

Dakota Coach

Volume #60 Issue 2





North Dakota High School Coaches Association

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NDHSCA



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

Dakota Coach Winter 2025-26

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Positively Measuring Success



Message from NDHSCA President Greg Brown

Congratulations to all sports teams for making it an exciting season of fall sports in North Dakota. Congratulations to the State Champions, Region Champions and Coach of the Year recipients. There is only one team or individual that gets to call themselves champions at the end of the season. Success does not have to be about championships. Success can be measured in a number of ways.

Reading back on past issues of the Dakota Coach I ran across a president's message on success being measured differently for different teams. Some teams are going to be battling for state championships. Some teams will have new coaches in the program, and they will measure success differently. Don't get me wrong, winning a state championship is great but only one team per season reaches that pinnacle of success. For other teams it might be the first time they played in the championship game or the first time they were regional champions. It could be something like the first time they strung two wins together. Everybody's success is different, and your success needs to be based on your expectations for your team. Every team across the state is in a different mode. Are you successful? Are you building? Do you have enough athletes to compete? So, to some success is every little win that your team gets. Some years are longer than others, but if you can find a little spark to build from, you will be successful.

Over my years of coaching, one trait of successful coaches stands out. The power to be positive. In my career I have coached Track and Field, Cross Country, Football, Wrestling, Girls and Boys Basketball and Swimming. I have coached in Middle School and High School. In the off season, I have spent time behind the bench running clock, announcing games or taking care of the book, so I have seen many coaches coach. One thing that comes to mind is players play harder for a positive coach. I think back to my first years coaching as I was trying to figure out my "why" and who I was. I thought you had to be loud and jump on the athlete to get the most out of them. But over the years I have learned that patience and positivity go so much farther with your athletes. My first year I was a Head Swim Coach, young and dumb and thinking that I had life figured out at 22 years of age. I made many mistakes. I thought I needed to yell and be upset when athletes did not compete the way one thought they should. My third year of coaching I was an Assistant Track Coach, and at the regional meet, we had a 3200 meter relay team that qualified for the State Meet. However, they were DQ'd from the race due to inappropriate language when an athlete twisted her ankle walking off the track and rightfully so. But how you as a coach handle this goes a long way with being the coach. With the DQ, I got upset, yelled and put the pressure on the other athletes. Because of a negative interaction with a coach early in the day I put unneeded pressure on the athletes, and we were not able to compete well. After multiple events, we took a lot of third place finishes, but we were shut out of the state meet.

As years have flown by, I believe that I have grown as a coach. Being able to watch so many great coaches and occasionally, a few coaches that haven't identified their coaching style yet. I do believe that being positive with your athletes has a great benefit on their performance. I had a senior athlete at the state meet, who was competing in the Long Jump. She was ranked in the top five but scratched all three preliminary jumps. This was a year that we were competing to be a top 5 team. I will admit the first thing that I had to do was go for a walk. I knew it would not have been the best interaction if I did not go for a quick walk to gather my thoughts. By the time I got back to the Long Jump area, she was just leaving the event with her dad. The athlete and I had a great interaction. I gave her a huge hug, told her some days don't go our way in an event, but you still have two events left in your high school career. She ended up taking 4th in the 200 m dash and helped our 1600 m relay team place 3rd by running a 59 second lap. She helped the team in other ways than what we expected. I feel a bad exchange at that time would have shut her down for the rest of the meet. Up to that point in her career, we had never had a bad interaction. Sometimes it takes some positive words for the athletes to get back on track.

This summer the State Convention is July 27-29 in Mandan at the Baymont Inn. By going to a three-day conference, we are hoping that it will allow more coaches to come and take in the convention. There will be many opportunities to eat meals at the convention with other coaches to create a support group that you can connect with when you have questions. Sometimes conventions are not all about the X's and O's. The internet is great for drills and play ideas, but sometimes you need to talk with another coach on player situations, and it can help if you have that support group of peers. Come to Mandan in July, bring your coaching staff! Coaches' convention is not just for Head Coaches, but for all coaches. Everybody can learn from the great speakers that are currently being scheduled for the convention.

NDHSCA President Greg Brown

Dakota Coach Winter 2025-26



“I Hear You”



Message from President Elect, Lisa Jenkins

Happy Holidays to you all! I wish you all joy, happiness, and that you are all able to find time for yourself, and your family over the holiday season. I would like to congratulate all the fall coaches, teams, and athletes on a great fall season. A special shoutout to all the champions, individual award winners and special accomplishments.

As I enter into my 21st season of coaching here in North Dakota, 26 years overall, I cannot help but think about the many, many relationships I have built over the past 21 years. My cup continues to run over. The number of administrators, athletic directors, coaches, and young people that have been a part of my life through the years has left me extremely blessed. It's left me in a good place, but do our athletes feel the same way we do when their high school athletic careers are over? This past summer at our annual NDHSCA Convention in Fargo, some of us were lucky enough to listen to a presentation from a young athlete from Valley City, and what it is like being a student-athlete in today's world. It got me thinking that high school athletics is about far more than wins and losses. While competition matters, the lasting impact of coaching is found in the relationships we build with our athletes. Long after the final whistle blows, athletes remember how their coaches made them feel, how they were treated, and whether they believed someone genuinely cared about them as people.

Building strong relationships begins with intentionality. Taking the time to learn an athlete's story—their background, goals, challenges, and interests—creates trust. When athletes feel seen and valued beyond their performance, they are more willing to listen, to work hard, and to push through adversity. Trust is not built through authority alone; it is earned through consistency, honesty, and presence.

Communication is another cornerstone. Clear expectations, constructive feedback, and open dialogue allow athletes to grow in confidence. Equally important is listening. When coaches create an environment where athletes feel safe to speak openly, they foster accountability and mutual respect. Sometimes the most powerful thing a coach can say is simply, “I hear you.”

Relationships are also strengthened through empathy and understanding. High school athletes juggle academics, family responsibilities, social pressures, and personal struggles. Recognizing that each athlete carries more than what we see in practice helps us coach with patience and perspective. Holding athletes to high standards while offering grace when they fall short teaches life lessons that extend well beyond the field or court.

Ultimately, the strongest teams are built on connection. When athletes know their coach believes in them—not just as players, but as people—they are more likely to believe in themselves and in each other. As coaches, we have a unique opportunity to influence young lives in a meaningful way. By prioritizing relationships, we ensure that our impact lasts far longer than in any season.

In closing, I am much more aware of what I do well as a coach, what I need to improve on, and the need to change along with our student athletes.

I wish all of you the best of luck in 2026!!!

NDHSCA President Elect, Lisa Jenkins



2026 NDHSCA COACHES CONVENTION

Mandan Baymont Hotel and
Convention Center

3 Day Convention: July 27-29, 2026

Dakota Coach Winter 2025-26



Message from NDHSCA Executive Secretary, Randy Johnson



I hope you had a Merry Christmas and I wish you a Happy New Year! Hopefully you have had time to be with family and friends over the holiday break.

Congratulations to the following recipients: NDHSCA Subway Coach of the Year, NDHSCA POWERade Senior Athlete of the Year, and State Champions! It was a great fall with a lot of exciting competitions.

What is sport coaching? Coaching provides instruction and guidance to athletes on how to improve skills and increase performance. Coaches use knowledge they have obtained to teach proper techniques and strategy. A good coach will also motivate athletes in a positive way so they can reach their full potential. To be successful, coaches need to have a deep understanding of the sport, the ability to communicate, show passion, be dedicated and patient. The best way to develop these traits is to attend the NDHSCA State Coaches Convention. A person can learn more by listening and collaborating with others. The State Convention gives coaches the opportunity to enhance their skills and improve their teaching.

The North Dakota High School Coaches Association State Convention will be held at the Mandan Baymont Hotel and Convention Center. The dates of the convention are July 27 – July 29, 2026. We are shortening our convention to three days; hopefully this will allow more coaches to attend. I encourage you to bring your entire coaching staff. The days will be jam-packed with great speakers, great topics and fun-filled social events. Put the dates on the calendar now and plan to attend.

The NDHSCA is here to help coaches. Our mission is to educate coaches in creating great mentors of today's youth, recognize coaches for their outstanding ability, and to support coaches throughout their journey. The NDHSCA goals include the following:

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

Coaching is a profession. To build dignity and respect for you and your program coaches need to remember the following:

- Exemplify the highest moral character as a role model for young people.
- Dress in an appropriate manner that distinguishes the coach as a professional who is representing his school and team.
- Strive to develop in each athlete the qualities of leadership, initiative, and good judgment.
- Respect the integrity and judgment of sport officials.
- Build and maintain ethical relationships with coaches and administrators.
- Strive for excellence in coaching skills and techniques through professional improvement.
- Be modest in victory and gracious in defeat.
- Encourage a respect for all athletics and their values.

Message continued next page.

Dakota Coach Winter 2025-26

Executive Secretary Randy Johnson's message continued from page 6.

Coaches need to review the criteria for nominating athletes for All District, All Region, All State, and the NDHSCA POWERade Senior Athlete of the Year. This helps to maintain the integrity of the award and our coaching profession. The criteria is posted on our website: www.ndhsca.com.

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

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

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



Sincerely for the Coaching Profession
Randy Johnson
NDHSCA Executive Secretary

Your NDHSCA Membership is a Dual Membership with NHSACA



North Dakota High School
Coaches Association



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Hello from the National High School Athletic Coaches Association



Happy New Year
from the National High School Athletic Coaches Association

The National High School Athletic Coaches Association hopes you have had time to enjoy a Merry Christmas! Happy New Year everyone!

The 2026 NHSACA National Coaches Convention will be held in Coralville, Iowa. The dates of the convention are June 29, 2026 – July 1, 2026. It will be held at the Coralville Hyatt Regency Hotel. We are moving to a three-day convention in hopes of having a big crowd of coaching finalists and Hall of Fame Inductees present. Coaches will have the opportunity to earn one semester hour of Graduate Credit from NDSU by attending all three days.

Tim Wallstrum, Kenmare, is now the NHSACA Executive Director of operations. Scott Garvis, Iowa, is the NHSACA National President this year. Scott has resigned his position as the NHSACA Executive Director of Finance. Tim is working diligently to help the NHSACA prosper. It is in good hands with him at the helm. Tim is busy gathering all the National Coach of the Year nominees' information. These are due in his office by December 22nd. Following the deadline, the Sport Chairs, Executive Board and Executive Director will begin the evaluation process. I will release the finalists from North Dakota as soon as I receive work from the Executive Director's office.

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

• Athletic Director	Scott Grochow	Rugby HS
• Baseball	Peter Stenberg	Minot HS
• Basketball – Boys'	Darin Mattern	Bismarck Century HS
• Basketball – Girls'	Jason Brend	Thompson HS
• Cross Country – Boys'	Shane Wahlstrom	Williston HS
• Cross Country – Girls'	Greg Brown	Mandan HS
• Football	Steve Kleinjan	New Salem HS
• Golf	Shane Hannegrefs	Minot North HS
• Soccer	Thomas Marcis	Bismarck Legacy HS
• Softball	Peggy Person	Des Lacs-Burlington HS
• Special Sports	Casey Berry	Dickinson HS
• Swimming & Diving	Jake Solper	Minot HS
• Tennis	Paul Christen	Mandan HS
• Track & Field – Boys'	Justin Miller	Bismarck Century HS
• Track & Field – Girls'	Robert "Bobby" Hoffner	Benson County
• Volleyball	Rich Olson	Langdon Area HS
• Wrestling	Randy Burwick	Hettinger HS
• Assistant COTY – Boys'	Cory Volk	Bismarck Century HS
• Assistant COTY – Girls'	Sara Bohrer	Bismarck Century HS

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

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

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

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

NHSACA Past President Message continued next page.

Dakota Coach Winter 2025-26

NHSACA Past President, Randy Johnson, message continued.

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

- Jake Solper: National Swimming and Diving Sport Chair - Minot High School
- Jeremy St. Aubin: National Golf Sport Chair - South Border
- Greg Brown: Sports Chair Coordinator - Mandan High School
- Tim Wallstrum: Executive Director and Past President - Kenmare
- Dave Dougherty: Past President and Past Executive Director – Fargo (Previously Watford City)
- Randy Johnson: Website Administrator, Past President – Bismarck, ND (Previously Hazen HS)
- Gelaine Orvik: Past President – Woodbury, MN formerly Fargo
- John Hutchison: Past President, HOF and COTY Narrator - Northwood, ND

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

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 once it becomes available. It will be another great convention this summer.

Respectfully submitted
Randy Johnson, NHSACA Past President



Dakota Coach Drawing Winners

The following are winners of the drawing for reading the Fall Dakota Coach and finding the clues. They will be awarded at the 2026 NDHSCA State Coaches Convention during the Annual Meeting.



Jeff Bakke
Grand Forks
Red River HS



Nathan Horgeshimer
Killdeer HS

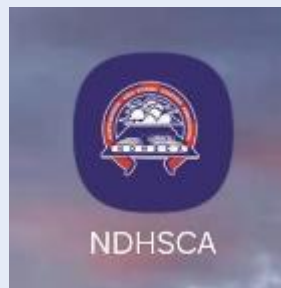
Reading the Dakota Coach can pay off in many ways!

**It is loaded with valuable coaching articles
and information and now also the
opportunity to win!**

If you want to be like Jeff and Nathan and win a gift card during the Annual Meeting this summer, be among the first to find the three pages in this Dakota Coach with information that qualifies you to win! Just email Randy Johnson duck@westriv.com with the three page numbers by January 10th to get your name in the drawing!

In the meantime, if you are reading this look for the other two clues, then contact Randy Johnson duck@westriv.com with this page number (and the other two) to qualify to win a gift card!

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!



2026 NHSACA National Hall of Fame Inductees



The North Dakota High School Coaches Association is proud to announce two individuals who will be inducted into the National High School Athletic Coaches Association Hall of Fame this coming summer. Larry Sandy, Velva High School Football and Track and Field Coach and Tim Wallstrum, Kenmare High School Volleyball Coach will be inducted. The induction banquet will take place during the National High School Athletic Coaches Association National Convention hosted at the Hyatt Regency Coralville Hotel and Conference Center in Coralville, Iowa on Tuesday, June 30, 2026.



Larry Sandy graduated from Westhope High School. He earned his bachelor's degree at Minot State University. Larry coached at Sully Buttes High School in Onida, South Dakota, Steele-Dawson High School and Velva High School. He coached Football, Baseball, Basketball and Track and Field during his 36-year coaching career.

Coach Sandy was a clinician at the NDHSCA State Coaches Convention twice. He also coached in four NDHSCA Shrine Football All Star Games. Larry was inducted into the NDHSCA Hall of Fame and named NDHSCA State Football Coach of the Year five times. Coach Sandy was a finalist for the NHSACA National Football Coach of the Year one time and nominated three times. Larry's football teams won ten State Championships, twelve Regional Titles and were Regional Runners-up eight times. His teams were undefeated once they made the State Football Championship Game.

Coach Larry Sandy and his wife Kim have four children: Josh, Kyle, Katelyn and Jadyn.



Tim Wallstrum graduated from Kenmare High School. He earned his bachelor's degree from the University of North Dakota and he also graduated from the North Dakota Highway Patrol Academy. Tim came back to coach and teach at his alma mater Kenmare High School. He has coached for 39 years. Coach Wallstrum coached Volleyball, Girls' Softball, Baseball, and Girls' Basketball. His volleyball teams have won over 1,085 matches.

Tim served on the North Dakota High School Coaches Association Executive Board for six years holding the office of President from 2019 to 2021. He has served on the National High School Athletic Coaches Association Executive Board since 2018 holding the office of President in 2023-2024. Tim is the current Executive Director of Operations for the NHSACA. He has served 12 years on the NHSACA Board of Directors, 16 years as the NDHSCA Optimist All-Star Volleyball Co-Chair and nine years as the NDHSCA Optimist Volleyball All-Star Coach. Coach Wallstrum was also on the NDHSCA Volleyball Advisory Committee for three years, six years as a NDHSCA State Coaches Convention Clinician and four years as a NHSACA National Coaches Convention Clinician. He has been on the NDHSCA Optimist Volleyball All-Star Selection Committee for 33 years and the NDHSCA Regional Volleyball Representative for 20 years.

Coach Wallstrum has two State Volleyball Titles, three State Volleyball Runner Ups, 15 Regional Volleyball Titles and seven Regional Volleyball Runner Ups. He also has 17 District Volleyball Titles and 12 Volleyball Conference Titles. As an Assistant Girls' Basketball Coach, Tim has one Regional Title, one Regional Runner Up and two District Titles. He was inducted into the NDHSCA Hall of Fame in 2022. Tim was named the NDHSCA State Volleyball Coach of the Year twice and the NDHSCA Regional Volleyball Coach of the Year 11 times. He was also named the NDHSCA District Volleyball Coach of the Year seven times. Tim is a four-time finalist for the NHSACA National Volleyball Coach of the Year and received the NHSACA Distinguished Service Award in 2019.

Coach Tim Wallstrum and his wife Ruth have three children: Kira, Grey and Beca.

2026 NDHSCA-NHSACA National Coach of the Year Nominees

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



MARK YOUR CALENDAR!

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

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



2026 NDHSCA Vice President Nominees

The North Dakota High School Coaches Association has made nominations for balloting for the Association's Vice President. The balloting will be conducted at the North Dakota High School Coaches Association State Coaches Convention held this summer at the Mandan Baymont on July 27th through July 29th.

The two candidates will be Jason Brend, currently the Head Girls' Basketball Coach at Thompson High School and Calvin Kraft, currently the Head Boys' Basketball Coach and Athletic Director at Enderlin High School.



Jason Brend is a graduate of Mayville State University. He is a 29-year coaching veteran. Jason is the Head Girls' Basketball Coach at Thompson High School and has coached football and baseball in the past. His Girls' Basketball Teams have accumulated 406 victories. He has coached in nine State Girls Basketball Tournaments. Coach Brend was named the Girls' Basketball State Coach of the Year three times, Regional Girls' Basketball Coach of the Year eight times, and District Girls' Basketball Coach of the Year twice. He is currently serving on the Girls' Basketball Advisory and was a coach for the Lions' All-Star Basketball game twice. Jason is engaged to Daysha Berg.

Calvin Kraft is a graduate of Valley City State University. He is a 15-year coaching veteran. Calvin is the Enderlin HS Athletic Director and Head Boys' Basketball Coach. He obtained his Certified Master of Athletic Administration through the NIAAA. His Boys' Basketball Teams have accumulated 154 victories. Coach Kraft was named the District and Regional Athletic Director of the Year three times. He has been the Barnes County Athletic Commissioner for five years, ran four NDHSAA Regional Tournaments and five District Tournaments. Calvin has been the District 1 and Region 1 Chair for five years.

Calvin and his wife Brooke have three children: Harlyn, Rori and Ellis.



NDHSCA State Coaches Convention July 27, 28, 29, 2026 Mandan Baymont Hotel and Convention Center

Use this link to book your rooms today:

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



Three Hotels Available:

Each can be booked using the above link.

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

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

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

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

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

\$110 per night

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

2026 NDHSCA Hall of Fame Inductees

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

- 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 Kolsrud – Girls' Track and Field Coach from Bismarck High School
- Brad Lies – Boys' Cross Country Coach from Bismarck Century High School



Tim Jacobsen is a 30-year coaching veteran. He began his coaching career at North Dakota State University as a student assistant for the Bison Football Program. He then coached at Ingraham High School in Seattle, Washington before landing at Bismarck Century High School. He has coached Football, Baseball, Boys' Swimming and Diving, Boys' Cross Country, Girls' Track and Field, and Boys' Track and Field. Tim's Boys' Track and Field Teams won eight State Championships, eight State Runners-Up, six Regional Championships and ten Regional Runners-Up. As an Assistant Football Coach, he was part of one State Championship, two State Runners-Up, two Regional Championships and eight Regional Runners-Up. Coach Jacobsen's Track and Field Teams have amazed 1,452 Victories.

Tim was named the NDHSCA State Class A Boys' Track and Field Coach of the Year four times and the NDHSCA Regional Class A Boys' Track and Field Coach of the Year seven times. He was a finalist for the NHSACA National Boys' Track and Field Coach of the Year twice. Coach Jacobsen was inducted into the North Dakota High School Track and Field Hall of Fame in 2016. He was also named the US Track and Field and Cross Country Coaches Association North Dakota Boys' Track and Field Coach of the Year three times.

Tim served on the NDHSCA Track and Field Advisory Committee for eight years and was the NDHSCA State Coaches Convention Clinician nine times. He was also a NHSACA National Coaches Convention Clinician twice. Coach Jacobsen was invited to speak at the Minnesota High School Track Coaches Association Convention in 2014.

Tim has two children: Joycee and Jettler.



Wayne Johnson coached for 53 years. He began his coaching career at Fairmount High School in 1969. In 1983 he went to Rolette High School. Coach Johnson finished out his coaching career at Dakota College at Bottineau. He coached Boys' Basketball, Girls' Basketball, Football, Track and Field, Baseball, Volleyball, Softball and was also an Athletic Director. His Boys' Basketball Teams won two Regional Championships, one Regional Runner-Up, five District Championships, and 11 District Runners-Up. Wayne's Girls' Basketball Teams won one Regional Championship, one District Championship and four District Runners-Up. His Women's Basketball Teams at Dakota College won two Regional Championships and one Regional Runner-Up. Coach Johnson acquired 367 Boys' Basketball Victories, 323 Girls' Basketball Victories, 125 Women's Basketball Victories, 15 Softball Wins and 22 Volleyball Victories.

Wayne was named the NDHSCA Regional Boys' Basketball Coach of the Year twice, Regional Girls' Basketball Coach of the Year once, District Boys' Basketball Coach of the Year six times, and District Girls' Basketball Coach of the Year twice. He was also named the NDIAAA Regional Athletic Director of the Year once and District Athletic Director of the Year three times.

NDHSCA Hall of Fame Inductees continued on next page.

2026 NDHSCA Hall of Fame Inductees

NDHSCA Hall of Fame Inductees continued,

Coach Johnson served on the NDHSCA Basketball Advisory Committee for three years and was the NDHSAA Regional Baseball Chairman for six years. He was a candidate for the NDHSCA Vice President in 2003.

Wayne and his wife Holly have five children: Jade, Garrick, Ben, Alysa and Kara.



Tim Kolsrud is a 46-year coaching veteran. His coaching career had stops at Bismarck Century High School, Hope High School, Wachter Junior High School, and Bismarck High School. Tim has coached Football, Basketball, and Track and Field. His Girls' Track and Field Teams have won six State Championships, five State Runners-Up, nine Regional Championships and six Regional Runners-Up. As an Assistant Football Coach, he has been a part of seven State Championships and 13 Conference Championships. Coach Kolsrud's Girls' Track and Field Teams have amazed 3,398 victories.

Tim has been named the NDHSCA Girls' Track and Field State Coach of the Year five times and the NDHSCA Girls' Track and Field Regional Coach of the Year multiple times. He was named the US Track and Field and Cross Country Coaches Association National Girls' Track and Field Coach of the Year once. Coach Kolsrud was a finalist for the NHSACA National Girls' Track and Field Coach of the Year. He was inducted into the North Dakota Track and Field Hall of Fame in 2015 and the Mayville State University Athletic Coaches Hall of Fame in 2022. His Girls' Track and Field team was named the North Dakota Sportscasters and Sports Writers Female Team of the Year once.

Tim served on the NDHSCA Track and Field Advisory Committee for 11 years. He was a clinician at the NDHSCA State Coaches Convention one time, the NHSACA National Coaches Convention one time and the NDSU Track and Field Coaches Clinic once.



Brad Lies is a 28-year coaching veteran. He started his coaching career at Grand Forks Red River High School and is currently at Bismarck Century High School. He has coached Football, Boys' Track and Field, Girls' Track and Field and Boys' Cross Country. His Boys' Cross Country Teams have four State Championships, three State Runners-Up, two Regional Championships, and seven Regional Runners-Up. As an Assistant in Girls' Track and Field, he was part of two State Championships, one State Runner-Up and two Regional Championships. As a distance coach for the Boys' Track and Field Teams, he was part of seven State Championships, five State Runners-Up, six Regional Championships, and seven Regional Runners-Up. Brad's Cross Country Teams have amazed 1,696 victories and he was a part of 928 Track and Field Victories.

Coach Lies was named the NDHSCA Class A State Boys' Cross Country Coach of the Year three times and the NDHSCA West Region Boys' Cross Country Coach of the Year five times. He was a finalist for the NHSACA National Boys' Cross Country Coach of the Year twice. Brad was named the US Track and Field and Cross Country Coaches Association Boys Cross Country Coach of the Year for North Dakota one time. He was inducted into the Grand Forks Red River Athletic Hall of Fame in 2022 and was named

the NFHS Coaches Association National Boys' Cross Country Coach of the Year for the Midwest in 2009.

Brad served on the NDHSCA Cross Country Advisory Committee for ten years. He was a clinician at the NDHSCA State Coaches Convention four times. Coach Lies was also a clinician at the NHSACA National Coaches Convention twice.

Brad and his wife Campanula have two children: Logan and Sophie.

Build Your Most Valuable Plate with Beef

By: Stephanie Militano, RD



As a sports family, you know that life gets busy. The days are packed with school, practice, friends, family time, and extracurriculars. Some days your schedule can feel like you are chasing a curveball from the moment you wake up to the last minutes of daylight. Student athletes have an intense workload that requires a diet packed with energy and nutrients. The 2020-2025 Dietary Guidelines for Americans revealed that many school age children and adolescents are falling short on essential nutrients that are the cornerstones to their development. Adolescent athletes are in a significant period of growth and development. Every bite counts in supporting their health and optimizing their performance in the classroom and on the field.

Nutrients of Concern

In the latest guidelines, there is a focus on closing nutrient gaps for adolescents. We do this by increasing their intake of nutrient dense foods that contain essential vitamins and minerals. One of the key fuel sources that is highlighted is protein. Many young athletes are striking out when it comes to consuming high quality protein sources. This puts them at risk for deficiencies in iron, zinc, choline and vitamins B6 and B12. Why is this population falling short? Here are some of the most common scenarios I run into as a Registered Sports Dietitian.

Nutrition Challenges for Adolescent Athletes.

Every morning an athlete's first alarm goes off. Snooze. Second alarm goes off. Snooze. Mom and dad are yelling down the hall to wake up. Before they know it, the morning is a rushed blur with breakfast taking a backseat in the hustle to school.

At school, lunch is often short with a limited amount of time to stand in line, select a meal, and then actually eat. Once they get back to their table, they connect with friends and may be distracted from eating and meeting all of their energy needs. If they are able to finish their lunch, the school lunch portion is often not big enough for growing athletes. A perfect storm for missing the mark nutritionally.

Adolescent athletes need a significant amount of energy, protein, and carbohydrates to thrive in class and on the field. This is where having a nutrition strategy can make a good athlete a true all-star!



Dakota Coach Winter 2025-26

2025-26 NDHSCA-Subway Coaches of the Year

<u>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

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

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Sanford Power and Sports Strength and Conditioning Coach

In my current role as a high school strength and conditioning coach, I spend a good chunk of time also at the middle school. This began two years ago when I took on my current role at a local high school in North Dakota. Weight training was done individually by teams in their respective seasons, often separate from one another and leading to confusion when students move in to other sports. However, we had acquired new equipment and cleared out a storage room with a plan to build a culture around training that was consistent and inclusive. That being said, the main growth in these first two years didn't happen only at the high school - the most growth happened at the middle school.

For the past two years, our middle school has been a "feeder program" for our high school athletes. The best way I can compare this is to our football team: we run a very specific offense. There's a lot of plays to grasp, and a lot of rules to learn so as to not perform illegal shifts, false starts, and other pre-snap penalties. Our students weren't thrown the play book their freshmen year to deal with the growing pains in a JV setting; they eased their way into it during their 7th and 8th grade years of football. Obviously, it wasn't perfect when they got to high school, but the students were able to feel more confident in plays they would be expected to know. This isn't specific to football; in fact, many middle school teams are mirroring this for athletes to prepare for high school sports.

As the weight room encompasses all sports, it is just as -if not even more- important to follow suit. I say this as this is the time when the most physical changes usually happen to adolescents, and with the rise in sport specificity training at a younger age, it is that much more important to "build the base," meaning learn the fundamental movement patterns that aid in balance and coordination. At the middle school level, we began with multiple dynamic warmups with the 6th graders in their PE classes, teaching them to feel their body in motion and learn the concepts of shoulder prehab, squats, lunges, and various low level plyometrics. After repeating these warmups at least 3 times per week in the PE classes, many of these kids had an understanding not just of the movements in general, but how to line up for the warmup and create space where everyone can do their exercises.

In the 7th and 8th grade, we began introducing loaded movements, hosting weights sessions at both the middle school and high school weight room. This is where we began teaching terminology of the concepts in the weight room-what a clean pull is and how it's different from a clean for example. We started out slow, having middle school weights sessions two to three times per week in the school year at the middle school and twice per week in the summer at the high school. While we had kids moving in and out of the weight room with the starting and ending of sports training, they were able to stay consistent with some of the terminology and movements as their coaches began mirroring the dynamic warmups done in the weight room. As we progressed even further, some sports began adding the weight room into a few of their practices and open gyms, laying in the foundations while also making it a norm for the students to lift during their season.

Since entering the high school, these former middle schoolers are skyrocketing weight room attendance and improving the flow of the workouts every day. With experience under their belts, students enter the weight room with not just the concepts we teach, but the standard as well. We have even started opening up the weight room for middle schoolers participating in a high school sport to join the high school students for morning lifts.

To close: while it may seem like extra work in the short term, the long-term benefits of middle school training speak for themselves-not just for coaches but athletes as well. Physically, athletes who train earlier are more resilient to intense training at the higher level, as early training improves tendon and ligament strength, bone density, and joint stability. Organized training also enforces accountability as it makes the students consistently show up on time, be prepared, and track improvements.



2025 Fall Season Assistant Coach of the Year



The 2025 Fall Season recipient of the North Dakota High School Coaches Association Assistant Coach of the Year Award is **Sara Bohrer**, Bismarck Century Assistant Volleyball Coach. **Sara** was nominated by Jamie Zastoupil, Head Volleyball Coach at Bismarck Century High School.

Coach Bohrer has been coaching for 18 years with ten of those years being the Assistant Volleyball Coach at Bismarck Century High School. She has been a part of six State Championships. **Sara** is responsible for assisting with practice planning, skills breakdown for hitting and blocking for the front row players and tracking stats and zones during varsity matches. She also completes the bussing and dismissals for the volleyball team, makes and posts important information to the Bismarck Century Social Media accounts and assists with the summer programs at Bismarck Century High School. **Coach Bohrer's** overall coaching record is 417 wins to just 35 losses.

Jamie Zastoupil, Head Volleyball Coach at Bismarck Century High School has this to say about **Sara**. “**Coach Bohrer** is detail-oriented, athlete-centered and always team-first. Her ability to connect with players while maintaining high standards sets her apart as a coach who truly elevates those around her. She exemplifies everything you hope for in an assistant coach: knowledge, dependable, passionate, and deeply invested in the holistic development of her athletes.”

Sara and her husband Matthew have three children: Payton, Nora and Saylor.

Sara Bohrer of Bismarck Century High School is the 2025 North Dakota High School Coaches Association's Fall Assistant Coach of the Year in the sport of Volleyball.

2025 Fall Season Junior High Coach of the Year

The 2025 Fall Season recipient of the North Dakota High School Coaches Association Junior High Coach of the Year Award is **Brittany Olson**, Fargo Discovery Middle School Volleyball Coach. **Brittany** was nominated by Brandon Larson, Activities Director at Fargo Discovery Middle School.

Coach Olson has been coaching for 17 years with 14 of those years as a Middle School Volleyball Coach. She has also coached basketball. **Brittany** is responsible for skill development, training and practice planning, monitor and evaluate player performance and provide player support. She also helps with game strategies, monitoring players, coordinating practices and games, maintaining and managing equipment and serves as a positive role model. Her career coaching record is 278 – 40 and has coached 12 All Star and All State Players.



Brandon Larson, Activities Director at Fargo Discovery Middle School, has this to say about **Brittany**. “**Coach Olson** is technically elite, philosophically aligned and relentlessly student-centered. Her impact on our athletes extends far beyond wins and losses. It is seen in the confidence, sportsmanship and resilience her athletes carry with them long after the season ends.”

Brittany has two children: Remington and Bryceson Ann.

Brittany Olson of Fargo Discovery Middle School is the 2025 North Dakota High School Coaches Association Fall Middle School Coach of the Year in the sport of Volleyball.

Coach Quote

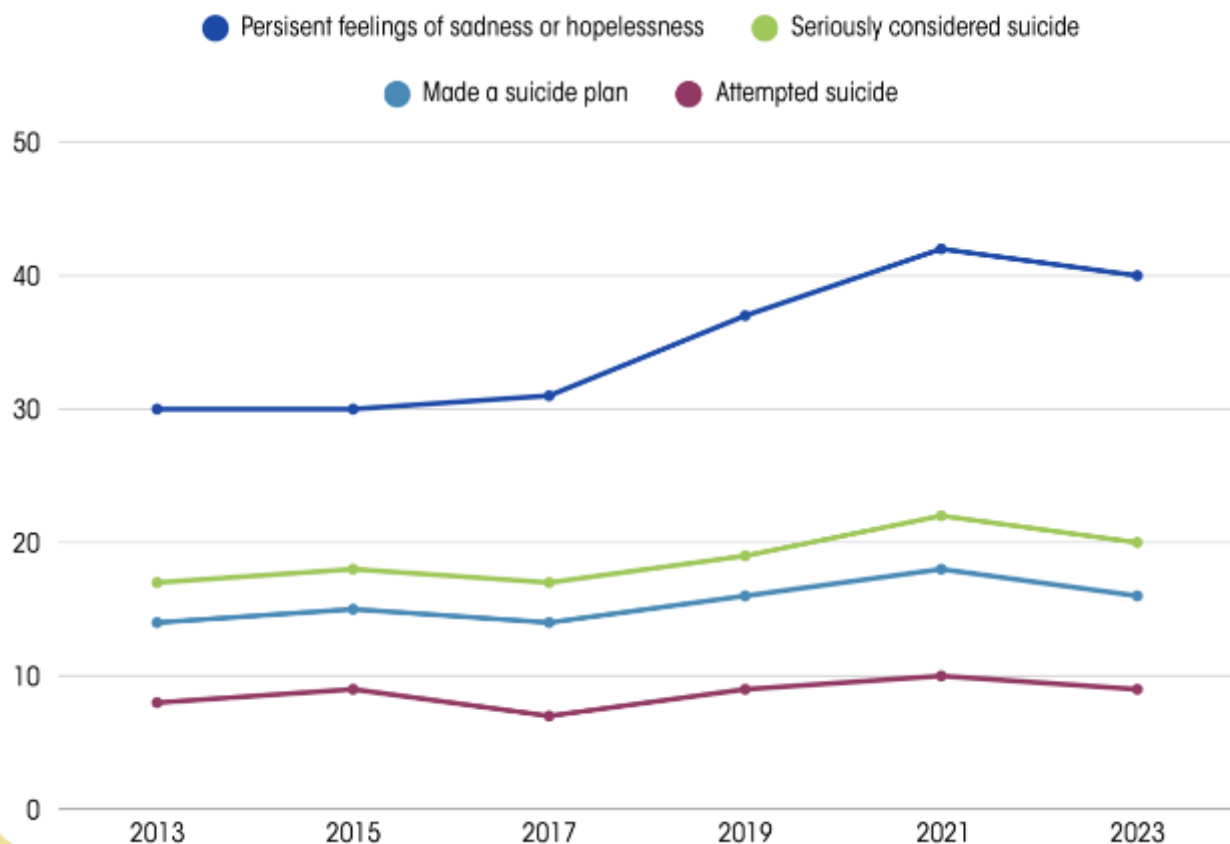
“To be successful at anything, you don’t have to be special.
You just have to be what most people aren’t:
consistent, determined and willing to work for it. No shortcuts.”
-Tom Brady-



Mental Health, Suicidal Thoughts & Behaviors

From 2013 to 2023, concerns around youth mental health and suicidal thoughts have grown significantly. More students have shown signs of emotional distress, such as persistent feelings of sadness or hopelessness. Reports of thinking about suicide, making a plan, and even attempting suicide have become more frequent.

The Percentage of High School Students Who:



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2026 Award of Merit Recipients

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



Jon Gums
The Grappler
Mandan, ND



Matt Mullally
WDA Sports
Bismarck, ND

2026 Special Recognition Recipients

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



Candace Stanton
Assistant Athletic Director
Dickinson HS



Nancy Larson-Neidhardt
(Deceased)
Coach Des Lacs-Burlington HS
Dickinson HS



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Dakota Coach Winter 2025-26



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.

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August 1, 2025 – August 1, 2026

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\$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

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Greg Joly
Lori George
Karen Boller

gjoly@loomislapann.com
lgeorge@loomislapann.com
kboller@loomislapann.com

Disclaimer: This is an Insurance overview for summary purposes only; for complete policy terms and conditions please refer to the NOCAD Master Policy.

NDHSCA MEMBERSHIP Reminder!

Your NDHSCA Membership is a **dual membership** with the National High School Athletic Coaches Association. There are numerous benefits available through both associations. See the list of benefits on page 31. If you are reading this, note this page as a clue to be a winner!

Recruit your fellow coaches:

NDHSCA membership is open!
Our membership runs July 1
through June 30!



Membership Deadlines:

September 15 for Fall Sports
January 31 for Winter Sports
April 30 for Spring Sports

*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

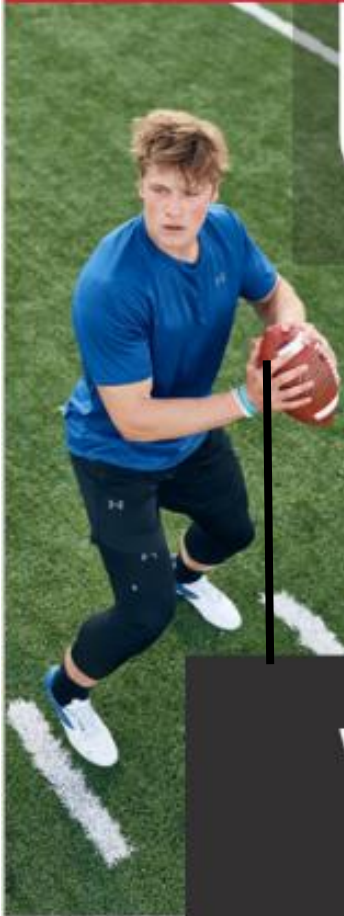
Notes on Lifetime Membership

- 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 Winter 2025-26

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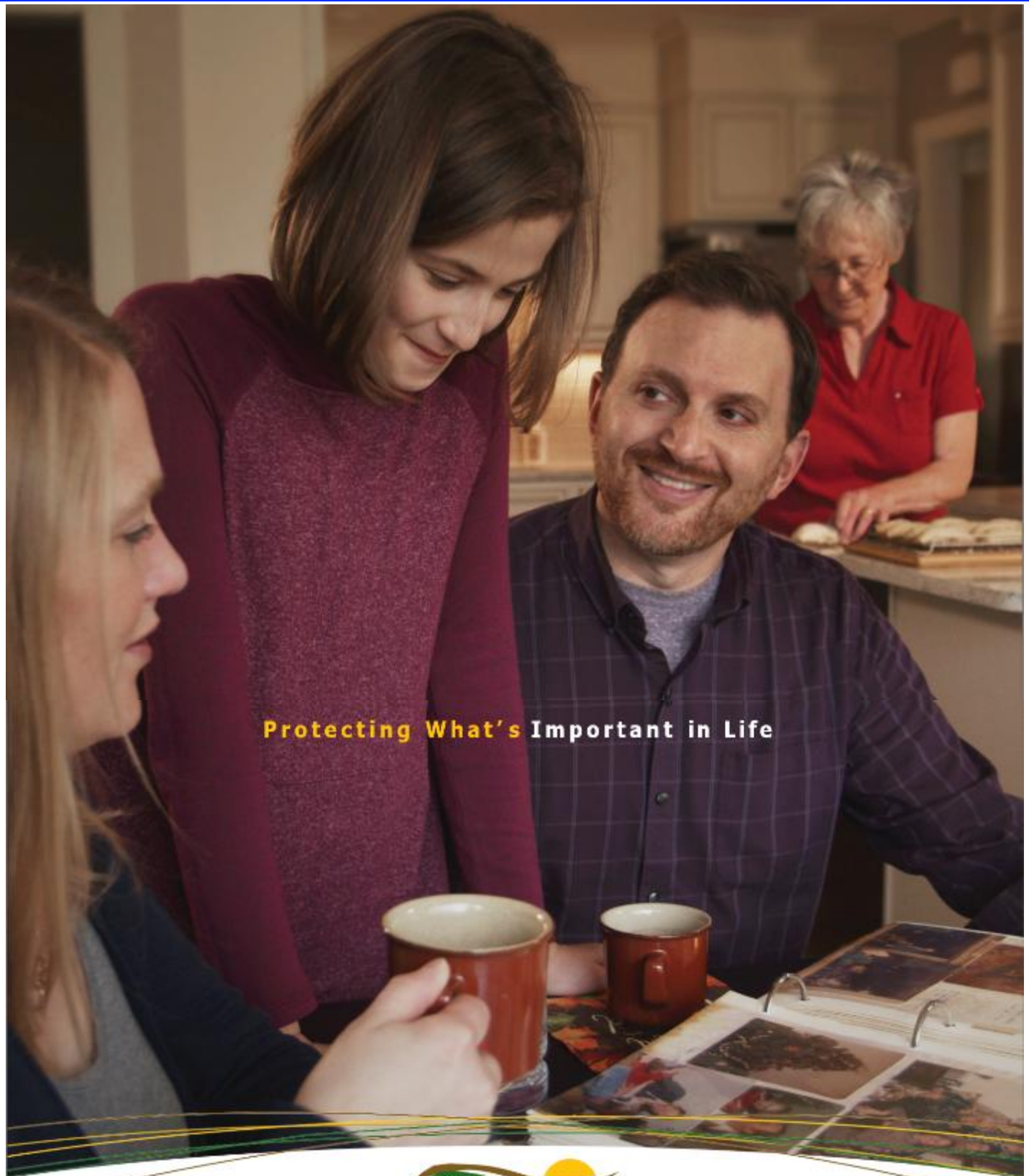
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michael.silbernagel@sanfordhealth.org

Details about Programs

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

NDHSCA Membership & Benefits

This is a friendly reminder for you, your assistant coaches and junior high coaches, to sign up for membership to the North Dakota High School Coaches Association for the 2025-26 school year if you have not done so. **Our membership runs July 1 through June 30.**

NDHSCA Membership Yearly Cost is \$60.00 per individual.

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

Lifetime Membership- \$360.00

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



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

Fall Sports- September 15

Winter Sports- January 31

Spring Sports- April 30

Membership Benefits

- \$1,000,000 Liability Insurance
 - This does work in the classroom as well
 - Keep in mind, it will only work when a lawsuit or charges are brought against a teacher
 - No representation unless this is the case
 - Do not want to take away from being a member of NDU
- Opportunity to be named a Coach of the Year including Assistant COTY and Junior High COTY
- Opportunity for your graduating Senior to apply for a scholarship from the NDHSCA and Scheels
- Eligible to be part of the All-Star Coaching Staff
- Eligible for the NDHSCA Coaches Hall of Fame
- Eligible to be nominated for the NHSACA National Coach of the Year/Athletic Director of the Year Award
- Eligible for the NHSACA National Coaches Hall of Fame
- Eligible to be on Sports Advisory
- Voice in North Dakota High School Athletics through the NDHSCA
- Free admission to most regular season high school contests
- Free admission to many College and University contests – please contact the University before attending
- Free admission to one NDSU Football game – Information is on the website
- Free admission to UND Football Games – Information is on the website
- Other benefits include:
 - Reduced hotel rooms
 - Reduced car rental
 - Reduced items at Office Max
 - Reduced price of insurance

Please visit our website for more information: www.ndhsca.com

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

NHSACA ONLINE MEMBERSHIP LINK

PLEASE TAKE NOTE!

Membership Registration is on-line only. Visit our website www.ndhsca.com.

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

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

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

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

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

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

Click Here:

www.ndhsca.com

Go Online to Find:

Forms

All Star Teams

All-State Teams

Coaches Resources

Insurance Information

Scholarship Information





Dakota Coach Winter 2025-26



2025-26 NDHSCA SPORTS ADVISORY COMMITTEES

SPORT	REPRESENTATION	TERM
<u>BASEBALL:</u>		
Travis Risovi; Rugby HS	B Division West Representative	2022-2026
DeWitt Mack; Mandan HS	A Division West Representative	2023-2027
Nathan Soulis; Thompson HS	B Division East Representative	2024-2028
Hans Anderson; Fargo Davies HS	A Division East Representative	2025-2029
<u>BASKETBALL – Boys’:</u>		
Isaac Sondrol; Velva HS	B Division Representative	2023-2026
BJ Etzold; Bismarck St. Mary’s HS	AA Division Representative	2024-2027
Jeff Ralph; Wahpeton HS	A Division Representative	2025-2028
<u>BASKETBALL – Girls’:</u>		
Jason Brend; Thompson HS	A Division Representative	2023-2026
Jaci Mrnak; Bowman County HS	B Division Representative	2024-2027
Jason Schwarz; Minot HS	AA Division Representative	2025-2028
<u>CROSS COUNTRY:</u>		
Brad Lies; Bismarck Century HS	A Division West Representative	2022-2026
Josh Roberts; Kindred HS	B Division East Representative	2023-2027
Richard Dafoe; Grand Forks Red River HS	A Division East Representative	2024-2028
Tim Vaustian; Dickinson Trinity HS	B Division West Representative	2021-2025
<u>FOOTBALL:</u>		
Ben Wollenzien; Towner-Granville-Upham	9-Man Division Representative	2022-2026
Bret Dockter; Harvey-Wells County	A Division Representative	2023-2027
Bill Nelson; Jamestown HS	AA Division Representative	2024-2028
Wayne Werremeyer; Fargo Davies HS	AAA Division Representative	2025-2029
<u>GOLF:</u>		
Shane Hannegrefs; Minot HS	A Division Boys’ Representative	2022-2026
Dan Wolf; West Fargo Sheyenne HS	A Division Girls’ Representative	2023-2027
Emily Schaefer; Glenburn HS	B Division Boys’ Representative	2024-2028
Jeremy St. Aubin; South Border HS	B Division Girls’ Representative	2025-2029
<u>GYMNASTICS:</u>		
Grace Brandt; Wahpeton-Breckenridge	East Representative	2023-2026
Rachel Johnson Krug; Bismarck Public Schools	At Large Representative	2024-2027
Bre Carlson; Jamestown High School	West Representative	2025-2028
<u>HOCKEY:</u>		
Parker Metz; Fargo North/South HS	Girls’ Representative	2022-2026
Andrew Fitzgerald; Jamestown HS	Girls’ Representative	2023-2027
Jason Bennett; Minot HS	Boys’ Representative	2024-2028
David Benson; West Fargo Sheyenne HS	Boys’ Representative	2025-2029
<u>SOCCER:</u>		
Ian Costello; Fargo North HS	Boys’ East Representative	2022-2026
Thomas Marcis; Bismarck Legacy HS	Boys’ West Representative	2023-2027
Matt Pfau; Minot HS	Girls’ West Representative	2024-2028
Nick Christianson; Fargo Davies HS	Girls’ East Representative	2025-2029
<u>SOFTBALL:</u>		
Matt Chandler; Thompson High School	Class B East Representative	2022-2026
Gerard Cederstrom; Minot HS	Class A West Representative	2023-2027
Trevor Yetterboe; Wilton HS	Class B West Representative	2024-2028
Mark Woodbury; West Fargo Sheyenne HS	Class A East Representative	2025-2029

Dakota Coach Winter 2025-26



2024-2025 NDHSCA SPORTS ADVISORY COMMITTEES



SPORT	REPRESENTATION	TERM
<u>SWIMMING & DIVING:</u>		
Cale Schafer; Bismarck HS	Boys' Representative	2023-2026
Thomas Wheeling; Bismarck Legacy HS	At Large Representative	2024-2027
Talia Butery; Fargo North HS	Girls' Representative	2025-2028
<u>TENNIS (Appointed by Tennis Advisory):</u>		
Scott McPherson; Bismarck Legacy HS	West Girls' Representative	2022-2026
Matt Nielson; Valley City HS	East Girls' Representative	2023-2027
Paul Christen; Mandan HS	West Boys' Representative	2024-2028
Kyle Christianson; Fargo South HS	East Boys' Representative	2025-2029
<u>TRACK & FIELD – Boys':</u>		
Josh Allmaras; Kindred HS	B Division East Representative	2022-2026
Sean Allan; Grand Forks Central	A Division East Representative	2023-2027
Mitch Grochow; Beulah HS	B Division West Representative	2024-2028
Justin Miller; Bismarck Century	A Division West Representative	2025-2029
<u>TRACK & FIELD – Girls':</u>		
Jeremy Anderson; Thompson HS	B Division East Representative	2022-2026
John McLaurin; Devils Lake HS	A Division East Representative	2023-2027
Nathan Stamstad; Southern McLean	B Division West Representative	2024-2028
Tim Kolsrud; Bismarck HS	A Division West Representative	2025-2029
<u>VOLLEYBALL:</u>		
Brianna Kline; Bismarck HS	A Division Representative	2023-2026
Jenna Anderson; Sargent County	B Division Representative	2024-2027
Breanna Sisson; Dickinson Trinity HS	At Large Representative	2025-2028
Rich Olson; Langdon HS	B Volleyball Executive Appointee	2025-Present
Stacy Hanson; May-Port CG	A Volleyball Executive Appointee	2025-Present
<u>WRESTLING (Appointed by Wrestling Advisory):</u>		
Chad Barstad; Velva HS	B Division President	2023-2026
Dave Wolding; New Salem HS	B Division Representative	2024-2027
Mark Lardy; Bismarck HS	A Division President	2025-2028
Scott Knowlen; Bismarck Public Schools	Girls West Wrestling Representative	2023-2026
Chris Brossart; Rugby HS	Girls East Wrestling Representative	2023-2027
Matt Berglund; Grand Forks Red River HS	Girls East Wrestling Representative	2024-2028
Jerry Stravia IV; Dickinson HS	Girls West Wrestling Representative	2025-2029



NORTH DAKOTA HIGH SCHOOL COACHES ASSOCIATION Sports' Advisory Committee Application

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

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

Duties of a Sports Advisory Committee Member include:

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

Return Form to:

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

Longevity Information for 2025-2026 Recognition



The NDHSCA has an ongoing list of longevity winners. The years of coaching recognized are 20, 25, 30, 35, 40, 45, 50+. Please send an e-mail to Scott Grochow at Scott.Grochow@k12.nd.us, or Bill Jansen at William.Jansen@k12.nd.us if you are one of these individuals.

**Remember, this is the number of years you have been coaching through
the spring of 2026 at any level.**

One must be a member of the NDHSCA to be recognized and must be a junior high or high school coach at the time. Please remember to fill out the membership forms through the next year. This keeps our database up to date.

We will run a complete list in the Spring and Summer Dakota Coach. Please see if your name is on the list. Scott Grochow and Bill Jansen will e-mail coaches from the database asking them their wishes for a Longevity Plaque. Please let them know if you have any questions.



Senior Athlete Criteria

- Athlete must be in good academic standing, enrolled in an NDHSAA School.
- Athlete must be nominated by and receive supportive data from the varsity head coach in the respective sport.
- Compete for a high school varsity team during the respective sport season.
- Display exceptional skills in respective sport during the athlete's season.
- Display exceptional sportsmanship during the season of nomination.
- Display leadership qualities during the season of nomination.
- Display commendable citizenship and have no NDHSAA Training Rule Violations during academic year.
- Have never been suspended from respective athletic team or the school of representation during academic year.



North Dakota High School Coaches Association



NHDSCA Paid Lifetime Memberships



Aardahl, Vern; Milnor HS
Amundson, Greg; Mandan HS
Anderson, Brian; Watford City HS
Anderson, Darrell; Bismarck HS
Anderson, Darryl; Mandan HS
Anderson, Rick; Griggs Co. Central HS
Askvig, Curtis; Surrey HS
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
Burris, LuAnn; Grand Forks Central HS
Callahan, Mike; Minnewaukan HS
Carlson, Ron; Minnewaukan HS
Carlson, Sherry; Minot HS
Carlsrud, Dave; NDHSAA
Carr, Daniel; Linton HS
Caya, Billie Ann; Bismarck HS
Cederstrom, Gerard; Minot HS
Conlon, Frank; Jamestown HS
Cornell, Rick; Grand Forks Schroeder JHS
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
Filibeck, Brian; Beulah HS
Fish, Frank; Watford City HS
Fjeld, Greg; Minot HSHS
Flaagan, Craig; Fargo South HS
Fleck, Cory; Williston HS
Fletschock, Justin; NDHSAA
Flyberg, Brian; Linton HS
Folstad, Collette; West Fargo HS
Foltz, Scott; Minot HS
Forsberg, Mike; Fargo Oak Grove HS
Foss, Bradley; Watford City HS
Fridley, Guy; Dickinson HS
Frost, Mark; Hope-Page
Gabrielsen, Thomas; Grand Forks RRHS
Gadberry, Ron; Hillsboro HS
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

Continued next page.

NDHSCA Paid Lifetime Memberships



Larson, Arley; Ray HS
Larson, Todd; Minot HS
Lehman, Cory; Fargo South HS
Lee, Aric; Shiloh Christian HS
Leier, Dwight; Maddock HS
Limke, Greg; West Fargo HS
Loberg, Myron; Devils Lake HS
Lockwood, Ed; Fargo Public Schools
Long, Jeri; Glenburn HS
Lorenz William; Grand Forks Central HS
Lunde, Mitch; Minot HS
Lyon, Jerry; Minot HS
MacIver, Philip; Wahpeton JHS
Mack, Bruce; Surrey HS
Mailloux, Gary; Fargo North HS
Marsh, John; Fargo South HS
Marshall, Joel; Hazen HS
Martin, Phil; Lisbon HS
Mayer, Michael; Grant County HS
McCleary, Barry; Napoleon HS
McFarlane, Al; Williston Trinity Christian HS
McKinnon, Darin; West Fargo HS
McPeak, Barb; Minot HS
McPherson, Scott; Bismarck Legacy HS
Michaelson, Dave; Dickinson HS
Milbrandt, Scott; Kindred HS
Milbrandt, Thomas; Valley City HS
Miller, Steve; Bismarck HS
Mitzel, Frank; Minto HS
Morast, Kevin; NDHSAA
Nagel, Lee; Wahpeton HS
Nelson, Brent; Minot HS
Nelson, Kevin; Dunseith HS
Neppl, Kent; Benson County
Odegard, Brodie; Tioga HS
Olson, Carolyn; Davies HS
Olson, Douglas; Beulah HS
Olson, Linette; Bismarck Century HS
Omdahl, Chad; Hatton-Northwood HS
Opdahl, Mike; Larimore HS
Opp, Leland; Hazen HS
Oswalt, Chad; Minot HS
Overby, Dennis; Northwood HS
Peterson, Paul; Larimore HS
Pfau, Matt; Minot HS
Philon, Rick; Minot HS
Philpot, Len; Grand Forks Central HS
Pierson, Paula; West Fargo HS
Plecity, Doyle; West Fargo HS
Rerick, Mark; University of North Dakota
Roeske, Marv; Concordia College
Sabree, Yahya; Dunseith HS
Schaffer, Stacy; Barnes County North HS
Schaffer, Timothy; Tioga HS
Schatz, Mike; New England HS
Schauer, Gary; Langdon HS
Schafer, Timothy; Tioga HS
Schmitt, Dan; Dakota Prairie HS
Schneider, Jay; Devils Lake HS
Schobinger, Jay; Dickinson HS
Schreiner, Vernon; Minto, HS
Schumacher, Jeff; Bismarck HS
Schmitt, Dan; Dakota Prairie HS
Schneider, Jay; Devils Lake HS

Schobinger, Jay; Dickinson HS
Schreiner, Vernon; Minto, HS
Schumacher, Jeff; Bismarck HS
Schwartz, Jason; Minot HS
Schwigert, Kent; Bismarck Century HS
Sevre, Jocelyn; Hazen HS
Shirley, Marney; Jamestown HS
Sieben, Laurie; Concordia College
Simfenderfer, Jason; Beulah HS
Sluke, David; Grafton HS
Smrekar, Dan; Bismarck St. Mary's HS
Snortland, Keith; Warwick HS
Solberg, Sheryl; NDHSAA
Solper, Jake; Minot HS
Solper, Melissa; Minot HS
Sondrol, Rick; Central Valley HS
Sorensen, Chris; Hazen HS
Sorlie, Michael; North Sargent HS
Smith, Rick; Four Winds HS
Stanley, Len; Bismarck State College
Stegman, Wayne; Drayton HS
Stein, Bruce; Hankinson HS
Stenberg, Pete; Minot HS
Stibbe, Peggy; Discovery MS
Strand, Fred P; Hatton-Northwood HS
Strand, Lisa; Thompson HS
Suelzle, Tom; Watford City HS
Thompson, Jeryl; Drayton HS
Tidd, Nancy; Fargo North HS
Townsend, Brad; Bismarck Century HS
Trieglaff, Robert; Fargo North HS
Vance, Brian; Ellendale HS
Vigen, Randy; Central Valley HS
Vinger, Dick; Grand Forks Central HS
Wagner, Chuck; Killdeer HS
Wagner, Doug; DesLacs-Burlington HS
Walhaug, Gary; Surrey HS
Wall, Carl; Fargo North HS
Walker, Larry; Killdeer HS
Walsh, Nathan; Central Valley HS
Wallstum, Tim; Kenmare HS
Ward, John; Hazen HS
Wardner, Richard; Dickinson HS
Watson, Brian; Wahpeton HS
Werchau, Robbie; Minot HS
Werremeyer, Wayne; Fargo Davies HS
West, Terry; Grand Forks Red River HS
Wheeling, Bob; Killdeer HS
Wheeling, Thomas; Bismarck Legacy HS
Wilson, Dean; Carl Ben Eielson MS
Wilson, Jerry; Bismarck Century HS
Wilson, John; Dickinson HS
Winczewski, Dean; Minot HS
Wingenbach Ron; Bismarck Century HS
Wisthoff, David; Glenburn HS
Wolf, Brent; Dickinson HS
Wollenzien, Ben; Towner-Granville-Upham
Workman, Allyn; Lisbon HS
Yetterboe, Trevor; Wilton HS
Zigima, Andre; Fargo Davies HS
Zimney, Bob; Grand Forks Red River HS
Zinke, Davey; Valley City
Zittleman, Dave; Bismarck HS

Honorary Lifetime Members

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

NDHSCA Past Presidents

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



Forms Available Online

Available on the NDHSCA website
Search “NDHSCA” or enter

www.ndhsca.com



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

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

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



Coaches Code of Conduct

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

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

Dakota Coach



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

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

SUBWAY™

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