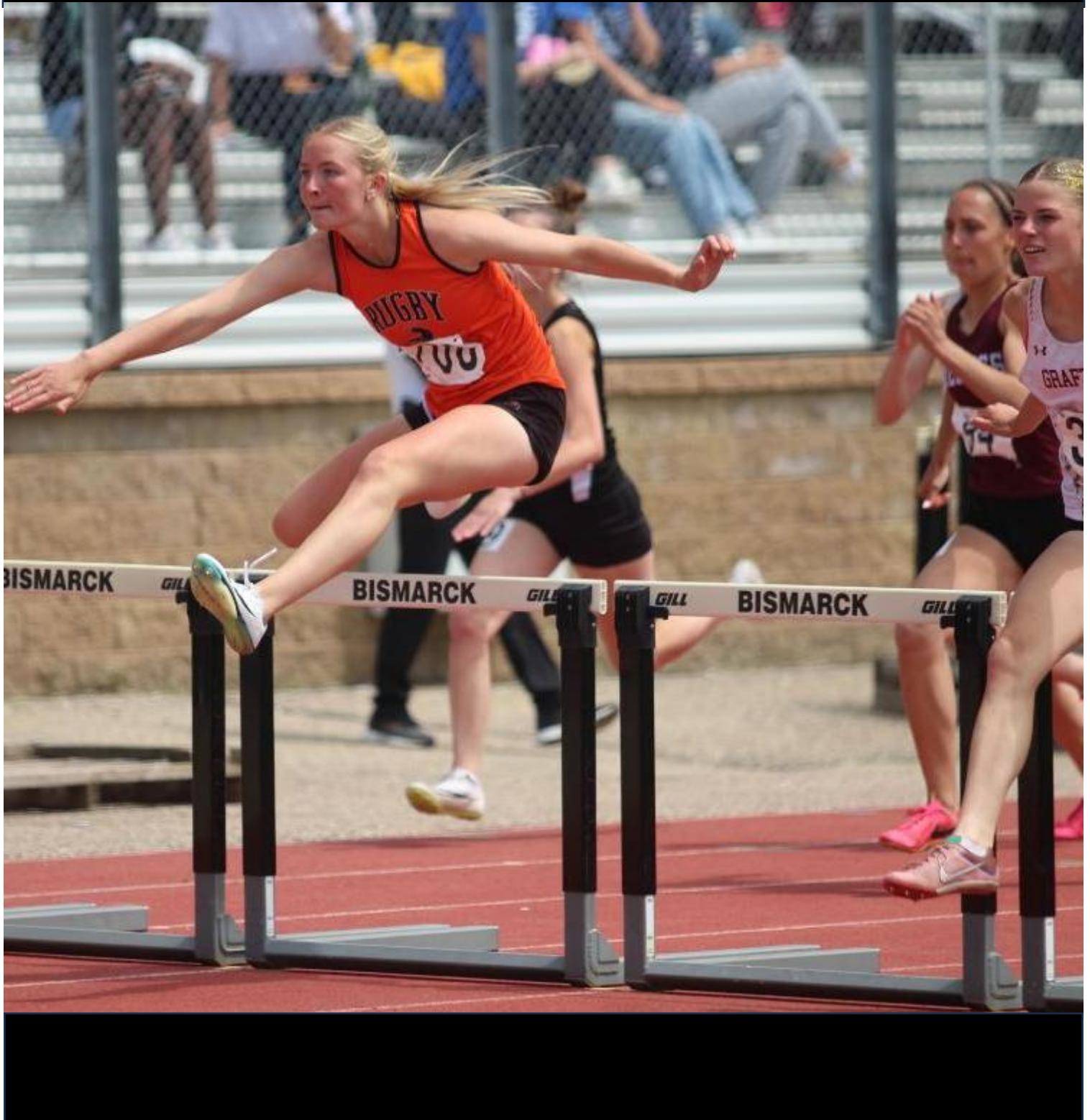


Dakota Coach

Volume #60 Issue 3





North Dakota High School Coaches Association

Message from NDHSCA President. Greg Brown
Spring Inspiration page 4

Message from Past President, Jamie Zastoupil
Never Underestimate... page 6

NDHSCA Executive Secretary Message
Randy Johnson page 7

NHSACA Message
Randy Johnson page 9

NDHSCA VP Candidates page 11

NDHSCA Hall of Fame Inductees page 11

NDHSCA Award of Merit/Special Recognition page 13

NHSACA Hall of Fame Inductees page 15

NHSACA Coach of the Year Finalists page 16

Jason Foundation Article on Depression page 19

All Star Event Date page 20

NDHSCA Coaches Convention Info page 21

Article by Jeremy St. Aubin page 25

Sports Advisory Members page 37

In This Issue

Executive Committee.....	3
Message from Pres. Greg Brown.....	4
Message Past President Jamie Zastoupil....	6
Exec. Secretary Johnson’s Message.....	7
NHSACA Report, Randy Johnson.....	9
Vice President Candidates.....	11
NDHSCA Hall of Fame.....	11
Special Recognition/Award of Merit.....	13
Winter Assistant COTY.....	14
NHSACA Hall of Fame.....	15
NHSACA COTY Finalists.....	16
Jason Foundation “Depression”.....	17
NDHSCA COTY.....	18
Powerade Outstanding Seniors.....	19
All Star Events.....	20
NDHSCA Coaches Convention Info	21
Nominate a Positive Athlete.....	23
Article: “What are you doing”	25
Longevity List.....	27
Insurance -LOOMIS & LAPANN.....	29
Membership Benefits.....	35
Online Membership Link.....	36
Advisory Committees.....	37
Longevity Information.....	39
Paid Lifetime Members.....	40
Past Presidents.....	42
Forms Available Online.....	43
NDHSCA Code of Ethics.....	46
Coaches Code of Conduct.....	47
Dakota Coach Publication Info.....	48

facebook

X @ndhsca1

Cover Photo Credit to: NDHSAA

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



Dakota Coach Spring 2026

2025-26 NDHSCA Executive Committee



**President
Greg Brown**

2507-6th Avenue NW
Mandan, ND 58554

Phone Numbers:
(h) 701-570-0554
(w) 701-570-0554
(c) 701-570-0554
gregory.brown@msd1.org



**President Elect
Lisa Jenkins**

724 High Park Drive N
Wilton, ND 58579

Phone Numbers:
(h) 701-202-1495
(w) 701-202-1495
(c) 701-323-4550
lisa_jenkins@bismarckschools.org



**Vice President
Travis Lemar**

52 – 4th Ave. N.
Casselton, ND 58012

Phone Numbers:
(h) 701-730-2381
(w) 701-347-5352
(c) 701-730-2381
travis.lemar@k12.nd.us



**Immediate Past
President
Mike Zier**

PO Box 353
Beach, ND 58621

Phone Numbers:
(h) 701-872-3140
(w) 701-872-4161
(c) 701-872-3140
mike.zier@k12.nd.us



**Past President
Jamie Zastoupil**

736 Mustang Drive
Bismarck, ND 58503

Phone Numbers:
(h) 701-224-1231
(w) 701-323-4900
(c) 701-730-5192
jamie_zastoupil@bismarckschools.org



**Executive Secretary
Randy Johnson**

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

Phone Numbers:
(h) 701-870-1064
(w) 701-870-1064
(c) 701-870-1064
duck@westriv.com



**Assistant Executive
Secretary
Scott Grochow**

409 7th Avenue SE
Rugby, ND 58368

Phone Numbers:
(h) 701-776-5201
(w) 701-776-6854
(c) 701-771-2709
scott.grochow@k12.nd.us



**Assistant Executive
Secretary
Bill Jansen**

410 7th Avenue SE
Rugby, ND 58368

Phone Numbers:
(h) 701-776-7758
(w) 701-776-5201
(c) 701-351-0844
william.jansen@k12.nd.us



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

1511 7th Avenue NE
Thompson, ND 58278

Phone Numbers:
(h) 218-779-3404
(w) 701-599-2765
(c) 218-779-3404
lisa.strand@tps-k12.org



**Membership
Chairperson
Eric Olson**

121 Maplewood Dr.
Gwinner, ND 58040

Phone Numbers:
(h) 701-678-6842
(w) 701-678-2492
(c) 701-730-2018
eric.olson@k12.nd.us



**Lions' Basketball
Co-Chairs**

Michael Sorlie
PO Box 5
Gwinner, ND 58040
Phone Numbers
(c) 701-527-5273
(h) 701-678-3823
michael.sorlie@k12.nd.us

Mike Hendrickson
1408 57th Avenue S
Fargo, ND 58104
Phone Numbers
(c) 701-367-6546
(h) 701-367-6546
hendrim@fargo.k12.nd.us

**Shrine Football
Chair**

Bill Lorenz
1431 Chestnut Street
Grand Forks, ND 58201
Phone Numbers
(c) 218-791-3121
(h) 701-795-7818
wlorenz280@mygfschools.org

**Optimists' Volleyball
Co-Chairs**

Lisa Strand
1511 7th Avenue NE
Thompson, ND 58278
Phone Numbers:
(c) 218-779-3404
(h) 218-779-3404
lisa.strand@tps-k12.org

Jamie Zastoupil
736 Mustang Drive
Bismarck, ND 58503
Phone Numbers
(c) 701-730-5192
(h) 701-224-1231
jamie_zastoupil@bismarckschools.org





Spring Inspiration



Message from NDHSCA President Greg Brown

Congratulations to all Championship teams, Coach of the Year recipients, and Athletes of the Year. This season has demonstrated outstanding athletic achievement across numerous events in North Dakota. It has been rewarding to observe and engage with athletes from a variety of sports throughout the winter season, and the level of competition in North Dakota continues to be a source of pride for our State.

We also extend our congratulations to the North Dakota coaches selected to represent our state at the upcoming NHSACA Convention on June 29th, 30th, and July 1st. Once again, North Dakota is well represented for this national distinction, reflecting the dedication, experience, and leadership that distinguish our coaching community.

With the arrival of spring, I'm quickly reminded of how swiftly each school year seems to pass. Every year when Track and Field begins, it feels like there's so much school left—but then I do a quick count and realize there are fewer than 60 days until the state track meet, which is when the pressure starts building. Snow still covers the ground, shot put and long jump pits are frozen, and during the first three weeks of practice, temperatures swing anywhere from 15 to 70 degrees—making it feel impossible to get everyone ready! At the start, only about 75% of our athletes attend practices because many are still competing in winter sports. After three to four weeks, those seasons wrap up, and the weather finally warms. It's shaping up to be a great season. As coaches, we sometimes let the small things we can't control overwhelm us. I know I tend to get agitated and grumpy at the start of each season. There always seems to be a problem to solve—whether it's gym space or athlete safety—so these concerns are constantly on a coach's mind.

At times, I reflect on my motivations for continuing in this profession and consider whether it may be time to retire. However, when athletes arrive early for 6:30 am practice, engaging with them rekindles my passion for coaching. The opportunity to work with numerous talented individuals each day is both rewarding and fulfilling. While occasional challenges arise—such as conflicts, varying personalities, and differences in work ethic, the consistent chance to support athletes in their development, both as competitors and as young adults, is invaluable. Many of the athletes I have coached exemplify the reasons for my continued commitment: they attend practice to enhance their athletic performance, to mature into responsible adults, and sometimes simply to maintain their health. Ultimately, this ongoing process is what inspires me.

The 2026 North Dakota State Coaches Convention will take place in Mandan from July 27th-29th. Registration will open soon as the final spots are filled. The convention is open to all coaches within our systems, not just varsity, so encourage your Middle School, JV, and C Squad coaches to attend. The North Dakota High School Coaches Association provides equal benefits and award opportunities for all members, including Coach of the Year nominations for every level. To submit a nomination, visit the NDHSCA website and select the form tab on the left for instructions.

Spring sports state competitions are approaching. I encourage you to support your local teams and prepare for the upcoming State Coaches Convention in Mandan this July. I look forward to seeing coaches join us for this important event.

NDHSCA President, Greg Brown



MASTER OF SCIENCE IN ATHLETIC ADMINISTRATION & COACHING

AT THE UNIVERSITY OF NORTH DAKOTA

100% Online | 30 Credits | ~2 Years to Complete

Turn your passion for sports into leadership impact.

The M.S. in Athletic Administration & Coaching at the University of North Dakota prepares professionals to lead athletic programs with integrity, strategy, and confidence. Whether you're a coach ready to advance, an educator ready to rise to the next level, or a professional looking to pursue a career in sports leadership, this program equips you with the skills to excel.

Through our core curriculum, you'll learn to:

- Navigate ethical challenges in sports leadership
- Manage sports organizations effectively
- Assess and mitigate risks in athletic programs
- Apply effective coaching strategies to develop high-performing athletes and teams



Learn more about UND's Athletic Administration & Coaching Master's Program today!

und.edu/programs/athletic-administration-and-coaching-ms

Questions?

Contact Program Director Dr. Mark Rerick
at 701.777.4343 or mark.a.rerick@UND.edu



Never Underestimate Your Influence

Message from Past President, Jamie Zastoupil

As I sit down to write this final article for the *Dakota Coach Newsletter*, I find myself reflecting on a journey that has meant more to me than I can fully put into words. Serving on the North Dakota High School Coaches Association board—and having had the honor to serve as president—has been one of the most meaningful chapters of my professional life. With my term concluding in July, this moment feels less like an ending and more like a transition—one that carries both gratitude and optimism for what lies ahead.

First, I would like to say congratulations to all the winter state competition qualifiers as well as all our State Champions. Also, congratulations to our winter Powerade senior athletes of the Year and the Subway Coaches of the Year. You are all fine representatives in each of your respective sports. With the success we see for all these teams and individuals we hope success goes beyond the competition.

Coaching has never been just about wins and losses. At its core, it is about relationships, mentorship, and the lifelong impact we have on the young people entrusted to us. Throughout my time on the board, I have been continually surrounded by dedicated coaches across our state who show up every day committed to something bigger than themselves.

One of the things I am most proud of is the continued emphasis on education and growth within our coaching community. The game continues to evolve, and so must we. But while strategies, technologies, and expectations may change, the values of integrity, respect, and accountability remain constant. Those are the principles that define great coaches—and they are alive and well in North Dakota.

As I transition off the board, I do so with complete confidence in the direction of the NDHSCA. The foundation is strong, and the future is bright. There is great work being done, and even greater opportunities ahead. I encourage all coaches—whether you are just starting your career or have decades of experience—to stay engaged. Your voice matters. Your perspective matters. And most importantly, your impact matters.

To every coach reading this: never underestimate the influence you have. The lessons you teach extend far beyond the field, court, or track. Long after the final whistle, your athletes will remember how you made them feel, what you stood for, and the standards you set. That is the true measure of our profession.

Finally, I want to express my sincere gratitude. Thank you to the board members I've served with, the coaches I've learned from, and the student athletes who remind us why we do what we do. It has been an honor to serve this association and to be part of such a dedicated and passionate community. Thank you for allowing me to be part of this journey.

With gratitude,

NDHSCA Past President, Jamie Zastoupil

The 2026 NDHSCA Convention is a 3 Day Convention!

To be held at the Mandan Baymont Hotel and Convention Center

July 27, 28, and 29 - Book your rooms TODAY!

Click Here to Reserve your Room: [NDHSCA State Coaches Convention - Hotel Specials | Playeasy](#)

Dakota Coach Spring 2026



Message from NDHSCA Executive Secretary, Randy Johnson



It has been an exciting Winter Sports Season! The weather has been very cooperative and there were a lot of outstanding accomplishments by teams and individuals. Congratulations to the State Champions, NDHSCA Subway Coach of the Year Recipients and the NDHSCA POWERade Senior Athlete of the Year Recipients! We are looking forward to a fantastic Spring Season.

I have been reflecting on conversations I have had with coaches and teachers. This has prompted me to ask two important questions. Are we allowing kids to be kids? Do we encourage them to think for themselves? I recently had a conversation with a young elementary teacher. She commented about her students' lack of imagination and inability to make decisions. The teacher was surprised the students did not have an interest in going outside to play at recess. They just wanted to be on their iPad. She insisted on them going out to play. The students asked her what they would play if they went outside. This sparked the teacher to visit with her co-workers and all of them validated what her thoughts were. It seemed these kids had the parents thinking for them and the term "Helicopter Parents" came to my mind. Kids need to think outside the box. Are we doing the same thing as coaches? Outside of the season athletes should organize their own pick-up games no matter what sport they play. Some of the best players which I have coached had shot hoops on their own and had teammates over to play in their back yard. These athletes showed their interest in becoming better players without feeling the stress of a coach or of a parent pushing them. Therefore, their skills improved and they built their love of sport on their own.

Several years ago, I had a conversation with a very successful high school coach. He related to me that we should expect our athletes to improve their skills during the off season. How can we as coaches help our athletes improve their skills? This coach said one way he could assist his athletes was to attend conventions and clinics. If we acquire only one or two important points at the conference, it will be successful. The collaboration with other coaches at the convention is invaluable. We can learn from dialogue. I strongly encourage every coach to consider attending our 2026 NDHSCA State Coaches Convention at the Mandan Baymont Hotel. ***The convention is Monday, July 27th through Wednesday, July 29th.*** Bring your assistant and junior high coaches with you. It will be a fulfilling experience for all in attendance.

The NDHSCA State Coaches Convention provides an opportunity for coaches to recertify in CPR/AED and concussion management. Keep in mind that attending the State Convention works towards recertification as a coach. We have a variety of high school and college coaches who will be speaking and addressing a number of disciplines. The NDHSCA is providing a noon luncheon with a speaker on Monday and Tuesday. We will also provide a noon lunch for all coaches who attend our Annual Meeting on Wednesday. Tuesday night will feature a free taco bar, and the horse races are back this summer for entertainment. The convention finishes with the NDHSCA Hall of Fame/Coach of the Year banquet on Wednesday night. I am hoping to have registration available by May 5th. You may reserve your hotel rooms today by clicking the following link:

[NDHSCA State Coaches Convention - Hotel Specials | Playeasy](#)

I strongly encourage coaches to become involved in the NDHSCA. It is an experience you will cherish for the rest of your life. We have openings every year on the Sport Advisory Committees. We are always looking for coaches to run for the Vice President position. Please visit 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. One goal is to educate and mentor coaches. This goes beyond the X's and O's. It is about building leaders and strong role models for our youth. Coaches have an opportunity to assist in shaping tomorrow's leaders. The NDHSCA offers the best recognition program for coaches. The Coach of the Year Awards are voted on by the coaches in each sport. What a great honor to be recognized by your peers!

Continued page 8

Dakota Coach Spring 2026

NDHSCA Executive Secretary Report Continued from page 7

The NDHSCA is a dual member of the National High School Athletic Coaches Association. This means if you are a member of the NDHSCA, you automatically are a member of the NHSACA. Our members have an opportunity to be recognized at the National level as well. 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 wish everyone an excellent spring and strong 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. SEE YOU THIS SUMMER IN MANDAN!



Sincerely for the Coaching Profession
Randy Johnson
NDHSCA Executive Secretary

Your NDHSCA Membership is a Dual Membership with NHSACA



North Dakota High School
Coaches Association



ODP Business Solutions™

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

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

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





Greetings from the National High School Athletic Coaches Association



The National High School Athletic Coaches Association is working hard to finalize the 2026 NHSACA National Coaches Convention. It will be held in Coralville, Iowa. The dates of the convention are June 29, 2026 – July 1, 2026. It will be held at the Coralville Hyatt Regency Hotel and Conference Center. This looks to be an outstanding three days of great speakers and sessions. I strongly encourage your attendance if you can make it. Look at our website: www.nhsaca.org for the updated schedule. The schedule changes weekly right now.

Tim Wallstrum, NHSACA Executive Director from Kenmare, has informed me who the National Coach of the Year Finalists are from North Dakota. Below is the list:

- | | | |
|-------------------------------------|------------------------|---------------------|
| • Athletic Director | Scott Grochow | Rugby HS |
| • Baseball | Peter Stenberg | Minot HS |
| • Basketball – Boys' | Darin Mattern | Bismarck Century HS |
| • Cross Country – Girls' | Greg Brown | Mandan HS |
| • Football | Steve Kleinjan | New Salem HS |
| • Special Sports | Casey Berry | Dickinson HS |
| • Swimming & Diving | Jake Solper | Minot 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 |
| • | | |

Congratulations to each of you! This is quite an honor. You are all worthy of being named the NHSACA National Coach of the Year in your respective disciplines. North Dakota is very proud of you. The NHSACA National Coach of the Year Banquet is scheduled for Wednesday, July 1 at the Coralville Hyatt Regency Hotel and Conference Center. Good Luck!

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

- Larry Sandy – Velva High School
- Tim Wallstrum – Kenmare High School

Congratulations Larry and Tim on this accomplishment! This is a great honor and very well deserved. North Dakota is very delighted to see these two outstanding individuals be inducted this summer at the NHSACA National Hall of Fame Banquet on Tuesday, June 30th at the Coralville Hyatt Regency Hotel and Conference Center.

continued on page 10

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
- Jeremy St. Aubin: National Golf Sport Chair - South Border
- Greg Brown: Sports Chair Coordinator - Mandan High School
- 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. You are a member of the NHSACA as long as you maintain your membership with the NDHSCA.

If you are interested in attending the NHSACA National Convention in Iowa, please let me know. I will give you information on how to register. It is available on the NHSACA website: www.nhsaca.org. It will be great convention this summer with some outstanding speakers.

Respectfully submitted
Randy Johnson, NHSACA Past President



Dakota Coach Drawing Winners

Nikki Hillman is the winner of the drawing for reading the Winter Dakota Coach and finding the clues located in the Winter issue. She will be awarded at the 2026 NDHSCA State Coaches Convention during the Annual Meeting.



Nikki Hillman
West Fargo Horace HS

BE A WINNER!

READ THE DAKOTA COACH

It is loaded with valuable coaching articles and information and now also the opportunity to win! Read the Dakota Coach, find the clues on 3 different pages and win a gift card during the Annual Meeting this summer, be among the first to find the three pages in this Dakota Coach with information that qualifies you to win! Just email Randy Johnson duck@westriv.com with the 3 page numbers by April 12th to get your name in the drawing!
(This page is not a winning page.)

NDHSCA Candidates for Vice President



Jason Brend
Thompson High School
Head Girls' Basketball Coach



Calvin Kraft
Enderlin High School
Head Boys' Basketball Coach
and Athletic Director

NDHSCA Hall of Fame Inductees

Congratulations to the following individuals as they will be inducted into the NDHSCA Hall of Fame this summer. The Hall of Fame/Coach of the Year Banquet will be held on July 29, 2026, at the Mandan Baymont as part of the NDHSCA State Coaches Convention.



Tim Jacobsen
Boys' Track and Field Coach
Bismarck Century High School



Wayne Johnson
Retired Basketball Coach
Rollette High School and
Dakota College of Bottineau



Tim Kollrud
Girls' Track and Field Coach
Bismarck High School



Brad Lies
Boys' Cross Country Coach
Bismarck Century High School



The Nutrients You Need with a Taste You Love



If there was a protein contest, beef would surely be crowned the king! Among the powerful package of 10 essential nutrients beef is known for, protein may be one of the most notable. In fact, one 3 oz cooked serving of beef provides 50% of your Daily Value (25 grams) of this important nutrient—making it an excellent source!

A wealth of research has linked protein to favorable lifestyle markers such as healthy body weight and/or weight loss, maintaining and building muscle, and overall diet satisfaction. When you're looking for ways to improve your health, manage your weight or satisfy your appetite, consider all that protein can do for you.

- Feeling hungry? People who eat a higher-protein diet (about 30% of daily calories from protein) feel more satisfied, which may help prevent overeating.
- Protein helps support strong, lean bodies. Eating at least 4 ounces of high-quality protein from foods like beef at each meal provides your body with energy to lead an active lifestyle.
- Protein may help cut the fat. Research has shown exercise is more effective for weight management when paired with a higher-protein diet, and beef provides the amino acids necessary for building and replenishing muscles.



NDHSCA Special Recognition



Candace Stanton
Assistant Athletic Director
Dickinson High School

The North Dakota High School Coaches Association announces the Special Recognition Recipients for the 2026 NDHSCA Hall of Fame/Coach of the Year Banquet. The award will be presented on July 29th at the Mandan Baymont Convention Center.



Nancy Larson-Neidhardt
Coach (deceased)
Des Lacs-Burlington High School

NDHSCA Award of Merit

The North Dakota High School Coaches Association announces the Award of Merit Recipients for the 2026 NDHSCA Hall of Fame/Coach of the Year Banquet. The Banquet will take place on July 29th at the Mandan Baymont Convention Center.



Dan Durkee
Bismarck PS Announcer
Bismarck, ND



Jon Gums
The Grappler
Mandan, ND



Matt Mullally
WDA Sports
Bismarck, ND



2025-2026 Winter Season Assistant Coach of the Year



The 2025-2026 Winter Season recipient of the North Dakota High School Coaches Association Assistant Coach of the Year Award is **Gary Walhaug**, Minot High School Assistant Girls' Basketball Coach. **Gary** was nominated by Jason Schwarz, Head Girls' Basketball Coach at Minot High School.

Coach Walhaug has been coaching for 54 years and the last 10 years as an Assistant Girls' Basketball Coach at Minot High School. He has been part of two State Championships and three West Region Tournament Championships. **Gary** is responsible for helping prepare practice, working with post players, watching films and making scouting reports. He attends games and helps the program whenever possible. **Coach Walhaug** has been inducted into the North Dakota High School Coaches Association Hall of Fame and the North Dakota Athletic Directors Hall of

Fame. He was named the Regional Girls' Basketball Coach of the Year, District Girls' Basketball Coach of the Year, and Region Girls' Track and Field Coach of the Year. He was also a part of the Girls' Basketball Advisory when he was the Head Girls' Basketball Coach at Surrey High School. His season highlights are winning the State Championship, West Region Tournament Championship, West Region regular season Championship, and having only one loss for the entire season.

Jason Schwarz, Head Girls' Basketball Coach at Minot High School has this to say about **Gary**. "**Coach Walhaug** has been an essential part of the Minot High Girls' Basketball Program. He has good rapport with the athletes and adds to the success of our program."

Gary and his wife Arlene have two children: Laura and Scott.

Gary Walhaug of Minot High School is the 2025-2026 North Dakota High School Coaches Association's Winter Assistant Coach of the Year in the sport of Girls' Basketball.

Coach Quote

"If you want to know your past;
look into your present conditions.
If you want to know your future;
look into your present actions."

Chinese Proverb



NDHSCA-NHSACA National Hall of Fame Inductees



The North Dakota High School Coaches Association has the following inductees who will be inducted into the National High School Athletic Coaches Association Hall of Fame. The NHSACA Hall of Fame Banquet will take place on Tuesday, June 30, 2026, during the National High School Athletic Coaches Association National Convention hosted at the Hyatt Regency Coralville Hotel and Conference Center in Coralville, Iowa.

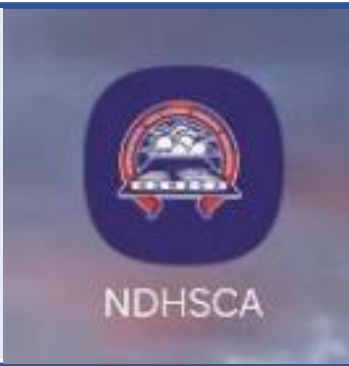


Larry Sandy Velva High School Football and Track and Field Coach



Tim Wallstrum Kenmare High School Volleyball Coach, Past President of the NDHSCA and NHSACA, current Executive Director of the NHSACA

NDHSCA now has an App!
Go to your App Store or your Play Store to download the App. Search NDHSCA. It will appear as the picture to the right. The Dakota Coach and other items will be available on the App. And use this page number to win!
Go check out the App today!



Coach Quote

In life you will be tested often. You will fail. You will face setbacks.
You will often get discouraged.
But the key is to: Stay faithful. Keep working. Get better.

-Jon Gordon-



2026 NHSACA National Coach of the Year Finalists from North Dakota

The North Dakota High School Coaches Association announces the NHSACA National Coach of the Year finalists from North Dakota. The NHSACA National Coach of the Year Finalists will be honored on Wednesday, July 1, 2026, at the Hyatt Regency Hotel and Conference Center in Coralville, IA. These coaches are among eight finalists in each category for the NHSACA National Coach of the Year Award. This year North Dakota has 13 finalists.



Scott Grochow
Rugby HS
Athletic Director



Peter Stenberg
Minot HS
Baseball



Darin Mattern
Bismarck Century HS
Basketball – Boys’



Greg Brown
Mandan HS
Cross Country – Girls’



Steve Kleinjan
New Salem-Almont HS
Football



Casey Berry
Dickinson HS
Special Sports



Jake Solper
Minot HS
Swimming & Diving



Justin Miller
Bismarck Century HS
Track & Field – Boys’



Robert ‘Bobby’ Hoffner
Benson County
Track & Field – Girls’



Rich Olson
Langdon Area HS
Volleyball



Randy Burwick
Hettinger HS
Wrestling



Cory Volk
Bismarck Century HS
Assistant COTY – Boys’



Sara Bohrer
Bismarck Century HS
Assistant COTY – Girls’



DEPRESSION

Depression is a serious mental illness, it is more than just feeling sad. It is characterized by a persistent low mood, loss of interest in activities, and other symptoms like fatigue, sleep/appetite changes, and difficulty concentrating. These symptoms last most of the day, nearly every day for at least two weeks, and interfere with daily life. Depression can stem from complex factors, including brain chemistry, genetics, stress, and trauma. Effective treatments are available, and seeking professional help is crucial. Depression is a leading cause of suicidal ideation and is present in approximately 60% of individuals who die by suicide.

Link to the Jason Foundation Video: <https://youtu.be/2dRrff8scxU>

Common Symptoms:

Emotional - sadness, hopelessness, emptiness, irritability, guilt, feelings of worthlessness, and loss of pleasure.

Behavioral - withdrawing from others, loss of interest in hobbies, changes in appetite/weight, and thoughts of death or suicide.

Physical - fatigue, lack of energy, sleep problems (sleeping too much or too little), unexplained aches/pains, and diminished performance.

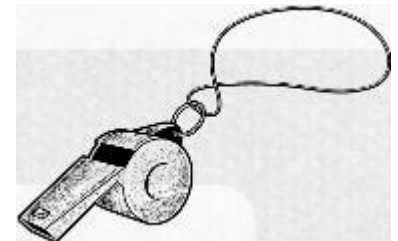
Cognitive - difficulty concentrating, remembering, or making decisions.

Causes & Risk Factors:

Brain Function - changes in brain chemistry and stress response systems.

Genetics - a family history of mood disorders can increase risk.

Life Events - trauma, abuse, loss, major life changes, financial stress, and chronic illness. **Other Conditions** - chronic pain, anxiety, ADHD, substance misuse, and certain medication



When to Seek Help:

If symptoms last for most of the day, nearly every day, for at least two weeks, it may indicate depression.

If a student athlete has thoughts of suicide or self-harm, seek immediate help.

Consulting a primary care doctor, mental health professional, or athletic trainer for a diagnosis and personalized treatment plan is vital, as depression is a medical illness with effective treatment options.



To learn more about the resources available through The Jason Foundation and help combat the "Silent Epidemic" of youth suicide, visit JasonFoundation.com.

2025-26 NDHSCA-Subway Coaches of the Year

SPORT

Class B Girls' Golf

Class A Girls' Golf

Class A Boys' Tennis

Class A Boys' Soccer

Class B Girls' Cross Country

Class B Boys' Cross Country

Class A Girls' Cross Country

Class A Boys' Cross Country

Class 9-Man Football

Class 11A Football

Class 11AA Football

Class 11AAA Football

Class A Girls' Swimming

Class B Girls' Volleyball

Class A Girls' Volleyball

Class AA Girls' Volleyball

Class Girls' Wrestling

Class B Boys' Wrestling

Class A Boys' Wrestling

Class A Boys' Wrestling

Class A Girls' Hockey

Class A Boys' Hockey

Class A Boys' Hockey

Class A Girls' Gymnastics

Class B Girls' Basketball

Class A Girls' Basketball

Class A Boys' Swimming

Class AA Girls' Basketball

Class AA Boys' Basketball

Class A Boys' Basketball

Class B Boys' Basketball

NAME

Kirby Robb

Dan Wolf

Scott McPherson

Thomas Marcis

Kirk Zink

Jonathan Jahner

Kate Fox

Scott Reichenberger

Elliott Belquist

Zach Keller

Todd Lambrecht

Wayne Werremeyer

Matthew Stinar

Jacie Connell

Dana Stansbery

Kelsey Titus

Crag Brodeur

Arlan Anderson

Steven Monk

Lars Jacobsen

Kennedy Blair

Ryan Faragher

Wade Davison

Bre Carlson

Kipp Sparrow

Jason Brend

Ben Smith

Jason Schwarz

Jordan Wilhelm

Brandon Schirado

Joi Anderson

SCHOOL

Heart River

West Fargo Sheyenne HS

Bismarck Legacy HS

Bismarck Legacy HS

Hillsboro – Central Valley

Bowman County HS

Bismarck Century HS

Bismarck HS

New Rockford – Sheyenne HS

Bottineau HS

Devils Lake HS

Fargo Davies HS

West Fargo HS

Medina-Pingree-Buchanan

Central Cass HS

West Fargo HS

Pembina County North

Williams County

Bismarck Legacy HS

Bismarck Legacy HS

West Fargo United

Bismarck Legacy HS

Bismarck Legacy HS

Jamestown HS

Central McLean

Thompson HS

Jamestown HS

Minot HS

Bismarck HS

Beulah HS

Central McLean



2025-26 NDHSCA-POWERade

Outstanding Senior Athlete Awards

<u>SPORT</u>	<u>ATHLETE</u>	<u>SCHOOL</u>	<u>HEAD COACH</u>
B Girls' Golf	Megan Robb	Heart River	Kirby Robb
A Girls' Golf	Rose Solberg	Fargo Davies HS	Lindsay Reede
A Boys' Tennis	Julian Mallory	Grand Forks Red River HS	Josh Lunak
A Boys' Soccer	Uriel Rivera Patricio	Bismarck Legacy HS	Thomas Marcis
B Girls' Cross Country	Brynn Hanson	Des Lacs- Burlington HS	Anna Zietz
B Boys' Cross Country	Jonah Njos	Bowman County HS	Jonathan Jahner
A Girls' Cross Country	Jillian Lemer	Bismarck Century HS	Kate Fox
A Boys' Cross Country	Owen Hintz	Bismarck HS	Scott Reichenberger
9-Man Football	Gunner Thielges	LaMoure-L-M	Andrew Delabarre
11A Football	Jax Johnson	Langdon Area-Munich	Joshua Krivarchka
11AA Football	Mason Palmer	Devils Lake HS	Todd Lambrecht
11AAA Football	Augustus Werremeyer	Fargo Davies HS	Wayne Werremeyer
A Girls' Swimming	Arianna Hoff	Fargo Shanley HS	Jackie Snyder
B Girls' Volleyball	Brynn Sorenson	Medina-Pingree-Buchanan	Jacie Connell
A Girls' Volleyball	Isabelle Thompson	Central Cass HS	Dana Stansbery
AA Girls' Volleyball	Raina Chwialkowski	West Fargo HS	Kelsey Titus
Girls' Wrestling	Aleiva Cullinan	Bismarck Legacy HS	Rick Ripplinger
B Boys' Wrestling	Sawyer Owens	Hillsboro-Central Valley	Rob Owens
A Boys' Wrestling	Nicolas Enzminger	Bismarck Legacy HS	Steven Monk & Lars Jacobsen
A Girls' Hockey	Kenleigh Fischer	Fargo North/South	Haley Barvels
A Boys' Hockey	Griffen Haagenson	Grand Forks Red River HS	Tim Skarperud
A Girls' Gymnastics	Aspen Roadarmel	Dickinson HS	Casey Berry
B Girls' Basketball	Aubrey Kenner	Benson County	Bryan Kenner
A Girls' Basketball	Addison Sage	Thompson HS	Jason Brend
A Boys' Swimming	Brody Engelstad	West Fargo HS	Barb Fisher & Lisa Montplaisir
AA Girls' Basketball	LeeLee Bell	Minot HS	Jason Schwarz
AA Boys' Basketball	Carter Evanson	West Fargo Horace HS	Kyle Cummings
A Boys' Basketball	Braylen Schirado	Beulah HS	Brandon Schirado
B Boys' Basketball	Raeshawn Earl	Hankinson HS	Carter Mauch



2026 NDHSCA SPONSORED ALL-STAR EVENTS

NDHSCA/Optimists All-Star Volleyball

Matches will be held: Monday, June 15th at West Fargo Sheyenne HS
Tuesday, June 16th at Bismarck Century HS

Shrine All-Star Football

Games will be held: Saturday, June 20th
Jerome Berg Field at Mayville State University
9 Man Game at 3:00 PM
11 Man Game at 6:00 PM



Lions All-Star Basketball

50th Anniversary! Any player or coach who has been involved in the All-Star game throughout its 50 year history will be recognized. There is an online store set up through BSN for Alumni to purchase a purple shirt as depicted below.

Games will be played:
Wednesday, July 8th at Bismarck Legacy HS
Thursday, July 9th at Fargo South HS



NDHSCA State Coaches Convention



July 27, 28, 29, 2026



Mandan Baymont Hotel and Convention

Use this link to book your rooms today:

[NDHSCA State Coaches Convention - Hotel Specials | Playeasy](#)

Three Hotels Available:

Each can be booked using the above link.

Mandan Baymont Hotel and Convention Center (Convention Headquarters-most convenient)

\$99 per night- Book before June 22nd for best price

Day's Inn Located right across the street. All rooms recently renovated; everything new & impressive

\$99 per night- Book before July 6th for best price

Comfort Inn Located just below the hill, within walking distance.

All Coaches need to register through the NDHSCA website: www.ndhsca.com

Be sure to sign up for membership when you register for the convention.

Key Points about the NDHSCA Convention:

1. Convention registration is \$65. Membership remains at \$60 and to attend the convention one must be a member. (Convention registration and membership comes to \$125)
2. The Convention is to be held at the Mandan Baymont.
3. The tentative schedule will be posted on our website: www.ndhsca.com. The schedule will be updated weekly until finalized.
4. One or two Graduate Credits are available through NDSU. The cost of each credit is \$75.
5. Final registration for Graduate Credit will be at the hotel.
6. The general schedule includes:

Monday, July 27th: Leadership Sessions
 CPR/AED/First Aid Update for certification
 Concussion Management course for certification
 Free Lunch with speaker from the Jason Foundation
 Hear from Matt Fetsch and Cadence Fetsch
 Sport Specific Sessions in the Afternoon

Tuesday, July 28th: Sport Specific Sessions
 Free Lunch with speaker sponsored by FCA
 Free Taco Bar with the Horse Races fundraiser and Social

Wednesday, July 29th: NDHSCA Annual Meeting
 Sport Specific Sessions
 NDHSCA Sports Advisory Meetings
 Hall of Fame/Coach of the Year Banquet
 Convention attendees receive one ticket at registration
 Additional tickets are \$35 each



NDHSCA State Coaches Convention

All Athletic Directors and Coaches are reminded the NDHSCA Coaches Convention will satisfy the requirements for the recertification process of coaches. We have worked hard to bring a variety of 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, and everyone should bring a fellow coach. There will be a drawing for a \$100 Scheels Gift Card for a coach who is attending for the first or second time. We will also have a drawing for a \$100 Scheels Gift Card for a coach who has attended for three or more years. The State Coaches Convention is a great learning experience. From the speakers to the social event and the banquet, the convention provides opportunities for growth and camaraderie. One may also win by finding 2 other clues like this one; rules on page 10.

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

We look forward to seeing you in Mandan, July 27-29th. Be sure to sign up as soon as registration becomes available in May and reserve your hotel rooms early to get the best rates. Use the following link to choose your hotel.

[NDHSCA State Coaches Convention - Hotel Specials | Playeasy](#)

See you in July!



NEW THIS SUMMER!

NDHSAA Constitution & By-Laws and Handbook of Interpretations **PART III BOARD REGULATIONS & GENERAL INFORMATION**

During the July 1-7, 2026 dead period, salaried and non-salaried coaches may not: i. Have any contact with members of their NDHSAA program, ii. Travel with members of their NDHSAA program, iii. Supervise members of their NDHSAA program in an open gym, strength and conditioning program of any sport specific training session, or iv. Schedule any activity including leadership or team building programs.

POSITIVE
ATHLETE

2025-2026
NOMINATIONS
OPEN NOW

NOMINATE A NORTH DAKOTA POSITIVE ATHLETE

9TH-12TH GRADE ★ NOMINATE IN 5 MIN FOR FREE ★ ALL SPORTS

POSITIVEATHLETE.ORG/NORTHDAKOTA



A WINNING COMBO



VISIT A SUBWAY® RESTAURANT TODAY!
Find the nearest location or order ahead using the
Subway® app or online at www.subway.com

App/online ordering available at participating restaurants.
Allow 15 minutes for pickup.
All chip-related trademarks are owned by Frito-Lay North America, Inc. ©/© Subway IP LLC 2021.

SUBWAY

What are *You* doing, Coach?

As a coach I think two of our defining characteristics are that we always want to leave something better than we found it, and the wonderment at times if those situations that are happening on the teams that I'm a part of are only happening to me.

I think back to 20 years ago and the first North Dakota High School Coaches Association meeting I attended in Fargo. Before I left for the convention, I can remember some of the other coaches saying, "You won't get anything from that as they will talk about how perfect their teams are, how perfect the situations are for them, and how they have such a perfect situation." Hearing that, there certainly was some reluctance to my attendance. At the time I was probably one of the few coaches that were outside the school system. I am a physical therapist that works at the hospital in Ashley, ND and I also travel to schools to see children with special needs. I have only a few weeks of vacation a year and to think that I would spend any time doing something that would not be refreshing, rewarding, or something to improve myself, simply does not happen.

What I found in Fargo was just the opposite. I found coaches that talked about the struggle of keeping practice focused and fun. I found coaches that have just a few kids that are committed and a few that need to find their way. I found out that there was a convention happening each summer with a number of people that had been in similar situations that I had been, and they were sharing how they handled it and more importantly how they might handle it differently next time. I found out that those "perfect" coach traits are what we strive for. There is a process to justify where we can go in this profession.

I know you have kids that you motivate and remind that those workouts and practice are so important. I also can tell you whether you like it or not, those kids you are "coaching" are watching you closer than you think and think a lot more of you than you think. What are *you* doing as a coach to get "your workouts and practices" in so when you return next season you are better as well? Think about it and if the answer is nothing, don't be quick to judge if theirs is the same. Lead by example. You are teaching them, maybe not all to the level you want, but there are some that can't wait to coach like you someday, respond to adversity like you someday, or support their team like you someday.

Many of you know me well and you know I do my best to represent what I think is in the best interests of the kids and not always just the teams I coach. More than ever, we need these kids to understand that sports and that belonging to a team or group is teaching them skills to make their lives better and more fulfilling. The characteristics you are instilling in them now are going to make them better individuals, partners, employees, spouses and the list goes on and on.

I encourage you to attend the NDHSCA conference and share your stories, and listen to the speakers, and be actively involved to help continue to advance the coaching profession. Whether you can make it every day or one day I know you will take away something that will fit with what you are working so hard to accomplish. And if you are new to the convention and you see a guy in a collared shirt with a tee behind his ear, say hello because I can't wait to meet another coach that is out there doing their best for our kids. See you this summer!

Jeremy St. Aubin
South Border Golf Coach

The Jason Foundation is proud of our affiliation with the North Dakota High School Coaches Association to equip coaches with the necessary resources to help save lives.



As a coach, you are in a unique position to have a lasting impact on the student-athletes in which you come into contact with on a regular basis.

JThe Jason
Foundation, Inc.

Visit JasonFoundation.com, to learn more about the “Silent Epidemic” of youth suicide, warning signs, and the programs and resources JFI provides at no cost.

Longevity Awards

The individuals listed here have achieved a milestone year of Coaching Longevity. Individuals wishing to receive plaques will be announced at the 2026 North Dakota High School Coaches Association Summer Convention to be held at the Mandan Baymont. The banquet will be on Wednesday, July 29th. Plaques will be available for you to pick up at the State Convention. Please e-mail Scott Grochow (scott.grochow@k12.nd.us) or Bill Jansen (william.jansen@k12.nd.us) if there is a mistake on this list. Congratulations to each one of these dedicated coaches of North Dakota.

20 Years

Joi Anderson; Central McLean
Kyle Anderson; Zeeland HS
Jonathan Berg; Park River Area HS
Baron Blanchard; Bismarck Century HS
Matthew Chandler; Thompson HS
Cassie Davis; Minot HS
Scott DeLorme; Minot HS
Christopher Doane; Ashley HS
Greg Dobitz; Oakes HS
John Dolleslager; Thompson HS
Gene Fayette; Grafton HS
Phil Gaugler; Center-Stanton HS
Jay Hale; New Town HS
Lars Jacobsen; Bismarck Legacy HS
Ellen Jebens; Minot HS
Lisa Jenkins; Wilton-Wing HS
Zach Keller; Bottineau HS
Jen Kramer; Velva HS
Jim McDaniel; Valley City HS
Kerri Melby; Garrison HS
Janelle Olson; Bismarck HS
Tera Paulson; Hankinson HS
Michael Rerick; West Fargo HS
Randy St. Pierre; Trenton HS

30 Years

Kyle Card; Fargo Oak Grove HS
Chris Clements; Bismarck Legacy HS
Arnold Grady; New Town HS
Tim Jacobsen; Bismarck Century HS
Larry Lasch; Wahpeton HS
Jamie Nelson; Beulah HS
Shane Robinson; Minto HS
Chad Slyter; Fargo Oak Grove HS
Scott Streng; Wyndmere HS
Lee Weisgarber; Central McLean

35 Years

Steve Feeney; Bismarck Century HS
Patricia Luetzen; Berthold HS
Jeff McKay; Grafton HS

40 Years

Brad Foss; Watford City HS
Mike Hendrickson; Fargo South HS

45 Years

Brian Pederson; Bismarck Century HS

25 Years

Charles Anderson; St. John HS
Jennifer Astle; Bismarck Legacy HS
Kari Baker; Beach HS
Dennis Brown; Standing Rock HS
Sean Gourd; Four Winds HS
Matthew Hebl; LaMoure HS
Tracey Heisler; East Grand Forks HS
Casey Holen; Hazen HS
Ben Jacobson; Larimore HS
Beth Maher; Fargo Shanley HS
Bret Maughan; Fargo North HS
Dan Miller; Des Lacs-Burlington HS
Linda Miller ; Des Lacs-Burlington HS
Jeremy Newton ; West Fargo Sheyenne HS
Brent Schafer; Mandan HS
Kurt Silbernagel; South Heart HS
Ryan Wiberg; Devils Lake 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

Find out more about our concussion treatments



Dakota Coach Spring 2026



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
<u>\$ 300,000</u>	Fire Damage
\$ 50,000	Sexual Abuse (per Member)
Excluded	Medical Payments

COVERAGES

- ❖ Educator Professional Liability
- ❖ Participant Legal Liability for insured members
- ❖ Liability assumed under insured written contract
- ❖ Defense Cost outside limits

EXCLUSIONS

- ❖ The use of automobiles, buses, watercraft and aircraft
- ❖ Property of others in the care, custody, and control of the insured.
- ❖ This insurance does not apply to members that coach at an All-Star game that is not approved by your state coaches association.
- ❖ This insurance does not apply to any loss, cost or expense arising out of infectious or communicable disease.

CAMP INSURANCE

Today, most Coaches are involved in some type of sports camp. Please note that our General Liability Program follows insured members while working at camps and/or conducting their own personal camp.

In addition, Participant/Accident Coverage is required for coaches and/or participants. Should an accident occur during a camp, clinic or event, this secondary coverage helps offset the loss suffered by families affected by such accidents.

NEW PROCEDURE FOR CAMP INSURANCE

As a member benefit of your state coaches association, all members in good standing have a \$1,000,000 per occurrence General Liability policy limit that provides coverage for their coaching activities. In order to protect the General Liability policy from potential claims, the insurance company has mandated that all coaches must obtain signed waivers and provide Participant/Accident insurance for their participants.

In order to obtain a certificate of insurance showing proof of insurance or naming an additional insured, the following must be in place:

- ❖ **Waivers:** Signed waivers showing indemnification language
- ❖ **Participant/Accident Insurance:** You must have Participant/Accident coverage in place for all participants attending sports camps.

PURCHASE INSURANCE

- ❖ Camp Insurance Request form is available on our website: www.loomislapann.com

INSURANCE ADMINISTRATOR



www.loomislapann.com

(P) 800-566-6479 | (F) 518-792-3426

Greg Joly
Lori George

gjoly@loomislapann.com
lgeorge@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.

A WINNING COMBO



VISIT A SUBWAY® RESTAURANT TODAY!

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

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

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

SUBWAY®

TNT: Takes No Talent

By Greg Berge

Lead Better. Coach Smarter. Build a Winning Culture.

“The best teams and athletes know the power of TNT: Takes No Talent. It doesn’t take talent to show up on time, give full effort, or bring a great attitude. It doesn’t take talent to compete with energy, stay positive or do the little things right. But those “no talent” traits separate average from elite. Talent might get you noticed, but TNT keeps you consistent. Every athlete can control their effort, attitude, humility, commitment, and grit, because doing those things takes zero talent and changes everything.”

It may be the right time to 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

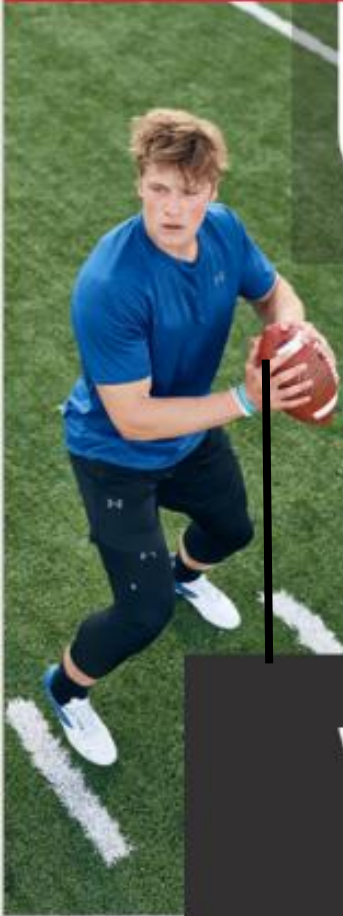
Notes on Lifetime Membership

- Lifetime Membership may be purchased for a one-time fee of \$300. 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 Spring 2026

PROUD SPONSOR OF THE NORTH DAKOTA HIGH SCHOOL COACHES ASSOCIATION

SCHEELS[®]
EMPLOYEE OWNED



WE INVITE COACHES TO PARTNER WITH
THEIR LOCAL SCHEELS ON

TEAM
EXCLUSIVE
DISCOUNTS



CALL FOR INFORMATION

FARGO 701.298.2918

MINOT 701.852.1010

BISMARCK 701.255.7255

GRAND FORKS 701.780.9424



Farmers Union
INSURANCE



HIGH SCHOOL REMOTE

ONLINE PROGRAMMING

How is it Delivered?

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

How much does it cost?

\$100/month

How do I sign up?

- Call (701)-323-1125 and ask about high school remote programming

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 TeamBuildr.

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.

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





Dakota Coach Spring 2026



2025-26 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	2025-2029
<u>FOOTBALL:</u>		
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
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>		
Rob McIvor; Devils Lake 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 Spring 2026



2025-26 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	AA Division Representative	2023-2026
Jenna Anderson; Sargent County	B Division Representative	2024-2027
Breanna Sisson; Dickinson Trinity HS	A Division 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
Brian Wilkens; Beulah-Hazen	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 database up to date.

There is a complete list in this issue of the Dakota Coach on page 26. If you have reached a milestone year, please see if your name is on the list. Scott Grochow & 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 and let Randy Johnson know you found this clue on page 39.



Senior Athlete Criteria

- Athlete must be in good academic standing, eligible 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.





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
Bartsch, Brandon; Grand Forks Central 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
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
Davis, Cory; St. John HS
DeCoteau, Jerome; Turtle Mtn Comm. HS
DeLorme, Scott; Minot HS
Derr, Larry; Glenburn 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
Fillbeck, 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
Gibson, Jay; West Fargo 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
McFarlane, Al; Williston Trinity Christian 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
Philion, 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, Stacy; Barnes County North 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
Smith, Rick; Four Winds 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
Werremeyer, Wayne; Fargo Davies 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

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



Forms Available Online

Available on the NDHSCA website
Search “NDHSCA” or enter

www.ndhsca.com



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

**G GAME
ONE™**

Thank you to the following sponsors
of NDHSCA.



SCHEELS[®]



SANFORD[™]
HEALTH



Thank you, Sponsors!



Riddell



Special Olympics



AREN



SNAP! MOBILE



Code of Ethics

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

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



Coaches Code of Conduct

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

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

Dakota Coach



The *Dakota Coach* is the official publication of the NDHSCA and is distributed without charge to all coaches by email and on the website; www.ndhsca.com. Notes, articles, opinions, or letters to the editor are welcome if they deal with high school coaching concerns. They will be printed as space permits. Opinions and views of the authors are their own and do not always reflect the official position of the NDHSCA.

Send comments or suggestions to Randy Johnson, Lisa Strand or to any of the members of the Executive Board. (See page 3 for e-mail and mailing addresses or phone numbers.)

SUBWAY™

Sponsor of NDHSCA

Coach of the Year Awards

SCHEELS®

Sponsor of the NDHSCA

Gelaine Orvik Scholarship

**North Dakota High School
Coaches Association**

and POWERade

sponsor the

***Outstanding Senior Athlete
Award***

SCHEELS®



POWERADE®

