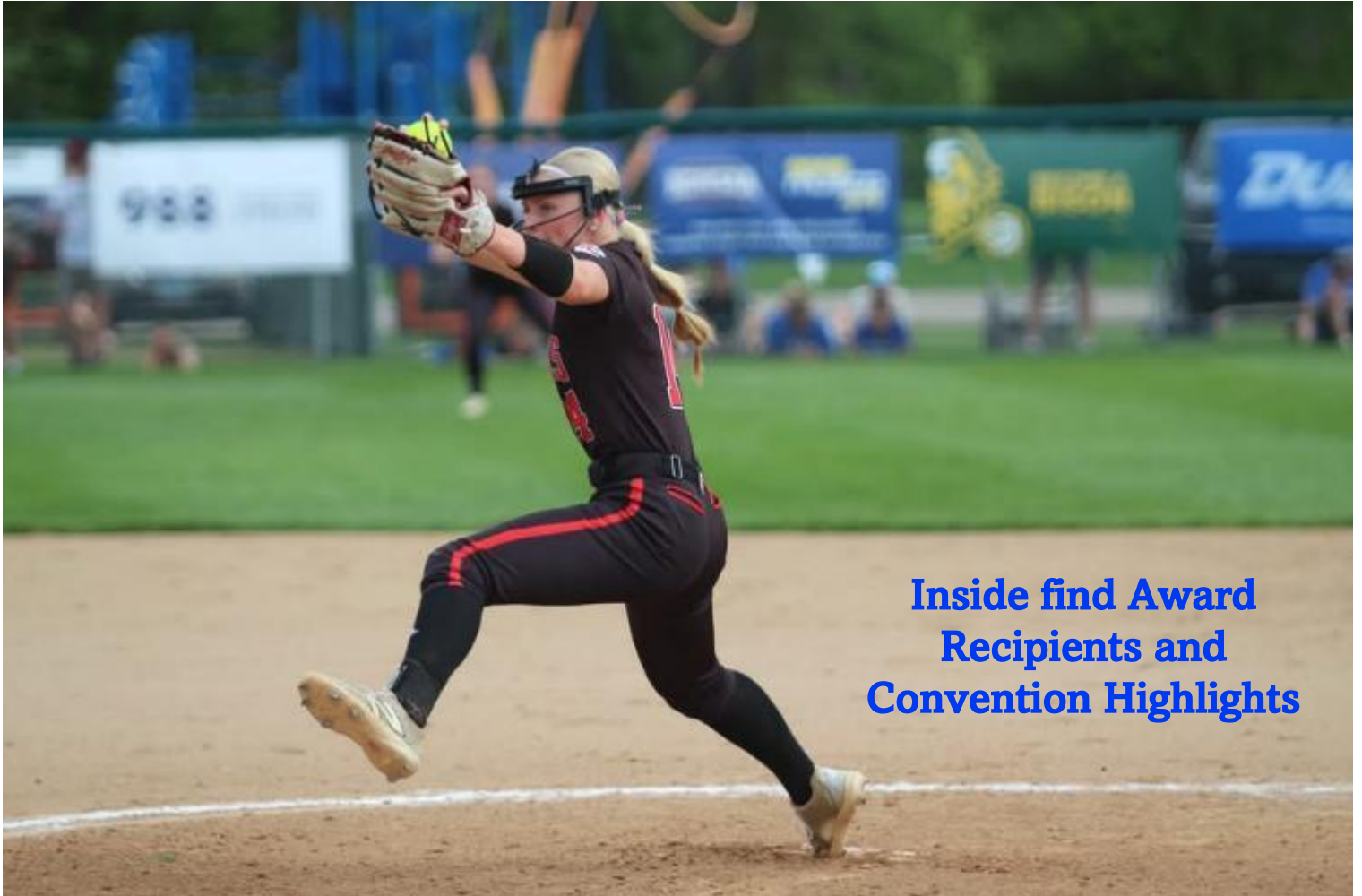


# Dakota Coach

Volume #60 Issue 4



**Inside find Award  
Recipients and  
Convention Highlights**

**2026 NDHSCA Coaches  
Convention**

**3 Big Days! July 27 – 29**

**Mandan Baymont Inn & Suites**

**Full schedule in this issue**

**NDHSCA-Scheels and  
NDHSCA Gelaine Orvik  
Scholarship Recipients**

**Learn the benefits of  
Eating Beef**



# North Dakota High School Coaches Association

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

# Dakota Coach Summer 2026

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## A Coach's Foundation



### *Message from NDHSCA President Greg Brown*

As another successful spring season ends, congratulations to all Spring Sport teams, State Champions, Coaches of the Year, and Athletes of the Year. Once again, North Dakota spring weather reminded us that winter is never quite ready to leave, and summer is slow to arrive. Despite the challenges and constant adjustments, it was impressive to see each sport adapt—often on short notice—and successfully complete their seasons and events. The dedication and flexibility shown by our coaches, athletes, officials, and communities truly reflects the strength of high school activities across our state.

As we transition into our summer “break,” I encourage everyone to make time for the people closest to you. As coaches, we devote countless hours to our athletes and programs, but it is equally important to be present with our families. They are the foundation of the work we do and the support system that allows us to continue serving our students and schools. No matter the age of your children or family members, take the opportunity this summer to slow down, reconnect, and enjoy time together.

The Summer Convention is quickly approaching, and we are excited to host a three-day convention this year in Mandan on July 27–29, 2026. Once again, graduate credit will be available through NDSU, with options for one or two credits. Information regarding requirements can be found on the NDHSCA website.

This year's convention will feature an outstanding lineup of speakers throughout all three days, along with several opportunities for coaches to connect and network. We will have two evening socials: Monday night sponsored by TeamUp, and Tuesday night sponsored by NDHSCA and Game One. We are also excited to announce the return of the Horse Races during Tuesday evening's social. In addition, luncheon speakers will be featured each day at the convention.

We encourage all head coaches, assistant coaches, and middle school coaches to join us in Mandan for what promises to be an outstanding convention experience. We are excited about the lineup and opportunities planned for coaches across the state.

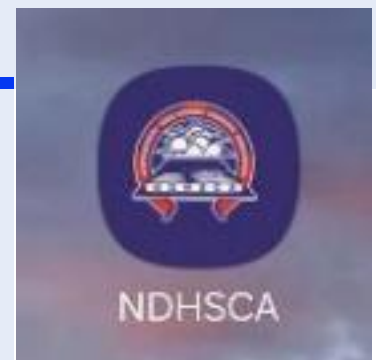
Finally, and most importantly, I would like to extend a sincere thank you to the NDHSCA Board, Executive Secretary Randy Johnson, Assistant Executive Secretaries Scott Grochow, Bill Jansen, and Lisa Strand, as well as Membership Chairperson Eric Olson. Their commitment, leadership, and hard work have made this experience both memorable and enjoyable throughout the years. Their dedication is a major reason why North Dakota continues to have such a strong and active Coaches Association.

*NDHSCA President, Greg Brown*

---

## 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.  
Go check out the App today!





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at 701.777.4343 or [mark.a.rerick@UND.edu](mailto:mark.a.rerick@UND.edu)



## *The Whole is Greater than the Sum*

*Message from Vice President, Travis Lemar*



### **Coaching the Whole Athlete: A Commitment Beyond Physical Training**

High school athletics have always been about more than competition. While strength, speed, and skill development are essential, they represent only part of our responsibility as coaches and athletic leaders. Our greater purpose is to develop young people who are prepared not only for athletic challenges, but for life beyond the field, court, mat, or track.

At Central Cass High School, our athletic programs are built on the belief that success is measured by more than the scoreboard. While competition matters, our mission is to develop student athletes who are prepared for challenges far beyond athletics. We believe coaching the whole athlete means intentionally developing mental toughness, cultivating leadership in every athlete, and prioritizing team culture over wins and losses. When these areas are emphasized, athletic success becomes a by-product of personal growth—not the sole objective.

#### **Building Mental Toughness**

Mental toughness is one of the most valuable traits a student athlete can develop. It is not about ignoring emotions or pushing through at all costs. Instead, it is the ability to respond to adversity, stay composed under pressure, and remain committed when circumstances are difficult.

We build mental toughness by:

- Embracing adversity as part of growth – Athletes are taught that setbacks, mistakes, and losses are learning opportunities rather than failures.
- Creating intentional challenges – Demanding practices, competitive drills, and pressure situations prepare athletes for moments when things don't go as planned.
- Encouraging reflection and accountability – Athletes are asked to evaluate their responses, effort, and mindset after both success and disappointment.

When mental toughness is developed, athletes gain confidence and resilience that extends well beyond athletics—into academics, relationships, and future careers.

#### **Developing Leadership in Every Athlete**

Leadership should not be reserved for captains alone. Strong programs are built when every athlete understands they have influence and responsibility within the team.

We emphasize that leadership is defined by actions, not titles. Leadership shows up through:

- Consistent effort and preparation
- Positive communication and encouragement
- Accountability to teammates and team standards
- Willingness to do the right thing when it is difficult

To develop leadership, we intentionally:

- Provide athletes with opportunities to lead drills, warmups, and team discussions
- Encourage athletes to hold each other accountable
- Recognize leadership behaviors just as often as athletic performance

When leadership is shared, teams become more connected, more resilient, and more invested in one another's success.

*Continued page 7*

## Prioritizing Culture Over Wins

In athletics, it can be tempting to define success solely by wins and losses. However, lasting success is built on culture—not scoreboards.

Team culture is reflected in:

- How athletes treat one another
- How teams respond to adversity
- How standards are upheld when no one is watching

By prioritizing culture, we communicate that character, effort, attitude, and integrity matter at all times. Athletes feel valued for who they are, not just what they contribute statistically.

Strong culture creates trust, accountability, and unity. Ironically, when culture is prioritized, competitive success often follows. When it isn't, wins—if they come—are rarely sustainable.

## Our Responsibility as Coaches

The time we spend with student athletes is limited, but the influence we have is significant. Years from now, most athletes will not remember scores or records. They will remember how they were challenged, supported, and developed.

Coaching the whole athlete means committing to growth beyond physical performance. It means preparing young people to handle adversity, lead with integrity, and contribute positively to a team and community.

In my opinion that is the true purpose of high school athletics—and the legacy worth pursuing.

*NDHSCA Vice President, Travis Lemar*

## **3 DAYS OF CONVENTION!**

**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](#)





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



The school year is finished! What a fantastic year for high school sports in North Dakota. It was capped off with an exciting spring season. Even though the weather may not have cooperated at times, it was a strong finish to the school year. Each sport had some outstanding performances. The NDHSCA is very proud of our coaches and athletes. Thank you for making the 2025-2026 school year a success.

Congratulations to the State Champions, NDHSCA POWERade Senior Athlete of the Year Recipients, and the NDHSCA Subway Coach of the Year Recipients! These are great honors and memories you will cherish throughout your life. The North Dakota High School Coaches Association wishes the graduating Seniors the best in the future. We will be reading about all the great things you accomplish in the future.

I would like to elaborate a little more on my Spring Dakota Coach Article, "Letting Kids Be Kids." I have received feedback from high school coaches and administrators who feel many of our student athletes are experiencing burn out by the time they reach high school. Is this the result of too much pressure during the Elementary and Junior High years? I also have been aware of a number of parents taking their children throughout the States to play a particular sport. Is this the best thing for young kids? What will the child have to look forward to when competing in their high school years? It is important to evaluate how much a young child can grasp. Research shows a high school athlete participating in a single organized sport for an eight-month period of time has increased the risk of overuse musculoskeletal injuries. Less mature athletes such as elementary and junior high would have a much more increased risk of injury. They do not have the mental capacity to fully comprehend their sport. Maybe we can get back to children being able to play on their own and we can "let kids be kids."

Coaches need to encourage high school students to be involved in multiple sports. About 7% of high school graduates play sports at a college level with only about 3.5% playing at the NCAA Division I, II or III levels. When we look at the most successful North Dakota college athletes playing at the NCAA level we found they were multi-sport athletes in high school. Playing multiple sports will provide the athlete to experience various philosophies from more than one coach. Inspiring a young athlete to be involved in other sports will build their character and assist them in being able to handle a number of different situations.

The NDHSCA sends condolences to the family of Tim White. He passed away on April 8<sup>th</sup> following a long battle with Parkinsons. Tim coached alongside Past President Rick Anderson at Griggs County High School for more than 40 years. Tim's coaching career consists of one State champion in boys' football, one State runner-up in boys' football, Nine Region titles in girls' track and field, 15 Region titles in boys' track and field, 76 girls individual State qualifiers, 59 boys individual State qualifiers, five individual girls' State Champions, four individual boys' State champions, North Dakota High School Athletic Coaches Association Assistant Coach of the year in football for the 2002 fall season, NDHSCA Spring Assistance Coach of the Year in 2008, a National High School Athletic Coaches Association finalist for Coach of the year as a girls' assistant coach in 2022 and 2025. Please keep the family of Tim White in your prayers.

The North Dakota High School Coaches Association is putting the final touches on the 2026 NDHSCA State Coaches Convention. It will be held at the Mandan Baymont (2611 Old Red Trail NW). The dates of the convention are July 27, 28, and 29. I encourage coaches to register for the convention by going to our website: [www.ndhsca.com](http://www.ndhsca.com). You should reserve your hotel rooms by clicking on the following link. [NDHSCA State Coaches Convention - Hotel Specials | Playeasy](#). There is a tentative schedule on our website and also a syllabus if you are interested in college credit. The NDHSCA moved from a four to a three-day convention in hopes of gaining more attendees. See you in Mandan in July!

The North Dakota High School Coaches Association is always looking for coaches to fill Sport Advisory positions, to run for the Vice President position, to and be a bigger part of your association. Remember:

*Continued page 9*

# Dakota Coach Summer 2026

*NDHSCA Executive Secretary Message continued.*

this is an association of coaches, for coaches and run by coaches. Please visit with one of the board members if you are interested in any position. Become an ACTIVE MEMBER!

The NDHSCA offers the best recognition program for coaches. The Coach of the Year Awards are voted on by coaches in your discipline. Since we are dual members of the National High School Athletic Coaches Association, our members also have a chance to be recognized at the National level. The North Dakota High School Coaches Association has a great voice on the National Scene. I encourage all members to visit with younger coaches, to mentor them, and to persuade them to become a member of the NDHSCA.

I wish everyone an enjoyable summer. We look forward to seeing you at the 2026 NDHSCA State Coaches Convention at the Mandan Baymont. If you have any questions, please feel free to contact me. My e-mail address is [duck@westriv.com](mailto:duck@westriv.com). **See you in Fargo in July!**



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

## 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

Voting will take place during the 2026 Summer Coaches Convention at the Mandan Baymont July 27- 29, 2026.





## Greetings from the National High School Athletic Coaches Association



*Greetings from the National High School Athletic Coaches Association*

The National High School Athletic Coaches Association is busy preparing for the 2026 NHSACA National Convention. The convention will be held at the Hyatt Regency Hotel and Convention Center (300 E 9th Street) in Coralville, Iowa. The dates of the convention are June 29, June 30 and July 1. There is a convention schedule and registration information available on the NHSACA website: [www.nhsaca.org](http://www.nhsaca.org). The convention has a number of great speakers and graduate credit available.

The NHSACA National Coach of the Year Finalists from North Dakota have been named. The list is below.

- |                                     |                        |                     |
|-------------------------------------|------------------------|---------------------|
| • <b>Athletic Director</b>          | Scott Grochow          | Rugby HS            |
| • <b>Baseball</b>                   | Peter Stenberg         | Minot HS            |
| • <b>Basketball – Boys’</b>         | Darin Mattern          | Bismarck Century HS |
| • <b>Cross Country – Girls’</b>     | Greg Brown             | Mandan HS           |
| • <b>Football</b>                   | Steve Kleinjan         | New Salem HS        |
| • <b>Special Sports</b>             | Casey Berry            | Dickinson HS        |
| • <b>Swimming &amp; Diving</b>      | Jake Solper            | Minot HS            |
| • <b>Track &amp; Field – Boys’</b>  | Justin Miller          | Bismarck Century HS |
| • <b>Track &amp; Field – Girls’</b> | Robert “Bobby” Hoffner | Benson County       |
| • <b>Volleyball</b>                 | Rich Olson             | Langdon Area HS     |
| • <b>Wrestling</b>                  | Randy Burwick          | Hettinger HS        |
| • <b>Assistant COTY – Boys’</b>     | Cory Volk              | Bismarck Century HS |
| • <b>Assistant COTY – Girls’</b>    | Sara Bohrer            | Bismarck Century HS |

Congratulations to the finalists! They are all worthy of being named the National Coach of the Year in their respective discipline. North Dakota is very proud of our coaches, and we wish the finalists the best of luck in the possibility of being named the National Coach of the Year! The NHSACA National Coach of the Year Banquet is scheduled for Wednesday, July 1 at the Coralville Hyatt Regency Hotel and Conference Center.

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 well deserved and such a great honor. North Dakota is delighted to see the two of you be inducted this summer at the NHSACA National Hall of Fame Banquet on Tuesday, June 30<sup>th</sup> at the Coralville Hyatt Regency Hotel and Conference Center.

*Continued page 11*

# Dakota Coach Summer 2026

NHSACA Report continued

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

- **Jake Solper:** National Swimming and Diving Sport Chair - Minot High School
- **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 has a strong voice at the National level. If you are interested in getting involved nationally, please send me an email ([duck@westriv.com](mailto:duck@westriv.com)) and I will get you some information. We are always looking for good people to fill positions on the National Board as a Sport Chair. Keep in mind 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](http://www.nhsaca.org). It will be great convention this summer.

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



## Your NDHSCA Membership is a Dual Membership with NHSACA

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

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



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North Dakota High School  
Coaches Association

# Beef Helps Make Every Bite Count for Tweens and Teens



Nutrition is important throughout life, and it's essential to build a strong foundation of diet variety, nutrient density, and healthy habits during childhood and adolescence. This is because, during this stage of life, children are growing at a rapid pace, and a healthy, balanced dietary pattern provides the building blocks needed for growth and development. Yet, according to the Dietary Guidelines for Americans, school-age children and adolescents are falling short on consuming essential nutrients needed to build strong minds and strong bodies. Although tweens and teens are missing the mark on eating enough protein, iron, choline, vitamin B6 and B12, parents and caregivers have simple solutions at their fingertips! This stage of life is the perfect time to teach about healthy habits and the importance of nutrition for energy, focus, strength, and more.

### **Fueling Healthy Minds and Bodies**

The tween and teen years are a time of transformational change and increasing independence, and adolescents' nutrient needs set the stage for optimal health and reduced chronic disease risk during adulthood. Poor nutrient intake during childhood and adolescence can lead to significant growth and learning challenges, such as delayed physical development, poor academic performance, and depressed immune function. To set children up for success, it's important to make sure they eat a balanced diet that provides the nutrients needed to fuel play, empower learning, and optimize growth.

### **Nutrition for Adolescent Girls**

While nutrient needs are important to prioritize throughout the lifespan, adolescent girls and women of child-bearing age have increased nutrient demands that merit special attention. However, adolescent girls, particularly in the 14–18-year-old age range, are under-consuming essential nutrients that promote good health now and also lay the foundation for good health into and throughout adulthood. During this life stage, inadequate nutrient intakes can have impactful consequences given that this is age range typically encompassing the onset of puberty, menarche and other hormonal changes including potential pregnancy. Nutrients available in animal source foods, like beef provide key components that are critical to addressing increased requirements in this group like readily bioavailable heme iron, zinc and vitamin B12. Adolescent girls tend to consume less meat, poultry and eggs than adolescent boys, which can result in underconsumption of total protein and may exacerbate other nutrient shortfalls in choline, vitamin B12 and vitamin B6 - nutrients available in beef.



# NDHSCA Hall of Fame Inductees

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

- Tim Jacobsen** - Boys' Track and Field Coach from Bismarck Century High School
- Wayne Johnson** - Retired Basketball Coach from Rolette High School and Dakota College of Bottineau
- Tim Kollrud** - Girls' Track and Field Coach from Bismarck High School
- Brad Lies** - Boys' Cross Country Coach from Bismarck Century High School



**Tim Jacobson**



**Wayne Johnson**



**Tim Kollrud**



**Brad Lies**

# NDHSCA Special Recognition



**Candace Stanton**  
Assistant Athletic Director  
Dickinson High School

The North Dakota High School Coaches Association proudly shares the Special Recognition Recipients for the 2026 NDHSCA Hall of Fame/Coach of the Year Banquet. The award will be presented on July 29<sup>th</sup> 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 is pleased to share the Award of Merit Recipients for the 2026 NDHSCA Hall of Fame/Coach of the Year Banquet. The Banquet will take place on July 29<sup>th</sup> at the Mandan Baymont Convention Center.

**Dan Durkee** – Bismarck PS Announcer from Bismarck, ND  
**Jon Gums** – “Dakota Grappler”, Mandan, ND  
**Matt Mullally** – WDA Sports, Bismarck, ND



**Dan Durkee**



**Jon Gums**



**Matt Mullally**

## *Love the Game*

*“Love the game. Love the game for the pure joy of accomplishment. Love the game for everything it can teach you about yourself. Love the game for the feeling of belonging to a group endeavoring to do its best. Love the game for being involved in a team whose members can’t wait to see you do your best. Love the game for the challenge of working harder than you ever have at something and then harder than that. Love the game because it takes all team members to give it life. Love the game because at its best, the game tradition will include your contributions. Love the game because you belong to a long line of fine athletes who have loved it. It is now your legacy. Love the game so much that you will pass on your love of the game to another athlete who has seen your dedication, your work, your challenges, your triumphs... and then that athlete will, because of you, love the game.”*

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The following article is reprinted with gratitude by special arrangement and permission from Forum Communications, writer Ryan Spitza and photographer Anna Paige.

## Honoring a Legend



Gelaine Orvik, center, track and field coach at South High from 1971 to 2001, is honored during a rededication ceremony at South High on Thursday, May 7, following the refurbishing of the school’s outdoor track. The track was first dedicated to Orvik in May 2005 and was rededicated prior to the Rotary Track and Field Meet hosted by South. To Orvik’s right is South girls track and field coach Mike Grant, and on his left is boys coach Alex Koppy.

### **Fargo South surprises longtime track coach Gelaine Orvik with rededication ceremony.** **By Ryan Spitza – The Forum**

Gelaine Orvik has never been one to seek recognition. For the longtime Fargo South track and field coach and official of the sport, it was always about doing it for the kids. That’s why, when South rededicated its newly renovated track to Orvik on Thursday, May 7, school officials had to tell a small white lie in order to convince Orvik to make the trip to Fargo from his home in Woodbury, Minnesota.

“They just said, ‘We want you to come up for a meet,’” Orvik said. “And I had no idea that this was happening. I was coming up here to watch my grandson run sprints and the triple jump. Unfortunately, he got hurt, so he’s not running. But I was going to be here anyway.” Little did Orvik know, the school had something else in store for him — rededicating the track in his honor 21 years after it was first named for him in 2005. “Not a bit,” Orvik said when asked if he had any hint of suspicion.

South broke ground on the [\\$1.8 million track renovation last June](#), replacing the original surface that was installed in 2001.

School officials previously said the original track had begun to bubble in some areas in recent years, along with experiencing curbing issues along the west side. The wear and tear on the surface had also started to raise safety concerns for student-athletes. The installation of the new track was completed last October.

*Continued page 17*

Not only is Orvik's name imprinted into the new track just as it was previously, but Orvik was also presented with a piece of the old surface during the rededication ceremony. "This is fantastic, and not to dedicate it to me because it's not to me," Orvik said. "I had great assistant coaches with me all of my time here. I could turn to any one of them. Sometimes, they even said, 'Sit down and we'll tell you what to do.'"

As much as Orvik loved working with his fellow coaches, he loved being a mentor to his student-athletes even more. "We had good kids," Orvik said. "And our goal always was to have 100 kids on the team. We just kept building and building, and that's what this is about. It's for them. Those kids have to understand that this is for them, it's not for me."

Orvik coached for South track and field for 30 years from 1971 to 2001. The Bruins took home nine state championships and 33 Eastern Dakota Conference titles under his guidance. Orvik was inducted into the North Dakota High School Coaches Association Hall of Fame in 1993, and later the National High School Athletic Coaches Association Hall of Fame in 1997. He was also inducted into the Fargo South Hall of Fame in 2001.

South activities director Mike Beaton said it was only right to dedicate the track in Orvik's honor once again. "He played such a big role in the initial track that was here in terms of fundraising and so forth," Beaton said. "His involvement with the track and field program and growing it to what it is now, he was just instrumental in doing that for Fargo South and as well as for the state of North Dakota."

After his retirement from coaching, Orvik went on to become an official and worked countless meets at South, across the state, and the North Dakota state meet.

Orvik was also a teacher at South and a member of the Fargo Gateway Lions Club. "It's great to have him back," Beaton said. "He worked so many meets here and so we got to see him quite frequently. We haven't seen him for a while, so it's great to have him back here just to visit, catch up and celebrate him." Orvik made a career out of teaching, track and field, and mentoring youth for one good reason. "Because I think track and field makes every person that competes a better person," Orvik said. "They are building themselves and they can't point fingers at anyone else except themselves. "I think that's the importance of it. Don't blame anyone for what happened and give everybody else the credit." Orvik also said he believes in the potential of every young person. "If you think there's bad kids in this world, it's just that they haven't found the right road yet," Orvik said. "There are no bad kids."

## National High School Athletic Coaches Association



in partnership with the Iowa Girls Coaches Association is hosting the

### 2026 NHSACA NATIONAL CONVENTION

June 29, 30, July 1, 2026

Hyatt Regency Hotel and Conference Center; Coralville, IA

<https://nhsaca.org/wp-content/uploads/2026/03/2026-NHSACA-National-Convention-Registration-Form.pdf>

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# NDHSCA-NHSACA National Hall of Fame Inductees



The North Dakota High School Coaches Association has the following inductees chosen to 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

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## Primary Goals and Purposes of NHSACA

It is the purpose of the NHSACA to provide instruction and training to high school and middle school coaches in the United States in order to develop the capabilities of new coaches and to improve the capabilities of veteran coaches

# 2026 NHSACA National Coach of the Year Finalists from North Dakota



**Scott Grochow**  
Rugby HS  
Athletic Director

The North Dakota High School Coaches Association announces the NHSACA National Coach of the Year finalists from North Dakota. These 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 is proud to have the following 13 finalists.



**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’

## 2026 NDHSCA-SCHEELS SCHOLARSHIPS

The North Dakota High School Coaches Association Executive Committee has selected the recipients of the 2026 NDHSCA Scheels Scholarships. Each recipient will receive a \$750.00 scholarship from the NDHSCA and Scheels. This scholarship is available to graduating High School Seniors whose parents are members of the NDHSCA. The 2026 recipients are:

- **Aubrey Middlestead, Ellendale HS:** who plans to attend Dakota State University, Madison
- **Kailee Nielson, Valley City HS:** who plans to attend Valley City State University
- **Sawyer Owens, Hillsboro HS:** who plans to attend Minot State University
- **Anna Petersen, Kenmare HS:** who plans to attend the University of North Dakota
- **Alexis Tompkins, Grafton HS:** who plans to attend the University of Mary
- **Alaina Volk, Bismarck Century HS:** who plans to attend Minnesota State University Moorhead

The scholarships will be presented to each student/athlete at the Annual NDHSCA Hall of Fame/Coach of the Year Banquet at the Mandan Baymont Hotel and Conference Center on Wednesday, July 29, 2026. The six student-athletes collectively earned 53 athletic letters and were involved in 99 different activities throughout high school. The recipients' GPA average is 4.02 with all of them acquiring a 4.0 or higher-grade point average in school. Five of the recipients were ranked number one in their graduating class with a weighted scale. Their ACT Composite scores ranged from 24 to 28.



**Aubrey Middlestead** graduated from Ellendale High School with a 4.0 GPA, 28 ACT Score and ranked number one in her class. She earned 7 athletic letters in the sports of volleyball (4), track and field (2) and basketball manager (1). Aubrey was also involved in Music, One-Act Play, National Honor Society, Students Against Destructive Decisions, and Acalympics. Aubrey was one of six finalists for the NDHSAA Distinguished Student Award. She was praised by her teachers for being dedicated, respectful, enthusiastic, and hard-working.

**Aubrey** is the daughter of Colette and Tyler Middlestead.

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**Kailee Nielson** graduated from Valley City High School with a 4.0 GPA, 24 ACT Score and ranked number one in her class of 85. She earned nine athletic letters in the sports of tennis (4), basketball (3) and volleyball (2). Kailee was also involved in choir, band, peer facilitating, Fellowship of Christian Athletes, and National Honor Society. Her teachers and coaches praised Kailee for being trustworthy, dependable, dedicated and a role model.



**Kailee** is the daughter of Annette and Matt Nielson.

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# Dakota Coach Summer 2026



**Sawyer Owens** graduated from Hillsboro High School with a 4.0 GPA, 24 ACT Score and ranked number one in his class. He earned ten athletic letters in the sports of wrestling (4), football (4) and golf (2). Sawyer was also involved in Band, Choir, Church Youth Group, Student Council, and the Academic Team. His teachers and coaches praised Sawyer for his dedication, resilience, discipline and competitive spirit.

**Sawyer** is the son of Ann and Rob Owens.

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**Anna Petersen** graduated from Kenmare High School with a 4.0 GPA, 28 ACT Score and ranked number one in her class of 26. She earned 12 athletic letters in the sports of cross country (4), basketball (4), and track and field (4). Anna was also involved in Speech, Student Council, 4-H, Close Up and FFA. Her teachers and coaches praised Anna for being dependable, hard-working, of high moral character, and a role model.



**Anna** is the daughter of Sarah and Kris Petersen.

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**Alexis Tompkins** graduated from Grafton High School with a 4.0 GPA, 26 ACT Score and ranked fourth in a class of 85. She earned eight athletic letters in the sports of volleyball (4) and track and field (4). Alexis was also involved in Academic Olympics, Student Council, FCA, HOSA, National Honor Society, Prom Committee, and National Technical Honor Society. Her teachers classify Alexis as a leader, positive, dedicated, and committed to excellence.

**Alexis** is the daughter of Megan and Trevor Tompkins.

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**Alaina Volk** graduated from Bismarck Century High School with a 4.12 weighted GPA, 28 ACT Score and ranked first out of 353 students on the weighted scale. She earned six athletic letters in football manager (4), girls' basketball (1), and track and field (1). Alaina was also involved in 4-H, Sunday School Teacher, Band, Speech, National Honor Society, and Church Administration Youth Representative. Her teachers praised Alaina for being intelligent, insightful, driven, and talented.



**Alaina** is the daughter of Anne and Cory Volk.

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Each of the recipients will receive a \$750 NDHSCA-Scheels Scholarship on July 29<sup>th</sup> at the NDHSCA Hall of Fame/Coach of the Year Banquet to be held at the Mandan Hotel and Convention Center.

**SCHEELS**

## NDHSCA-Gelaine Orvik Scholarship Recipients

Three recipients of the annual NDHSCA-Gelaine Orvik \$1,000 Scholarships have been selected and notified for being awarded at the Mandan Baymont Hotel and Convention Center on Wednesday, July 29, 2026. After evaluation and assessment, the selection committee determined the beneficiaries to be **Elizabeth Fedje** from Valley-Edinburg High School, **Aubrey Kenner** from Maddock High School and **Leah Volochenko** from Velve High School.

The Scholarship was established in 2008 when the Late Joe Howell, Lisbon High School Track & Field Coach made a motion to establish the scholarship to honor Gelaine Orvik. Coach Orvik is a 35-year veteran coach who also served the North Dakota High School Coaches Association from 1974-2015. The requirements for the Scholarship Recipient are that he or she will be a student-athlete graduate from a North Dakota High School and will attend a North Dakota College or University. The final requisite is that he or she intends to pursue the profession of interscholastic coaching.

The nomination form identifies the criteria used for consideration on selection: GPA, class rank percentile, athletic awards, activity awards, ACT test scores, captains' and leadership roles, an application letter, and recommendation letters from faculty, coach, and administration. The recipients also best exemplify the values and ideals modeled by Coach Orvik, as teacher and coach; those values, ideals and principles he expected from his athletes and students; those same values, ideals and principles he urges all coaches to portray.

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### *Elizabeth Fedje*

**Elizabeth Fedje** ranked first in her class of 15 students at Valley-Edinburg High School. She has an ACT score of 25 and earned a GPA of 3.95. **Elizabeth** has earned dual credits in psychology, United States History, Art, Communications, Sociology, and College Algebra at Lake Region State College in Devils Lake.



**Elizabeth** participated in three sports (volleyball, basketball and track and field) all four years at Valley-Edinburg. She earned a total of twelve athletic letters in these three sports. **Ms. Fedje** was the State Champion in the High Jump as a Junior and Senior in high school. She also participated in one act play, Academic Olympics, Science Fair, Science Olympiad, Scrubs Camp, Student Council, Math Track Meet, National Honor Society, Band, and Choir.

**Elizabeth** explanation of why she wants to be a coach is the influence a coach can have on a young person's life. She wishes to develop athletic ability, character, work ethic, and confidence in the athlete's life. Her goal is to create a positive environment where students feel supported, challenged, and inspired to become the best version of themselves.

**Elizabeth's** track and field coach, Jeryl "Murph" Thompson, praises her integrity, respectfulness, social maturity, and dependability. He describes her as having high moral character and strong personal ethics.

**Elizabeth Fedje** is the daughter of Jodi and David Fedje.

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## Aubrey Kenner

NDHSCA-Gelaine Orvik Scholarship recipient, **Aubrey Kenner**, ranked first in her class of 20 students at Maddock High School. She has an ACT score of 20 and earned a 4.0 GPA. **Aubrey** participated in volleyball, basketball, and track and field all four years of high school. She earned twelve letters in these three sports and was considered a leader throughout her high school career. **Ms. Kenner** also participated in Student Council, Choir, Band, Pep-Band, Close Up, and FFA.



**Aubrey's** explanation of why she wants to be a coach is the mentoring she has had from her father who was her basketball coach since she was in the fourth grade. **Ms. Kenner's** passion and love for basketball have helped in shaping her work ethic, discipline and mindset on and off the court. This creates a desire to learn, teach, and help others succeed. Her dream is to one day give back to the game she loves.

Bobby Hoffner, **Aubrey's** track and field coach, has this to say about her. "**Aubrey** has a strong work ethic, a sheer determination to succeed, and is goal oriented. She is an outstanding student and an excellent role model. Her character and personal qualities describe what the Gelaine Orvik scholarship is all about."

**Aubrey Kenner** is the daughter of Robin and Bryan Kenner.

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## Leah Volochenko

**Leah Volochenko** ranked first in her class of 37 students at Velva High School. She has an ACT score of 27 and earned a 4.0 GPA. **Leah** earned dual credits in Fundamentals of Speaking, College Composition I, College Composition II, Psychology and Sociology from Lake Region State College. She also earned dual credits in Exceptional Children from Minot State University.



**Leah** participated in Volleyball, Basketball, and Softball during high school. She earned nine letters in the sports of Volleyball (1), Basketball (4), and Softball (4). **Ms. Volochenko** was also involved in Band, FCCLA, 4-H, FBLA, Youth Group, and a class officer.

**Leah** has the desire to become a coach because of all the leadership opportunities she has had while competing in sports. She feels a great coach builds an athlete's confidence, teaches accountability, and helps the athlete develop skills that carry into everyday life. Her goal is to become a coach who creates a positive and supportive environment where athletes feel valued and motivated to improve.

Bryce Gutknecht, **Leah's** softball coach, mentions the following. **Leah** is someone you can count on. She is someone you want to lead and teach young kids. **Ms. Volochenko** is trustworthy, confident, and intelligent. She creates a plan and knows how to execute it.

**Leah Volochenko** is the daughter of Natasha and Dustin Volochenko.



# Congratulations Elizabeth Fedje, Aubrey Kenner and Leah Volochenko!



## Dakota Coach Summer 2026

# 2025-26 NDHSCA-Subway Coaches of the Year

### FALL SPORT

<u>FALL SPORT</u>	<u>NAME</u>	<u>SCHOOL</u>
Class B Girls' Golf	Kirby Robb	Heart River
Class A Girls' Golf	Dan Wolf	West Fargo Sheyenne HS
Class A Boys' Tennis	Scott McPherson	Bismarck Legacy HS
Class A Boys' Soccer	Thomas Marcis	Bismarck Legacy HS
Class B Girls' Cross Country	Kirk Zink	Hillsboro – Central Valley
Class B Boys' Cross Country	Jonathan Jahner	Bowman County HS
Class A Girls' Cross Country	Kate Fox	Bismarck Century HS
Class A Boys' Cross Country	Scott Reichenberger	Bismarck HS
Class 9-Man Football	Elliott Belquist	New Rockford – Sheyenne HS
Class 11A Football	Zach Keller	Bottineau HS
Class 11AA Football	Todd Lambrecht	Devils Lake HS
Class 11AAA Football	Wayne Werremeyer	Fargo Davies HS
Class A Girls' Swimming	Matthew Stinar	West Fargo HS
Class B Girls' Volleyball	Jacie Connell	Medina-Pingree-Buchanan
Class A Girls' Volleyball	Dana Stansbery	Central Cass HS
Class AA Girls' Volleyball	Kelsey Titus	West Fargo HS

### WINTER SPORT

<u>WINTER SPORT</u>	<u>NAME</u>	<u>SCHOOL</u>
Class Girls' Wrestling	Crag Brodeur	Pembina County North
Class B Boys' Wrestling	Arlan Anderson	Williams County
Class A Boys' Wrestling	Steven Monk	Bismarck Legacy HS
Class A Boys' Wrestling	Lars Jacobsen	Bismarck Legacy HS
Class A Girls' Hockey	Kennedy Blair	West Fargo United
Class A Boys' Hockey	Ryan Faragher	Bismarck Legacy HS
Class A Boys' Hockey	Wade Davison	Bismarck Legacy HS
Class A Girls' Gymnastics	Bre Carlson	Jamestown HS
Class B Girls' Basketball	Kipp Sparrow	Central McLean
Class A Girls' Basketball	Jason Brend	Thompson HS
Class A Boys' Swimming	Ben Smith	Jamestown HS
Class AA Girls' Basketball	Jason Schwarz	Minot HS
Class AA Boys' Basketball	Jordan Wilhelm	Bismarck HS
Class A Boys' Basketball	Brandon Schirado	Beulah HS
Class B Boys' Basketball	Joi Anderson	Central McLean

## 2025-26 NDHSCA-Subway Coaches of the Year

### SPRING SPORT

### NAME

### SCHOOL

Class A Athletic Director	Jason Wiberg	Devils Lake HS
Class B Girls' Track and Field	Spencer Ruebke	Hillsboro-Central Valley
Class A Girls' Track and Field	Brennan Doan	Bismarck Century HS
Class B Boys' Track and Field	Chris Sorensen	Hazen HS
Class A Boys' Track and Field	Chris Clements	Bismarck Legacy HS
Class B Girls' Softball	Scott Kost	Central Cass HS
Class A Girls' Softball	Amanda Mickey	Dickinson HS
Class B Boys' Baseball	Scott Milbrandt	Kindred HS
Class A Boys' Baseball	Quinn Irely	West Fargo Horace HS
Class A Girls' Tennis	Scott DeLorme	Minot HS
Class A Girls' Soccer	Aaron McElwee	Mandan HS
Class B Boys' Golf	Barry Heisler	North Star HS
Class A Boys' Golf	Ben Walker	West Fargo HS

### ASSISTANT & JUNIOR HIGH

### NAME

### SCHOOL

Fall Assistant COTY (Volleyball)	Sara Bohrer	Bismarck Century HS
Fall Junior High COTY (Volleyball)	Brittany Olson	Fargo Discovery MS
Winter Assistant COTY (Girls' Basketball)	Gary Walhaug	Minot HS



### Inspirational Quote

**“History has demonstrated that the most notable winners usually encountered heartbreaking obstacles before they triumphed. They won because they refused to become discouraged by their defeats.”**

**-Bertie Forbes**

# 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
B Girls' Track & Field	Anya Olson	Velva-Drake-Anamoose	Jen Kramer
A Girls' Track & Field	Jilian Quale	Bismarck HS	Tim Kolsrud & Dale Colby
B Boys' Track & Field	Jaran Reinhardt	Hazen HS	Chris Sorensen
A Boys' Track & Field	Zayden Horne	Bismarck Legacy HS	Chris Clements
B Girls' Softball	Addison Dale-Geiger	Beulah HS	Kyle Christensen
A Girls' Softball	Kyndall Peterson	Dickinson HS	Amanda Mickey
B Boys' Baseball	Theodore Romfo	Langdon Area Munich	Joshua Krivarchka
A Boys' Baseball	Brody Mueller	Minot North HS	Bryan Kraher
A Girls' Tennis	Kyllie Fettig	Minot HS	Scott DeLorme
A Girls' Soccer	Sarah Helderop	Mandan HS	Aaron Mc Elwee
B Boys' Golf	Myles Jorde	North Star HS	Barry Heisler
A Boys' Golf	Kolby Koerner	Grand Forks Red River HS	Nathan Olson



# 2026 NDHSCA SPONSORED ALL STAR GAMES



## NDHSCA/Optimists All-Star Volleyball

**Matches will be held:** Monday, June 15<sup>th</sup> at West Fargo Sheyenne HS  
Tuesday, June 16<sup>th</sup> at Bismarck Century HS



## Shrine All-Star Football

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



# Lion's All-Star Basketball 50<sup>th</sup> Anniversary!



**50<sup>th</sup> 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 here.

**Wednesday, July 8<sup>th</sup> at Bismarck State College (Bavendick Center) this is a location change.**  
**Thursday, July 9<sup>th</sup> at Fargo South HS**

There is a **SOCIAL EVENT** planned for alumni of the Lion's All-Star Game from 5:00 to 6:00 pm at each game site.

# 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 22<sup>nd</sup> for best price

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

\$99 per night- Book before July 6<sup>th</sup> 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](http://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](http://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 27<sup>th</sup>: 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 28<sup>th</sup>: Sport Specific Sessions  
 Free Lunch with speaker sponsored by FCA  
 Free Taco Bar with the Horse Races fundraiser and Social

Wednesday, July 29<sup>th</sup>: 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



Complete schedule can  
 be found on pages 35-39.  
 Dakota Coach Clue #2

# 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.

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](mailto:duck@westriv.com).

We look forward to seeing you in Mandan, July 27<sup>th</sup>-29<sup>th</sup>. 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 July 27<sup>th</sup> – 29<sup>th</sup>!



**THE DEAD PERIOD HAS BEEN REMOVED FOR 2026!**  
**NDHSAA Constitution & By-Laws and Handbook of Interpretations**

**PART III BOARD REGULATIONS & GENERAL INFORMATION**

**JULY DEAD PERIOD FOR 2026 HAS BEEN REMOVED.**

# MENTAL HEALTH MONTH



There is no simple test to determine whether you have a mental illness, but there are warning signs. If left untreated, mental illness can increase the risk of suicide. Warning Signs of suicide may include but are not limited to:

There is no simple test to determine whether you have a mental illness, but there are warning signs. If left untreated, mental illness can increase the risk of suicide. Warning Signs of suicide may include but are not limited to:

- **Depression**
- **Suicide Threats**
- **Lack of Interest**
- **Anger, Increased Irritability**
- **Sudden Increase/Decrease in Appetite**

- **Sudden Changes in Appearance**
- **Dwindling Academic Performance**
- **Preoccupation with Death and Suicide**
- **Previous Suicide Attempts**
- **Final Arrangements**

**To learn more, visit [JasonFoundation.com](http://JasonFoundation.com)**

***YOUR MENTAL HEALTH IS CALLING,  
ARE YOU GOING TO ANSWER?***



# 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](http://www.subway.com)

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Allow 15 minutes for pickup.  
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**SUBWAY**



## 2026 Coaches Convention Schedule

Mandan Baymont Inn and Suites Convention Center

**Day 1- Monday, July 27: 7:30 AM - 2:30 PM Registration Desk Open**

*REGISTRATION for Monday's Seminars*

**\$15.00 Extra Charge for CPR, AED, First Aid Recertification**

**MUST BE COMPLETE BEFORE 7:30 am**

**8:00 AM Nautilus/Cutty College Credit Registration, Dr. Brad Strand; NDSU**

**8:30-4:00 Convention Exhibit Hall Open**

**8:30 Coaching Seminars**

Nautilus/Cutty Santa Maria	Special Topics CPR/AED	“Sports Related Concussions I” “CPR, AED, First Aid Recertification - Attend 1”	Jeff Chambers; Athletic Trainer & Guardian Athletics Christa Kovarik; Garrison, ND
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**9:30 Coaching Seminars**

Nautilus/Cutty Santa Maria	Special Topics CPR/AED	“Sports Related Concussions II” “CPR, AED, First Aid Recertification – Attend 1”	Jeff Chambers; Athletic Trainer & Guardian Athletics Christa Kovarik; Garrison, ND
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**10:30 – 10:45 Visit Exhibits**

**10:45 Coaching Seminars**

Nautilus/Cutty Santa Maria	Special Topics CPR/AED	“Nutritional Benefits of Beef” “CPR, AED, First Aid Recertification – Attend 1”	Bridget Bullinger; ND Beef Commission Christa Kovarik; Garrison, ND
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**11:45- 1:15 Pier 7 Seminar Luncheon (provided by NDHSCA)**  
**Luncheon Speaker “The Invisible Opponent: Mental Health/Suicide in Athletes”**  
**Coach David Martin Jason Foundation**

**1:15- 2:15 Pier 7 “Where Joy Meets Drive: Balancing Discipline & Fun in HS Athletics”**  
**General Session Speakers Matt and Cadence Fetsch, NDHSAA**

**2:15-2:30 Visit Exhibits**

2:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Nautilus	Basketball	“Beaver Basketball”	Randall Herbst; Minot State University
Executive II	Football	“Building Route Running & Releases”	Khalil Paden; Dickinson State University
Pebble Creek	Golf	“Braves Golf”	Dean Johs; Mandan HS
Executive I	Track & Field	“Benson County Distance Training”	Bobby Hoffner; Benson County
Red Trail Elem	Volleyball	“Blue Hawk Volleyball”	Stormy Siemion; Dickinson State University

**3:30-3:50 Visit Exhibits**

3:50 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Nautilus	Basketball	“Beaver Basketball”	Randall Herbst; Minot State University
Executive II	Football	“Cover 1 Out of Two High Safety Disguise”	Jason Thier; Dickinson State University
Pebble Creek	Golf	“Club Fitting”	Gehrig Geiss; DJGA
Executive I	Track & Field	“Triple Jump”	Shayne Wittkopp; Dickinson State University
Red Trail Elem	Volleyball	“Blue Hawk Volleyball”	Stormy Siemion; Dickinson State University
Embassy	X-Country	“Beaver Cross Country”	Steven Schultz; Minot State University

# Dakota Coach Summer 2026

2026 NDHSCA COACHES CONVENTION SCHEDULE

## Monday, July 27 (continued):

<b>4:50 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
Nautilus	Basketball	"Saber Basketball"	Jim Petrik; Bismarck Legacy HS
Executive II	Football	"Pursuit Drills: Be Relentless to the Ball"	Jason Thier; Dickinson State University
Pebble Creek	Golf	"Club Fitting"	Gehrig Geiss; DJGA
Executive I	Track & Field	"Long Jump"	Shayne Wittkopp; Dickinson State University
Red Trail Elem	Volleyball	"Bulldog Volleyball"	Jerlyn Gabrielson; Flasher HS
Embassy	X-Country	"Beaver Cross Country"	Steven Schultz; Minot State University

**6:00-7:00 pm Coaches Collaboration Social sponsored by TeamUp  
Appetizers, Refreshments, and Open Bar in the Restaurant**

## Day 2 - Tuesday, July 28

7:30 AM – 2:30 PM Registration Desk Open

**Special Note: All Coaches are urged to attend sport specific "Advisory Review and Planning" Sessions!**

**Wrestling Sessions will start at 8:00 AM in the Santa Maria today!**

**Nautilus 8:00 College Registration, Dr. Brad Strand; NDSU**

**8:30-4:00 Convention Exhibit Hall Open**

<b>8:30 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
Red Trail Elem	Basketball	"Defensive Drills to Make Your Team Better"	Darin Mattern; Bismarck Century HS
Executive II	Football	"Marauder Football"	Shann Schillinger; University of Mary
Pebble Creek	Golf	"Golf Instruction"	Regan Brown; DJGA
Ambassador	Softball/Baseball	"Jimmie Softball"	Kevin Gall; University of Jamestown
Board Room	Swim & Dive	"Coaching Smarter in a Short Season"	Thomas Wheeling; Bismarck Legacy HS
Executive I	Track & Field	"Sprint Starts"	Cale Korbelik; University of Mary
Cutty Sark	Volleyball	"Training Repeatable Setters!"	Lauren Prochazka; SD School of Mines
Santa Maria	Wrestling	"Scholastic Leadership Academy"	Jim Beichner; NWCA

**9:25-9:45 Visit Exhibits**

<b>9:45 ROOM</b>	<b>SPORT</b>	<b>TOPIC</b>	<b>SPEAKER; SCHOOL</b>
Red Trail Elem	Basketball	"Offensive Drills to Make Your Team Better"	Darin Mattern; Bismarck Century HS
Executive II	Football	"Marauder Football"	Shann Schillinger; University of Mary
Pebble Creek	Golf	"Golf Instruction"	Regan Brown; DJGA
Ambassador	Softball/Baseball	"Jimmie Softball"	Kevin Gall; University of Jamestown
Board Room	Swim & Dive	"Balancing Mental Strength & Physical Ready"	Spencer Wheeling & Mikayla Brackin; Bis. Century
Executive I	Track & Field	"100/110 Hurdles"	Cale Korbelik; University of Mary
Cutty Sark	Volleyball	"Creating Competitive Practices"	Lauren Prochazka; SD School of Mines
Santa Maria	Wrestling	"Scholastic Leadership Academy"	Jim Beichner; NWCA
Embassy	X-Country	"Blue Hawk Cross Country"	Thomas Schwarz; Dickinson State University

**10:40-11:00 Visit Exhibits**

# Dakota Coach Summer 2026

2026 NDHSCA COACHES CONVENTION SCHEDULE

## Day 2 - Tuesday, July 28 (continued):

11:00 ROOMSPORT		TOPIC	SPEAKER; SCHOOL
Nautilus	Basketball	"Beaver Basketball"	Ryan Clark; Minot State University
Executive II	Football	"Marauder Football"	Shann Schillinger; University of Mary
Pebble Creek	Golf	"Golf Instruction"	Regan Brown; DJGA
Ambassador	Baseball/Softball	"Squirrel Softball"	Scott Kost; Central Cass HS
Board Room	Swim & Dive	"Patriots Swimming"	Spencer Wheeling & Mikayla Brackin; Bismarck Century HS
Executive I	Track & Field	"Javelin"	Justin Miller; Bismarck Century HS
Cutty Sark	Volleyball	"Serving and Passing"	Lauren Prochazka; SD School of Mines
Santa Maria	Wrestling	"Scholastic Leadership Academy"	Jim Beichner; NWCA
Embassy	X-Country	"Blue Hawk Cross Country"	Thomas Schwarz; Dickinson State University

**12:00 - 1:30 Pier 7  
Luncheon Speaker**

**Seminar Luncheon (provided by NDHSCA)  
Ted Schultz; AD, Minnetonka HS, MN Sponsored by FCA**

1:30 ROOM SPORT		TOPIC	SPEAKER; SCHOOL
Nautilus	Basketball	"Beaver Basketball"	Ryan Clark; Minot State University
Executive II	Football	"Sentinels Football"	Jacob Holmen; Minot North HS
Lounge (Hotel)	Golf	"Packers Golf"	Ben Walker; West Fargo HS
Ambassador	Softball/Baseball	"Grizzlies Softball"	Nicolette Anderson; Pembina County North
Board Room	Swim & Dive	"Braves Swimming"	Claudia Schoellkopf; Mandan HS
Executive I	Track & Field	"Shot Put"	Justin Miller; Bismarck Century HS
Cutty Sark	Volleyball	"Resilience Through Injury"	Erica Moen; Des Lacs-Burlington HS
Santa Maria	Wrestling	"Mavericks Wrestling"	Jeremiah Hayes; Dickinson HS
Embassy	X-Country	"Roughriders Cross Country"	Nathan Stamstad; Southern McLean


**2:25-2:45 Visit Exhibits**

**2:45 pm Pier 7  
General Session**      **"Peak Performance with 3CT"  
Speaker Dr. Brad Strand**

**3:45-4:00 Visit Exhibits**

4:00 ROOM SPORT		TOPIC	SPEAKER; SCHOOL
Ambassador	Baseball/Softball	"Magician Baseball"	Pete Stenberg; Minot HS
Nautilus	Basketball	"Firebird Basketball"	Dustin Brodina; Devils Lake HS
Executive II	Football	"Wildcat offense- 3rd and 4th Down"	Mark Kennedy; NDSCS
Lounge (Hotel)	Golf	"Cougar Golf"	Kirby Robb; Heart River
Board Room	Swim & Dive	"Sentinels Swimming"	Peyton Huss; Minot North HS
Executive I	Track & Field	"Discus"	Larry Walker; Bismarck Century HS
Cutty Sark	Volleyball	"Braves Volleyball"	Anna Folk; Mandan HS
Santa Maria	Wrestling	"Demon Wrestling"	Austin Eichmann; Bismarck HS

**Day 2 - Tuesday - Last Session finishes at 5:00 pm**




**PIER 7 - 6:00 PM to 10:00 PM**

**COACHES COLLABORATION SOCIAL**

Sponsored by NDHSCA and GAME ONE

Taco Bar Provided/ Cash Bar Beverages Available

**THE HORSE RACES ARE BACK! GET IN ON A CHANCE TO WIN \$\$\$ BY  
PLACING BETS ON YOUR CHOSEN JOCKEY!**



# Dakota Coach Summer 2026

2026 NDHSCA COACHES CONVENTION SCHEDULE

## Day 3 - Wednesday, July 29

7:30 am - 2:30 pm- Registration Desk Open Mandan Baymont

**Special Note: All Tennis Sessions on Wednesday will be held at Mandan Tennis Center following the 8:30 AM session! Time will be 9:45 AM to 2:00 PM.**

**Special Note: All Coaches are urged to attend sport specific "Advisory Review and Planning" Sessions!**

8:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Ambassador	Baseball/Softball	"From Panic to Poise: Help Athletes Control Nerves"	Dr. Alana Semchenko; Bismarck
Nautilus	Basketball	"Jimmie Basketball"	Thad Sankey; University of Jamestown
Executive II	Football	"Wildcat defense- covering space"	Mark Kennedy; NDSCS
Lounge	Golf	<b>NDHSCA Advisory Committee Review &amp; Planning</b>	<b>Justin Fletschock; NDHSAA</b>
Ambassador	Gymnastics	"From Panic to Poise: Help Athletes Control Nerves"	Dr. Alana Semchenko; Bismarck
Ambassador	Soccer	"From Panic to Poise: Help Athletes Control Nerves"	Dr. Alana Semchenko; Bismarck
Board Room	Swim & Dive	"Marauders Swimming"	Abigail Loel; University of Mary
Restaurant	Tennis	<b>NDHSCA Advisory Committee Review &amp; Planning</b>	<b>Paul Christen; Mandan HS</b>
Executive I	Track & Field	"Titan Track & Field"	Tim Baustian; Dickinson Trinity HS
Cutty Sark	Volleyball	<b>NDHSCA Advisory Committee Review &amp; Planning</b>	<b>Kevin Morast; NDHSAA</b>
Santa Maria	Wrestling	"Marauder Wrestling"	Adam Aho; University of Mary

**9:30-9:40 Break Tennis Sessions at Mandan Tennis Center from 9:45 AM to 1:45 PM**

9:40 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Ambassador	Baseball/Softball	"Coaching the Mental Game: Tools to Help Kids"	Dr. Alana Semchenko; Bismarck
Nautilus	Basketball	"Jimmie Basketball"	Thad Sankey; University of Jamestown
Executive II	Football	<b>NDHSCA Advisory Committee Review &amp; Planning</b>	<b>Justin Fletschock; NDHSAA</b>
Lounge	Golf	"Round Table Discussion"	Jeremy St. Aubin; South Border
Ambassador	Gymnastics	"Coaching the Mental Game: Tools to Help Kids"	Dr. Alana Semchenko; Bismarck
Ambassador	Soccer	"Coaching the Mental Game: Tools to Help Kids"	Dr. Alana Semchenko; Bismarck
Board Room	Swim & Dive	"Marauders Swimming"	Abigail Loel; University of Mary
Mandan Tennis	Tennis	"Practice Efficiency – Consider It"	Erik Porter; University of Mary
Executive I	Track & Field	<b>NDHSCA Advisory Committee Review &amp; Planning</b>	<b>Kevin Morast; NDHSAA</b>
Cutty Sark	Volleyball	"Titan Volleyball"	Breanna Sisson; Dickinson Trinity HS
Santa Maria	Wrestling	"Marauder Wrestling"	Adam Aho; University of Mary

**10:50 AM Pier 7**

### **NDHSCA Annual Business Meeting**

*Membership encouraged to attend.*

**Coaches signed up for two Graduate Credits MUST attend**

**Light Lunch provided by NDHSCA to General Business Meeting Attendees following the Annual Meeting**

**12:05 Restaurant NDHSCA Hall of Fame Luncheon for Inductees (Past Presidents, Past Inductees & Executive Committee are invited to attend)**

# Dakota Coach Summer 2026

2026 NDHSCA COACHES CONVENTION SCHEDULE

## Day 3 - Wednesday, July 29 (continued)

1:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Ambassador	Baseball/Softball	"Patriot Baseball"	Kent Schweigert; Bismarck Century HS
Nautilus	Basketball	NDHSCA Advisory Committee Review & Planning	Justin Fletschock; NDHSAA
Executive II	Football	"Braves Football"	Zach Keller; Bottineau HS
Pebble Creek	Golf	"PGA Golf Rules"	Kristi Egnot; PGA Professional
Dakota Star	Gymnastics	TBA	Rachel Johnson-Krug ; Bismarck Schools
Embassy	Soccer	"Speed of Play/Player Development"	Logan Christensen; University of Mary
Board Room	Swim & Dive	NDHSCA Advisory Committee Review & Planning	Kevin Morast; NDHSAA
Mandan Tennis	Tennis	"Experimental Practice Activities"	Erik Porter; University of Mary
Executive I	Track & Field	"Pole Vault"	Tom Temple; Glendive, MT HS
Cutty Sark	Volleyball	"Magician Volleyball"	Jesse Goertzen; Minot HS
Santa Maria	Wrestling	"Blue Hawk Wrestling"	Tyson Springer; Dickinson State University

### 1:55-2:00 Break

2:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Ambassador	Baseball/Softball	"Demon Baseball"	Scott Kinnischtzke; Bismarck HS
Nautilus	Basketball	"Motion Offense Concepts"	Derek Selvig; Dickinson State University
Executive II	Football	"Davies Football Culture"	Wayne Werremeyer; Fargo Davies HS
Pebble Creek	Golf	"PGA Golf Rules"	Kristi Egnot; PGA Professional
Dakota Star	Gymnastics	TBA	Rachel Johnson-Krug ; Bismarck Schools
Embassy	Soccer	NDHSCA Advisory Committee Review & Planning	Justin Fletschock; NDHSAA
Board Room	Swim & Dive	"Packer Swimming"	Matt Stinar; West Fargo HS
Executive I	Track & Field	"High Jump"	Tom Temple; Glendive, MT HS
Cutty Sark	Volleyball	"Hi-liner Volleyball"	Cynthia Klabo; Valley City HS
Santa Maria	Wrestling	"Blue Hawk Wrestling"	Tyson Springer; Dickinson State University
Restaurant	X-Country	NDHSCA Advisory Committee Review & Planning	Kevin Morast; NDHSAA

### 2:55-3:00 Break

3:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Ambassador	Baseball	NDHSCA Advisory Committee Review & Planning	Justin Fletschock; NDHSAA
Nautilus	Basketball	"Defensive Scout Prep"	Derek Selvig; Dickinson State University
Executive II	Football	"Firebird Football Culture"	Todd Lambrecht; Devils Lake HS
Pebble Creek	Golf	"Golf Techniques"	Parker Bartels; Minot Youth Golf Director
Dakota Star	Gymnastics	TBA	Rachel Johnson-Krug ; Bismarck Schools
Embassy	Soccer	"Recruiting/Program Building"	Logan Christensen; University of Mary
Ambassador	Softball	NDHSCA Advisory Committee Review & Planning	Justin Fletschock; NDHSAA
Board Room	Swim & Dive	"Round Table Discussion"	Jake Solper; Minot HS
Executive I	Track & Field	"Recruiting Process"	Erik Stevens; Minot State University
Cutty Sark	Volleyball	"Youth to Varsity: Creating Continuity"	Dana Stansbery; Central Cass HS
Santa Maria	Wrestling	NDHSCA Advisory Committee Review & Planning	Kevin Morast; NDHSAA

4:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Ambassador	Softball/Baseball	"Round Table Discussion"	Trevor Yetterboe; Wilton HS
Nautilus	Basketball	"Magician Basketball"	Jason Schwarz; Minot HS
Executive II	Football	"Developing HS Quarterbacks"	Nick Walker; Killdeer HS
Pebble Creek	Golf	"Golf Techniques"	Parker Bartels; Minot Youth Golf Director
Dakota Star	Gymnastics	TBA	Rachel Johnson-Krug ; Bismarck Schools
Embassy	Soccer	"Round Table Discussion"	Matt Pfau; Minot HS
Board Room	Swim & Dive	"Round Table Discussion"	Jake Solper; Minot HS
Executive I	Track & Field	"800m Training"	Erik Stevens; Minot State University
Cutty Sark	Volleyball	"Jaguar Volleyball"	Nicholas Theis; Northern Cass HS
Santa Maria	Wrestling	"Round Table Discussion"	Travis Lemar; Central Cass HS

# Dakota Coach Summer 2026

2026 NDHSCA COACHES CONVENTION SCHEDULE

DAKOTA COACH CLUE #3

**Day 3 - Last session finishes at 4:45 with the NDHSCA Banquet to follow.**

**5:15-6:00 pm in Pier 7**

## NDHSCA AWARDS BANQUET RECEPTION

**(Photos will be taken at this time)**

**6:00 PM in Pier 7**

## NDHSCA Hall of Fame and COTY Banquet

NDHSCA-Scheels Scholarship recipients will be awarded

NDHSCA-Gelaine Orvik Scholarship recipients will be awarded

Major Longevity Milestones will be announced

New Vice President will be named

Award of Merit and Special Recognition recipients will be recognized

Coach of the Year, Assistant Coach of the Year and Junior High Coach of the Year recipients will be awarded

2026 NDHSCA Hall of Fame recipients will be honored

The new 2026-2027 NDHSCA President will be recognized



Photo from 2025 NDHSCA Coaches Convention with Speaker Dr. Brad Strand.

The 2026 NDHSCA Coaches Convention will be an outstanding three-day event with a variety of speakers and activities. Each year we are fortunate to have so many great coaches and trained professionals share their knowledge. Make plans to attend, you will not be disappointed in the professionalism and quality of the convention. The goal of NDHSCA is to present coaches with experienced speakers combined with the opportunity to interact with other coaches to learn how best to provide opportunities for success to our athletes.

**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.

***J***The Jason  
**Foundation, Inc.**

**Visit [JasonFoundation.com](http://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  
Matt Weidler; Velva HS  
Mark Woodbury' West Fargo 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 Strenge; Wyndmere HS  
Lee Weisgarber; Central McLean

### 35 Years

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

### 40 Years

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

### 45 Years

**Brian Pederson; Bismarck Century HS**

### 56 Years

**Wayne Johnson; Dakota College of Bottineau**

### 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  
Michael Sorlie; North Sargent HS  
Ryan Wiberg; Devils Lake HS  
Mike Zier; Beach 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 Summer 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](http://www.loomislapann.com)

## INSURANCE ADMINISTRATOR



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

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

Greg Joly  
Lori George

[gjoly@loomislapann.com](mailto:gjoly@loomislapann.com)  
[lgeorge@loomislapann.com](mailto: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.*

# Coaching Wisdom

By **Greg Berge**

Lead Better. Coach Smarter. Build a Winning Culture.

**Encourage what you want to see.**

Too many coaches only correct mistakes.  
The best coaches also reinforce what they want repeated.  
Effort. Communication. Teamwork.  
Players repeat what gets noticed.

## *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

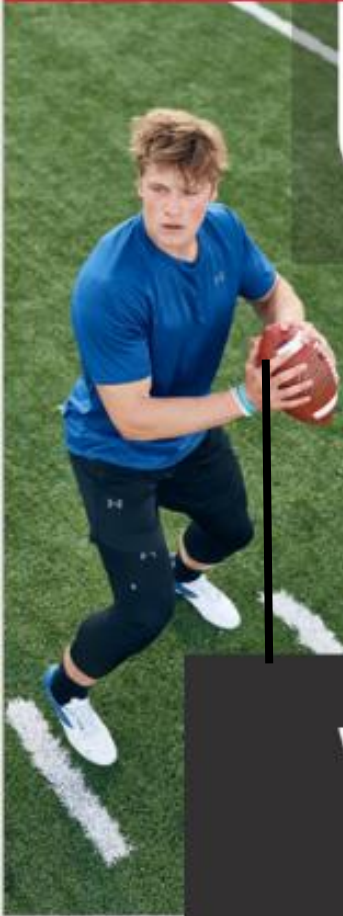
### Notes on Lifetime Membership

- 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 Summer 2026

PROUD SPONSOR OF THE NORTH DAKOTA HIGH SCHOOL COACHES ASSOCIATION

**SCHEELS**<sup>®</sup>  
EMPLOYEE OWNED



WE INVITE COACHES TO PARTNER WITH  
THEIR LOCAL SCHEELS ON

**TEAM**  
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CALL FOR INFORMATION

FARGO 701.298.2918

MINOT 701.852.1010

BISMARCK 701.255.7255

GRAND FORKS 701.780.9424





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

NDHSCA encourages payment by credit card. This is the fastest and easiest way to get your membership card. If you are paying for Membership by School Check and/or Purchase Order, be sure to confirm such membership application with an e-mail to Randy Johnson at [duck@westriv.com](mailto:duck@westriv.com) before the respective dates. Your **membership registration must be completed and paid for** before the appropriate season deadline to be eligible for post season awards:

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

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

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

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

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

### Click Here:

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

Go Online to Find:

Forms

All Star Teams

All-State Teams

Coaches Resources

Insurance Information

Scholarship Information





# Dakota Coach Summer 2026



## 2025-26 NDHSCA SPORTS ADVISORY COMMITTEES

<b>SPORT</b>	<b>REPRESENTATION</b>	<b>TERM</b>
<b><u>BASEBALL:</u></b>		
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
<b><u>BASKETBALL – Boys’:</u></b>		
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
<b><u>BASKETBALL – Girls’:</u></b>		
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
<b><u>CROSS COUNTRY:</u></b>		
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 Baustian; Dickinson Trinity HS	B Division West Representative	2025-2029
<b><u>FOOTBALL:</u></b>		
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
<b><u>GOLF:</u></b>		
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
<b><u>GYMNASTICS:</u></b>		
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
<b><u>HOCKEY:</u></b>		
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
<b><u>SOCCER:</u></b>		
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
<b><u>SOFTBALL:</u></b>		
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 Summer 2026



## 2025-26 NDHSCA SPORTS ADVISORY COMMITTEES



SPORT	REPRESENTATION	TERM
<b><u>SWIMMING &amp; DIVING:</u></b>		
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
<b><u>TENNIS (Appointed by Tennis Advisory):</u></b>		
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
<b><u>TRACK &amp; FIELD – Boys':</u></b>		
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
<b><u>TRACK &amp; FIELD – Girls':</u></b>		
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
<b><u>VOLLEYBALL:</u></b>		
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
<b><u>WRESTLING (Appointed by Wrestling Advisory):</u></b>		
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 33<sup>rd</sup> Street Unit 4  
 Bismarck, ND 58501  
 Email: [duck@westriv.com](mailto: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](mailto:Scott.Grochow@k12.nd.us) at [Scott.Grochow@k12.nd.us](mailto:Scott.Grochow@k12.nd.us), or [Bill Jansen](mailto:William.Jansen@k12.nd.us) at [William.Jansen@k12.nd.us](mailto:William.Jansen@k12.nd.us) if you are one of these individuals.

**Remember, this is the number of years you have been coaching through the spring of 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 check for 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.



## 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  
Lloyd, Brent; Lakota 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, Dan; Des Lacs-Burlington HS  
Miller, Linda; Des Lacs-Burlington HS  
Miller, Steve; Bismarck HS  
Mitzel, Frank; Minto HS  
Morast, Kevin; NDHSAA  
Nagel, Lee; Wahpeton HS  
Nelson, Brent; Minot HS  
Nelson, Kevin; Dunseith HS  
Neppl, Kent; Benson County  
Odegard, Brodie; Tioga HS  
Olson, Carolyn; Davies HS  
Olson, Douglas; Beulah HS  
Olson, Linette; Bismarck Century HS  
Omdahl, Chad; Hatton-Northwood HS  
Opdahl, Mike; Larimore HS  
Opp, Leland; Hazen HS  
Oswalt, Chad; Minot HS  
Overby, Dennis; Northwood HS  
Peterson, Paul; Larimore HS  
Pfau, Matt; Minot HS  
Phillion, Rick; Minot HS  
Philpot, Len; Grand Forks Central HS  
Pierson, Paula; West Fargo HS  
Plecity, Doyle; West Fargo HS  
Rerick, Mark; University of North Dakota  
Roeske, Marv; Concordia College  
Sabree, Yahya; Dunseith HS  
Schaffer, 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

Schnieder, 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

### Honorary Lifetime Members

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

# NDHSCA Past Presidents

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



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Available on the NDHSCA website  
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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](http://www.ndhsca.com). Notes, articles, opinions, or letters to the editor are welcome if they deal with high school coaching concerns. They will be printed as space permits. Opinions and views of the authors are their own and do not always reflect the official position of the NDHSCA.

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

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