almonds or almond butter mixed in, fresh fruit, and a few hard-boiled eggs. Or whole grain bread with almond butter and banana, along with a bowl of yogurt and berries. Note that you may have to pack items like nuts, trail mix, or nut butter packets to have on hand and add more nutritional value to your meals. If you're driving through a fast food drive-thru, choose items that include whole grains and lean protein, and pair it with a glass of milk and/or a cup of fruit to add more essential vitamins and minerals.

Lunch and Dinner On The Road

As mentioned with breakfast, you should try to incorporate 4 components at each meal – a source of lean protein, healthy fats, carbohydrates (ideally whole grains or starchy vegetables), and produce (vegetables/fruits). You don't have to completely swap out your burger for a salad to be considered a healthy option, but you should consider making a few modifications to it to up the nutritional value. Order a plain hamburger with extra lettuce, onion, tomato, and omit the mayo, or order a grilled chicken sandwich for a leaner protein option. Either instead of fries or in addition to fries, add a side of fresh fruit, apple slices, or a side salad, or to save money, plan ahead and pack some fruit with you in advance.

Article Sponsored by Undeniably Dairy

Oftentimes the fresh fruit at fast food restaurants can be pretty expensive, so you'll have better luck bringing a few apples with you on the road. In place of soda, opt for water or milk. Milk is a simple, easy source of protein when you need to stay energized.

Snacks and Hydration

It's important to pack healthy snacks with you while traveling, in case you are left with limited options on the road. Items that are easy to pack without needing to be refrigerated include whole grain bagels or bread with nut butter, crackers or pretzels, protein bars, tuna or salmon packets, beef or turkey jerky, fig bars, popcorn, trail mix or nuts, dried edamame, and fruit. Bring a small cooler to stash even more snacks on the road, like hummus, meat and cheese roll-ups, fresh cut up veggies, and yogurt or cottage cheese.

Athletes who are traveling by plane should also be aware of the effect flying has on dehydration levels due to low humidity in the cabin. When flying, make sure to drink plenty of fluids such as water, milk, or an electrolyte-containing beverage. Empty water bottles can be taken through security at airports to refill while traveling.

Choosing Healthy Options On The Road

Convenience stores and fast food restaurants often have limited options, but there's always a way you can add a little more nutrition to your meal or snack.

While we know it's not always possible, planning ahead and packing your food with you is one of the best and likely most affordable ways to go.

When choosing items while traveling, minimize your intake of foods with these high-fat "cues":

- Fried/pan fried
- Breaded or crispy
- Buttery/butter sauce
- Creamed/creamy/cheese sauce
- Au gratin, gravy, or Scampi

Opt for these instead:

- Steamed, boiled, poached
- Grilled, roasted, charbroiled or broiled
- Tomato sauce/marinara
- Marinated in juice/in own juices



More Tips:

- Make sure your meal contains a source of protein, fat, carbohydrates, and color (fruits or vegetables)
- Aim for at least 2 kinds of fruits or vegetables when possible at each meal
- Pair your meal with a glass of milk. Milk provides protein and is a natural source of immune-boosting nutrients like Vitamin A, Vitamin D, and zinc.

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If you know where you will be eating ahead of time, check out the menu and nutrition information beforehand by looking at their website.

Meet with a [registered dietitian](#) today to help navigate the best options for you while traveling, and develop a personalized plan that fits your needs and goals even while on the road.

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.

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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 Winter 2023-2024



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.

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and



are hosting 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!



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North Dakota Beef Commission

Contact Nicole Wardner

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

From the NDHSCA



Code of Ethics

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

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

Find the entire NDHSCA Code of Ethics in this issue.



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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!



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.

Current Facts About Sports Today from Coaches of Excellence

- 57 million kids play youth sports from ages 6-14. That number drops to 7 million by age 15. The number one deterrent is overly competitive coaching and burnout.
- On average one coach can reach anywhere between 30 to 50 families per season.
- The United States is the only country in the major sporting world that does not have a national coaching education program.
- There are no federal laws requiring coaching education at any level of competition.
- Young women who participate in sports are three times more likely to graduate from high school.
- 75% of all children have witnessed an out of Control parent at their games.

Source: <https://coachesofexcellence.com/about-us/>

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HEALTH



NDHSCA GOALS

INCLUDE:



- The North Dakota High School Coaches Association is the only high school coaches association in North Dakota that is created by coaches and governed by coaches. It is not-for-profit corporation that provides interscholastic coaches across the state with a voice in current issues. NDHSCA provides North Dakota's coaches with finest recognition program available and is a dual member of the National High School Athletic Coaches Association and its recognition program.
- The recognition program reflects awards for coaches and athletes. The annual coaches' awards are peer selected and based on season accomplishments. Meanwhile the Hall of Fame and the Junior High School Coach of the Year Awards and Assistant Coach of the Year Awards are based on lifetime accomplishments.
- The Senior Athlete of the Year awards are selected by head coaches and are based on season and career performances in each sport. The Scholarships that are awarded to graduating seniors are granted to deserving student/athletes, based on high school endeavors. The scholarship recipients are chosen by the NDHSCA Executive Board Scholarship Committee.

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Dakota Coach Winter 2023-2024



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custom embroidery



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www.ndhsca.com

Go Online to Find:



Forms

All Star Teams

All-State Teams

Coaches Resources

Insurance Information

Scholarship Information

AND MORE!

DID YOU KNOW?

According to the National Federation of State High School Associations, participation in High School Sports has increased to more than 7.8 million during the 2022-2023 school year.

The top three sports by participation were:

Boys Programs- 1. Basketball 2. Outdoor Track & Field 3. Baseball

Girls Programs- 1. Basketball 2. Outdoor Track & Field 3. Volleyball

The biggest increases came in the sport of wrestling especially girls.





Dakota Coach Winter 2023-2024

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; 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 Winter 2023-2024

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.

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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.



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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.



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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
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, 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 HS
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, Randy; Washburn HS
Hanson, Perry; Bismarck 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, 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
MacIver, Philip; Wahpeton JHS
Mack, Bruce; Surrey HS
Mailloux, Gary; Fargo North HS
Marsh, John; Fargo South HS
Marshall, Joel; Hazen HS
Martin, Phil; Lisbon HS
Mayer, Michael; Grant County HS
McCleary, Barry; Napoleon HS
McKinnon, Darin; West Fargo HS
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
Plecity, 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
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 Grinsteinner**
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



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North Dakota High School Coaches Association

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:

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Amount of Donation: Date:

Thank you for your generous Donation!

PLEASE RETURN THIS FORM AND YOUR DONATION TO:

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

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Code of Ethics

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

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



Coaches Code of Conduct

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

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

Dakota Coach



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

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