

# Dakota Coach

Volume #59 Issue 3



# Dakota Coach Spring 2025

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**SAVE THE DATES:**

**July 28-31, 2025  
NDHSCA State  
Coaches Convention  
Fargo Holiday Inn  
Fargo, ND**

Cover Photo Credit to Larry Stokke: Picture This Photography



North Dakota High School  
Coaches Association

# Dakota Coach Spring 2025



## 2024-25 NDHSCA Executive Committee

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*Message from NDHSCA President Mike Zier*



## 6 Steps of Coaching

### 1. Introduction: The Role of a Sports Coach

- **Define the role:** A sports coach is responsible for training athletes, building team chemistry, and driving performance. Coaches help athletes develop their skills, mental resilience, and tactical understanding.
- **Importance of coaching:** Effective coaching can make the difference between a team's success or failure, shaping not only athletes' skills but their overall mindset and attitudes toward sports.

### 2. The Key Responsibilities of a Sports Coach

- **Training and Skill Development:** Coaches design practice sessions, drills, and activities that focus on improving technical abilities and overall fitness.
- **Tactical Planning:** Crafting game strategies, formations, and set plays to maximize team strengths while exploiting the opponent's weaknesses.
- **Motivation and Morale:** Keeping athletes motivated, especially after losses or during tough times. The coach is often a source of inspiration, helping players overcome self-doubt and stay focused on their goals.
- **Individual Athlete Support:** Understanding each athlete's strengths, weaknesses, and mental states, and providing personalized coaching that nurtures growth.

### 3. Coaching Philosophy

- **Building Relationships:** Effective coaches build trust and rapport with their athletes. This relationship is key to a successful team dynamic.
- **Emphasizing Teamwork:** Good coaches teach athletes how to work together, fostering unity, trust, and collaboration.
- **Mental Toughness and Discipline:** A coach instills resilience, helping athletes persevere through adversity, whether on or off the field.

### 4. Coaching Techniques and Approaches

- **Direct vs. Facilitative Coaching:** Some coaches take a more directive approach, telling athletes what to do, while others take a facilitative role, guiding athletes to discover solutions themselves.
- **Positive Reinforcement:** Highlighting successes and improvements can increase self-esteem and motivation.
- **Constructive Feedback:** Offering feedback in a way that encourages growth and avoids discouragement.
- **Developing Emotional Intelligence:** Coaches need to recognize how emotions influence performance and guide athletes in managing their feelings, especially in high-pressure situations.



*Continued next page.*

# Dakota Coach Spring 2025

Message from NDHSCA President Mike Zier continued.

## 5. Challenges in Sports Coaching

- **Dealing with Diverse Athletes:** Coaches often work with athletes of varying skill levels, backgrounds, and personalities. Finding a one-size-fits-all approach is difficult, so coaches must adapt to each individual.
- **Balancing Winning and Development:** Especially in youth or developmental sports, coaches must balance the desire to win with the need to focus on long-term player development.
- **Burnout:** Both athletes and coaches can experience burnout, which is why maintaining a healthy work-life balance is essential.

## 6. The Impact of Coaching on Athletes

- **Development Beyond Sports:** Coaches can help athletes grow in areas like leadership, communication, and time management. Many lessons learned in sports translate to success in other areas of life.
- **Confidence Building:** Positive reinforcement and achievement can boost an athlete's self-confidence, which benefits both their sports performance and personal growth.
- **Creating Lifelong Athletes:** Good coaching doesn't just create better players; it creates athletes who love the sport and continue playing it throughout their lives.

2024-25 NDHSCA President, Mike Zier



# 2025 NDHSCA Convention

**Fargo Holiday Inn**

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for Rooms here**

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and complete your room  
registration



Or Call **701-282-2700 (Option 0)** to request  
the NDHSCA Convention 2025 room block.

**IMPORTANT: Cutoff Date is July 9, 2025.** After July 9, rooms not reserved will be released and no longer available at the NDHSCA Group Rate. Don't wait! **BOOK TODAY** and get ready to enjoy the Convention!

# Dakota Coach Spring 2025

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## My Why? It's the Kids



### *Message from NDHSCA Past President, Rick Anderson*

Congratulations to all the winter season teams and individual champions and award recipients. Good luck to all the spring teams and individuals as well.

I have been coaching for just a shade over a half a century, and I have seen many changes in that time, like the three-class system for basketball and volleyball, for example. I am often asked why I've done this for so long, as well as why I'm still coaching. My answer is really, quite simple; it is the kids. I would like to think that I am speaking for all coaches that kids are really what it is all about. Teaching them values like faith, family, and being a good student as well as an athlete. We want our kids to be responsible, respectful and successful as adults. If we teach them to be good people and they know we genuinely care about them they will do pretty much anything you ask of them. We want to help our athletes be the best they can be, not only in their sport, but as people.

As I mentioned earlier, there have been many changes over my time as a coach. Communications with kids, society, phones, etc., are some of them. Progress will always take place whether we are ready or not, so I think it up to us to keep up with that progress. So now the question becomes, how can we keep up with this fast-changing world.

I believe there are a few steps we take. We can recruit new coaches and give more support to the coaches we have. We need to allow them to make mistakes. I have made plenty of mistakes in my career. We need to nurture coaches and give them time and room to improve, just as coaches do for their athletes. Mentoring may also be an option. Each coach must do things their own way. Do what works for you, and keep learning, as we will never know it all.

I honestly believe the best way to accomplish this is to attend the NDHSCA coach's clinic in person. Attend as many sessions as you can, and talk, or socialize with as many coaches as possible outside your usual circle to expand our coaching knowledge. Personally, I can attest that is the biggest reason I have been able to do what I do for this long.

So, coaches we need to pass along all we learn and know to your kids, as they are the real reason we coach. North Dakota has the best coaches and the best coaches' association in the nation. This is my final installment as a member of the NDHSCA executive board. It has been a great six years, and it is hard to believe my term is over. The experience has been nothing short of incredible. So, thank you to this board and all the board members I have worked with during my term. I would like to extend a special thank you to Randy Johnson for his great leadership and absolute dedication to this awesome organization. Randy works tirelessly to make our great coaching profession better and consequently makes it better for all our student athletes. Thanks again Randy and thank you NDHSCA.

***Rick Anderson, NDHSCA Past President***

# Dakota Coach Spring 2025



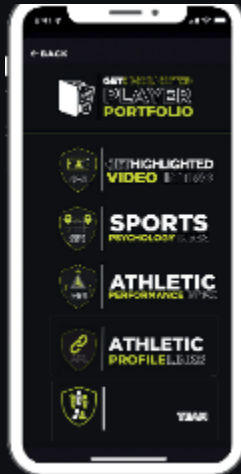
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## **Message from NDHSCA Executive Secretary, Randy Johnson**



The Winter sports season has been outstanding! Besides outstanding play, the weather has been very cooperative. Congratulations to the State Champions, NDHSCA Subway Coach of the Year Recipients and the NDHSCA POWERade Senior Athlete of the Year Recipients!

The main focus during the winter months is preparing for the NDHSCA Summer Convention. This year, the convention will be held at the Fargo Holiday Inn (3803 – 13<sup>th</sup> Avenue South). We have decided to change venues. I strongly encourage coaches to reserve their rooms as soon as possible. We would like to see everyone stay at the Holiday Inn. The cost is \$99.00 per night. There will be more information later in this Dakota Coach on reserving your room. The dates of the 2025 NDHSCA State Coaches Convention are July 28 – July 31. Every coach needs to put these dates aside so they can attend the convention. We have been working hard to get outstanding speakers. Let's fill the Holiday Inn!

### **Here is a general schedule of the clinic.**

- Monday, July 28 – Special Topics Day
  - Recertification in CPR/AED/First Aid
  - Recertification in Concussion Management
  - Athlete Mental Health Sessions
  - Information from NDHSAA
- Tuesday, July 29 – Sport Specific Sessions
- Wednesday, July 30 – Sport Specific Sessions
  - Taco Bar Social starting at 6:00 PM
  - Corn Hole Tournament
- Thursday, July 31 – Sport Specific Sessions
  - NDHSCA Annual Business Meeting
  - Advisory Meetings
  - NDHSCA Hall of Fame/Coach of the Year Reception starting at 5:00 PM
  - NDHSCA Hall of Fame/Coach of the Year Banquet starting at 6:00 PM

This is a great opportunity for coaches to network with other high school and college coaches from North Dakota and surrounding states. Some of the best learning occurs during our social time with coaches. Keep in mind this does work for the recertification process as a coach. We are also offering one or two graduate credits from NDSU for the convention. The cost is \$75.00 per credit. You must register for the convention in order to take the credit. A great idea would be for all coaches from your school to come as a group. It is a great way to finalize the summer and prepare for the school year. I highly recommend you attend. **See you at the Fargo Holiday Inn the last week of July!**

*Continued next page*

# Dakota Coach Spring 2025

NDHSCA Executive Secretary Randy Johnson's message continued

I strongly encourage coaches to become involved in the NDHSCA. It is something you will cherish for the rest of your life. We have openings every year for the Advisory Committees. We are always looking for coaches to run for the Vice President position. Please visit with one of the board members if you are interested. Become an active member.

The North Dakota High School Coaches Association is an organization for coaches run by coaches. This organization was founded to educate, recognize and support coaches. Our goal is to educate coaches beyond the scope of fundamentals and skills. We are here to help build leaders and strong role models for our state's youth. The NDHSCA offers the best recognition program for coaches. The Coach of the Year Awards are voted on by the coaches in their discipline. Since we are a dual member of the National High School Athletic Coaches Association, our members also have a chance to be recognized at the National level. Finally, with the cooperation of the NDHSCA, NDHSAA and the NHSACA, our association is able to provide support for our members. The NDHSCA has a state and national voice on significant issues that face our high school coaches and athletes.

In closing, I would like to wish everyone an excellent spring and finish to the school year. We look forward to seeing you at the NDHSCA State Coaches Convention. If you have any questions, please feel free to contact me. My e-mail address is [duck@westriv.com](mailto:duck@westriv.com). SEE YOU THIS SUMMER IN FARGO!

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



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## 2025 NDHSCA Vice President Candidates



**Travis Lemar**

The North Dakota High School Coaches Association Candidates for Vice President are **Travis Lemar** and **Thomas Wheeling**. The balloting will be conducted at the North Dakota High School Coaches Association State Coaches Convention held this summer at the Fargo Holiday on July 28<sup>th</sup> through July 31<sup>st</sup>.

Travis Lemar is currently Athletic Director, Head Wrestling Coach, and Assistant Football Coach at Central Cass High School. Thomas Wheeling is currently the Head Girls' Swimming and Diving Coach at Bismarck Legacy High School.



**Thomas Wheeling**

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## 2025 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 July 31, 2025, at the Fargo Holiday Inn. This is part of the 2025 NDHSCA State Coaches Convention.



**Andy Braaten**  
Girls' Basketball Coach  
Carrington High School



**Connie Kirchoffner**  
Retired Swimming & Diving  
Coach  
Mandan High School



**Paul Lean**  
Track and Field Coach  
Fargo South High School



## TIPS FOR PROTEIN-RICH MEAL IDEAS

Most Americans have no problem getting enough protein at dinner time. Here are some breakfast and lunch ideas to help your athlete hit that 20-30 gram goal!

### BREAKFAST:



- Add some ground beef crumbles, black beans, and shredded reduced fat cheese to your scrambled egg bowl – include some pico de gallo or salsa for extra flavor and added variety.



- Add slices of leftover Sirloin to your egg white and cheese breakfast sandwich.



- Enjoy some cottage cheese with berries along with a slice of toast with peanut butter and banana; wash it all down with a glass of milk.

### LUNCH:



- Lay the protein foundation for your sandwich with lean Roast Beef and a slice of reduced fat cheese – enjoy on whole grain bread with lettuce, tomato, avocado and a side salad or piece of fruit.



- Try an Asian-inspired salad with Sirloin Steak, whole wheat noodles, sugar snap peas, shredded carrots, red peppers, light Asian-sesame dressing, hoisin sauce and a squeeze of lime.



- Stuff a whole wheat pita with delicious beef shawarma, hummus, low fat feta, tomato, onion, cucumber, olives and romaine lettuce, spritzed with olive oil and balsamic vinegar

For more information on Beef as a source of strength, scan this code.



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## 2025 Winter Season NDHSCA Assistant Coach of the Year



The 2024-2025 Winter Season recipient of the North Dakota High School Coaches Association Assistant Coach of the Year Award is **Barbara McPeak**, Minot High School Assistant Boys' Swimming and Diving Coach. **Barb** was nominated by Jake Solper, Head Boys' Swimming and Diving Coach at Minot High School and Ken Disher, Assistant Swimming and Diving Coach at Minot High School.

**Coach McPeak** has been coaching for 36 years. She has been coaching swimming and diving for over 35 years. **Barb** has been part of 18 State Championship Teams at Minot High School. She is responsible for the divers. **Coach McPeak** instructs on proper techniques, mastery basics and the mental toughness needed in the sport of diving. She is also called upon to assist with stroke evaluation and start techniques for the swimmers. **Barb** has helped coach 25 individual champions and 10 relay champions in the sport of swimming. Her overall record is 396 – 47.

Jake Solper, Head Boys' Swimming and Diving Coach at Minot High School has this to say about **Barb**. "**Coach McPeak** is very kind-hearted, personable, and fun-loving coach while showing professionalism. She enhances the sport of diving across the state and also impacts the swimming side. It is incredible how athletes listen to and respect her feedback. **Barb** serves the team and each athlete in a positive, goal-driven, fun-loving and exceptional manner."

**Barb** and her husband Kevin have four children: Megan, Kyle, Karley and David.

**Barbara McPeak** of Minot High School is the 2024-2025 North Dakota High School Coaches Association's Winter Assistant Coach of the Year in the sport of Boys' Swimming and Diving.

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## 2025 Special Recognition Award

The North Dakota High School Coaches Association announces the Special Recognition Recipients for the 2025 NDHSCA Hall of Fame/Coach of the Year Banquet. The awards will be presented on July 31<sup>st</sup> at the Fargo Holiday Inn.



**Patti Aaneson**  
Athletic Director  
Larimore High School



**Karen Hardie**  
NDHSCA Membership Chair  
Fargo, ND



**Rod Hardie**  
NDHSCA Membership Chair  
Fargo, ND

## 2025 Winter Season NDHSCA Junior High Coach of the Year



The 2024-2025 Winter Season recipient of the North Dakota High School Coaches Association Junior High Coach of the Year Award is **Jayden Dolechek**, Dickinson Trinity Junior High School Girls' Basketball Coach. **Jayden** was nominated by Jared Scheeler, Head Girls' Basketball Coach at Dickinson Trinity High School.

**Coach Dolechek** has been coaching Junior High Girls' Basketball at Dickinson Trinity for four years. He also coaches Football and Track and Field. **Jayden** is responsible for the Junior High Girls' Basketball program at Dickinson Trinity. He puts a strong emphasis on defense. He tries to create scenarios in practice where the girls can "know the situation" so they can make correct decisions if the same scenarios happen during a game. His career record is 79 – 29. **Coach Dolechek** fosters a great attitude, effort and the development of young women. This will develop the desired culture at Dickinson Trinity.

Jared Scheeler, Head Girls' Basketball Coach at Dickinson Trinity High School, has this to say about **Jayden**. "**Coach Dolechek** is a leader of student-athletes, teaching them the values of grit, persistence, and humility. He strives to maximize the team by maximizing individuals, then putting the puzzle together to build great teams. He focuses on strengths instead of weaknesses, and on potential instead of the actual. **Jayden** has a way of fostering a love for the game within his players, while also preparing them for high school basketball."

**Jayden Dolechek** of Dickinson Trinity Junior High School is the 2024-2025 North Dakota High School Coaches Association Junior High Coach of the Year in the sport of Girls' Basketball.



## 2025 Award of Merit

The North Dakota High School Coaches Association announces the Award of Merit Recipients for the 2025 NDHSCA Hall of Fame/Coach of the Year Banquet. The Banquet will take place on July 31<sup>st</sup> at the Fargo Holiday Inn.



**John and Cecile Clark**  
Subway  
Fargo, ND



**Rick Flacksbarth**  
PA Announcer  
Fargo, ND

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## Benefits of Resistance Training

### A Brief Overview of the Benefits of Resistance Training In-Season – Matt Strecker

Resistance training, when programmed to do so, can result in increasing strength capabilities, power production, and muscle tissue size. This is a no-brainer to perform these during the off-season period of a sport calendar, as there is nothing else to dedicate your energy to when it comes to the sport. However, when the competition season comes along and practice volume increases, there is concern that resistance training may take away from performance on the field as the athletes may be fatigued from lifting weights. However, if properly implemented, athletes will not only be able to recover from resistance training, but they also should experience a multitude of benefits.

The first benefit of in-season resistance training to focus on is the ability to maintain strength, power, and muscle mass increases made in the offseason. The offseason is a time to aim to increase all these qualities in hopes that the upgraded abilities transfer to improved performance in the sport. The quickest way to ruin that is to stop resistance training once the competition season comes and allow a detraining effect to take place; meaning we start to take steps backwards. Strength, power and muscle mass will all begin to deteriorate if they are not consistently used, so it is recommended to aim for two strength training sessions per week, allowing 48 hours of recovery between the last lift and competition (1). It is also important to note that the SAID principle (specific adaptation to imposed demands) still applies here. So, if you are trying to maintain strength levels, then rep ranges and intensities that correlate to strength need to be performed. This does not mean that the athlete needs to hit maximal weights to maintain strength levels, however. Remember that in-season it is important to keep the main thing, sport performance, the main thing.

The second benefit to discuss is the ability to decrease and athletes' susceptibility to injury within the sport. This is a carefully selected verbiage as the idea of "injury prevention" is, unfortunately, an unobtainable goal. Sport, in its nature, is too random to be able to prepare for every plausible scenario. Instead of chasing this white whale of injury prevention, we can aim to decrease an athlete's susceptibility to injury by maintaining strength levels and muscle tissue. In a scenario where two athletes, one with a weak posterior chain, one with a strong posterior chain) are sprinting at max velocity and need to decelerate and change direction, the athlete with a weak posterior chain is more susceptible to a non-contact injury than the athlete with a strong posterior chain. It is important to understand what muscle groups undergo the most stress within the sport so we, as strength coaches, can ensure these muscles stay strong enough to maintain performance, while also keeping the volume low so these muscle groups are not overworking and going into practice or competition fatigued. An example of this would be with baseball players understanding that internal rotation of the shoulder is an important aspect of the game so keeping the internal rotators strong (this of this as the gas pedal) and working the external rotators to keep them strong as well (think of these as the breaks).

The final benefit of continuing to do resistance training in-season we will discuss is the ability to use a training session as a recovery method. An important aspect of recovery is increasing blood flow to the areas of the body that experienced damage or soreness to allow the body to carry oxygenated blood to the muscle and carry waste away from the muscle (2). There are several different methods of trying to increase blood flow, but one easily applicable method is simply implementing a low intensity training session. This could be with body weight exercises, banded exercises, or even just an elongated warm-up followed by foam rolling and static stretching. Moderate-to-high volume, low intensity total-body

*Continued next page*



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resistance training sessions are a great way to increase blood flow through the entire body while also acting as an opportunity to hit movement patterns in different angles that may not be getting attention in other training sessions.

Continuing to strength train in-season allows athletes to continue to perform at a high level by helping them maintain qualities gained in the offseason, decrease their susceptibility to injury, and help aid in recovery to ensure they are ready to perform at full capacity come competition time. It is important to program volumes and intensities that are going to stimulate these qualities while also ensuring they are volumes and intensities that the athletes will be able to recover from. As important as it is to include strength training into the weekly regimen of an in-season team, the key of an in-season training program should be to keep the main thing the main thing. In this case, winning games.

- (1) Virgile, A. (2023). "Importance of an In-Season Strength Training Program: A Reminder to Sport Coaches" *National Strength and Conditioning Association*.
- (2) Borne, R. (2017). "Relationship Between Blood Flow and Performance Recovery: A Randomized, Placebo-Controlled Study. *International Journal of Sports Physiology and Performance*.



## ***History of the NDHSCA Award of Merit***



The Award of Merit has a history of being presented to media personnel who have been a positive influence to North Dakota High School Coaches, Athletes, and Athletics. A second group of recipients who have been recognized by NDHSCA with Award of Merit are people who have contributed to the success of athletics in North Dakota through extraordinary services to athletics, coaches, and athletes.

The first recipient of the Award of Merit was Jim Adelson in 1970. The second recipient was Roger Higgins in 1971. These two people were selected because of their specific media influence on the public and the positive treatment of North Dakota High School Coaches, Athletes, and Athletics. Recipients include people who have made extraordinary contributions to North Dakota Athletics, Coaches, and Athletes at Athletic Contests and Tournaments. Some recipients have made extraordinary contributions in hosting contests while others have made contributions to the coaching community and professional arena.

If you have someone in mind worthy of this recognition, please contact a member of the NDHSCA Executive Committee.

**For a list of past recipients of the Award of Merit please go to: <http://www.ndhsca.com/>**



# HIGH SCHOOL REMOTE

# ONLINE PROGRAMMING

## How is it Delivered?

- Using an app called Teambuilder athletes and coaches will have access to training programs written for your athletes

## How much does it cost?

\$100/month

## For More Information/Sign-Up

Call (701)323-1125 or email [michael.silbernagel@sanfordhealth.org](mailto:michael.silbernagel@sanfordhealth.org)

## Details about Programs

- In season and off season programs will be accessible through the app
- A coach from Sanford Sports will contact you to discuss equipment available, goals for sports programs, and how to gain access to Teambuilder.



# Dakota Coach Spring 2025



*Greetings from the National High School Athletic Coaches Association!*

The **2025 NHSACA National Coaches Convention** is approaching fast. It will be held in Rapid City, South Dakota. The dates of the convention are June 22, 2025 - June 25, 2025. It will be held at the Ramkota Hotel. The dates of the Sport Specific Sessions will be June 23 – June 25. There are some awesome clinic sessions being held in a number of sports. Tim Wallstrum and Scott Garvis, the NHSACA Executive Directors, and the South Dakota High School Coaches Association are working hard to make this an outstanding convention. Coaches will also have the opportunity to earn college credit by attending. I strongly encourage your attendance. It is a great way to get a vacation in the Black Hills while becoming a better coach!

The North Dakota High School Coaches Association has 13 finalists for the NHSACA National Coach of the Year in their respected disciplines. The finalists are as follows:

- |                                     |                    |                        |
|-------------------------------------|--------------------|------------------------|
| • <b>Athletic Director</b>          | Mitch Lunde        | Minot HS               |
| • <b>Baseball:</b>                  | Kent Schweigert    | Bismarck Century HS    |
| • <b>Basketball – Boys'</b>         | Gregg Grinsteinner | Dickinson Trinity HS   |
| • <b>Cross Country – Boys'</b>      | Jonathan Jahner    | Bowman County HS       |
| • <b>Cross Country – Girls'</b>     | Chase Gregory      | Williston HS           |
| • <b>Golf</b>                       | Jeremy St. Aubin   | South Border           |
| • <b>Soccer</b>                     | Matt Pfau          | Minot HS               |
| • <b>Special Sports</b>             | Grant Paranica     | Grand Forks Central HS |
| • <b>Tennis</b>                     | Chad Anderson      | West Fargo Sheyenne HS |
| • <b>Track &amp; Field – Girls'</b> | Tim Kolsrud        | Bismarck HS            |
| • <b>Volleyball</b>                 | Lisa Strand        | Thompson HS            |
| • <b>Assistant COTY – Boys'</b>     | Paul Lean          | Fargo South HS         |
| • <b>Assistant COTY – Girls'</b>    | Tim White          | Griggs County HS       |

These coaches will go through final evaluations in hopes of being named a National Coach of the Year. North Dakota can be very proud to have so many finalists. It goes to show our state has some of the best coaches in the country. The NHSACA National Coach of the Year Banquet will be held on Wednesday, June 25<sup>th</sup> at the Ramkota Hotel in Rapid City, South Dakota. Good Luck to each of these coaches as finalists for 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:

- Dave Michaelson – Dickinson High School
- Dave Zittleman – Bismarck Public Schools

Congratulations Dave Michaelson and Dave Zittleman on this accomplishment. This is an honor very well deserved by each of you. The NHSACA National Hall of Fame Banquet will be held on Tuesday, June 24<sup>th</sup> at the Ramkota Hotel in Rapid City, South Dakota.

*Continued on next page*

# Dakota Coach Spring 2025

*NHSACA message from Randy Johnson 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: Executive Director and Past President - Kenmare
- Dave Dougherty: Past President and Past Executive Director – Fargo (Previously Watford City)
- Randy Johnson: Website Administrator, Past President – Bismarck, ND (Previously Hazen HS)
- Gelaine Orvik: Past President – Woodbury, MN formerly Fargo
- 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. We are working with other states in the nation to assist all coaches, athletes and sports throughout the country.

If you are interested in attending the NHSACA National Convention in Rapid City you can go to the NHSACA website: [www.nhsaca.org](http://www.nhsaca.org) to register. You can hit the Convention tab for a schedule and a registration link. I would also reserve your hotel room right away if you plan to attend. Please let me know if you need any assistance. Looking forward to a great convention this summer and North Dakota continuing to lead the NHSACA.

*Respectfully submitted  
Randy Johnson, NHSACA Past President*



## 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.



# NHSACA Distinguished Service Award to be Presented



The NDHSCA will honor Ralph Manley from Mandan High School with the NHSACA Distinguished Service Award. The award will be given to Ralph during the 2025 NDHSCA Hall of Fame/Coach of the Year Banquet at the Fargo Holiday Inn Hotel during the 2025 NDHSCA Hall of Fame/Coach of the Year Banquet on July 31, 2025. 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 a liaison for the swim coaches in North Dakota and the nation. Congratulations to Ralph Manley!

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## 2025 NDHSCA-NHSACA Hall of Fame Inductees

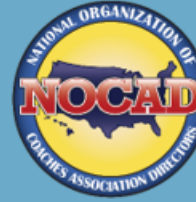
North Dakota has the following inductees to the 2025 National High School Athletic Coaches Association National Hall of Fame. The NHSACA Hall of Fame Banquet will be on Tuesday, June 24, 2025 at the Rapid City Ramkota Hotel.



**Dave Michaelson**  
Retired Dickinson High School  
Football, Track & Field and  
Wrestling Coach



**Dave Zittleman**  
Bismarck Public School  
Activities Director



Coaches are in a unique position to have a far-reaching impact on student-athletes. The Coaches Assistance Program (CAP) provides articles concerning young people and good mental health. Added to the CAP is a video exploring youth suicide and the unique pressures faced by student-athletes. “A Training for Coaches and Athletic Personnel” is an excellent tool accessible to coaches at no cost.

C.A.P.  
Coaches  
ASSISTANCE  
PROGRAM

**COACHES ASSISTANCE PROGRAM**

Suicide is one of the leading causes of preventable death in our nation today.

Coaches are in a unique position to have a lasting impact on the young people that they encounter on a daily basis.

[www.CoachesAssistanceProgram.com](http://www.CoachesAssistanceProgram.com)

**THE COACHES ASSISTANCE PROGRAM (CAP)**

The Coaches Assistance Program (CAP) provides coaches access to valuable tools and resources for youth and young adult suicide prevention and awareness. The goal of CAP is NOT to make coaches into counselors, but rather to provide the information and tools to be better able to identify and/or respond to those who may be struggling with thoughts of suicide. Information is also provided to help coaches guide and support athletes through stressful situations.

**Included on the site:**

- Facts and statistics about suicide
- Warning signs exhibited by those considering suicide
- Coaches library featuring mental health issues experienced by student-athletes
- Access to trainings developed for coaches and school personnel

**The Jason Foundation, Inc.**

The Jason Foundation, Inc. (JFI) is 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.

[www.CoachesAssistanceProgram.com](http://www.CoachesAssistanceProgram.com)

[www.CoachesAssistanceProgram.com](http://www.CoachesAssistanceProgram.com)

## NDHSCA-NHSACA NATIONAL

### Coach of the Year Finalists

The North Dakota High School Coaches Association announces the NHSACA National Coach of the Year Finalists from North Dakota. The NHSACA National Coach of the Year Finalists will be honored on Wednesday, June 25, 2025, in Rapid City, SD. These members are among eight finalists in each category for the NHSACA National Coach of the Year Award.



Mitch Lunde  
Minot HS  
Athletic Director



Kent Schweigert  
Bismarck Century HS  
Baseball



Gregg Grinsteiner  
Dickinson Trinity HS  
Basketball – Boys'



Jonathan Jahner  
Bowman County HS  
Cross Country – Boys'



Jeremy St. Aubin  
South Border  
Golf



Chad Anderson  
West Fargo Sheyenne HS  
Tennis



Matt Pfau  
Minot HS  
Soccer



Grant Paranica  
Grand Forks Central HS  
Special Sports



Chase Gregory  
Williston HS  
Cross Country – Girls'



Tim Kolsrud  
Bismarck HS  
Track & Field- Girls'



Lisa Strand  
Thompson HS  
Volleyball



Paul Lean  
Fargo South HS  
Asst. COTY- Boys'



Tim White  
Griggs County HS  
Asst. COTY – Girls'





Athletes have been selected, and teams are getting organized for the 2025 NDHSCA Sponsored All Star Games; the Optimist All Star Volleyball Series, the Shrine Football Game and the Lion's All Star Basketball Girl's and Boy's Games! With so many talented seniors in North Dakota, the games will be fantastic. Attend if you can to see all the action in person.

**NDHSCA Optimist All Star Volleyball**  
Matches will be held beginning at 7:00 pm  
Monday, June 16 at Fargo South High School  
Tuesday, June 17 at Mandan High School  
Matches to be streamed on YourLiveEvent

**NDHSCA/Shrine Football**  
Events to be held at Mayville State University  
on Saturday, June 21<sup>st</sup> beginning with the  
Parade at 9:30 am & team banquet at 11 am.  
3:00 pm – 11-Man Game  
6:00 pm – 9-Man Game  
Banquet and games will be streamed on  
3 Borders Sports Network.

**NDHSCA/Lions All Star Basketball**  
Monday, July 14- Bismarck Legacy High School  
6:00 pm Girls' Game followed by the Boys'  
Tuesday, July 15 - Fargo South High School  
6:00 pm Girls' Game followed by the Boys'



# Dakota Coach Spring 2025



## NDHSCA COACHES CONVENTION PLANNED

July 28–31, 2025, [Fargo Holiday Inn](#), 3803 13<sup>th</sup> Ave. S.



Make plans to attend the North Dakota High School Coaches Association State Convention. Call to reserve your rooms today! **Please reserve your rooms at the Holiday Inn to assist the NDHSCA.**

**Registration will be open May 1<sup>st</sup>! Register right away!** All coaches need to register through the NDHSCA website: [www.ndhsca.com](http://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. Must be a member to attend.
2. Convention is being held at the Fargo Holiday Inn
3. Tentative schedule will be posted on our website: [www.ndhsca.com](http://www.ndhsca.com). This will be updated weekly until finalized.
4. One or two Graduate Credits available through NDSU. The cost of the credit is **\$75 per credit**.
5. Final registration for Graduate Credit will be at the hotel.
6. Monday, July 28<sup>th</sup>
  - a. Leadership sessions
  - b. Update CPR/AED/First Aide
  - c. Update Concussion Management
  - d. Free Lunch
7. Tuesday, July 29<sup>th</sup> -Sport Specific Sessions
8. Wednesday, July 30<sup>th</sup> – Sport Specific Sessions  
Free Taco Bar, Corn Hole Tournament, Socialization
9. Thursday, July 31<sup>st</sup> – NDHSCA Annual Meeting
10. Thursday, July 31<sup>st</sup> – NDHSCA Sports Advisory Meetings
11. Thursday, July 31<sup>st</sup> – NDHSCA Hall of Fame/Coach of the Year Banquet
  - a. Receive one ticket when you register
  - 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 several different speakers to the State Convention this summer. There will be college and high school coaches from throughout North Dakota and surrounding states speaking.

This convention is for all 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 contact Randy Johnson, NDHSCA Executive Director at: 701-870-1064 or e-mail at [duck@westriv.com](mailto:duck@westriv.com).

Looking forward to seeing you in Fargo at the Fargo Holiday Inn, July 28<sup>th</sup> – July 31<sup>st</sup>. Be sure to sign up as soon as registration comes available and reserve your Holiday Inn hotel rooms right away. Help your association out by signing up **immediately in May!** It will be a great experience!

# The Concussion *Crisis*

Concussions are a form of mild traumatic brain injury (mTBI) caused by a blow or jolt to the head that causes the brain to move rapidly inside the skull. This movement leads to chemical and structural changes in the brain, which can disrupt normal function.

While often called "mild," the effects of a concussion can be anything but—resulting in long-term symptoms like brain fog, headaches, mood changes, dizziness, and memory problems. According to the CDC, an estimated **3.8 million concussions** occur in the U.S. each year—many of which go undiagnosed or untreated.

## Changing the Narrative: Concussions *Can Be Treated*

Dr. Daphne Denham, founder of Healing with Hyperbarics and trained general surgeon, has spent more than a decade treating brain injuries—and has personally treated more than 1,000 concussions using HBO therapy. She's witnessed, time and again, patients regain clarity, energy, emotion regulation, and their sense of self. As she often says:

**You don't have to accept a "new normal" after injury.**

The old belief that concussions aren't treatable is outdated. HBO therapy is leading a new wave of recovery-based care—where patients no longer have to settle for lifelong symptoms.

## Healing is Possible

Learn more



## What is Hyperbaric Oxygen (HBO) Therapy?

Hyperbaric oxygen therapy (HBO therapy) is a medical treatment where patients breathe 100% oxygen at increased pressure inside a specialized chamber. This process delivers oxygen deep into tissues and organs—especially those damaged by injury.

For brain injuries, that means:

- Decreasing inflammation
- Repairing oxygen-deprived brain cells
- Restoring blood flow
- Accelerating recovery

When we give the brain what it needs to heal, we're not just managing symptoms—we're helping it return to its pre-injury function.

## Why We Use HBO to Treat

We believe in true concussion treatment with hyperbaric oxygen (HBO) therapy. After a brain injury, the brain swells and is unable to provide adequate oxygen and nutrients to the injured tissues (that need the help now more than ever). This leads to lasting symptoms. Providing high concentrations of oxygen directly to the injured brain cells allows the cells to repair and recover, restoring brain function to pre-injury.

## A Patient's Perspective

*My journey to healing began in spring of 2024, after decades of debilitating migraines and struggles with mental health. For 30-plus years, I unknowingly suffered from untreated concussions, searching for answers through neurologists, holistic healers, and specialists—only to come up empty.*

*During my first appointment at Healing with Hyperbarics, I finally felt truly heard. My doctor spent over two hours unpacking my medical history, and for the first time, I felt someone not only cared but understood what I was going through. I cried through most of the appointment, overwhelmed with relief ... Healing with Hyperbarics has been a lifesaving part of my journey, and I am forever grateful for the care and compassion I've received.*

- Kristi F.

## 2024-25 NDHSCA/ 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 Boys' Cross Country  
 Class 9-Man Football  
 Class A Football  
 Class AA Football  
 Class AAA Football  
 Class A Girls' Swimming  
 Class B Girls' Volleyball  
 Class A Girls' Volleyball  
 Class Girls' Wrestling  
 Class B Boys' Wrestling  
 Class A Boys' Wrestling  
 Class A Boys' Wrestling  
 Class A Girls' Gymnastics  
 Class A Girls' Hockey  
 Class A Boys' Hockey  
 Class A Boys' Hockey  
 Class A Boys' Swimming  
 Class B Girls' Basketball  
 Class A Girls' Basketball  
 Class AA Girls' Basketball  
 Class AA Boys' Basketball  
 Class B Boys' Basketball  
 Class A Boys' Basketball

### COACH

Laine Brantner  
 Dan Wolf  
 Chad Anderson  
 Brandi Hardy  
 Nathan Horgeshimer  
 Jonathan Jahner  
 Chris Foerster  
 Scott Reichenberger  
 Elliot Belquist  
 Eric Burgad  
 Vryn Muir  
 Jeremy Newton  
 Emily Jensen  
 Keturah Schwarzrock  
 Leah Newton  
 Mitchell Meyer  
 Jeff Boynton  
 Lars Jacobsen  
 Steven Monk  
 Robbie Werchau  
 Kelly Kilgore  
 Jason Bennett  
 Jordan Willert  
 Ben Smith  
 Denver Deaver  
 Jennifer Brossart  
 Brent Hintz  
 Darin Mattern  
 Scott Wolff  
 Brad Woehl

### SCHOOL

Fargo Oak Grove HS  
 West Fargo Sheyenne HS  
 West Fargo HS  
 Jamestown HS  
 Killdeer HS  
 Bowman County HS  
 Fargo Shanley HS  
 Bismarck HS  
 New Rockford/Sheyenne HS  
 Kindred HS  
 Grand Forks Red River HS  
 West Fargo Sheyenne HS  
 Minot HS  
 South Prairie-Max  
 West Fargo Sheyenne HS  
 Minot HS  
 Bowman County-Beach  
 Bismarck Legacy HS  
 Bismarck Legacy HS  
 Minot HS  
 Grand Forks PS  
 Minot HS  
 Minot HS  
 Jamestown HS  
 Lewis & Clark – Berthold HS  
 Rugby HS  
 West Fargo Horace HS  
 Bismarck Century HS  
 Wilton-Wing  
 Kindred HS





## 2024-25 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  
 9-Man Football  
 A Football  
 AA Football  
 AAA Football  
 A Girls' Swimming  
 B Girls' Volleyball  
 A 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  
 B Boys' Basketball  
 A Boys' Basketball

### ATHLETE

Josie Brantner  
 Sophie Brakke  
 Cole Wilber  
 Desire Masiri  
 Kenadie Pazdernik  
 Taylor Wanner  
 Eva Selensky  
 Wil Ihmels  
 Walker Braaten  
 Benjamin Schepp  
 Treyton Mauch  
 Kade Peitzak  
 Addison Cerney  
 Azjiah Trader  
 Alexa Killoran  
 Alexis Schneider  
 Charlie Irwin  
 Koltyn Grebel  
 Julia Skari  
 Avery Matt  
 Mackley Morelli  
 Braxton Steele  
 Mashae Miller  
 Haidyn Crockett  
 Jaiden Haile  
 Mason Klabo  
 Walker Braaten  
 Parker Brodina

### SCHOOL

Fargo Oak Grove HS  
 Grand Forks Red River HS  
 Grand Forks Central HS  
 West Fargo HS  
 Carrington HS  
 Bowman Country HS  
 Bismarck Legacy HS  
 Bismarck Century HS  
 Westhope/Newburg/Glenburn  
 Velva/Drake/Anamoose/Garrison  
 Wahpeton HS  
 West Fargo Sheyenne HS  
 Fargo North HS  
 South Prairie-Max  
 West Fargo Sheyenne HS  
 Napoleon HS  
 New Salem-Almont HS  
 Valley City HS  
 Jamestown HS  
 Bismarck Century HS  
 Minot HS  
 Bismarck Legacy HS  
 Kenmare/Bowbells  
 Northern Cass HS  
 West Fargo Horace HS  
 Fargo Davies HS  
 Westhope-Newburg  
 Devils Lake HS

### HEAD COACH

Laine Brantner  
 Eric Sanders  
 Max Weisser  
 Matt Crawford  
 Joshua Kerbaugh  
 Jonathan Jahner  
 Kelsey Reimnitz  
 Brad Lies  
 Anthony Lee/Layne Fluhrer  
 Matt Weidler  
 Wade Gilbertson  
 Jeremy Newton  
 Talia Butery  
 Keturah Schwarzrock  
 Leah Newton  
 Chris Weigel  
 Dave Wolding  
 Trevar Hansen  
 Bre Carlson  
 Tim Meyer  
 Jason Bennett/Jordan Willert  
 Jeff Steele  
 Mike Zimmer  
 Kyle Morehart  
 Brent Hintz  
 Bart Manson  
 Anthony Lee  
 Dustin Brodina



# Dakota Coach Spring 2025

## ★★ 2025 Longevity Awards ★★

The following individuals have reached longevity milestones. Individuals wishing to receive plaques will be announced at the 2025 North Dakota high School Coaches Association Summer Convention to be held at the Fargo Holiday Inn. The Awards Banquet will be held on Thursday, July 31<sup>st</sup>. Plaques will be available to be picked up at the State Convention. Please email Scott Grochow ([scott.grochow@k12.nd.us](mailto:scott.grochow@k12.nd.us)) or Bill Janson ([william.jansen@k12.nd.us](mailto:william.jansen@k12.nd.us)) if there is a mistake on the following list. Thank you and Congratulations to all recipients!

### 20 Years

Hans Anderson; Fargo Discovery MS  
Brandon Bartsch; Grand Forks Cent. HS  
Daryl Bearstail; Parshall HS  
Cody Beck; Mohall HS  
Elliott Belquist; New Rockford-Sheyenne  
Michael Bergstrom; Ray HS  
Jeffrey Carlson; Shiloh Christian HS  
Jordan Carlson; Powers Lake HS  
Wesley Carr; Bismarck HS  
Paul Christen; Mandan HS  
Greg Dobitz; Oakes HS  
Kari Francis; Minot North HS  
Phil Gaugler; Center-Stanton HS



Chris Gillis; Turtle Mountain CHS  
Sean Gourd; Four Winds HS  
John Harris; Killdeer HS  
Brandi Harty; Jamestown HS  
Sara Hauser; Hebron HS  
Stephanie Hochhalter; Lewis & Clark  
NSP  
Carroll Howling Wolf; New Town HS  
Wade Huber; Linton-HMB HS  
Monique Hunter; Williston HS  
Mark Jensen; Minot HS  
Jennifer Johnson; Fargo Davies HS  
Bret Johnsrud; Hazen HS  
BJ Karhoff; Des Lacs-Burlington HS  
Justin Klein; Devils Lake HS



Jay Kocka; Maple Valley HS  
Keenan Konschak; May-Port CG HS  
Ben Lervick; Bismarck Century HS  
Riley Lillemoen; Grafton HS  
Kevin Lokken; Hillsboro HS  
Adam Palczewski; West Fargo HS  
Bruce Rauser; Mandan HS  
Josh Rogers; Fargo Davies HS  
Adam Roland; Fargo North HS  
Linn Schroeder; Mandan HS  
Daniel Shultis; Fargo North HS  
Wade Skaar; Stanley HS  
Kevin St. Claire; Bottineau HS  
Ty Terry; Bismarck St. Mary's HS  
Carla Wahlund; Minot HS

### 25 Years

Jackie Comeau; Standing Rock HS  
Cory Davis; St. John HS  
Joe Deutsch; NDSU  
James Fahy; Dickinson HS  
Guy Fridley; Dickinson HS  
Wade Gilbertson; Wahpeton HS  
Mike Hanson; Grafton HS  
Brent Hintz; West Fargo Horace HS  
Jason Horner; Bismarck Legacy HS  
Clayton Johnson; Killdeer HS  
Dustin Maasjo; Central Cass HS  
Dewitt Mack; Mandan HS  
Dustin Martin; Dakota Prairie HS  
Troy Mattern; Fargo Shanley HS



Al McFarlane; Trinity Christian HS  
Roxanne Miller; Oakes HS  
Steven Mueller; Rugby HS  
Nathan Nelson; Divide County HS  
Brad Nogosek; LaMoure HS  
Stacy Schaffer; Barnes County North HS  
David Schultheis; Nathan Twining MS  
Andrew Skunberg; Jamestown HS  
Alex Starcevic; Kindred HS  
Jeff Steele; Bismarck Legacy HS  
Jason Triplett; West Fargo HS  
Mark Varriano; GF Red River HS  
Wayne Werremeyer; Fargo Davies HS  
Mark Wiest; Mandan HS  
Mike Zier; Beach HS

### 30 Years

Brent Baldwin; Grafton HS  
Kathryn Bohle; Wishek HS  
George Brackin III; Bismarck Century HS  
Greg Brown; Mandan HS  
Angie Cancade; Ray HS  
Dale Colby; Bismarck HS  
Melissa Dalke; Wishek HS  
Terrille Jacobson; Alexander HS  
Patrick Johnson; West Fargo HS  
David Leith; Stanley HS  
Darin Mattern; Bismarck Century HS  
Steve Paintner; Grand Forks Central HS  
James Porter; Mandan HS  
Laurie Sieben; Concordia College  
David Vonesh; Grand Forks PS  
John Wilson; Dickinson HS



### 35 Years

Daniel Carlson; Grand Forks Central HS  
Rory Entzi; Edgeley HS  
Scott Foltz; Minot HS  
Kent Harding; Divide County HS  
Keith Jacobson; Washburn HS  
Sandy Laxdal; Cavalier HS  
Elliot Rotvold; Hillsboro HS  
Gary Schell; Stanley HS  
Tobias Schweitaer; Bismarck St. Marys' HS  
Pete Stanton; Dickinson State University  
Dave Zittleman; Bismarck



### 40 Years

Andy Braaten; Carrington, HS  
Cameron Dockter; Fargo South HS  
Richard Fisher; Fargo North HS  
Scott Grochow; Rugby HS  
Shane Hannegreffs; Minot HS  
William Jansen; Rugby HS  
Scott McPherson; Bismarck Legacy HS  
Peggy Person; Des-Lacs-Burlington HS



**45 Years** Jeryl Thompson  
Drayton HS



### 50 Years!

**Rick Anderson**  
Griggs Co. HS

**Terry Porter**  
Fargo Davies HS



**Virgil Tiokasin**  
Standing Rock HS

# Using oxygen under pressure to heal sports injuries and concussions



## Hey coaches, don't just ice it, oxygenate it!

Healing with Hyperbarics  
4487 Calico Dr. S Suite B  
Fargo, ND 58104  
Phone: (701) 532-2426

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## NDHSCA Membership & Benefits

This is a friendly reminder for you, your assistant coaches and junior high coaches, to sign up for membership to the North Dakota High School Coaches Association for the 2024-2025 school year if you have not done so. **Our membership runs July 1 through June 30.**

**NDHSCA Membership Yearly Cost is \$60.00 per individual.**

**NDHSCA membership includes membership in the National High School Athletics Coaches Association.**

### Lifetime Membership- \$360.00

To be eligible one must have coached in ND for 20 years or 25 total years of coaching.



To be eligible for awards one must be a member before the following deadlines:

Fall Sports- September 15

Winter Sports- January 31

**Spring Sports- April 30**

### 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: [www.ndhsca.com](http://www.ndhsca.com)

### Coaches Education or other Coaching Clinics/Conventions

If you are in search of other (or additional) opportunities to further your coaching education or certification, please contact Randy Johnson, NDHSCA Executive Secretary: [duck@westriv.com](mailto:duck@westriv.com).



# Dakota Coach Spring 2025



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, 2024 – August 1, 2025

## 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.
- ❖ **Camp Insurance Request form** is available on our website: [www.loomislapann.com](http://www.loomislapann.com)



[www.loomislapann.com](http://www.loomislapann.com)  
(P) 800-566-6479 | (F)  
518-792-3426

Greg Joly [gjoly@loomislapann.com](mailto:gjoly@loomislapann.com)  
Lori George [lgeorge@loomislapann.com](mailto:lgeorge@loomislapann.com)  
Karen Boller [kboller@loomislapann.com](mailto: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.*

## NHSACA ONLINE MEMBERSHIP LINK

### **PLEASE TAKE NOTE!**

Membership Registration is on-line only. Visit our website [www.ndhsca.com](http://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](mailto:duck@westriv.com) before the respective dates. Your **membership registration must be completed and paid for** before the appropriate season deadline to be eligible for post season awards:

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

**Membership Application and Registration must include payment before season application deadline.**

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

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

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



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# Dakota Coach Spring 2025



## 2024-2025 NDHSCA SPORTS ADVISORY COMMITTEES

SPORT	REPRESENTATION	TERM
<b><u>BASEBALL:</u></b>		
Hans Anderson; Fargo Davies HS	A Division East Representative	2021-2025
Travis Risovi; Rugby HS	B Division West Representative	2022-2026
DeWitt Mack; Mandan HS	A Division West Representative	2023-2027
Nathan Soulis; Thompson HS	B Division East Representative	2024-2028
<b><u>BASKETBALL – Boys':</u></b>		
Jeff Ralph; Wahpeton HS	A Division Representative	2022-2025
Isaac Sondrol; Velva HS	B Division Representative	2023-2026
BJ Etzold; Bismarck St. Mary's HS	AA Division Representative	2024-2027
<b><u>BASKETBALL – Girls':</u></b>		
Kenyon Wingenbach; West Fargo Sheyenne HS	AA Division Representative	2022-2025
Jason Brend; Thompson HS	A Division Representative	2023-2026
Jaci Mrnak; Bowman County HS	B Division Representative	2024-2027
<b><u>CROSS COUNTRY:</u></b>		
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
Richard Dafoe; Grand Forks Red River HS	A Division East Representative	2024-2028
<b><u>FOOTBALL:</u></b>		
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
Bill Nelson; Jamestown HS	AA Division Representative	2024-2028
<b><u>GOLF:</u></b>		
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
Emily Schaefer; Glenburn HS	B Division Boys' Representative	2024-2028
<b><u>GYMNASTICS:</u></b>		
Robbie Werchau; Minot HS	West Representative	2022-2025
Grace Brandt; Wahpeton-Breckenridge	East Representative	2023-2026
Rachel Johnson Krug; Bismarck Public Schools	At Large Representative	2024-2027
<b><u>HOCKEY:</u></b>		
David Benson; West Fargo Sheyenne HS	Boys' Representative	2021-2025
Parker Metz; Fargo North/South HS	Girls' Representative	2022-2026
Andrew Fitzgerald; Jamestown HS	Girls' Representative	2023-2027
Jason Bennett; Minot HS	Boys' Representative	2024-2028
<b><u>SOCCER:</u></b>		
Nick Christianson; Fargo Davies HS	Girls' East Representative	2021-2025
Ian Costello; Fargo North HS	Boys' East Representative	2022-2026
Thomas Marcis; Bismarck Legacy HS	Boys' West Representative	2023-2027
Matt Pfau; Minot HS	Girls' West Representative	2024-2028
<b><u>SOFTBALL:</u></b>		
Mark Woodbury; West Fargo Sheyenne HS	Class A East Representative	2021-2025
Cory Erickson; Hillsboro HS	Class B East Representative	2022-2026
Gerard Cederstrom; Minot HS	Class A West Representative	2023-2027
Trevor Yetterboe; Wilton HS	Class B West Representative	2024-2028

# Dakota Coach Spring 2025



## 2024-2025 NDHSCA SPORTS ADVISORY COMMITTEES

### SWIMMING & DIVING:

Talia Butery; Fargo North HS	Girls' Representative	2022-2025
Cale Schafer; Bismarck HS	Boys' Representative	2023-2026
Thomas Wheeling; Bismarck Legacy HS	At Large Representative	2024-2027

### TENNIS (Appointed by Tennis Advisory):

Kyle Christianson; Fargo South HS	East Boys' Representative	2021-2025
Scott McPherson; Bismarck Legacy HS	West Girls' Representative	2022-2026
Matt Nielson; Valley City HS	East Girls' Representative	2023-2027
Paul Christen; Mandan HS	West Boys' Representative	2024-2028

### TRACK & FIELD – Boys':

Justin Miller; Bismarck Century	A Division West Representative	2021-2025
Josh Allmaras; Kindred HS	B Division East Representative	2022-2026
Sean Allan; Grand Forks Central	A Division East Representative	2023-2027
Mitch Grochow; Beulah HS	B Division West Representative	2024-2028

### TRACK & FIELD – Girls':

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
Nathan Stamstad; Southern McLean	B Division West Representative	2024-2028

### VOLLEYBALL:

Breanna Sisson; Dickinson Trinity HS	At Large Representative	2022-2025
Brianna Kline; Bismarck HS	A Division Representative	2023-2026
Jenna Anderson; Sargent County	B Division Representative	2024-2027
Tera Paulson; Hankinson HS	Volleyball Executive Appointee	2015-Present

### WRESTLING (Appointed by Wrestling Advisory):

Mark Lardy; Bismarck HS	A Division President	2022-2025
Chad Barstad; Velve HS	B Division President	2023-2026
Dave Wolding; New Salem HS	B Division Representative	2024-2027
Travis Lemar; Central Cass HS	Girls East Wrestling Representative	2021-2025
Scott Knowlen; Bismarck Public Schools	Girls West Wrestling Representative	2023-2026
Chris Brossart; Rugby HS	Girls West Wrestling Representative	2023-2027
Matt Berglund; Grand Forks Red River HS	Girls East Wrestling Representative	2024-2028



## NORTH DAKOTA HIGH SCHOOL COACHES ASSOCIATION Sports' Advisory Committee Application

NAME: \_\_\_\_\_

SCHOOL: \_\_\_\_\_

Home Address: \_\_\_\_\_

City, State & Zip: \_\_\_\_\_

Sport: \_\_\_\_\_ E-Mail Address: \_\_\_\_\_

Years of Coaching: \_\_\_\_\_ Home Phone: \_\_\_\_\_ School Phone: \_\_\_\_\_

Number of Years of Membership to the NDHSCA: \_\_\_\_\_

### Duties of a Sports Advisory Committee Member include:

1. Represent all coaches throughout the state in the assigned sport.
2. Coordinate regional or area meetings for statewide input.
3. Schedule and organize coaches 'meetings at state contests.
4. Survey or seek information for recommendations as needed.
5. Attend the annual NDHSAA Sport's Advisory Committee Meeting & submit the recommendations as determined by the coaches in said sport.
6. Commit to serving a 3 or 4 year term. Appointments are made at the July Executive Committee Meeting.

### Return Form to:

Randy Johnson, Executive Secretary  
 1527 North 33<sup>rd</sup> Street Unit 4  
 Bismarck, ND 58501  
 Email: [duck@westriv.com](mailto:duck@westriv.com)

# Longevity Information for 2024-2025 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](mailto:Scott.Grochow@k12.nd.us) at [Scott.Grochow@k12.nd.us](mailto:Scott.Grochow@k12.nd.us), or [Bill Jansen](mailto:William.Jansen@k12.nd.us) at [William.Jansen@k12.nd.us](mailto: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 2025 at any level.**

One must be a member of the NDHSCA to be recognized and must be a junior high or high school coach at the time. Please remember to fill out the 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 Grochow and Bill Jansen 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.





## *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.** Membership 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](http://www.ndhsca.com)

**Go Online to Find:**

**Forms**

**All Star Teams**

**All-State Teams**

**Coaches Resources**

**Insurance Information**

**Scholarship Information**

**AND MORE!**

## *NHDSCA 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  
Burriss, LuAnn; Grand Forks Central HS  
Callahan, Mike; Minnewaukan HS  
Carlson, Ron; Minnewaukan HS  
Carlson, Sherry; Minot HS  
Carlsrud, Dave; NDHSAA  
Carr, Daniel; Linton HS  
Caya, Billie Ann; Bismarck HS  
Cederstrom, Gerard; Minot HS  
Conlon, Frank; Jamestown HS  
Cornell, Rick; Grand Forks Schroeder JHS  
DeCoteau, Jerome; Turtle Mtn Comm. HS  
Deutsch, 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  
Fridley, Guy; Dickinson 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  
Hausler, 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  
Jacobson, Keith; Washburn HS  
Jaeger, Kerry; Grand Forks Red River HS  
Jahner, Jonathan; Bowman County HS  
Jensen, Julie; Kindred HS  
Jeske, James; Killdeer HS  
Johnson, Harlan; Parshall HS  
Johnson, Randy; Hazen HS (Bismarck)  
Johnson, Wayne; Rolette HS  
Johnsrud, Justin; Watford City 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  
Krenz, Jamie; Flasher HS  
Krosbakken, Jerry; Fargo North HS  
Kvislen, Paul; Kindred HS

Continued next page.

## NDHSCA Paid Lifetime Memberships



Lach, Andy; Minot HS  
LaDouceur, Greg; Grand Forks RR HS  
Lardy, Mark; Bismarck 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  
Milbrandt, Thomas; Valley City HS  
Miller, Steve; Bismarck HS  
Mitzel, Frank; Minto HS  
Morast, Kevin; NDHSAA  
Nagel, Lee; Wahpeton HS  
Nelson, Brent; Minot HS  
Nelson, Kevin; Dunseith HS  
Neppl, Kent; Benson County  
Odegard, Brodie; Tioga 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  
Schaffer, Timothy; Tioga HS  
Schatz, Mike; New England HS  
Schauer, Gary; Langdon HS  
Schafer, Timothy; Tioga HS  
Schmitt, Dan; Dakota Prairie HS  
Schneider, Jay; Devils Lake HS  
Schobinger, Jay; Dickinson HS  
Schreiner, Vernon; Minto HS  
Schumacher, Jeff; Bismarck 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  
Tidd, Nancy; Fargo North HS  
Townsend, Brad; Bismarck Century HS  
Trieglaff, Robert; Fargo North HS  
Vance, Brian; Ellendale HS  
Vigen, Randy; Central Valley HS  
Vinger, Dick; Grand Forks Central HS  
Wagner, Chuck; Killdeer HS  
Wagner, Doug; DesLacs-Burlington HS  
Walhaug, Gary; Surrey HS  
Wall, Carl; Fargo North HS  
Walker, Larry; Killdeer HS  
Walsh, Nathan; Central Valley HS  
Wallstum, Tim; Kenmare HS  
Ward, John; Hazen HS  
Wardner, Richard; Dickinson HS  
Watson, Brian; Wahpeton HS  
Werchau, Robbie; Minot HS  
West, Terry; Grand Forks Red River HS  
Wheeling, Bob; Killdeer HS  
Wheeling, Thomas; Bismarck Legacy HS  
Wilson, Dean; Carl Ben Eielson MS  
Wilson, Jerry; Bismarck Century HS  
Wilson, John; Dickinson HS  
Winczewski, Dean; Minot HS  
Wingenbach Ron; Bismarck Century HS  
Wisthoff, David; Glenburn HS  
Wollenzien, Ben; Towner-Granville-Upham  
Workman, Allyn; Lisbon HS  
Yetterboe, Trevor; Wilton HS  
Zimney, Bob; Grand Forks Red River HS  
Zinke, Davey; Valley City  
Zittleman, Dave; Bismarck HS

### Honorary Lifetime Members

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



## NDHSCA Past Presidents

- 1<sup>st</sup> - **Harold Pederson**  
Williston HS (1962-1963)
- 2<sup>nd</sup> - **Dale Brown**  
Minot Bishop Ryan HS (1936-1964)
- 3<sup>rd</sup> - **Loren "Lefty" Faris**  
Mandan HS (1964-1965)
- 4<sup>th</sup> - **Milo "Mike" Lodoen**  
Bottineau HS (1965-1966)
- 5<sup>th</sup> - **Marv Skaar**  
Grand Forks Central HS (1966-1967)
- 6<sup>th</sup> - **Duane Carlson**  
Minot HS (1967-1968)
- 7<sup>th</sup> - **Ken Towers**  
Grand Forks Red River HS (1968-1969)
- 8<sup>th</sup> - **Ken Rio**  
Grand Forks Central HS (1969-1970)
- 9<sup>th</sup> - **Jerry Sheldon**  
 Fargo North HS (1970-1971)
- 10<sup>th</sup> - **Duane Hennessy**  
Grand Forks Central HS (1971-1972)
- 11<sup>th</sup> - **Serge Gambucci**  
Grand Forks Central HS (1972-1973)
- 12<sup>th</sup> - **Walt Hatlestad**  
 Fargo North HS (1973-1974)
- 12<sup>th</sup> - **Walt Hatlestad**  
 Fargo North HS (1974-1975)
- 13<sup>th</sup> - **Howard Thiege**  
Minot HS (1975-1976)
- 14<sup>th</sup> - **Dick Vinger**  
Grand Forks Central HS (1976-1977)
- 15<sup>th</sup> - **Robert Feeny**  
Bismarck HS (1977-1978)
- 16<sup>th</sup> - **Carl Wall**  
 Fargo North HS (1978-1979)
- 17<sup>th</sup> - **Rich Wardner**  
 Dickinson HS (1979-1980)
- 18<sup>th</sup> - **John Hutchison**  
Northwood HS (1980-1981)
- 19<sup>th</sup> - **Nancy Tidd**  
 Fargo North HS (1981-1982)
- 20<sup>th</sup> - **Dennis Thronset**  
Langdon HS (1982-1983)
- 21<sup>st</sup> - **Ed Beyer**  
 Hillsboro HS (1983-1984)
- 22<sup>nd</sup> - **Jerry Popp**  
Bowman HS (1984-1985)
- 23<sup>rd</sup> - **Allyn Workman**  
Lisbon HS (1985-1986)
- 24<sup>th</sup> - **Doyle Radke**  
Minot HS (1986-1987)
- 25<sup>th</sup> - **Dwight Leier**  
Esmond HS (1987-1988)
- 26<sup>th</sup> - **Roger Stone**  
 Dickinson HS (1988-1989)
- 27<sup>th</sup> - **Rod Oksendahl**  
Cavalier HS (1989-1990)
- 28<sup>th</sup> - **Gene Manson**  
Minot HS (1990-1991)
- 29<sup>th</sup> - **Bruce Stein**  
Hankinson HS (1991-1992)
- 30<sup>th</sup> - **Gary Schauer**  
Bismarck HS (1992-1993)
- 31<sup>st</sup> - **Randy Coleman**  
Devils Lake HS (1993-1994)
- 32<sup>nd</sup> - **Bob Zimney**  
Grand Forks Red River HS (1994-1995)
- 33<sup>rd</sup> - **Bill Cahill**  
Harvey HS (1995-1996)
- 34<sup>th</sup> - **Ron Wingenbach**  
Bismarck Century HS (1996-1997)
- 35<sup>th</sup> - **Brian Anderson**  
Watford City HS (1997-1998)
- 36<sup>th</sup> - **Julie Stavn**  
Bismarck Century HS (1998-1999)
- 37<sup>th</sup> - **Curt Herman**  
Dakota Prairie HS (1999-2000)
- 38<sup>th</sup> - **Terry West**  
Grand Forks Red River HS (2000-2001)
- 39<sup>th</sup> - **Dave Dougherty**  
Watford City HS (2001-2002)
- 40<sup>th</sup> - **Jack Carlson**  
Dickinson HS (2002-2003)
- 41<sup>st</sup> - **Randy Johnson**  
Hazen HS (2003-2004)
- 42<sup>nd</sup> - **Todd Olson**  
Grand Forks Central HS (2004-2005)
- 43<sup>rd</sup> - **Scott Grochow**  
Rugby HS (2005-2006)
- 44<sup>th</sup> - **Dave Michaelson**  
Dickinson HS (2006-2007)
- 45<sup>th</sup> - **Jon Bertsch**  
Wells County HS (2007-2008)
- 46<sup>th</sup> - **Carolyn Olson**  
Grand Forks Red River HS (2008-2009)
- 47<sup>th</sup> - **Pete Moe**  
Washburn HS (2009-2010)
- 48<sup>th</sup> - **Dave Zittleman**  
Bismarck HS (2010-2011)
- 49<sup>th</sup> - **Gregg Grinsteiner**  
Dickinson Trinity HS (2011-2012)
- 50<sup>th</sup> - **Ralph Manley**  
Mandan HS (2012-2013)
- 51<sup>st</sup> - **Lisa Strand**  
Thompson HS (2013-2014)
- 52<sup>nd</sup> - **Michael Kuhn**  
Mandan HS (2014-2015)
- 53<sup>rd</sup> - **Andy Braaten**  
Carrington HS (2015-2016)
- 54<sup>th</sup> - **Paul Lean**  
 Fargo Davies HS (2016-2017)
- 55<sup>th</sup> - **Eric Olson**  
North Sargent HS (2017-2018)
- 56<sup>th</sup> - **Tracey Heisler**  
Grand Forks Red River HS (2018-2019)
- 57<sup>th</sup> - **Tim Wallstrum**  
Kenmare HS (2019-2020 & 2020-2021)
- 58<sup>th</sup> - **Ron Metz**  
Bismarck Century HS (2021-2022)
- 59<sup>th</sup> - **Rick Anderson**  
Griggs County Central HS (2022-2023)
- 60<sup>th</sup> - **Jamie Zastoupil**  
Bismarck Century HS (2023-2024)
- 61<sup>st</sup> - **Mike Zier**  
Beach High School (2024-2025)





## What Does NDHSCA Do?



**EDUCATE:** Our educational focus is dedicated to more than fundamentals and skills of a sport. We see coaches as leaders who are role models to our state's youth. We offer graduate college credit programs in Coaching Leadership, Professionalism, and Ethics; Drug Awareness Seminars; Speed, Strength, Nutrition, and Conditioning Seminars; Cheer Coaches' Certification Seminars; and Sports Specific Clinics. Other pertinent issues are covered to stay current with today's important issues.

**RECOGNIZE:** Coaches receive recognition for specific accomplishments during singular seasons, as well as for "lifetime achievements." The NDHSCA Coach of the Year awards are the most prestigious awards given to high school coaches in the state. The NHSACA Coach of the Year awards are awarded for lifetime accomplishments. The state awards are presented at the annual banquet held in conjunction with the state's coaching clinic. Nearly 150 coaches earn the "National Spotlight" in June at the NHSACA National Convention.

**SUPPORT:** Due to the cooperation of NDHSCA, NDHSAA, and NHSACA, our association is able to provide support for our members, including legal consultation via telephone regarding coaching issues. NDHSCA also has a state and national voice in significant issues facing high school coaches and athletes.

### NDHSCA Goals and Purposes

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

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.

NDHSCA offers a state coaching convention, complete with graduate college credit programs.

### NDHSCA goals include:

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

# Forms Available Online

Available on the NDHSCA website

Search “NDHSCA” or enter

[www.ndhsca.com](http://www.ndhsca.com)



All State Football Nominee  
Assistant Coach of the Year  
Junior High Coach of the Year  
Hall of Fame Nomination Form  
Award of Merit Recommendation  
Lifetime Membership Application Instructions  
NDHSCA Gelaine Orvik Scholarship Fund  
Sports Advisory Committee Membership  
Gelaine Orvik Scholarship Application  
Senior Scholarship Application  
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# GET HIGHLIGHTED



## *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](http://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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