

Dakota Coach

Volume #60 Issue 1





North Dakota High School Coaches Association

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NDHSCA is the only high school coaches association in North Dakota that is created by coaches and governed by coaches.



Dakota Coach Fall 2025

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Anticipation and Excitement

Message from NDHSCA President Greg Brown

During the Fall of the year there is so much anticipation and excitement as schools and communities are back into the swing of school and sports. Fall is the new beginning of the school year and that brings so many communities together with the pride of their local teams. Good luck to all Fall Coaches as you prepare your teams for every competition.

This past summer I was lucky enough to attend the NHSACA convention in Rapid City SD. North Dakota had multiple National Coach of the Year Finalists that attended the convention. It was great to see and meet some of the best from our state in Rapid City. Special Congratulations to Lisa Strand from Thompson, who was named NHSACA Coach of the Year in Volleyball. It was also an honor to be at the Hall of Fame banquet where Dickinson's Dave Michaelson and Bismarck's Dave Zittleman were inducted into the NHSACA Hall of Fame. Two great North Dakota coaches that have done so much for our state.

The NDHSCA convention was held in July at the Holiday Inn in Fargo. With the NDHSCA convention, we had many great speakers during our leadership day. The one that stands out the most, was a high school student who talked about how to coach a Gen Z athlete. It was remarkable to hear the words from a current athlete competing in the state on how and what the Gen Z athlete needs compared to what my generation of athletes needed. Times have changed and to be able to compete at the highest level, coaches need to learn how to adapt and properly communicate with their athletes.

The sport specific sessions were very informative. Being a Track and Field coach, I spent most of my time in the Track and Field sessions. We had many excellent speakers covering 15 different events that occur at a Track and Field meet. As I wandered around the convention, the coaches in the sessions were focused and taking in every word. Thank you to Randy Johnson for being the excellent leader and once again putting together a great convention.

At the banquet for the NDHSCA convention, it was great to see all the impressive coaches that were named State Coach of the Year for their respective sports as they received their awards. We also inducted three amazing coaches into the NDHSCA Hall of Fame that night. Congratulations to them and the amazing careers that they have and have had.

At the end of the banquet, I challenged each coach to bring a new coach or two to the convention. We all have coaches within our school districts, but do we talk to them about NDHSCA and the benefits that are offered to them? I spent my first few years of coaching not knowing that there was a place that we all could go and gain knowledge and relationships that we need. Using YouTube and other websites can help us with some X's and O's but being able to reach out to another coach at any time to brainstorm and collaborate about the coaching profession are the types of friendships that you make at the conventions.

Our next State Convention will be a three-day convention in Mandan on July 27th- 29th. Talk to the coaches within your programs and schools. Help bring other coaches to the convention and let's make this the largest convention attended yet!

Good Luck to all coaches and may your seasons be blessed!

NDHSCA President Greg Brown



That's A Wrap!

Message from Immediate Past President, Mike Zier

That's a wrap! The 2025 NDHSCA State convention is over and let me tell you it was quite a week. Thank you to the Holiday Inn of Fargo for all their great work throughout the week. I can be scary when you try new place for a convention. The Holiday Inn staff showed us, in my mind, that we made the right choice by switching to them.

I would also like to thank the Executive Board for all their work in putting on a great convention. There are a lot of moving parts and if they don't all do their role, it would not run smoothly. I would personally like to thank Executive Director, Randy Johnson, whom I have known for some 26 years now. He works tirelessly for coaches in the state of North Dakota. So the next time you see him, give him a "Thanks" and maybe a glass of milk.

I had a great year being the President of the NDHSCA. I want to thank everyone involved for their help and understanding as I waded through this great past year. You are in great hands with President Greg Brown, one of the best people I know. He will do a great job.

Lastly, and most importantly, I want to thank the North Dakota coaches. We do all this for you. You are hands down my favorite part of the NDHSCA State convention. I enjoy meeting and talking to so many great coaches. I know that our kids throughout the state are in great hands. Keep being you! And keep grinding because coaching is getting harder and harder these days.

Immediate Past President, Mike Zier



Congratulations



Congratulations to Travis Lemar, the newest member of the NDHSCA Executive Board. Travis was elected by the coaches of North Dakota at the NDHSCA Summer convention in Fargo in July. Vice President Travis Lemar is set to serve a 5-year term during which he will serve 1st as Vice President. In his second year he will be the President Elect. The third year he will serve as the President of the NDHSCA. After holding the President position, Travis will become the Immediate Past President and lastly in his fifth year he will be the Past President.

Once again, we welcome Travis Lemar of Central Cass High School to the NDHSCA Executive Board.



Travis Lemar



Dakota Coach Fall 2025



Message from NDHSCA Executive Secretary, Randy Johnson

The 2025 NDHSCA State Coaches Convention wrapped up on July 31st with the NDHSCA Hall of Fame/Coach of the Year Banquet. What a great convention! Thank you to the Fargo Holiday Inn for hosting this event. They did a fantastic job. A special thanks to the NDHSCA Executive Committee for helping make this convention outstanding. They are awesome and make everything run smoothly. Most of the thanks must go to the coaches who attend since they are what make the convention a success.

The best part of the convention is visiting with the coaches and speakers. The opportunity to collaborate and share ideas is the most fulfilling. The NDHSCA strongly encourages attendance at the summer convention. Preparations for the 2026 NDHSCA State Convention has already begun! I know many coaches would like to have a Big 10 Coach, a Pro Athlete, or a nationally known motivational speaker be part of the convention. We have worked on this. The problem is getting the timing to work out and also the cost. One of the last motivational speakers I contacted wanted \$25,000.00 plus all expenses paid to come. That is a little out of our budget. We will continue to pursue different speakers. We are constantly working to get speakers our members would like to listen to. If you have any suggestions, please e-mail me at duck@westriv.com.

The NDHSCA inducted the following individuals into the State Coaches Hall of Fame.

- Andy Braaten – Carrington High School
- Connie Kirchoffner – Mandan High School
- Paul Lean – Fargo Davies and Fargo South High School

We honored the 2024-2025 State Coach of the Year recipients. Congratulations on this achievement!

The association also awarded three outstanding graduated seniors with the \$1,000.00 NDHSCA Gelaine Orvik Scholarship.

- Jorie Ahlberg – North Star High School
- Madison Samuelson – Rolla High School
- Addisyn Winterquist – Northern Cass High School

The \$750.00 NDHSCA Scheels Scholarship Recipients were as follows:

- Sienna Burwick – Hettinger High School
- Erin Giuariglia – Bottineau High School
- Brooklyn Hager – Rugby High School
- Kenadie Pazdernik – Carrington High School
- Malachi Werremeyer – Fargo Davies High School
- Aric Winczewski – Minot High School

A special thank you to AJ Manning from Fargo Scheels and McCahan Schweitzer from Grand Forks Scheels for helping present the scholarships!

The NDHSCA recognized the following individuals with the Award of Merit.

- John and Cecile Clark – Fargo Subway
- Rick Flacksbarth – Fargo Metro Tournament Committee

We also recognized the following with the Special Recognition Award.

- Patti Aanenson – Larimore High School Athletic Director
- Karen and Rod Hardie – Retired NDHSCA Membership Chairs

We look forward to hosting the 2026 NDHSCA State Coaches Convention in Mandan at the Baymont Hotel.

North Dakota had two outstanding individuals be inducted into the NHSACA National Hall of Fame this past summer. Congratulations to Dave Michaelson from Dickinson and Dave Zittleman from Bismarck. You are very deserving of this honor! *ssage continued next page.*

Dakota Coach Fall 2025

Message from NDHSCA Executive Secretary Randy Johnson continued from page 6.

On Wednesday, June 25th, the NHSACA held the National Coach of the Year Banquet. North Dakota was represented well with 13 finalists. All the finalists are very successful coaches and have outstanding careers. Congratulations to Lisa Strand for being named the NHSACA National Volleyball Coach of the Year. This is an outstanding accomplishment and one you will cherish for the rest of your life!

There are a number of photos later in this issue of the NDHSCA State Coaches Convention and the NHSACA National Convention. Read on to see all the information. We have a video of the banquet on our website: www.ndhsca.com. Check it out!

A special thank you goes to Mike Zier from Beach High School for his leadership during this past year. He did an amazing job as President. Greg Brown from Mandan High School is the NDHSCA President for the 2025-2026 school year. Our organization is in great hands with him leading. He brings light to the association with a great mix of professionalism. Congratulations to Travis Lemar from Central Cass High School on being elected Vice President. He will be an excellent addition to the board. Rick Anderson finished his tenure on the Executive Board. Thank you, Rick, for your insight throughout the years.

Thank you, Subway for being a major sponsor for the NDHSCA. Your assistance with the Coach of the Year Awards, Longevity Awards and contributions to the NDHSCA Gelaine Orvik Scholarship are very beneficial for our organization. We are currently working to continue the contract with Subway. Please stop by Subway with your teams and have a nutritious meal.

POWERade of North Dakota sponsors the NDHSCA Senior Athlete of the Year Award. We encourage recipients and their coaches to write thank you notes to POWERade of Dickinson, Williston and Bismarck. These notes are really special and help us when we negotiate the contract. Thank you POWERade for all your assistance with this program.

Scheels has sponsored six - \$750.00 scholarships for high school graduates of NDHSCA members. I encourage coaches to visit Scheels for some team discounts. We have secured this funding for next year as well.

The North Dakota Beef Commission has been a major sponsor for the North Dakota High School Coaches Association for several years. They assisted us again this summer with the State Convention. They were the main reason for that amazing Steak Salad for Monday's Noon Lunch.

Farmers Union Insurance is also a major sponsor for the North Dakota High School Coaches Association. Thank you for your assistance in helping make this summer's convention another huge success.

I would like to thank the Fargo-Moorhead Convention and Visitors Bureau for all their assistance with the State Convention this summer. They provided name tags, lanyards, banners, signs and financial assistance for the conference. The CVB is a great organization and really works to bring different items to the Fargo-Moorhead area.

The North Dakota High School Coaches Association along with the National High School Athletic Coaches Association continue to build on benefits for its members. We encourage membership from every coach in your school. Help the NDHSCA out by recruiting members to be in the association. There is a list of benefits later in the Dakota Coach. Keep in mind our membership runs from July 1st to June 30th. Sign up early to take advantage of the member benefits. Remember if you are a member of the NDHSCA, you are also a member of the NHSACA.

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

On June 19th, I was informed of the passing of Roger Stone. Roger was a long-time football coach at Dickinson High School. He was also the NDHSCA President during the 1988-1989 School Year. Please keep Roger and his family in your prayers.

Message continued next page.

Dakota Coach Fall 2025

Message from NDHSCA Executive Secretary Randy Johnson continued from page 7.

Be sure to read the NDHSCA Annual Business Meeting Minutes published later in this Dakota Coach. This will help you stay current with your State Coaches Association. This is an association for coaches, run by coaches. Please contact our office at any time with questions or concerns. We will try to help as much as we can. We are here to assist coaches.

The 2025-2026 school year has started! There have been a number of athletic contests already. It is exciting to have another year of educational based athletics. Good Luck to all coaches, athletes and teams this year!

Randy Johnson
NDHSCA Executive Secretary



Your NDHSCA Membership is a Dual Membership with NHSACA



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Dakota Coach Fall 2025



Hello from the National High School Athletic Coaches Association

The NHSACA 2025 National Convention was held in conjunction with the SDHSCA state clinic from June 21-25. The convention/clinic site was the Ramkota Hotel and Convention Center in Rapid City, S.D..

The SDHSCA did a fantastic job hosting the National Convention. The South Dakota coaches did a tremendous job of hosting the national convention. There should be a special acknowledgment to David Dolan and Bill Weber for all their hard work.

The NHSACA National Hall of Fame Banquet was held on Tuesday, June 24th, with 39 coaches from around the nation due to be inducted. North Dakota had two legendary coaches inducted into the class of 2025. They are: Dave Michaelson from Dickinson Public Schools and Dave Zittleman from Bismarck Public Schools.

The NDHSCA nominated 19 coaches for the National Coach of the Year Awards program this year, with 13 of the 19 coaches advancing as finalists. The NDHSCA is one of the leaders each year in the number of finalists. North Dakota's 2025 finalists include:

Mitch Lunde	Athletic Director	Minot Public Schools
Kent Schweigert	Baseball	Bismarck Century High School
Paul Lean	Boys' Assistant Coach	Fargo South High School
Gregg Grinsteinner	Boys' Basketball	Dickinson Trinity High School
Jonathon Jahner	Boys' Cross Country	Bowman County High School
Chase Gregory	Girls' Cross Country	Williston High School
Tim White	Girls' Assistant Coach	Griggs County High School
Tim Kolsrud	Girls' Track and Field	Bismarck High School
Jeremy St. Aubin	Golf	South Border High School
Matt Pfau	Soccer	Minot High School
Grant Paranica	Special Sports	Grand Forks Central High School
Chad Anderson	Tennis	West Fargo Sheyenne High School
Lisa Strand	Volleyball	Thompson High School



The National Coach of the Year banquet was held on June 25, honoring 13 National Finalists in 19 sports, with the highlight of the banquet happening when the 19 National Coach of the Year Recipients are named. North Dakota had one recipient who received the title of National Coach of the Year. She is Coach Lisa Strand in the sport of Volleyball.

North Dakota also provides a lot of critical leadership to the National Association. Current leaders include:

Jeremy St. Aubin	National Golf Sport Chair
Greg Brown	Girls' Cross Country Sport Chair and is now the National Sport Chair Coordinator
Jake Solper	National Swimming and Diving Sport Chair
Gelaine Orvik	Past President and former Executive Director
John Hutchison	Past President and current Narrator for the Hall of Fame and COTY Banquets
Dave Dougherty	Past Executive Director and Past President
Tim Wallstrum	Past President/Current Executive Director of Operations
Randy Johnson	National Website Administrator, Carey E. McDonald Award Recipient, and Past President

Next Year, the 2026 NHSACA National Convention will be held at the Hyatt Regency Coralville Hotel and Convention Center in Coralville, Iowa, June 29, 30 and July 1. The Iowa Girls' Coaches Association is assisting as a host.

Thank you, Tim Wallstrum, NHSACA Executive Director of Operations

NHSACA 2025 National Convention Highlights

NDHSCA is proud to announce the newest North Dakota members of the NHSACA Hall of Fame. Dave Michaelson of Dickinson Trinity HS and Dave Zittleman of Bismarck Public Schools were both inducted at the National Convention held in Rapid City, South Dakota on June 25. Lisa Strand of Thompson High School was named the NHSACA 2025 National Coach of the Year in the sport of Volleyball at the banquet held on June 26.



Dave Michaelson with
NHSACA
President Dan Mitchell.



Dave Zittleman
of Bismarck



Lisa Strand with
President Dan Mitchell
and the Marines Representative

NDHSCA MEMBERSHIP

Reminder!

Recruit your fellow coaches:

**NDHSCA membership is open!
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**

Your NDHSCA Membership is a **dual membership with the National High School Athletic Coaches Association. There are numerous benefits available through both associations. See the list of benefits on page 32.**



Creating a Warm-up Where To Start?

By Michael Silbernagel

MS, MSCC, CSCS*D, RSCC*D, TSAC-F, USAW-L2, FMS-L2, RPR, WSBB, CSAC, PN1, SCC
Manager – Sanford Sports Performance, Bismarck

"The warm-up is an integral part of the training session. Strength and conditioning professionals should plan warm-ups incorporating short-, medium-, and long-term considerations that will contribute to the overall development of the athlete." This statement comes directly from the National Strength and Conditioning Association.

This article will cover the benefits of warmup, components of a warmup, how you can microdose aspects of plyometrics and acceleration work into your warmup, and an example of how to put it all together in the weight room or pre-practice/pre-game situation.

The benefits of a warmup:

- Faster muscle contraction and relaxation of both agonist and antagonist muscles
- Improvements in the rate of force development and reaction time
- Improvements in muscle strength and power
- Lowered viscous resistance in muscles
- Increased blood flow to active muscles
- Enhanced metabolic reactions
- An increased psychological preparedness for performance

Components of a warmup:

General movement – These exercises are used to elevate body temperature, heart rate, respiration rate, blood flow, and joint fluid viscosity via low-intensity activities that simulate the movement patterns of the upcoming activity. They can include, but are not limited to, biking, elliptical, or jogging.

Mobility and/or Stability - These exercises are used to work on range of motion or to activate and isolate specific muscles. Areas that can be addressed are the neck, shoulder, hip, or ankle.

Dynamic movements – These exercises are usually multi-joint movements that can be performed in place or moving, forward, sideways, or backward that will address not only movement, but balance as well. Exercises such as lunges, spiderman, leg swing to quad pull, and more (possibilities are almost endless) would fall into this category.

Running mechanics/Plyometrics – Exercises that can be sport-specific activities which progress in intensity until the athlete is performing at the intensity required for the subsequent competition or training session.

Example of a warmup:

Neck work – range of motion – top to bottom and left to right x 10 each

Ankle work – kneeling ankle rockers – heel to toe and back x 10 each

Forward Lunge x 10 yds

Side Lunge x 10 yds each way

Reverse Lunge x 10 yds

Pogo jumps x 10

Pogo jumps side to side x 10

Article continued on page 7

Article: *Creating a Warmup*, continued from page 6

Shuffle x 10 yds each way
Crossover run x 10 yds each way
2 pt stance start with deceleration and stick 10 yds x 4
*the entire example will take roughly 8 minutes to complete start to finish



When choosing which exercises to perform, I like to look at areas that are not addressed in other aspects of training. An example would be if we were back squatting and front squatting during lifting sessions; adding in single leg work in a variety of angles will help fill buckets not being filled without adding soreness. Usually, during in season there is not time to work on acceleration. By adding in four starts per day over five days, it would give an athlete twenty chances to work on initial acceleration mechanics while not being in a fatigued state.

Using a similar warm up each day will also allow the athletes to focus on the main thing – sport - while also hitting the components of training that will help prepare them for what is yet to come.

Been Coaching for a While? *Become a* *Lifetime Member*



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.

Dakota Coach Fall 2025

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NDSU FOOTBALL TICKETS!



NDSU Athletics offers NDHSCA members free admission to home football games for select contests. For 2025, complimentary tickets for NDHSCA members will be available for the following games:



- September 13th vs. Southwest Missouri State
- October 11th vs. Southern Illinois
- November 1st vs. Youngstown State
- November 15th vs. Northern Iowa
- November 22nd vs. St. Thomas

Tickets are not available for the September 27th game versus the University of South Dakota.

Policies and Procedures for Requesting NDHSCA Tickets

- NDHSCA members may begin requesting 1 complimentary ticket and 1 additional ticket to purchase beginning at 8:00am on the Monday of game-week. All requests must be submitted via email to ndsu.bisontickets@ndsu.edu
- Tickets are limited and orders will be filled based on ticket availability and frequency of an individual's requests. Submitting a request does not guarantee tickets will be awarded.
- Tickets will be awarded and confirmations sent on the Wednesday of game-week.
- Tickets can be picked up 90 minutes prior to kick-off on game day. Per NCAA rules, no tickets can be picked up in advance of that time.
- Coaches picking up tickets will be required to present their current NDHSCA membership card with a valid photo ID at the time of pick up.
- Failure to pick up tickets can result in a loss of future ticket opportunities for that individual.

Single game tickets can also be purchased through the NDSU ticket office. Please visit www.GoBison.com for additional information.

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HEALING
WITH HYPERBARICS
of North Dakota

2025 NDHSCA Convention Photos



Andy Braaten
Carrington High School
NDHSCA Hall of Fame



Connie Kirchoffner
Mandan High School
NDHSCA Hall of Fame



Paul Lean
 Fargo Davies & Fargo South HS
NDHSCA Hall of Fame



Patti Aanenson
Larimore High School
Special Recognition



Karen and Rod Hardie
Retired NDHSCA Membership Chairs
Special Recognition



John Clark
 Fargo Subway
Award of Merit



Rick Flacksbarth
 Fargo Metro Tournament Committee
Award of Merit



NDHSCA Hall of Fame 2025
Paul Lean, Connie Kirchoffner,
Andy Braaten

2025 NDHSCA Convention Photos



**2025 NDHSCA Gelaine Orvik
Scholarship Recipients
With Gelaine Orvik
and John Clark of Subway**



**Jorie Ahlbert
North Star High School**



**Madison Samuelson
Rolla High School**



**Addisyn Winterquist
Northern Cass High School**

**2025 NDHSCA Scheels Scholarship Recipients
Pictured with NDHSCA President Mike Zier and McCahen Schweitzer of
Grand Forks Scheels and AJ Manning from Fargo Scheels.**



**Sienna Burwick
Hettinger High School**



**Brooklyn Hager
Rugby High School**



**Aric Winczewski
Minot High School**



**NDHSCA Scheels Scholarship
Recipients 2025**

2024-2025 NDHSCA COTY Recipients



Jerry Schneider
Fargo North High School
Fall Assistant COTY



Barb McPeak
Minot High School
Winter Assistant COTY



Linsey Naastad
Hatton-Northwood
Spring Assistant COTY



Jayden Dolechek
Dickinson Trinity High School
Winter Junior High COTY



Jennifer Bartsch
Rugby Middle High School
Spring Junior High COTY



Ralph Manley
Mandan High School
NHSACA Distinguished Service Award



COTY Chad Anderson
West Fargo Sheyenne HS
Class A Boys' Tennis



COTY Jeff Boynton
Bowman County-Beach
Class B Boys' Wrestling



COTY Laine Branter
Fargo Oak Grove High School
Class B Girls' Golf



2024-2025 NDHSCA COTY Recipients



COTY Jennifer Brossart
Rugby High School
Class A Girls' Basketball



COTY Eric Burgad
Kindred High School
Class A Boys' Football



COTY Dale Colby
Bismarck High School
Class A Girls' Track & Field



Tony Evenstad
Hatton-Northwood
Class B Athletic Director



COTY Steven Felchle
Harvey-Wells County
Class B Boy's Golf



COTY Chris Foerster
Fargo Shanley High School
Class A Girls' Cross Country



COTY Bryce Gutknecht
Velva-Drake-Anamoose
Class B Girls' Softball



COTY Shane Hannegrefs
Minot North High School
Class A Boys' Golf



COTY Brandi Harty
Jamestown High School
Class A Boys' Soccer

2024-2025 NDHSCA COTY Recipients



COTY Brent Hintz
West Fargo Horace High School
Class AA Girls' Basketball



COTY Nathan Horgeshimer
Killdeer High School
Class B Girls' Cross Country



COTY Lars Jacobson
Bismarck Legacy High School
Class A Boys' Wrestling



COTY Jonathan Jahner
Bowman County High School
Class B Boys' Cross Country
Class B Boys' & Girls' Track & Field



COTY Tim Kolsrud
Bismarck Legacy High School
Class A Girls' Track & Field



COTY Darin Mattern
Bismarck Century High School
Class AA Boys' Basketball



COTY Justin Miller
Bismarck Century High School
Class A Boys' Track & Field



COTY Steven Monk
Bismarck Legacy High School
Class A Boys' Wrestling



COTY Vyrn Muir
Grand Forks Red River High School
Class AA Football

2024-2025 NDHSCA COTY Recipients



COTY Jeremy Newton
West Fargo Sheyenne High School
Class AAA Football



COTY Leah Newton
West Fargo Sheyenne High School
Class A Volleyball



COTY Robbie Werchau
Minot High School
Class A Gymnastics

2025 NDHSCA Convention Photos



Above: Brad Strand presenting in General Session. Top Right: Golf Coaches at Rose Creek Golf Course as Jon Dahl presents.

Thank you to all the coaches that attended the 2025 convention. The NDHSCA Executive Board (photo left) hopes you had a great experience and look forward to seeing you again next year! In the meantime, if you are reading this, contact Randy Johnson (duck@westriv.com) with this page number to qualify to win a gift card!

Front Row: Mike Zier & Lisa Strand

2nd Row: Scott Grochow, Eric Olson, Bill Jansen, Randy Johnson, Greg Brown, Rick Anderson and Lisa Jenkins.



BEEF
IT'S WHAT'S FOR DINNER.™

NORTH DAKOTA
BEEF
COMMISSION



STOCK YOUR PROTEIN PANTRY

Here's a helpful guide to stock up on protein staples so you can easily enjoy flavorful, protein-rich meals any time of the day.¹

Including protein foods at each meal can be achievable by understanding what foods contain high-quality protein. Lean beef is an excellent source and delivers more than 9 other essential nutrients: iron, vitamin B₁₂, selenium, zinc, niacin, vitamin B₆, phosphorous, choline and riboflavin.¹

Spreading protein intake evenly throughout the day, aiming for about 30 grams of protein at each meal, may be beneficial for overall health and wellness because it has been shown to improve satiety, preserve lean muscle mass, and optimize the body's ability to build new muscle.²⁻⁴

High-quality or Complete Proteins			
Meat/Eggs (cooked)	protein (g)	calories	NDB#*
3 oz Beef Strip Steak*	25g	170	13448
3 oz Beef Tenderloin*	26g	170	13442
3 oz 93% Lean Ground Beef	22g	150	13364
3 oz 90% Lean Ground Beef	21g	170	13364
3 oz Lamb Chops*	23g	160	10041
3 oz Pork Tenderloin*	22g	120	10061
3 oz Pork Chops*	26g	170	10041
3 oz 96% Lean Ground Pork	27g	160	10979
3 oz 84% Lean Ground Pork	23g	260	10978
3 oz Skinless Chicken Breast	26g	140	05064
3 oz Ground Chicken	20g	160	05333
3 oz Turkey Breast	26g	130	05220
3 oz 93% Lean Ground Turkey	23g	180	05666
3 oz Roasted Ham	25g	180	10011
3 oz Deli Roast Beef	16g	100	07043
3 oz Deli Turkey	11g	100	07944
3 oz Deli Ham	17g	110	07028
3 Slices Cooked Bacon	11g	130	10861
1 Large Egg, scrambled	6g	90	01132
1 oz Beef Jerky	9g	120	19002

*visible fat trimmed

Fish/Seafood (cooked)	protein (g)	calories	NDB#*
3 oz Canned Tuna	20g	110	15126
3 oz Filet of Catfish	16g	120	15235
3 oz Filet of Tilapia	22g	110	15262
3 oz Filet of Salmon	21g	130	15212
3 oz Crabmeat	16g	80	15137
3 oz Shrimp	19g	100	15151
3 oz Lobster	16g	80	15148

High-quality or Complete Proteins			
Dairy	protein (g)	calories	NDB#*
6 oz Nonfat Greek Plain Yogurt	17g	100	01256
6 oz Nonfat Yogurt	10g	95	01118
1 oz Swiss Cheese	8g	110	01040
1 oz American Cheese	6g	90	01045
1 oz Cheddar Cheese	6g	110	01009
1 oz Colby Cheese	7g	110	01011
4 oz Lowfat Cottage Cheese	13g	110	01012
1 cup (8 oz) Reduced Fat 2% Milk	8g	120	01079

Beans and Peas (cooked)	protein (g)	calories	NDB#*
1/2 cup Edamame	9g	90	11212
1/2 cup Tofu	9g	70	16281

Incomplete Proteins			
Beans and Peas (cooked)	protein (g)	calories	NDB#*
1/2 cup Pinto Beans	8g	120	16043
1/2 cup Black Beans	8g	110	16015
1/2 cup Kidney Beans	4g	30	11030
1/2 cup Chickpeas (Garbanzo Beans)	7g	130	16057

Nuts and Seeds	protein (g)	calories	NDB#*
2 tbsp Peanut Butter	8g	190	16097
2 tbsp Almond Butter	7g	195	12195
1 oz Peanuts	7g	160	16087
1 oz Almonds	6g	160	12061
1 oz Pistachios	6g	160	12151
1 oz Walnuts	4g	190	12155
1 oz Pecans	3g	200	12142
1 oz Dry Roasted Mixed Nuts	6g	170	12135
1 oz Sunflower Seeds	5g	175	12039

Why are some proteins considered high-quality or complete?

Proteins are made up of amino acids. Your body needs 21 amino acids, but only nine are essential, meaning they must come from food. Your body can make the remaining non-essential amino acids. Proteins that contain all nine essential amino acids in proportions most useful to the body are called complete or high-quality proteins.

* The U.S. Department of Agriculture National Nutrient Database for Standard Reference is the major source of food composition data in the United States and the foundation for most food composition databases in the public and private sectors. The protein and calorie data listed in this table are sourced from this database. The Nutrient Data Base number (NDB#) provided for each protein food is the item code assigned in the database.

¹ US Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference, Legacy. Version Current: April 2018. Internet: <https://ndb.nal.usda.gov/ndb/>

² Wolfe RR. The underappreciated role of muscle in health and disease. *Am J Clin Nutr*. 2006;84:475-82.

³ Leidy HJ, et al. The role of protein in weight loss and maintenance. *Am J Clin Nutr*. 2015;101:1320S-9S.

⁴ Paddon-Jones D, et al. Protein and healthy aging. *Am J Clin Nutr*. 2015;101:1339S-45S.



NDHSCA Annual Business Meeting

July 31, 2025; 10:50 AM
Fargo Holiday Inn Convention Center Sterling/Crowne

President Mike Zier called the meeting to order at 10:50 AM.

Jon Jahner, Bowman County High School moved to accept the 2024 NDHSCA Annual Meeting Minutes as printed in the fall Dakota Coach; Nathan Horgeshimer, Killdeer High School seconded the motion. Motion passed without any dissenting voice vote.

Executive Secretary Randy Johnson gave the financial report as follows:

June 30, 2025 Financial Report

\$ 98.83 – FPSFCU Primary Shares Account Balance June 30, 2025
\$ 21,056.57 – FPSFCU Checking Account June 30, 2025
\$ 7,222.90 – FPSFCU Clinic Account June 30, 2025
\$ 29,970.55 – FPSFCU Gelaine Orvik Scholarship Account Balance June 30, 2025
\$ 49,688.58 – FPSFCU Money Market Share Balance June 30, 2025
\$108,037.43 – FPSFCU Total Cash on Hand June 30, 2025

June 30, 2024 Comparison

\$ 98.83 – FPSFCU Primary Shares Account Balance June 30, 2023
\$ 77,955.98 – FPSFCU Checking Account June 30, 2024
\$ 4,713.21 – FPSFCU Clinic June 30, 2024
\$ 29,994.71 – FPSFCU Gelaine Orvik Scholarship Account Balance June 30, 2024
\$ 38,477.62 – FPSFCU Money Market Share Balance June 30, 2024
\$151,240.35 – FPSFCU Total Cash on Hand June 30, 2024

Outstanding Income – Lions All Star Basketball (August 1, 2025 Request)

Outstanding Income – NDHSAA Support of Convention (August 1, 2025 Request)

Randy mentioned the reason for the less amount of money in the bank is because of the NDHSCA hosting the National Convention last year. We did not have all the bills paid by June 30th. This is also why he mentioned they were backing money to pay for the National Convention. Randy feels the association is doing well and will continue to work to build revenue. Thomas Wheeling, Bismarck Legacy High School moved to accept the financial report; Claudia Schoellkopf, Mandan High School seconded the motion. Motion passed without any dissenting voice vote.

Membership Chair Eric Olson gave a report on the 2025 NDHSCA State Coaches Convention as follows:

- 292 Registrations for the convention
- 81 total graduate credits – 15 one graduate credit and 33 two graduate credits
- 32 people took CPR/AED recertification
- 443 total memberships so far for 2025-2026

Jenna Anderson, Sargent Central High School moved to accept the report; Alex Askerooth, Sargent Central High School seconded the motion. Motion passed without any dissenting voice vote.

Dakota Coach Fall 2025

NDHSCA Annual Business Meeting Minutes continued from page 25.

Assistant Executive Secretary Lisa Strand gave the Dakota Coach Report. The Dakota Coach comes out the beginning of September, beginning of January, beginning of April and beginning of June. We have a number of articles from the NDHSCA Executive Board, articles from some sponsors and a lot of other information. She mentioned to the membership that if they have something interesting to put in the Dakota Coach, please send it her way. We are always looking for great articles. Jake Solper, Minot High School moved to accept the report; Jeremy St. Aubin, South Border seconded the motion. Motion passed without any dissenting voice vote.

Membership Chair Eric Olson gave a report on the 2024-2025 NDHSCA Membership as follows:

- 1345 Paid Members – This is up from 2023-2024
- 227 Total Paid Living Lifetime Members
- 1,410 Total Active Members which includes lifetime
- 11 New Lifetime Members in 2024-2025

Thomas Wheeling, Bismarck Legacy High School moved to accept the report; Jon Jahner, Bowman County High School seconded the motion. Motion passed without any dissenting voice vote.

President-Elect Greg Brown introduced the Vice President Candidates as follows:

- Travis Lemar – Central Cass High School
- Thomas Wheeling – Bismarck Legacy High School

Voting will close at 1:15 PM this afternoon. If you have not voted, please visit the registration area immediately to vote. The recipient will be announced at the North Dakota High School Coaches Association Hall of Fame/Coach of the Year banquet this evening.

Assistant Executive Secretary Scott Grochow gave a report on the NDHSCA POWERade Senior Athlete of the year balloting. Everything is going well. He needs assistance getting the BIO's back about the Regional Recipients. He needs these to send to the coaches of the sport for voting purposes. It is important for coaches to communicate this information throughout their region. Bill Jansen added the certificates are mailed to the school in the name of the Head Coach. It is important the coaches look for these if they have an athlete who is chosen at the District or Regional level. John McLaurin, Devils Lake High School moved to accept the report; Nathan Horgeshimer, Killdeer High School seconded the motion. Motion passed without any dissenting voice vote.

Assistant Executive Secretary Scott Grochow gave a report on the NDHSCA Subway Coach of the Year. He stated the biggest thing is having coaches sign up before the deadline of the season. Randy Johnson has been sending out reminders to coaches. It is important for coaches to go back to their school and have all their coaches sign up for membership. Claudia Schoellkopf, Mandan High School moved to accept the report; Thomas Wheeling, Bismarck Legacy High School seconded the motion. Motion passed without any dissenting voice vote.

Tim Wallstrum, NHSACA Executive Director of Operations gave the NHSACA Report. The NHSACA 2025 National Convention was held in conjunction with the SDHSCA state clinic from June 21-25. The convention/clinic site was the Ramkota Hotel and Convention Center in Rapid City, S.D..

The SDHSCA did a fantastic job hosting the National Convention. There should be a special acknowledgment to David Dolan and Bill Weber for all their hard work.

The NHSACA National Hall of Fame Banquet was held on Tuesday, June 24th with 39 coaches from around the nation due to be inducted. North Dakota had two legendary coaches inducted into the class of 2025. They were: Dave Michaelson from Dickinson Public Schools and Dave Zittleman from Bismarck Public Schools.

Dakota Coach Fall 2025

NDHSCA Annual Business Meeting Minutes continued from page 26.

The NDHSCA nominated 19 coaches for the National Coach of the Year Awards program this year, with 13 of the 19 coaches advancing as finalists. The NDHSCA is one of the leaders each year in the number of finalists. North Dakota's finalists include:

Mitch Lunde	Athletic Director	Minot Public Schools
Kent Schweigert	Baseball	Bismarck Century High School
Paul Lean	Boys' Assistant Coach	Fargo South High School
Gregg Grinsteinner	Boys' Basketball	Dickinson Trinity High School
Jonathon Jahner	Boys' Cross Country	Bowman County High School
Chase Gregory	Girls' Cross Country	Williston High School
Tim White	Girls' Assistant Coach	Griggs County High School
Tim Kolsrud	Girls' Track and Field	Bismarck High School
Jeremy St. Aubin	Golf	South Border High School
Matt Pfau	Soccer	Minot High School
Grant Paranca	Special Sports	Grand Forks Central High School
Chad Anderson	Tennis	West Fargo Sheyenne High School
Lisa Strand	Volleyball	Thompson High School

The National Coach of the Year banquet was held on June 25, honoring 13 National Finalists in 19 sports, with the highlight of the banquet happening when the 19 National Coach of the Year Recipients are named.

North Dakota had one recipient who received the title of National Coach of the Year. She is Coach Lisa Strand from Thompson High School in the sport of Volleyball.

North Dakota also provides a lot of critical leadership to the National Association. Current leaders include:

Jeremy St. Aubin	National Golf Sport Chair
Greg Brown	Girls' Cross Country Sport Chair and is now the National Sport Chair Coordinator
Jake Solper	National Swimming and Diving Sport Chair
Randy Johnson	National Website Administrator, Carey E. McDonald Award Recipient, and Past President
Gelaine Orvik	Past President and former Executive Director
John Hutchison	Past President and current Narrator for the Hall of Fame and COTY Banquets
Dave Dougherty	Past Executive Director and Past President
Tim Wallstrum	Past President/Current Executive Director of Operations

Next Year, the 2026 NHSACA National Convention will be held at the Hyatt Regency Coralville Hotel and Conference Center, located in Coralville, Iowa. The dates are June 29, 30 and July 1. The Iowa Girls' Coaches Association is assisting as a host. Thank you. Jake Solper, Minot High School moved to accept the report; Travis Lemar, Central Cass High School seconded the motion. Motion passed without any dissenting voice vote.

Lions All-Star Basketball Chair Michael Sorlie gave the Lions All-Star Basketball Report. Girls Games: BISMARCK – The Class A/B Girls team ran away with the game right before halftime and cruised to a 101-73 victory at Bismarck Legacy High School Gym on Monday night. Leading the way for the A/B team were Sophia Headly (Bowman) with 23 points and Kyra Beckman (Bottineau) with 18 points. For the Class AA team Brooklynn Felchle (Legacy) had 21 points. FARGO — The North Dakota Class AA Girls All-Stars earned a close, but entertaining win over the Class A/B All-Stars with a 100-96 win in the second game of the 49th annual Lions All-Star Basketball Game series on Tuesday at Fargo South High School. Brooklynn Felchle again led the AA team with 20 points and Katelyn Kackman (West Fargo) had 14 points in the win. For the A/B team Haidyn Crockett (Northern Cass) had 19 followed by Ashley Martodam (TGU) with 17 and Sophia Headly (Bowman) with 17 also. Boys Games: BISMARCK – The Class AA team got a 10-point lead going into halftime and increased their lead throughout the 2nd half cruising to a 99-76 victory. Leading scorers for the AA team were Peyton Schell (Minot) with 24 points and Hudson Sheldon (Mandan) with 18. For the A/B team Jett Lundeen (Bishop Ryan) scored 22 points. FARGO — Again, the AA team jumped on the A/B teams to have a comfortable lead throughout most of the game. The final score ended up being 110—92 in favor of the AA team. Scoring for the AA team were Hudson

Dakota Coach Fall 2025

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Sheldon with 19 points and Aric Winczewski also with 19 points. For the A/B team Parker Brodina lead all scorers with 24 points. Coaches for this year's game were as follows:

Girls A/B coaches

Jimmy Howard (Valley City) Mike Zimmer (Kenmare)

Girls AA coaches

Shannon Copas (Mandan) Matt Veit (Fargo Davies)

Boys A/B coaches

Broderick Bosch (Bishop Ryan) Dustin Brodina (Devils Lake)

Boys AA coaches

Darin Mattern (Century) Bart Mansion (Fargo Davies)

Boys reported to Fargo to be hosted by the Gateway Lions and the Girls reported to Bismarck to be hosted by the Bismarck Lions club. No issues were reported to Chairmen of games! Tim Kolsrud, Bismarck High School moved to accept the report; Spencer Wheeling, Bismarck Century High School seconded the motion. Motion passed without any dissenting voice vote.

Optimist Volleyball All-Star Chair Lisa Strand gave the Optimist All-Star Volleyball Report. The 2025 NDHSCA/Optimist All Star matches were held Monday, June 16 at Fargo South High School and Tuesday, June 17 for the first time at the newly constructed Mandan High School. Players and coaches reported to Fargo on Friday, June 13, checking in at the Expressway Inn. Practices were held at Fargo South High School on Friday afternoon, twice on Saturday, one on Sunday and one Monday morning before the Monday evening event.

Players were selected by North Dakota high school coaches of both the Class A and Class B divisions. Nominations were made at the regional level and voted on at a meeting held at the State Tournament of the coaches of each respective division. Tim Wallstrum facilitated the voting using an online survey he had prepared for the Class B players. The Class A coaches had a similar process for selecting their players. Once we had the 24 chosen players (12 Class A and 12 Class B and a list of alternates) from 12 from the east and 12 from the west, a letter and forms were sent out with a specific deadline to return the completed forms with a commitment to play. Coaches from the highest finishing Class A and B from east and west are also contacted and invited to coach in the series. This year's coaches were for the Red Team, Jamie Zastoupil of Bismarck Century and Rich Olson of Kenmare. The Blue Team was coached by Keturah Schwarzrock of South Prairie Max and Stephanie Oliver of Fargo Davies and Tim Wallstrum of Kenmare.

Once a roster of 24 players was solidified, the All Star Co-Chairs and the designated coaches meet via an online format to draft the players onto either the Red or the Blue team. Every effort was made to evenly match the teams with the right mix of 12 players while ensuring each team had players to fill every position.

In the two match series, the first being held June 16 at Fargo South High School, the Red Team was victorious, winning 3 sets. As per the protocol in the All Star series, a 4th set was played and the Red Team won that set as well. On June 17, at Mandan High School, the Blue Team was victorious over the Red Team in an exciting 5 set match with the Blue Team winning 3-2.

Both matches were very well attended and streamed online by Your Live Event. We are grateful for all those that helped to make the series possible. Special thanks to Lori Dekeyser and the Fargo Optimist Club for providing the hotel rooms, transportation to practices and other sites, food, uniforms, programs, and all the fun outings for the players. Thank you to the host schools of Fargo South HS and Mandan HS and their Athletic Directors, Michael Beaton and Mark Wiest, the volleyball coaches, officials, line judges, scoreboard operators, bookkeepers, statisticians and everyone else that helped to make this event successful.

With the 3 Class System being implemented in Volleyball beginning Fall 2025 player selection will include a new format. Ideas have been discussed between the NDHSCA and the Optimist Club of Fargo, but no definite decision has been made. At this time, we would like to thank Tim Wallstrum for his time as an All-Star Co-Chair. After serving in this position for 16 years, Tim has decided to step down to focus on his duties in the National High School Athletic Coaches Association. We appreciate all the time and effort Tim has put into this position to help make this event a success. Jamie Zastoupil,

Dakota Coach Fall 2025

NDHSCA Annual Business Meeting Minutes continued from page 28.

Bismarck Century High School will be filling Tim's position as the Optimist All-Star Volleyball Chair. Jenna Anderson, Sargent County High School moved to accept the report; Jon Jahner, Bowman County High School seconded the report. Motion passed without any dissenting voice vote.

Membership Chair Eric Olson gave the Shrine All-Star Football Report that was submitted by Bill Lorenz. The 2025 Shrine Football Games were played at Jerome Berg Field on the campus of Mayville State University on Saturday, June 21st. The 11-man East team beat the West team 10-7 in the first game. The 9-man East team won the second game 24-8 over the West squad. These were two well-played games with the athletes competing until the final horn.

The week started with 129 players and 16 coaches checking into the dorm on the campus of Mayville State University. MSU was a very gracious host. The housing, dining, and practice facilities were able to handle our large group with ease. Rocky Larson (head football coach/AD) and his staff do an outstanding job of taking care of our coaches and athletes during the week. Everyone that was involved was very accommodating. The community of Mayville was also very welcoming. Our players and coaches were able to use multiple facilities within the community and on campus. We also held our annual banquet in the field house at MSU. The facility was able to handle a crowd of over 600 people. There was plenty of space for people to move around and be very comfortable during this time.

Our annual media day was held on Thursday. Along with talking to the media, the players also attended sessions and were able to learn about the purpose and goals of the Shrine Hospital. They also were able to listen to and interact with patients from the surrounding area. These patients were able to tell their stories about how the Shrine hospital was able to help them. This was an excellent opportunity for the athletes to hear about the benefits that the hospital provides.

Preparations for the 2026 game have already started. The committee is planning on having all four teams and coaches practice at Mayville State University again. A tentative date for the game is still being discussed but a mid-June date is the preference.

In visiting with numerous players and coaches everyone had a great experience during the week leading up to the game and on game day. Tim Baustian, Dickinson Trinity High School moved to accept the report; Jeremy St. Aubin, South Border seconded the motion. Motion passed without any dissenting voice vote.

Assistant Executive Secretary Scott Grochow gave the Longevity Report. An e-mail was sent out to the coaches who have 20, 25, 30, 35, 40, 45, and 50+ years of coaching. Scott asked for a reply to the e-mail on whether they wanted an award. The 40, 45, and 50+ are just given a plaque. A complete list will be in the program at tonight's NDHSCA Hall of Fame/Coach of the Year Banquet.

Executive Secretary Randy Johnson gave a report on the sponsorships. POWERade sponsors the Senior Athlete of the Year Award. It is very important if you have an athlete who is the recipient to have them and you as a coach send a thank you note to the sponsors. This is important. The sponsor in Dickinson has every one of them since they began the sponsorship. Subway sponsors the Coach of the Year Awards and also contributes to the NDHSCA Gelaine Orvik Scholarship Award. Scheels provides the sponsorship for the six \$750.00 scholarships that go to Seniors of coaches who are members of the NDHSCA. North Dakota Beef Commission provides sponsorship for the meal at Monday's sessions. They are very good about trying to provide a speaker. North Dakota Farmers Union Insurance gives us a sponsorship for the convention and will help provide you with today's luncheon following the meeting. Sanford Health is also a major contributor to the NDHSCA. They do provide us with great articles for the Dakota Coach.

Executive Secretary Randy Johnson gave the NDHSCA Website Report for Dave Zittleman. The website should be update in about a month. This is a continuous process. The documents will be updated and sent to Dave to post. Visit the website to see what is happening with the Association. Lisa Montplaisir, West Fargo High School moved to accept the last three reports; Mark Lardy, Bismarck High School seconded the motion. Motion passed without any dissenting voice vote.

Dakota Coach Fall 2025

NDHSCA Annual Business Meeting Minutes continued from page 28.

Membership Chair Eric Olson gave an update on the X Account. We have 2,244 followers. The followers increase with every State Tournament. They also increase every convention. We try to post the NDHSCA Subway State Coach of the Year, NDHSCA State POWERade Senior Athlete of the Year, Monday Motivation, Thursday Throwbacks, information about upcoming events, etc. Thomas Wheeling, Bismarck Legacy High School moved to accept the report; Claudia Schoellkopf, Mandan High School seconded the motion. Motion passed without any dissenting voice vote.

Executive Secretary Randy Johnson told the members the 2026 NDHSCA State Coaches Convention is scheduled for the Mandan Baymont. It will be held on July 27 – July 29. It is a three-day convention. Randy also discussed the new NDHSCA App. He recommended everyone download the App for future use.

President Mike Zier discussed the membership information that is available from the NDHSCA. He mentioned the importance of nominating Assistant and Junior High Coaches for the Coach of the Year Award. He mentioned to the membership to become involved in the Association. How about running for Vice President. Please visit with the board members if you are interested. He also talked about the importance of sending information to Randy for Award of Merit and Special Recognition. He encouraged the membership to read the Dakota Coach. He mentioned there is something special coming out in the Dakota Coach Newsletters this year, coaches need to read it to find out. There is a lot of information in this newsletter. Take advantage of it.

Executive Secretary Randy Johnson talked about the NDHSCA Liability Insurance. Members have a \$1,000,000 Liability coverage with \$2,000,000 aggregate. It is also important for coaches to take out the camp insurance if they are having any summer camps or leagues. This will help the coaches and the NDHSCA keep our Liability Insurance to a minimum.

Randy Johnson thanked the NDHSCA Membership for their donations to the NDHSCA Gelaine Orvik Scholarship. The membership gave, \$1,565.00 to the scholarship fund with donations as they registered. The fund brought in \$579.00 last night at the Corn Hole Tournament. Jake Solper, Minot High School moved to accept the last four reports; Lisa Montplaisir, West Fargo High School seconded the motion. Motion passed without any dissenting voice vote.

Past President Rick Anderson moved to nominate Randy Johnson for the NDHSCA Executive Secretary for the 2025-2026 School year; Thomas Wheeling, Bismarck Legacy High School seconded the motion. There were no other nominations. The motion passed without any dissenting voice vote.

Vice President Lisa Jenkins gave out the door prizes for attending the meeting.

Executive Secretary Randy Johnson invited everyone to have lunch. Lunch was sponsored in part by North Dakota Farmers Union Insurance. The water, soda and lemonade are in the back of the room.

President Mike Zier adjourned the meeting at 11:58 AM.

PUT THIS IN YOUR CALENDAR!

The 2026 NHSACA National High School Athletic Coaches Association National Convention will be held at the Hyatt Regency Coralville Hotel and Conference Center in Coralville, Iowa.

The dates will be June 29, June 30 and July 1.





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.

The image displays two vertical promotional posters for the Coaches Assistance Program (CAP). The left poster features a coach in a white shirt and dark pants, seen from behind, standing on a baseball field. The right poster shows a coach in a white shirt and dark pants, seen from behind, standing on a baseball field. Both posters include the CAP logo at the top, which is a circular emblem with the text 'CAP COACHES ASSISTANCE PROGRAM' and a stylized 'j' logo. The main title 'COACHES ASSISTANCE PROGRAM' is prominently displayed in large, bold, white letters. Below the title, the text reads: '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.' The website address 'www.CoachesAssistanceProgram.com' is at the bottom. The right poster also includes a section titled 'The Coaches Assistance Program (CAP)' followed by a paragraph describing the program's goals and a list of included resources: 'Facts and statistics about suicide', 'Warning signs exhibited by those considering suicide', 'Coaches library featuring mental health issues experienced by student-athletes', and 'Access to trainings developed for coaches and school personnel'. The Jason Foundation, Inc. logo is at the bottom of the right poster, along with the text '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.' and the website address 'www.CoachesAssistanceProgram.com'.

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

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

www.CoachesAssistanceProgram.com

2026 NDHSCA-NHSACA National Coach of the Year Nominees

<u>Sport</u>	<u>Coach or Athletic Director</u>	<u>School</u>
Athletic Director	Scott Grochow	Rugby HS
Baseball:	Peter Stenberg	Minot HS
Basketball – Boys’	Darin Mattern	Bismarck Century HS
Basketball – Girls’	Jason Brend	Thompson HS
Cross Country – Boys’	Shane Wahlstrom	Williston HS
Cross Country – Girls’	Greg Brown	Mandan HS
Football	Steve Kleinjan	New Salem HS
Golf	Shane Hannegreffs	Minot North HS
Soccer	Thomas Marcis	Bismarck Legacy HS
Softball	Amanda Mickey	Dickinson HS
Special Sports	Casey Berry	Dickinson HS
Swimming & Diving	Jake Solper	Minot HS
Tennis	Paul Christen	Mandan HS
Track & Field – Boys’	Justin Miller	Bismarck Century HS
Track & Field – Girls’	Robert “Bobby” Hoffner	Benson County
Volleyball	Rich Olson	Langdon Area HS
Wrestling	Randy Burwick	Hettinger HS
Assistant COTY – Boys’	Cory Volk	Bismarck Century HS
Assistant COTY – Girls’	Sara Bohrer	Bismarck Century HS



A WINNING COMBO



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Subway® app or online at www.subway.com

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SUBWAY®



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

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.

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 2025-26 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

You receive a Dual Membership: As a NDHSCA member, you become a member of the National High School Athletic Coaches Association. This is a great benefit itself!

Dakota Coach Fall 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, 2025-August 1, 2026

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

LOOMIS & LAPANN, INC.
INSURANCE SINCE 1852

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.

NHSACA ONLINE MEMBERSHIP LINK

PLEASE TAKE NOTE!

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 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.

Click Here:

www.ndhsca.com

Go Online to Find:

Forms

All Star Teams

All-State Teams

Coaches Resources

Insurance Information

Scholarship Information

And More!





Dakota Coach Fall 2025



2024-2025 NDHSCA SPORTS ADVISORY COMMITTEES

SPORT	REPRESENTATION	TERM
<u>BASEBALL:</u>		
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
Hans Anderson; Fargo Davies HS	A Division East Representative	2025-2029
<u>BASKETBALL – Boys’:</u>		
Isaac Sondrol; Velva HS	B Division Representative	2023-2026
BJ Etzold; Bismarck St. Mary’s HS	AA Division Representative	2024-2027
Jeff Ralph; Wahpeton HS	A Division Representative	2025-2028
<u>BASKETBALL – Girls’:</u>		
Jason Brend; Thompson HS	A Division Representative	2023-2026
Jaci Mrnak; Bowman County HS	B Division Representative	2024-2027
Jason Schwarz; Minot HS	AA Division Representative	2025-2028
<u>CROSS COUNTRY:</u>		
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
Tim Vaustian; Dickinson Trinity HS	B Division West Representative	2021-2025
<u>FOOTBALL:</u>		
Ben Wollenzien; Towner-Granville-Upham	9-Man Division Representative	2022-2026
Bret Dockter; Harvey-Wells County	A Division Representative	2023-2027
Richard DaFoe; Grand Forks Red River	A Division East Representative	2024-2028
Wayne Werremeyer; Fargo Davies HS	AAA Division Representative	2025-2029
<u>GOLF:</u>		
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
Jeremy St. Aubin; South Border HS	B Division Girls’ Representative	2025-2029
<u>GYMNASTICS:</u>		
Grace Brandt; Wahpeton-Breckenridge	East Representative	2023-2026
Rachel Johnson Krug; Bismarck Public Schools	At Large Representative	2024-2027
Bre Carlson; Jamestown High School	West Representative	2025-2028
<u>HOCKEY:</u>		
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
David Benson; West Fargo Sheyenne HS	Boys’ Representative	2025-2029
<u>SOCCER:</u>		
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
Nick Christianson; Fargo Davies HS	Girls’ East Representative	2025-2029
<u>SOFTBALL:</u>		
Matt Chandler; Thompson High School	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
Mark Woodbury; West Fargo Sheyenne HS	Class A East Representative	2025-2029

Dakota Coach Fall 2025



2024-2025 NDHSCA SPORTS ADVISORY COMMITTEES



SPORT	REPRESENTATION	TERM
<u>SWIMMING & DIVING:</u>		
Cale Schafer; Bismarck HS	Boys' Representative	2023-2026
Thomas Wheeling; Bismarck Legacy HS	At Large Representative	2024-2027
Talia Butery; Fargo North HS	Girls' Representative	2025-2028
<u>TENNIS (Appointed by Tennis Advisory):</u>		
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
Kyle Christianson; Fargo South HS	East Boys' Representative	2025-2029
<u>TRACK & FIELD – Boys':</u>		
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
Justin Miller; Bismarck Century	A Division West Representative	2025-2029
<u>TRACK & FIELD – Girls':</u>		
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
Tim Kolsrud; Bismarck HS	A Division West Representative	2025-2029
<u>VOLLEYBALL:</u>		
Brianna Kline; Bismarck HS	A Division Representative	2023-2026
Jenna Anderson; Sargent County	B Division Representative	2024-2027
Breanna Sisson; Dickinson Trinity HS	At Large Representative	2025-2028
Rich Olson; Langdon HS	B Volleyball Executive Appointee	2025-Present
Stacy Hanson; May-Port CG	A Volleyball Executive Appointee	2025-Present
<u>WRESTLING (Appointed by Wrestling Advisory):</u>		
Chad Barstad; Velva HS	B Division President	2023-2026
Dave Wolding; New Salem HS	B Division Representative	2024-2027
Mark Lardy; Bismarck HS	A Division President	2025-2028
Scott Knowlen; Bismarck Public Schools	Girls West Wrestling Representative	2023-2026
Chris Brossart; Rugby HS	Girls East Wrestling Representative	2023-2027
Matt Berglund; Grand Forks Red River HS	Girls East Wrestling Representative	2024-2028
Jerry Stravia IV; Dickinson HS	Girls West Wrestling Representative	2025-2029



NORTH DAKOTA HIGH SCHOOL COACHES ASSOCIATION Sports' Advisory Committee Application

NAME: _____
 SCHOOL: _____
 Home Address: _____
 City, State & Zip: _____
 Sport: _____ E-Mail Address: _____

Years of Coaching: _____ Home Phone: _____ School Phone: _____
 Number of Years of Membership to the NDHSCA: _____

Duties of a Sports Advisory Committee Member include:

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

Return Form to:

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

Longevity Information for 2025-2026 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 2026 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.



Senior Athlete Criteria

- 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.



North Dakota High School Coaches Association



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
Bass Dave; Valley City State University
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
DeLorme, Scott; Minot 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
Haussler, Jim; Bismarck Schools
Healy, Dennis; Williston HS
Hendrickson, Eric; Minot
Herman, Matt; Ellendale HS
Hertel, Dale; Fargo South HS
Hintz, Brent; West Fargo Horace HS
Hoeckel, Greg; Carrington HS
Hofer, Dr. Herb; Cankdeska Cikana CC
Hoff, David; Bottineau HS
Hoffner, Bobby; Benson County
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
Lach, Andy; Minot HS
LaDouceur, Greg; Grand Forks RR HS
Lardy, Mark; Bismarck HS

NDHSCA Paid Lifetime Memberships



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



Forms Available Online

Available on the NDHSCA website
Search “NDHSCA” or enter

www.ndhsca.com



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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
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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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