

# Dakota Coach

Volume #61 Issue 1





## 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 Fall 2026



## 2026-2027 NDHSCA Executive Committee

|                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                            |
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|                                                                                                                                                                                                                                          | <p><b>Lions' Basketball Co-Chairs</b><br/><b>Michael Sorlie</b><br/>PO Box 5<br/>Gwinner, ND 58040<br/><b>Phone Numbers</b><br/>(c) 701-527-5273<br/>(h) 701-678-3823<br/><i>michael.sorlie@k12.nd.us</i></p> <p><b>Mike Hendrickson</b><br/>1408 57<sup>th</sup> Avenue S<br/>Fargo, ND 58104<br/><b>Phone Numbers</b><br/>(c) 701-367-6546<br/>(h) 701-367-6546<br/><i>hendrim@fargo.k12.nd.us</i></p> | <p><b>Shrine Football Chair</b><br/><b>Bill Lorenz</b><br/>1431 Chestnut Street<br/>Grand Forks, ND 58201<br/><b>Phone Numbers</b><br/>(c) 218-791-3121<br/>(h) 701-795-7818<br/><i>wlorenz280@mygfschools.org</i></p>                                                                                                                        | <p><b>Optimists' Volleyball Co-Chairs</b><br/><b>Lisa Strand</b><br/>1511 7<sup>th</sup> Avenue NE<br/>Thompson, ND 58278<br/><b>Phone Numbers:</b><br/>(c) 218-779-3404<br/>(h) 218-779-3404<br/><i>lisa.strand@tps-k12.org</i></p> <p><b>Jamie Zastoupil</b><br/>736 Mustang Drive<br/>Bismarck, ND 58503<br/><b>Phone Numbers</b><br/>(c) 701-730-5192<br/>(h) 701-224-1231<br/><i>jamie_zastoupil@bismarckschools.org</i></p> |                                                                                                                                                                                                                                       |



## A Coach's Foundation



### *Message from NDHSCA President Greg Brown*

#### **Celebrating North Dakota Coaches: A New Fall Season Begins**

As we begin another exciting fall sports season across North Dakota, the North Dakota High School Coaches Association (NDHSCA) would like to take a moment to recognize and celebrate the people who make high school athletics possible—our coaches. Every fall brings new opportunities for student-athletes to compete, grow, lead, and create memories that will last a lifetime. Behind each of those opportunities are coaches who dedicate countless hours to their athletes, their schools, and their communities. Your commitment, leadership, and passion for education-based athletics are what make North Dakota high school sports special.

#### **Congratulations to Our Hall of Fame Inductees**

We extend our sincere congratulations to this year's **NDHSCA Hall of Fame inductees**. Being selected for the Hall of Fame is one of the highest honors our association can bestow, and it recognizes individuals whose careers have made a lasting impact on North Dakota high school athletics. These inductees represent the very best of coaching and service. Their accomplishments on the sidelines are only part of their legacy. More importantly, they have influenced generations of student-athletes, fellow coaches, schools, and communities. Congratulations to each of our Hall of Fame Inductees and thank you for the lasting impact you have made on North Dakota education-based athletics.

#### **Congratulations to All of Our Coaches of the Year**

We would also like to congratulate **all the NDHSCA Coaches of the Year**. This recognition reflects not only success in competition, but also the leadership, character, preparation, and dedication that coaches demonstrate throughout an entire season. To each Coach of the Year: congratulations on this well-deserved honor. Your achievements are a reflection of the work you put in every day with your student athletes and coaching staff. To every coach who was considered for these honors, please know that your work matters. Championships, records, and awards are wonderful accomplishments, but the true measure of a coach is the positive difference made in the lives of young people.

#### **Thank You for Making the Convention a Success**

A special thank-you goes out to **all the coaches who attended the NDHSCA Coaches Convention in Bismarck this year**. Taking time away from your schools, families, teams, and summer responsibilities to attend convention demonstrates your commitment to becoming a better coach and continuing to strengthen high school athletics in North Dakota. The opportunity to gather with coaches from across the state—to share ideas, learn from one another, develop professionally, and build relationships—is one of the great strengths of the NDHSCA. We are grateful for your participation and for the energy you brought to this year's convention. We hope you return to your schools with new ideas, renewed enthusiasm, and a reminder that you are part of something much bigger than your individual team or school. A special thank you to Randy Johnson for his leadership and all the work he does all year round.

#### **A Call to Coaches Across North Dakota**

As we begin the 2026-27 school year, we encourage every school to make sure **all its coaches are registered and members of the North Dakota High School Coaches Association**. Membership in the NDHSCA is an investment in yourself, your coaching profession, your student-athletes, and the future of high school athletics in our state. We encourage athletic directors and school administrators to help spread the word and encourage **every coach in your school—head coaches, assistant coaches, and coaches in every sport—to become an active member of the NDHSCA**. The strength of our association comes from the strength of its membership. The more coaches who participate, the stronger our voice becomes and the more opportunities we have to provide professional development, recognition, networking, and support for coaches across North Dakota.

*continued page 5*

# Dakota Coach Fall 2026

## Here's to a Successful Fall Season

To our Fall coaches: thank you for everything you are about to give to your teams and your schools. The early mornings, late nights, practices, film sessions, travel, planning, conversations, encouragement, and countless hours behind the scenes do not go unnoticed. Your influence extends far beyond the scoreboard. We wish every coach and student-athlete across North Dakota a safe, successful, and memorable fall sports season. Compete with pride. Lead with integrity. Support your athletes. Build relationships. And remember why we do what we do.

**The NDHSCA is proud to stand with coaches across North Dakota. A special thank you to all the board members, it is such an honor to work with you, and to call you all my friends. Have a great fall season—and let's continue to make North Dakota high school athletics something we can all be proud of!**

Good luck to all!

*NDHSCA President, Lisa Jenkins*



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

Once again, we welcome Jason Brend of Thompson High School to the NDHSCA Executive Board.



## NDHSCA 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 left. The Dakota Coach and other items will be available on the App. Go check out the App today! And note this page to win.

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## *Leaders and Mentors*



### *Message from Immediate Past President, Greg Brown*

Congratulations to all the Coach of the Year winners from the 2025-2026 school year. It was an honor to stand on stage and hand each of you the award that you so deserve. Special congratulations to our Newest Hall of Fame inductees: Tim Kohlsrud, Tim Jacobson, Brad Lies, and Wayne Johnson. The programs that you have developed, the athletes that you mentored, and the communities created by your programs will be remembered.

As we begin the new school year the excitement is building. We have athletes to mentor, teams to build, and the excitement of preparing for the first contest. Each coach has the ability to mentor so many athletes and help create the future of our communities. Your leadership, how you treat your athletes will show in 5 years, 10 years, 50+ years as your athletes learn to lead from their mentors, you as their coach.

This past summer we had many coaches attend the NDHSCA coaches' convention in Mandan, and once again what a convention it was. We had many great speakers, coaches willing to fill speaking spots on a day's notice and great socials where coaches can have conversations and learn from each other. It is because of all the great coaches in the State of North Dakota that we can have a strong convention. Our Coaches are willing to share and mentor other coaches.

I would like to extend my greatest gratitude to our Executive Committee. Our association is in great hands with our Executive Secretary Randy Johnson at the helm. Randy has a great vision of what our association should be, a place to learn and create mentors for coaches and athletes. Our Assistant Executive Secretaries work tirelessly to keep our association moving forward while still working as Coaches and Teachers within their communities and still find the time to complete tasks for our association.

Finally, I would like to say thank you the membership for their trust in voting for me onto the executive board and the amazing experience that it brought. The dedication and leadership that I have learned will help in the future as I take on new challenges. I also want to wish our newly elected president Lisa Jenkins all the best during her time as president of our wonderful association. We are in great hands with Lisa as our president.

I want to wish all coaches best of luck during your seasons this 2026-2027 school year. May your seasons be full of successes and fun experiences with your teams and not judged by wins and losses. We are mentoring our future.

*Greg Brown, NDHSCA Immediate Past President*

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# Dakota Coach Fall 2026



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



Welcome back to another school year! It is always exciting to begin with a fresh start and renewed energy. Good Luck to all coaches, players, and fans as the 2026-2027 high school sports season gets into full swing!

The 2026 NDHSCA State Coaches Convention was a huge success. Thank you to all the coaches who attended. Your attendance is what makes the convention sensational. Listening to speakers and collaborating with other coaches helps to refresh one's mind. A special thank you to the NDHSCA Executive Board and other member coaches who helped to make this convention flow so smoothly. Your assistance is greatly appreciated.

Congratulations to our newest NDHSCA Hall of Fame Members: Tim Jacobsen – Bismarck Century HS, Wayne Johnson – Rolette HS and Dakota College of Bottineau, Tim Kolsrud – Bismarck HS, and Brad Lies – Bismarck Century HS. Being selected to the NDHSCA Hall of Fame is a huge honor. It recognizes the time, effort, and success these coaches have put forth in helping our younger generation become the leaders of tomorrow. These individuals represent some of the best coaches throughout North Dakota.

I would like to thank Greg Brown from Mandan High School for his leadership this past year. He did an outstanding job as President. Lisa Jenkins from Wilton High School is the new NDHSCA President for the 2026-2027. Lisa will be a great leader. She brings knowledge and professionalism to the association. Congratulations Jason Brend from Thompson High School on being elected Vice President. He will be an awesome addition to the board. Jamie Zastoupil finished her tenure on the Executive Board. Thank you, Jamie, for your insight these past five years.

I have mentioned many times that coaching is the greatest profession. A coach will impact more people in one year than an average person will impact in a lifetime. One of the latest statistics is 84% of the kids who have a problem will go to their coach instead of a counselor. You are making a difference in the lives of our youth! Student athletes view coaches as role models and heroes. This is why it is important in exhibiting a positive influence in shaping tomorrow's leaders. Remember to teach respect for parents, family members, teammates, fellow students, administrators, and anyone else they meet in life. The true measure of a successful coach is not found in wins and losses but found in all the lives they impact! Let's work hard to make our future leaders the individuals we can be proud of for many years to come.

For the coaches who have an NDHSCA POWERade Senior Athlete of the Year Award winner I ask that you write thank you notes to POWERade. Please visit with your Senior Athlete of the Year to write notes as well. A thank you is cherished by the managers of POWERade. It definitely assists us in having a strong relationship with this company.

If you are a member of the North Dakota High School Coaches Association (NDHSCA), you will automatically become a member of the National High School Athletic Coaches Association (NHSACA). This is the meaning of "Dual Membership". The NDHSCA and NHSACA work together to bring benefits to its membership. Some of the benefits members receive are: \$1,000,000 Liability Insurance, reduced prices on, insurance, hotels, and car rentals. Reduced prices are offered at Office Depot. Purchases from Office Depot must be made online at ODP. I encourage coaches to have their entire staff become members of the NDHSCA so they too may take advantage of the many benefits.

*continued page 9*

# Dakota Coach Fall 2026

*Message from Randy Johnson, Executive Secretary, NDHSCA continued.*

This summer we were fortunate to have Coach David Martin speak at our convention. Coach Martin represents The Jason Foundation whose goal is to prevent teen suicide. The Jason Foundation has a new Tool Kit Series. The Tool Kit Series is free and provides guidance and tools addressing the prevention of suicide among our youth and young adults. Intervention and postvention are also addressed. Schools may download the Tool Kit by going to the website: [www.jasonfoundation.com](http://www.jasonfoundation.com).

The Dakota Coach contains lots of valuable information. Further material on The Jason Foundation is provided as well as the minutes from the NDHSCA Annual Business Meeting. Minutes from the meeting will inform you on functions within the State Coaches Association.

NDHSCA is for coaches and managed by coaches. We are always looking for coaches to run for a position on the NDHSCA Executive Board. It is a great experience, very rewarding, and an avenue in giving back to the Coaches Association. You may also become involved by being on the Advisory Committee, attending, speaking or helping at the State Convention.

Once you have read the Dakota Coach, please remember to e-mail the specific page numbers to Randy Johnson at [duck@westriv.com](mailto:duck@westriv.com). This will give you a chance to win a \$25.00 Scheels Gift Card.

Keep in mind the NDHSCA is here to help coaches. Please be sure to contact any of the board members or me if there is something you need assistance with. We are here to help. Enjoy your school year and Good Luck!

The NDHSCA was informed on August 26<sup>th</sup> that Dale Hertel passed away. Dale was inducted into the North Dakota High School Coaches Association Hall of Fame in 1999. He was inducted into the National High School Athletic Coaches Association Hall of Fame in 2004. Please keep the Hertel family in your prayers while they mourn the loss of their loved one.



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



# Dakota Coach Fall 2026

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## National High School Athletic Coaches Association



### 2026 NHSACA Report for the NDHSCA Convention

**NHSACA Exec. Director Tim Wallstrum and NHSACA Asst. Exec. Director Randy Johnson**

The NHSACA 2026 National Convention was held in Coralville, Iowa, from June 29<sup>th</sup> through July 1<sup>st</sup>. The convention/clinic site was the Hyatt Regency Hotel and Convention Center in Coralville, IA. Iowa Girls' Coaches Association did a fantastic job hosting the National Convention. There should be a special acknowledgment to President Scott Garvis for all his exceptional hard work. The NHSACA National Hall of Fame Banquet was held on Tuesday, June 30<sup>th</sup>, with 39 coaches from around the nation due to be inducted. North Dakota had two legendary coaches inducted into the class of 2026. They are: Larry Sandy from Velva Public Schools and Tim Wallstrum from Kenmare Public Schools. The NDHSCA nominated 19 coaches for the National Coach of the Year Awards program this year, with 13 of the 19 coaches advancing as finalists. The NDHSCA is one of the leaders each year in the number of finalists. North Dakota's finalists include:

|                |                        |                              |
|----------------|------------------------|------------------------------|
| Scott Grochow  | Athletic Director      | Rugby Public Schools         |
| Pete Stenberg  | Baseball               | Minot Public High School     |
| Cory Volk      | Boys' Assistant Coach  | Bismarck Century High School |
| Sara Bohrer    | Girls' Assistant Coach | Bismarck Century High School |
| Darin Mattern  | Boys' Basketball       | Bismarck Century High School |
| Greg Brown     | Girls' Cross Country   | Mandan High School           |
| Steve Kleinjan | Football               | New Salem High School        |
| Justin Miller  | Boys' Track and Field  | Bismarck Century High School |
| Bobby Hoffner  | Girls' Track and Field | Benson County Public Schools |
| Casey Berry    | Special Sports         | Dickinson High School        |
| Jake Solper    | Swimming and Diving    | Minot Public High School     |
| Rich Olson     | Volleyball             | Langdon Area High School     |
| Randy Burwick  | Wrestling              | Hettinger High School        |

The National Coach of the Year banquet was held on July 1<sup>st</sup>, honoring our 13 National Finalists across 19 sports, with the highlight being the naming of the 19 National Coach of the Year Recipients. North Dakota had one recipient who received the title of National Coach of the Year. He is Coach Bobby Hoffner in the sport of Girls' Track and Field.

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# Dakota Coach Fall 2026

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

|                  |                                                                                     |
|------------------|-------------------------------------------------------------------------------------|
| Jeremy St. Aubin | National Golf Sport Chair                                                           |
| Greg Brown       | National Sport Chair Coordinator, Elected 3 <sup>rd</sup> Vice-President this year! |
| Jake Solper      | National Swimming and Diving Sport Chair                                            |
| Randy Johnson    | National Website Administrator, Past President, Assistant Executive Director        |
| Gelaine Orvik    | Past President and former Executive Director                                        |
| John Hutchison   | Past President and current Narrator for the Hall of Fame and COTY Banquets          |
| Dave Dougherty   | Past Executive Director and Past President                                          |
| Tim Wallstrum    | Past President/Current Executive Director                                           |

For the Next two years, the 2027 and 2028 NHSACA National Convention will also be held at the Hyatt Regency Hotel and Convention Center in Coralville, IA. The Iowa Girls' Coaches Association is assisting as a host. More information will be provided later.

The South Dakota Coaches Association has invited the NHSACA to hold its convention back in Rapid City in 2029.

Thank you again.

Tim Wallstrum, NHSACA Executive Director

Randy Johnson, NHSACA Assistant Executive Director

## Your NDHSCA Membership is a Dual Membership with NHSACA

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

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North Dakota High School  
Coaches Association

# SUICIDE IS ONE OF THE LEADING CAUSES OF PREVENTABLE DEATH.



## **National Statistics:**

- Suicide is the second leading cause of death for ages 10 to 24.
- Suicide is the second leading cause of death for youth ages 12 to 18.
- Each week, nationally, we lose approximately 125 young people to suicide.

**\*2024 CDC WISQARS**

## **Find State Statistics:**

**[www.wisqars.cdc.gov](http://www.wisqars.cdc.gov)**

## **Talking Points:**

- The Jason Foundation, Inc. (JFI) is one of the nation's leading nonprofits addressing the national health problem of youth and young adult suicide.
- The Jason Foundation has never charged a state, school, community, family, or individual for any programs or services.
- JFI has coaches across the nation serving as JFI/NOCAD Ambassadors to help promote awareness and prevent youth suicide.

The Jason Foundation, Inc. is dedicated to the awareness and prevention of youth and young adult suicide by providing educational programs and resources that empower students, educators, and the community to be better able to recognize and assist at-risk individuals.

**[JasonFoundation.com](http://JasonFoundation.com)**

**The Jason  
Foundation, Inc.**

# 2027 NDHSCA-NHSACA National Coach of the Year Nominees

| <b><u>Sport</u></b>               | <b><u>Coach or Athletic Director</u></b> | <b><u>School</u></b>     |
|-----------------------------------|------------------------------------------|--------------------------|
| <b>Athletic Director</b>          | Mark Wiest                               | Mandan HS                |
| <b>Baseball:</b>                  | Brett Omdahl                             | Park River Area School   |
| <b>Basketball – Boys’</b>         | Bart Manson                              | Fargo Davies HS          |
| <b>Basketball – Girls’</b>        | Andy Braaten                             | Carrington HS            |
| <b>Cross Country – Boys’</b>      | Brad Lies                                | Bismarck Century HS      |
| <b>Cross Country – Girls’</b>     | Bill Jansen                              | Rugby HS                 |
| <b>Football</b>                   | Ron Wingenbach                           | Bismarck Century HS      |
| <b>Golf</b>                       | Dan Wolf                                 | West Fargo Sheyenne HS   |
| <b>Soccer</b>                     | Nick Christianson                        | Fargo Davies HS          |
| <b>Softball</b>                   | Gerard Cederstrom                        | Minot HS                 |
| <b>Special Sports</b>             | Rachel Johnson-Krug                      | Bismarck PS              |
| <b>Swimming &amp; Diving</b>      | Lisa Montplaisir                         | West Fargo HS            |
| <b>Tennis</b>                     | Scott DeLorme                            | Minot HS                 |
| <b>Track &amp; Field – Boys’</b>  | Josh Allmaras                            | Kindred HS               |
| <b>Track &amp; Field – Girls’</b> | Rory Beil                                | Fargo Davies HS          |
| <b>Volleyball</b>                 | Jamie Zastoupil                          | Bismarck Century HS      |
| <b>Wrestling</b>                  | Travis Lemar                             | Central Cass HS          |
| <b>Assistant COTY – Boys’</b>     | Rich Hovland                             | Bismarck HS              |
| <b>Assistant COTY – Girls’</b>    | Tim Tandeski                             | Grand Forks Red River HS |





### NDSU Football Tickets Available

NDSU Athletics offers NDHSCA members free admission to home football games for select contests. For 2026, complimentary tickets for NDHSCA members will be available for all games except the homecoming game against Wyoming on October 3<sup>rd</sup>. Members may request two tickets. One ticket will be free and the other ticket, they will need to purchase.

#### Policies and Procedures for Requesting NDHSCA Tickets at NDSU

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

Single game tickets can also be purchased through the NDSU ticket office. Please visit [www.GoBison.com](http://www.GoBison.com) for additional information.

#### Other Sports

NDHSCA Members may also request tickets from NDSU for other sporting events. Please submit your requests via e-mail to [ndsu.bisontickets@ndsu.edu](mailto:ndsu.bisontickets@ndsu.edu)

## UND Athletic Event Tickets



NDHSCA Members may request tickets for football, volleyball, and basketball at the UND. All requests need to be sent via email to [tickets@theralph.com](mailto:tickets@theralph.com). Requests should be submitted at least 1 day prior to the event. No event day requests can be guaranteed.

## Optimizing Nutrition for Athletic Performance

Including a variety of colorful, nutrient-dense foods is an important principle for any athlete. Two key components of a performance-focused diet include consuming adequate protein and incorporating anti-inflammatory foods.

### Protein Serving Sizes

Understanding how much food is needed to meet protein goals can help athletes plan meals effectively.

- 3-oz cooked lean beef: 173 calories, 25g protein
- 4 large eggs: 288 calories, 24g protein
- 3 cups low-fat milk: 318 calories, 24g protein
- 1 cup low-fat cottage cheese: 163 calories, 28g protein
- 8 Tbsp peanut butter: 752 calories, 28g protein
- 1.66 cups cooked black beans: 378 calories, 25g protein



### Balance Your Plate with Anti-Inflammatory Foods

A well-rounded sports nutrition plan should also include foods that help reduce inflammation and support recovery. Anti-inflammatory compounds like antioxidants, phytochemicals, and omega-3 fatty acids can help mitigate the effects of intense training.

- Fruits: Berries, cherries
- Vegetables: Dark leafy greens, tomatoes, broccoli, bell peppers, mushrooms, avocados
- Nuts & Seeds: Walnuts, almonds, pistachios, chia seeds, flaxseeds
- Fatty Fish: Salmon, tuna, mackerel, herring, sardines
- Herbs & Spices: Turmeric, ginger, garlic, cinnamon, rosemary



# 2026 NHSACA Hall of Fame

NDHSCA is proud to announce the newest North Dakota members of the NHSACA Hall of Fame. **Larry Sandy** of Velva HS and **Tim Wallstrum** of Kenmare HS were both inducted at the National Convention in Coraville, Iowa on June 30. **Robert “Bobby” Hoffner** of Benson County was named NHSACA 2025 National Coach of the Year in Girls’ Track and Field at the banquet held on July 1.



Larry Sandy and  
NHSACA President  
Scott Garvis



Tim Wallstrum and  
NHSACA President  
Scott Garvis



2026 NHSACA National Hall of Fame  
Tim Wallstrum and Larry Sandy

**SANFORD**  
HEALTH

### BE A WINNER!

### READ THE DAKOTA COACH

It is loaded with valuable coaching articles and information and also includes the opportunity to win! Read the Dakota Coach, find the clues on 3 different pages and win a gift card during the annual summer NDHSCA meeting, 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](mailto:duck@westriv.com) with the 3 page numbers by Sept. 30 to get your name in the drawing! (This page is not a winning page.)



National Coach of the Year  
Bobby Hoffner and NHSACA  
President Scott Garvis.

# 2026 NDHSCA State Convention

The 2026 NDHSCA Hall of Fame and Coach of the Year Banquet was held in Mandan on July 29<sup>th</sup> at the Baymont Convention Center. Honorees are pictured in the following photos.

## NDHSCA Hall of Fame



**Tim Jacobsen**  
Bismarck Century High School



**Wayne Johnson**  
Rolette High School and  
Dakota College of Bottineau



**Tim Kolsrud**  
Bismarck High School



**Brad Lies**  
Bismarck Century High School



**2026 NDHSCA Hall of Fame Inductees**  
Wayne Johnson, Tim Jacobsen, Brad Lies, Tim  
Kolsrud

## Special Recognition



Special Recognition for  
**Nancy Larson Neidhardt**  
Trend Setter for Girls Athletics  
Accepted by Paula Bachmeier



**Candace Stanton**  
Dickinson HS Assistant AD  
Special Recognition

## 2026 NDHSCA State Convention

### Award of Merit



**Dan Durke**  
Bismarck PS  
Public Address Announcer



**Jon Gums**  
Dakota Grappler



**Matt Mullally**  
WDA Sports

## NDHSCA Gelaine Orvik Scholarship



**Elizabeth Fedje**  
Valley-Edinburg High School



**Aubrey Kenner**  
Maddock High School



**Leah Volochenko**  
Velva High School



**NDHSCA Gelaine Orvik Scholarship Recipients**  
Leah Volochenko, Aubrey Kenner, Elizabeth Fedje, Gelaine Orvik

## 2026 NDHSCA State Convention

# NDHSCA Scheels Scholarship



**Aubrey Middlestead**  
Ellendale High School



**Anna Petersen**  
Kenmare High School



**Anna Volk**  
Bismarck Century High School



2026 Scheels Scholarship Recipients



## Assistant and Junior High COTY



**Sara Bohrer**  
Bismarck Century High School  
Fall Assistant COTY



**Jason Schwarz for Gary Walhaug**  
Minot High School  
Winter Assistant COTY



**Brittany Olson**  
Fargo Discovery Middle School  
Fall Junior High COTY



## 2026 NDHSCA COTY Recipients



**Joi Anderson**  
Central McLean  
Class B Boys' Basketball



**Kennedy Blair**  
West Fargo United  
Class A Girls' Hockey



**Jason Brend**  
Thompson High School  
Class A Girls' Basketball



**Crag Brodeur**  
Pembina Co. North  
Class B Girls' Wrestling



**Jacie Connell**  
Medina-Pingree-Buchanan  
Class B Girls' Volleyball



**Wade Davison**  
Bismarck Legacy HS  
Class A Boys' Hockey



**Brennan Doan**  
Bismarck Century HS Class  
A Girls' Track & Field



**Ryan Faragher**  
Bismarck Legacy HS  
Class A Boys' Hockey



**Kate Fox**  
Bismarck Century HS  
Class A Girls' Cross Country



**Quinn Irely**  
West Fargo Horace HS  
Class A Boys' Baseball



**Zach Keller**  
Bottineau HS  
Class 11A Boys' Football



**Todd Lambrecht**  
Devils Lake HS  
Class 11AA Boys' Football



## 2026 NDHSCA COTY Recipients



**Thomas Marcis**  
Bismarck Legacy HS  
Class A Boys' Soccer



**Scott McPherson**  
Bismarck Legacy HS  
Class A Boys' Tennis



**Amanda Mickey**  
Dickinson HS  
Class A Girls' Softball



**Scott Milbrandt**  
Kindred HS  
Class A Boys' Baseball



**Scott Reichenberger**  
Bismarck HS  
Class A Boys' Cross Country



**Kirby Robb**  
Heart Fiver  
Class B Girls' Golf



**Spencer Ruebke**  
Hillsboro-Central Valley  
Class B Girls' Track & Field



**Brandon Schirado**  
Beulah HS  
Class A Boys' Basketball



**Jason Schwarz**  
Minot HS  
Class AA Girls' Basketball



**Chris Sorensen**  
Hazen HS  
Class B Girls' Track & Field



**Kip Sparrow**  
Central McLean  
Class B Girls' Basketball



**Dana Stansbery**  
Central Cass HS  
Class A Girls' Volleyball



**Matthew Stinar**  
West Fargo HS  
Class A Girls' Swimming & Diving



**Wayne Werremeyer**  
Fargo Davies HS  
Class 11AA Boys' Football

# NHSACA National Convention News



Dave Zittleman with Tim Wallstrum

**Dave Zittleman** of Bismarck Public Schools was recognized at the NDHSCA Summer Convention for his induction into the 2025 NHSACA National Hall of Fame.

**Sara Bohrer** of Bismarck Century High School was also presented with her recognition as a NHSACA Assistant COTY Finalist. Both were presented by Tim Wallstrum, Executive Director of NDHSCA



Sara Bohrer with Tim Wallstrum

## Scenes from the '26 NDHSCA State Convention



Coach David Martin -Jason Foundation with Randy Johnson NDHSCA



Golf Sessions held at the Pebble Creek Golf Course



To be a winner, note this page which contains a variety of speakers and vendors presented at the NDHSCA 2026 Summer Convention.

## The Jason Foundation Toolkit Series: Prevention, Intervention & Postvention



September is Suicide Prevention Month, a time dedicated to raising awareness about mental health, reducing the stigma surrounding suicide, and encouraging those who may be struggling to seek help. It serves as an opportunity to promote education, share resources, and remind individuals that support is available and that they are not alone. By fostering open conversations and strengthening community support, Suicide Prevention Awareness Month helps bring hope, healing, and life-saving connections to those affected by mental health challenges. Visit [JasonFoundation.com](http://JasonFoundation.com) to learn more about the free programs and resources available for the prevention of youth and young adult suicide.

The Jason Foundation is proud to announce the release of its new Suicide Prevention, Intervention, and Postvention Toolkits, a comprehensive resource designed to support schools and communities in addressing youth suicide. The toolkits provide practical guidance, educational materials, best practices, and actionable strategies to help recognize warning signs, respond effectively to individuals in crisis, and support healing and recovery following a suicide-related incident. By equipping educators with evidence-informed resources, The Jason Foundation continues its mission to increase awareness, reduce stigma, and save lives through education and early intervention.



### **The Suicide Prevention in Schools**

**Toolkit** is a flexible resource designed to help schools develop a customized suicide prevention plan, providing tools and guidance to enhance their efforts and foster a caring, safe environment.

### **The Suicide Intervention in Schools**

**Toolkit** provides 10 rules and tools for schools to help guide school staff in developing policies and procedures for intervening with students potentially exhibiting suicidal ideation or behavior.

### **The Suicide Postvention Toolkit**

highlights 10 tools schools can implement to establish comprehensive suicide postvention policies to support grieving survivors, assist at-risk individuals, provide accurate information, and maintain ongoing prevention efforts.

**Visit [JasonFoundation.com/Toolkits](http://JasonFoundation.com/Toolkits) to learn more.**

# Dakota Coach Fall 2026



## **NDHSCA Annual Business Meeting** **July 29, 2026; 10:50 AM** **Mandan Baymont Convention Center Pier 7**



President Greg Brown called the meeting to order at 10:50 AM.

Ralph Manley, Mandan High School, moved to accept the July 2025 Annual Meeting minutes; Nick Walker, Killdeer High School, seconded the motion. Motion passed without any dissenting voice vote.

Executive Secretary Randy Johnson gave the financial report as follows:

### **June 30, 2026 Financial Report**

\$ 98.83 – FPSFCU Primary Shares Account Balance June 30, 2026  
\$ 9,676.96 – FPSFCU Checking Account June 30, 2026  
\$ 9,563.90 – FPSFCU Clinic Account June 30, 2026  
\$ 29,358.87 – FPSFCU Gelaine Orvik Scholarship Account Balance June 30, 2026  
\$ 46,899.33 – FPSFCU Money Market Share Balance June 30, 2026  
\$ 95,597.89 – FPSFCU Total Cash on Hand June 30, 2026

### **June 30, 2025 Comparison**

\$ 98.83 – FPSFCU Primary Shares Account Balance June 30, 2025  
\$ 21,056.57 – FPSFCU Checking Account June 30, 2025  
\$ 7,222.90 – FPSFCU Clinic June 30, 2025  
\$ 29,970.55 – FPSFCU Gelaine Orvik Scholarship Account Balance June 30, 2025  
\$ 49,688.58 – FPSFCU Money Market Share Balance June 30, 2025  
\$108,037.43 – FPSFCU Total Cash on Hand June 30, 2025  
Outstanding Income – Lions All Star Basketball (August 1, 2026 Request)  
Outstanding Income – NDHSAA Support of Convention (August 1, 2026 Request)

Randy did bring up the fact that they did not receive the financing for the NDHSCA Coach of the Year Awards from Subway this year. They also did not receive the payment from Scheels for the scholarships this year until July. Randy felt the NDHSCA is in good shape financially even without the Subway financing. Claudia Schoellkopf, Mandan High School, moved to accept the financial report; Thomas Wheeling, Bismarck Legacy High School, seconded the motion. Motion passed without any dissenting voice vote.

Membership Chair Eric Olson gave the following 2026 NDHSCA State Coaches Convention Update:

2026 NDHSCA Convention Registrations: 321

2026 College Credit Registrations: 21 – 1 Graduate Credits, 52 – 2 Graduate Credits reported, it ended up being 53 – 2 Graduate Credits

2026 CPR/AED Registrations – 53

2026-2027 NDHSCA Membership Registrations – 461

Tim Kolsrud, Bismarck High School, moved to accept the Convention Report; Jon Jahner, Bowman County High School, seconded the motion. Motion passed without any dissenting voice vote.

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# Dakota Coach Fall 2026

Assistant Executive Secretary Lisa Strand gave the Dakota Coach Report. The Dakota Coach comes out four times a year. The months are September, January, April, and June. We are asking people to read the Dakota Coach. We have a drawing every issue for a Scheels Gift Card. Readers need to report the page numbers to Randy Johnson to be entered into the drawing. Lisa also asked the members if they have an interesting article for the Dakota Coach to please share it with Lisa or Randy. We will work to get it published. Nathan Horgeshimer, Killdeer High School moved to accept the report; Tim Baustian, Dickinson Trinity High School, seconded the motion. Motion passed without any dissenting voice vote.

Membership Chair Eric Olson gave the 2025-2026 NDHSCA Membership Report as follows:

- Paid Memberships – 1,305

- Paid Lifetime Memberships – 247 Living Lifetime Members

- Total Active Members (Including Lifetime Members) – 1,410

- New Lifetime Members in 2025-2026 – 17

Jeremy St. Aubin, South Border, moved to accept the report; Andy Murphy, Killdeer High School, seconded the motion. Motion passed without any dissenting voice vote.

President-Elect Lisa Jenkins introduced the NDHSCA Vice President Candidates as follows:

- Jason Brend – Thompson High School

- Calvin Kraft – Enderlin High School

Voting will be finished following this meeting. The recipient of the NDHSCA Vice President will be announced at tonight's NDHSCA Hall of Fame/Coach of the Year Banquet.

Assistant Executive Secretaries Scott Grochow and Bill Jansen reported on the NDHSCA POWERade Senior Athlete of the Year Balloting. Things are going smoothly. He does ask for coaches to get the BIOS in for their athletes as soon as possible, so he can send them sent out in an e-mail to all the coaches in that sport. Bill mentioned the certificates will be mailed out as soon as possible to the head coach of the athlete. They are mailed to the school.

Assistant Executive Secretaries Scott Grochow and Bill Jansen reported on the NDHSCA Coach of the Year Balloting. Things are going smoothly with this as well. Some State Tournament Managers would like the results before the tournament, but Scott tells them the balloting does end on Friday evening of the State Tournament. Bill sends out the certificates to the coach's school for those who are recipients at the District and Regional level. Alex Askerooth, Sargent County, moved to accept the last three reports; Danielle Weisz seconded the motion. Motion passed without any dissenting voice vote.

Executive Secretary Randy Johnson and NHSACA Executive Director Tim Wallstrum gave the NHSACA report. The NHSACA 2026 National Convention was held in Coralville, Iowa, from June 29<sup>th</sup> through July 1<sup>st</sup>. The convention/clinic site was the Hyatt Regency Hotel and Convention Center in Coralville, IA. Iowa Girls' Coaches Association did a fantastic job hosting the National Convention. There should be a special acknowledgment to President Scott Garvis for all his exceptional hard work.

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# Dakota Coach Fall 2026

The NHSACA National Hall of Fame Banquet was held on Tuesday, June 30<sup>th</sup>, with 39 coaches from around the nation due to be inducted. North Dakota had two legendary coaches inducted into the class of 2026. They are Larry Sandy from Velva Public Schools and Tim Wallstrum from Kenmare Public Schools. The NDHSCA nominated 19 coaches for the National Coach of the Year Awards program this year, with 13 of the 19 coaches advancing as finalists. The NDHSCA is one of the leaders each year in the number of finalists. North Dakota's finalists include:

|                |                        |                              |
|----------------|------------------------|------------------------------|
| Scott Grochow  | Athletic Director      | Rugby Public Schools         |
| Pete Stenberg  | Baseball               | Minot Public High School     |
| Cory Volk      | Boys' Assistant Coach  | Bismarck Century High School |
| Sara Bohrer    | Girls' Assistant Coach | Bismarck Century High School |
| Darin Mattern  | Boys' Basketball       | Bismarck Century High School |
| Greg Brown     | Girls' Cross Country   | Mandan High School           |
| Steve Kleinjan | Football               | New Salem High School        |
| Justin Miller  | Boys' Track and Field  | Bismarck Century High School |
| Bobby Hoffner  | Girls' Track and Field | Benson County Public Schools |
| Casey Berry    | Special Sports         | Dickinson High School        |
| Jake Solper    | Swimming and Diving    | Minot Public High School     |
| Rich Olson     | Volleyball             | Langdon Area High School     |
| Randy Burwick  | Wrestling              | Hettinger High School        |

The National Coach of the Year banquet was held on July 1<sup>st</sup>, honoring our 13 National Finalists across 19 sports, with the highlight being the naming of the 19 National Coach of the Year Recipients. North Dakota had one recipient who received the title of National Coach of the Year. He is Coach Bobby Hoffner in the sport of Girls' Track and Field. North Dakota also provides a lot of critical leadership to the National Association. Current leaders include:

|                  |                                                                                     |
|------------------|-------------------------------------------------------------------------------------|
| Jeremy St. Aubin | National Golf Sport Chair                                                           |
| Greg Brown       | National Sport Chair Coordinator, Elected 3 <sup>rd</sup> Vice-President this year! |
| Jake Solper      | National Swimming and Diving Sport Chair                                            |
| Randy Johnson    | National Website Administrator, Past President, Assistant Executive Director        |
| Gelaine Orvik    | Past President and former Executive Director                                        |
| John Hutchison   | Past President and current Narrator for the Hall of Fame and COTY Banquets          |
| Dave Dougherty   | Past Executive Director and Past President                                          |
| Tim Wallstrum    | Past President/Current Executive Director                                           |

For the Next two years, the 2027 and 2028 NHSACA National Convention will also be held at the Hyatt Regency Hotel and Convention Center in Coralville, IA. The Iowa Girls' Coaches Association is assisting as a host. More information will be provided at a later date. The South Dakota Coaches Association has invited the NHSACA to hold its convention back in Rapid City in 2029. Ralph Manley, Mandan High School, moved to accept the report; Sean Elkins, Killdeer High School, seconded the report. The motion passed without any dissenting voice vote.

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# Dakota Coach Fall 2026

President Elect Lisa Jenkins gave the Lions All-Star Basketball Report for Mike Hendrickson and Michael Sorlie. The players and coaches reported on Monday, July 6<sup>th</sup>. The girls reported to Bismarck, while the boys reported to Fargo. During check-in, each player received their uniform, which was sponsored by BSN. The coaches for the event were:

Girls:

AA – Jason Schwarz (Minot High) and Matt Veit (Fargo Davies)

A/B – Ben Holen (LaMoure/LM) and Jimmy Howard (Valley City)

Boys:

AA – Darin Mattern (Bismarck Century) and Jordan Wilhelm (Bismarck High)

A/B – Michael Bergstrom (Ray) and Brandon Schirado (Beulah)

The first games were held on Wednesday, July 8<sup>th</sup> in Bismarck on the campus of Bismarck State College at the new Bavendick Center. These were the first games held in the new basketball arena. Both games were well attended (not sure of the official count), and the AA teams swept the A/B teams. The second night of games were on Thursday, July 9<sup>th</sup> in Fargo at Fargo South High School. Once again, there was a nice crowd on hand, although we don't have the official numbers in regard to attendance. The A/B teams swept the AA on this night. This also marked the 50<sup>th</sup> Anniversary of the Lion's All-Star games, and each location had a hospitality room available for alumni players and coaches, as well as a short recognition of alumni participants between games. YourLiveEvent once again streamed both games at each site. Tim Baustian, Dickinson Trinity High School, moved to accept the report; Nathan Horgeshimer, Killdeer High School, seconded the motion. Motion passed without any dissenting voice vote.

Assistant Executive Secretary Lisa Strand gave the All-Star Volleyball Report. The 2026 NDHSCA/Optimist All-Star Volleyball series was held June 12<sup>th</sup> - 16<sup>th</sup> with players reporting on June 12<sup>th</sup> in Fargo. Players and coaches were greeted by Optimist member Lori Dekeyser and Lisa Strand, NDHSCA All-Star Co-Chair. Coaches were selected from all three divisions relative to their State Tournament finish and as Coach of the Year recipients. The selection process changed slightly this year with the 3-division system put in place. As the first year with three divisions, the decision was made to select 8 players from each division with consideration to having an equal number of players from eastern North Dakota and western North Dakota. The same consideration was used to select alternates. Ultimately, every alternate was used to fill both teams. The matches were held at West Fargo Sheyenne High School and Bismarck Century High School. In West Fargo, the Red Team was successful, winning 3-2 (25-19, 23-25, 15-25, 25-21, 15-13). The Blue Team earned the split in Bismarck by defeating the Red Team 3-2 (25-23, 24-26, 25-18, 21-25, 15-10). The NDHSCA extends our appreciation to Athletic Director Dave Zittleman of Bismarck and to James Moe, Athletic Director of West Fargo Sheyenne for all their help organizing and hosting the series. We also thank the volunteers from each school. Without them, we would not be able to have the series. Thank you to the coaches; Stephanie Oliver of Fargo Davies, Stacy Hanson of MPCG, Dana Stansbery of Central Cass, and Jacie Connell of MPB. We also would like to extend an extra special thank you to Lori Dekeyser of the Fargo Optimist Club. Lori has been the heart and soul of the NDHSCA/Optimist All-Star series. She was instrumental in organizing the All-Star Series for many years. During that time, Lori has organized the accommodation, transportation, food and entertainment for the players and coaches. This series has continued to be successful mainly because of Lori's diligent and often

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## Dakota Coach Fall 2026

single-handed contributions. Recently, Lori Dekeyser stated her desire to step away from the responsibilities of the All-Star Series. The reality is that the Fargo Optimist Club will not be able to continue to host the series without Lori's involvement. As a result, we are exploring other options. Desirae Tibor, Killdeer High School, moved to accept the report; Jenna Anderson, Sargent County, seconded the motion. Motion passed without any dissenting voice vote.

Immediate Past President Mike Zier gave the Shrine All-Star Football Report for Bill Lorenz. The 2026 Shrine Football Games were played at Jerome Berg Field on the campus of Mayville State University on Saturday, June 20<sup>th</sup>. In a high scoring affair, the 9-man East team beat the West team 64-30 in the first game. The 11-man East team won the second game 48-12 over the West squad. These were two well-played games with the athletes competing until the final horn. The week started with 127 players and 16 coaches checking into the dorm on the campus of Mayville State University. MSU was a very gracious host. The housing, dining, and practice facilities were able to handle our large group with ease. Rocky Larson (head football coach/AD) and his staff do an outstanding job of taking care of our coaches and athletes during the week. Everyone that was involved was very accommodating. The community of Mayville was also very welcoming. Our players and coaches were able to use multiple facilities within the community and on campus. The athletes and coaches also took part in a parade on Thursday evening. We also held our annual banquet in the field house at MSU. The facility was able to handle a crowd of over 600 people. The banquet was a success, with the highlight being a speech from the Shriners Hospital National Patient. Our annual media day was held on Thursday. Along with talking to the media, the players also attended sessions and were able to learn about the purpose and goals of the Shrine Hospital. They also were able to listen to and interact with patients from the surrounding area. These patients were able to tell their stories about how the Shrine hospital was able to help them. This was an excellent opportunity for the athletes to hear about the benefits that the hospital provides. Preparations for the 2027 game have already started. The committee is planning on having all four teams and coaches practice at Mayville State University again. A tentative date for the game is still being discussed but a mid-June date is the preference. In visiting with numerous players and coaches everyone had a great experience during the week leading up to the game and on game day. Jon Jahner, Bowman County High School, moved to accept the report; Calvin Kraft, Enderlin High School, seconded the motion. Motion passed without any dissenting voice vote.

Assistant Executive Secretary Scott Grochow gave the Longevity Awards Report. We give out awards for coaches who have been coaching 20, 25, 30, 35, 40, 45, and 50+ years. An e-mail is sent out to those who fall into the category asking them if they would like a plaque. Plaques are put out during the convention for individuals to pick up. Those receiving the 30, 35, 40, 45, and 50+ years of longevity will be announced at the banquet. Please e-mail Scott, Bill, or Randy if you need to update your years of experience. Claudia Schoellkopf, Mandan High School, moved to accept the report; Thomas Wheeling, Bismarck Legacy High School, seconded the motion. Motion passed without any dissenting voice vote.

Executive Secretary Randy Johnson brought up the sponsorships for the NDHSCA. He stressed the importance of writing thank you notes to the individuals from POWERade. POWERade sponsors the NDHSCA Senior Athlete of the Year Award. These thank you notes are read and kept as treasures. Scheels has helped sponsor the six - \$750.00 scholarships that go out to graduating Seniors of NDHSCA Members. Please write thank you notes to them as well. Randy mentioned some

# Dakota Coach Fall 2026

disappointing news about Subway not sponsoring the NDHSCA Coach of the Year Awards anymore. He is confident we will get another sponsor. The North Dakota Beef Commission, Farmers Union Insurance and FCA do help sponsor items at the convention.

Executive Secretary Randy Johnson talked about the NDHSCA website. The website will be updated soon. If coaches are visiting the website and wish to have something changed, corrected or updated, please contact one of the board members. It will be taken care of as soon as possible.

Membership Chair Eric Olson gave a report on the X account. We have 2380 followers on X. He also stated we have 903 followers on Facebook. If there is something you feel should be posted, please e-mail it to Eric and he post as soon as possible.

Executive Secretary Randy Johnson talked about the 2027 NDHSCA State Coaches Convention. The 2027 State Coaches Convention will be held at the Fargo Holiday Inn. The dates are July 26 – July 28, 2027. It will be a three-day convention like this year's convention. Randy also talked about the NDHSCA App and the convention evaluation that will be emailed out later this afternoon. Please fill out the evaluation so the Executive Board can assist with making the conventions better.

Immediate Past President Mike Zier gave information about the NDHSCA. Being a member of the NDHSCA means you are a member of the NHSACA. He suggested coaches' hand in the sheets with speaker recommendations. This helps to set up the convention. He also encouraged coaches to become involved in the Association. Be willing to run for the NDHSCA Executive Board and fill positions on Advisory. We would like more nominations for Assistant and Junior High Coach of the Year. Make sure you read the Dakota Coach. We give out Scheels Gift Cards in a drawing each quarter.

Executive Secretary Randy Johnson talked about the NDHSCA Membership Liability Insurance. This is a huge benefit for being a member. He mentioned coaches need to keep in mind it is liability insurance. This means charges would need to be filed, or a lawsuit brought against the coach for it to take effect. Randy also discussed the importance of taking Camp Insurance out if you are running camps. This would help pay the deductible for athletes injured during camp.

Executive Secretary Randy Johnson mentioned the NDHSCA Gelaine Orvik Scholarship Fund had \$29,358.87 in it as of June 30, 2026. The funding is going well. We are giving out three - \$1,000.00 scholarships to graduating Seniors interested in going into coaching. We took in \$1,165.00 from membership contributions last year and we profited \$1,425.00 last night at the horse races. Thank you to everyone who has contributed.

Past President Jamie Zastoupil moved to nominate Randy Johnson as the NDHSCA Executive Secretary for the 2026-2027 school year; John Ward, Hazen High School, seconded the motion. Motion passed with Randy abstaining from voting.

There was no other business.

Vice President Travis Lemar handed out door prizes.

The noon lunch was sponsored by the Bismarck-Mandan CVB.

President Greg Brown adjourned the meeting at 11:53 AM



# NDHSCA Longevity Information

The NDHSCA has an ongoing list of longevity recipients. Those that have been coaching for a recognizable number of years will be noted. The years of coaching to be recognized are 20, 25, 30, 35, 40, 45, and 50+.

Please send an email to [Scott.Grochow@k12.nd.us](mailto:Scott.Grochow@k12.nd.us) or [William.Jansen@k12.nd.us](mailto:William.Jansen@k12.nd.us) if you will reach a longevity milestone as of spring 2027 at any level of coaching. 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 next year. This keeps our database up to date.

A complete list will be published in the Spring and Summer Dakota Coach. Scott and Bill will email coaches from the database concerning a Longevity Plaque to recognize completed years of service to the coaching profession as noted above.

Please contact Scott Grochow or Bill Jansen if you have any questions.

## 3 Standards found in the Coaches Code of Ethics

- For interscholastic competition, will dress in an appropriate manner that distinguishes the coach as a professional, representing his school and team.
- Respect the integrity and judgment of sports officials.
- Strive to develop in each athlete the qualities of leadership, initiative and good judgment.

For the entire Code of Ethics see page 47.



**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.

***Jf* 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.**

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 Fall 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  |
| \$ 300,000  | Fire Damage                    |
| \$ 50,000   | Sexual Abuse (per Member)      |
| Excluded    | Medical Payments               |

### COVERAGES

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

### EXCLUSIONS

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

## CAMP INSURANCE

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

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

### NEW PROCEDURE FOR CAMP INSURANCE

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

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

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

### 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.*

# *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.

## **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.



# 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)

And if you are looking for a Dakota Coach clue, here it is on page 36.

**You receive a Dual Membership: As an 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**



### Coach Quote

You learn you can do your best even when it's hard, even when you're tired and maybe hurting a little bit. It feels good to show some courage.

-Joe Namath-

# GAME ONE™



# Dakota Coach Fall 2026



## 2026-27 NDHSCA SPORTS ADVISORY COMMITTEES

| SPORT                                        | REPRESENTATION                   | TERM      |
|----------------------------------------------|----------------------------------|-----------|
| <b><u>BASEBALL:</u></b>                      |                                  |           |
| 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 |
| Travis Risovi; Rugby HS                      | B Division West Representative   | 2026-2030 |
| <b><u>BASKETBALL – Boys’:</u></b>            |                                  |           |
| BJ Etzold; Bismarck St. Mary’s HS            | AA Division Representative       | 2024-2027 |
| Jeff Ralph; Wahpeton HS                      | A Division Representative        | 2025-2028 |
| Calvin Kraft; Enderlin HS                    | B Division Representative        | 2026-2029 |
| <b><u>BASKETBALL – Girls’:</u></b>           |                                  |           |
| Jaci Mrnak; Bowman County HS                 | B Division Representative        | 2024-2027 |
| Jason Schwarz; Minot HS                      | AA Division Representative       | 2025-2028 |
| Jay Bachman; Central Cass HS                 | A Division Representative        | 2026-2029 |
| <b><u>CROSS COUNTRY:</u></b>                 |                                  |           |
| Josh Roberts; Kindred HS                     | B Division East Representative   | 2023-2027 |
| Richard Dafoe; Grand Forks Red River HS      | A Division East Representative   | 2024-2028 |
| Tim Vaustian; Dickinson Trinity HS           | B Division West Representative   | 2025-2029 |
| Chase Gregory; Williston HS                  | A Division West Representative   | 2026-2030 |
| <b><u>FOOTBALL:</u></b>                      |                                  |           |
| 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 |
| Evan Mellmer; South Border                   | 9-Man Division Representative    | 2026-2030 |
| <b><u>GOLF:</u></b>                          |                                  |           |
| 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 |
| Mike DeLorme; Minot North HS                 | A Division Boys’ Representative  | 2026-2030 |
| <b><u>GYMNASTICS:</u></b>                    |                                  |           |
| Rachel Johnson Krug; Bismarck Public Schools | At Large Representative          | 2024-2027 |
| Bre Carlson; Jamestown High School           | West Representative              | 2025-2028 |
| Grace Brandt; Wahpeton-Breckenridge          | East Representative              | 2026-2029 |
| <b><u>HOCKEY:</u></b>                        |                                  |           |
| 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 |
| Rob McIvor; Devils Lake HS                   | Girls’ Representative            | 2026-2030 |
| <b><u>SOCCER:</u></b>                        |                                  |           |
| 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 |
| Ian Costello; Fargo North HS                 | Boys’ East Representative        | 2026-2030 |
| <b><u>SOFTBALL:</u></b>                      |                                  |           |
| Gerard Cederstrom; Minot HS                  | Class A West Representative      | 2023-2027 |
| Trevor Yetterboe; Wilton HS                  | Class B West Representative      | 2024-2028 |
| Jason Balvik; West Fargo Sheyenne HS         | Class A East Representative      | 2025-2029 |
| Matt Chandler; Thompson                      | Class B East Representative      | 2026-2029 |

# Dakota Coach Fall 2026



## 2026-27 NDHSCA SPORTS ADVISORY COMMITTEES



| SPORT                                                      | REPRESENTATION                      | TERM         |
|------------------------------------------------------------|-------------------------------------|--------------|
| <b><u>SWIMMING &amp; DIVING:</u></b>                       |                                     |              |
| Thomas Wheeling; Bismarck Legacy HS                        | At Large Representative             | 2024-2027    |
| Talia Butery; Fargo North HS                               | Girls' Representative               | 2025-2028    |
| MiKayla Brackin; Bismarck Legacy HS                        | Boys' Representative                | 2026-203=29  |
| <b><u>TENNIS (Appointed by Tennis Advisory):</u></b>       |                                     |              |
| 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    |
| Scott DeLorme; Minot, ND                                   | West Girls' Representative          | 2026-2030    |
| <b><u>TRACK &amp; FIELD – Boys':</u></b>                   |                                     |              |
| 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    |
| Matt Swanson; Leeds HS                                     | B Division East Representative      | 2026-2030    |
| <b><u>TRACK &amp; FIELD – Girls':</u></b>                  |                                     |              |
| 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    |
| Molly Griep-Popowski; Hatton-Northwood                     | B Division East Representative      | 2026-2030    |
| <b><u>VOLLEYBALL:</u></b>                                  |                                     |              |
| Jenna Anderson; Sargent County                             | B Division Representative           | 2024-2027    |
| Breanna Sisson; Dickinson Trinity HS                       | A Division Representative           | 2025-2028    |
| Brianna Kline; Bismarck HS                                 | AA Division Representative          | 2026-2029    |
| 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> |                                     |              |
| Dave Wolding; New Salem HS                                 | B Division Representative           | 2024-2027    |
| Mark Lardy; Bismarck HS                                    | A Division President                | 2025-2028    |
| Chad Barstad; Velva HS                                     | B Division President                | 2026-2029    |
| 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    |
| Jerald Lemar; Bismarck Legacy                              | Girls West Wrestling Representative | 2026-2030    |



### 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 NDHSCA Sport's Advisory Committee Meeting & submit the recommendations as determined by the coaches in said sport.
6. Commit to serving a 3 or a 4-year term. Appointments are made at the July Executive Committee Meeting.

#### Return Form to:

Randy Johnson, Executive Secretary  
 3512 Calgary Pointe  
 Bismarck, ND 58503  
 Email: [duck@westriv.com](mailto:duck@westriv.com)

# North Dakota High School Coaches Association

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

## NHDSCA Paid Lifetime Memberships



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  
Jenkins, Lisa; Wilton-Wing  
Jensen, Julie; Kindred HS  
Jeske, James; Killdeer HS  
Johnson, Harlan; Parshall HS  
Johnson, Randy; Hazen HS (Bismarck)  
Johnson, Wayne; Rolette HS  
Johnsrud, Bret; Hazen HS  
Johnsrud, Justin; Watford City HS  
Jonas, Jim; West Fargo HS  
Julius, Disa; Minot HS  
Jung, Greg; Dickinson HS  
Jungling, Lorell; Mandan 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

# North Dakota High School Coaches Association

LaDouceur, Greg; Grand Forks RR HS  
Lardy, Mark; Bismarck HS  
Larson, Arley; Ray HS  
Larson, Todd; Minot HS  
Lehman, Cory; Fargo South HS  
Lee, Aric; Shiloh Christian HS  
Leier, Dwight; Maddock HS  
Lemar, Travis; Central Cass 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  
Mack, Dewitt; Mandan 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  
Nielson, Matthew; Valley City HS  
Odegard, Brodie; Tioga HS  
Olson, Carolyn; Davies HS  
Olson, Douglas; Beulah HS  
Olson, Linette; Bismarck Century HS  
Olson, Todd; Fargo PS  
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  
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

## NDHSCA Paid Lifetime Memberships



Schwartz, Jason; Minot HS  
Schwigert, Kent; Bismarck Century HS  
Sevre, Jocelyn; Hazen HS  
Shirley, Marney; Jamestown HS  
Shultis, Dan; Fargo North 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  
Wall, Carl; Fargo North HS  
Walker, Larry; Killdeer HS  
Walsh, Nathan; Central Valley HS  
Wallstun, 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  
Wiberg, Jason; Devils Lake 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  
Zittleman, Dave; Bismarck HS

### Honorary Lifetime Members

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

## NDHSCA Past Presidents

- 1<sup>st</sup> - **Harold Pederson**  
Williston HS (1962-1963)
- 2<sup>nd</sup> - **Dale Brown**  
Minot Bishop Ryan HS (1936-1964)
- 3<sup>rd</sup> - **Loren "Lefty" Faris**  
Mandan HS (1964-1965)
- 4<sup>th</sup> - **Milo "Mike" Lodoen**  
Bottineau HS (1965-1966)
- 5<sup>th</sup> - **Marv Skaar**  
Grand Forks Central HS (1966-1967)
- 6<sup>th</sup> - **Duane Carlson**  
Minot HS (1967-1968)
- 7<sup>th</sup> - **Ken Towers**  
Grand Forks Red River HS (1968-1969)
- 8<sup>th</sup> - **Ken Rio**  
Grand Forks Central HS (1969-1970)
- 9<sup>th</sup> - **Jerry Sheldon**  
Fargo North HS (1970-1971)
- 10<sup>th</sup> - **Duane Hennessy**  
Grand Forks Central HS (1971-1972)
- 11<sup>th</sup> - **Serge Gambucci**  
Grand Forks Central HS (1972-1973)
- 12<sup>th</sup> - **Walt Hatlestad**  
Fargo North HS (1973-1974)
- 12<sup>th</sup> - **Walt Hatlestad**  
Fargo North HS (1974-1975)
- 13<sup>th</sup> - **Howard Thiege**  
Minot HS (1975-1976)
- 14<sup>th</sup> - **Dick Vinger**  
Grand Forks Central HS (1976-1977)
- 15<sup>th</sup> - **Robert Feeney**  
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 Grinsteinner**  
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)
- 62<sup>nd</sup> - **Greg Brown**  
Mandan HS (2025-2026)



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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 email and mailing addresses / phone numbers.)

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