

Dakota Coach

Volume #58 Issue 4

NDHSCA/NHSACA Convention

College Credit

Clinic Sessions

Networking with Coaches

From Across the USA

June 22-27, 2024
Bismarck, ND

**NHSACA Coaches
Hall of Fame
And National
Coach of the Year
Ceremony**

**NDHSCA Coaches
Hall of Fame
And Coach of
the Year Ceremony**

Dakota Coach Summer 2024

In This Issue

Executive Committee.....	3
Message from Pres. Jamie Zastoupil....	4
Why Protein Matters, ND Beef Comm..	5
Message Vice President Greg Brown...	6
Exec. Secretary Johnson’s Message.....	8
Convention Information.....	10
NHSACA message by Randy Johnson..	12
Vice President Candidates.....	14
Coaches Coaching Coaches.....	14
Muscle Recovery.....	16
NDHSCA Spring Assistant COTY.....	17
Scheels Scholarship Recipients.....	18
Gelaine Orvik Scholarship.....	21
Sanford Health Article.....	26
Special Recognition.....	34
Award of Merit Recipients.....	34
NDHSCA/NHSACA National Hall of Fame.....	35
Distinguished Service	35
NDHSCA Hall of Fame Inductees.....	36
NDHSCA /NHSACA COTY Finalists..	37
2024 Convention Schedule.....	39
NDHSCA Outstanding Senior.....	49
NDHSCA Coach of the Year.....	50
Jason Foundation.....	52
Membership Deadlines & Benefits.....	53
Insurance by Loomis & Lapann, Inc ...	54
Advisory Committees.....	57
Longevity Information.....	59
Longevity Awards.....	60
Lifetime Membership Information.....	61
Paid Lifetime Members.....	62
Past Presidents.....	63
Gelaine Orvik Scholarship Form.....	65
NDHSCA Code of Ethics.....	68
Coaches Code of Conduct.....	69
Dakota Coach Publication Info.....	70

Message from President Jamie Zastoupil

Find a Balance page 4

Message from Vice President, Gregory Brown

Take Care of Ourselves page 6

Concussion Awareness

Sponsored by Healing with Hyperbarics page 7

NDHSCA/NHSACA

Messages from Randy Johnson page 8 & 12

**5 Nutrients HS Athletes
Commonly Miss** page 10

Sponsored by Undeniably Dairy

NDHSCA/NHSACA

COTY Finalists & Hall of Fame Inductees pages 36-37

Coaches Convention Schedule

pages 39-47

**Outstanding Senior and Coach of the
Year for each sport for 2023-24**

pages 49-51



**JUNE 22-27, 2024
NDHSCA/NHSACA
COACHES CONVENTION**



X @ndhsca1
www.ndhsca.com

*Cover Photo courtesy of
NDHSAA*



Dakota Coach Summer 2024



2023-2024 NDHSCA Executive Committee



**President
Jamie Zastoupil**

736 Mustang Drive
Bismarck, ND 58503

Phone Numbers:
(h) 701-224-1231
(w) 701-323-4900
(c) 701-730-5192

jamie_zastoupil@bismarckschools.org



**President Elect
Mike Zier**

PO Box 353
Beach, ND 58621

Phone Numbers:
(h) 701-872-3140
(w) 701-872-4161
(c) 701-872-3140

mike.zier@k12.nd.us



**Vice President
Greg Brown**

2507-6th Avenue NW
Mandan, ND 58554

Phone Numbers:
(h) 701-570-0554
(w) 701-570-0554
(c) 701-570-0554

gregory.brown@msd1.org



**Immediate Past
President
Rick Anderson**

1415 Roberts Ave NE
Cooperstown, ND
58425

Phone Numbers:
(h) 701-797-3199
(w) 701-797-3114
(c) 701-789-1669

rick.anderson@k12.nd.us



**Past President
Ron Metz**

4368 Pleasant Valley
Rd South
Mandan, ND 58554

Phone Numbers:
(h) 701-471-5197
(w) 701-323-4900
(c) 701-471-5197

ron_metz@bismarckschools.org



**Executive Secretary
Randy Johnson**

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

Phone Numbers:
(h) 701-870-1064
(w) 701-870-1064
(c) 701-870-1064

duck@westriv.com



**Assistant Executive
Secretary
Scott Grochow**

409 7th Avenue SE
Rugby, ND 58368

Phone Numbers:
(h) 701-776-5201
(w) 701-776-6854
(c) 701-771-2709

scott.grochow@k12.nd.us



**Assistant Executive
Secretary
Bill Jansen**

410 7th Avenue SE
Rugby, ND 58368

Phone Numbers:
(h) 701-776-7758
(w) 701-776-5201
(c) 701-351-0844

william.jansen@k12.nd.us



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

1511 7th Avenue NE
Thompson, ND 58278

Phone Numbers:
(h) 218-779-3404
(w) 701-599-2765
(c) 218-779-3404

lisa.strand@tps-k12.org



**Membership
Chairperson
Eric Olson**

121 Maplewood Dr.
Gwinner, ND 58040

Phone Numbers:
(h) 701-678-6842
(w) 701-678-2492
(c) 701-730-2018

eric.olson@k12.nd.us



**Lions' Basketball
Co-Chairs
Michael Sorlie**

PO Box 5
Gwinner, ND 58040
Phone Numbers
(c) 701-527-5273
(h) 701-678-3823

michael.sorlie@k12.nd.us

Mike Hendrickson
1408 57th Avenue S
Fargo, ND 58104
Phone Numbers
(c) 701-367-6546
(h) 701-367-6546

hendrim@fargo.k12.nd.us

**Shrine Football
Chair
Bill Lorenz**

1431 Chestnut Street
Grand Forks, ND 58201

Phone Numbers
(c) 218-791-3121
(h) 701-795-7818

wlorenz280@mygfschools.org

**Optimists' Volleyball
Co-Chairs
Lisa Strand**

1511 7th Avenue NE
Thompson, ND 58278

Phone Numbers:
(c) 218-779-3404
(h) 218-779-3404

lisa.strand@tps-k12.org

Tim Wallstrum
PO Box 402
Kenmare, ND 58746

Phone Numbers
(c) 701-340-8221
(h) 701-385-3376

twallstrum@mykps.us





Find A Balance



Message from NDHSCA President Jamie Zastoupil

Summer is finally here! As the school year has ended, we will move to some much-needed down time. I hope you can take some time for yourself and enjoy family and friends this summer. We have an incredible opportunity this summer to host the National Coaches Convention here in Bismarck, ND. The convention will run June 22-27, 2024, at the Bismarck Hotel and Convention Center. This will provide you with an opportunity to learn and grow. You will be sure to get ideas, network to develop ourselves as coaches as well as expand our knowledge to create a great atmosphere of learning for the new teams and individuals we will be coaching.

Summer brings excitement and anticipation for the next year. I, like many of you, am eager to get in the gym with my athletes for open gyms, team camps, tournaments or in the weight room to get ready for next year. As my own three children are getting older and more involved in activities, I am reminded of the importance of enjoying the summer and finding time for fun. I hope you can find a balance of staying competitive and allowing yourself and your athletes time to have some fun. It is so important for us to come back refreshed, rejuvenated, and excited for our seasons. Find some time for yourself and your families.

With the National Convention just around the corner, I want to thank all the association members for another great year. It has been an honor and privilege to serve as your president this past year. Thank you for trusting in me to serve this great organization. As I pass the gavel to Mr. Mike Zier this summer, I know the association will continue to move forward with great leadership. I would like to thank Randy Johnson for all his work, guidance, and leadership this year and always. We are truly blessed to have Randy serving North Dakota and our coaches. I also want to take time to thank the members of the executive board for their dedication to the North Dakota High School Coaches Association. I am so grateful for the opportunity to serve alongside each of you and for the lifelong friendships I have gained.

I want to take time to congratulate all the individual and team champions this spring, and to all the Outstanding Senior Athlete winners and the Spring Coach of the Year recipients. The performances were amazing. I believe this is a direct result of the quality of coaches and coaching that takes place here in North Dakota. It never ceases to amaze me what the coaches of our state do for our kids.

Jamie Zastoupil, NDHSCA President

SIGN UP NOW

FOR THE 2024 NDHSCA AND NHSACA CONVENTION



June 22-27, 2024

Leadership Classes June 22 & 23, Sports Specific Speakers June 23 - 26

Click here to register → www.ndhsca.com

Nutrition Tips for Optimizing Muscle Recovery

Protein **amount**, **type**, and **timing** all matter!

- Consuming enough protein daily is *essential* for muscle recovery
- Athletes should aim for .6-1 gram of protein per lb body weight
- High quality sources rich in essential amino acids includes: lean meat, eggs, dairy products like milk, cottage cheese, and yogurt, and plant-based proteins like tofu, tempeh, and edamame.
- Distribute protein intake evenly throughout the day and both before and after workouts to support muscle protein synthesis.



Carbohydrates and proper hydration *both* support muscle recovery.

- Consuming carbs post-workout helps replenish glycogen stores, which in turn supports muscle recovery
- Water and electrolytes like sodium and potassium are important for ensuring proper hydration, as dehydration can impair recovery.
- Chocolate milk is a good source of protein, carbohydrates, fluids, and electrolytes all in one.
- Other simple, nutritious options include Greek yogurt with berries and almonds, or protein waffles with banana and a glass of milk.

The power of micronutrients and antioxidants

- Micronutrients like magnesium and antioxidants or polyphenols found in plant foods all play an important role in muscle recovery
- Aim for at least **5 servings per day** of fruits and vegetables
- Incorporate nuts, seeds, whole grains, and legumes for more of these powerful nutrients

Take Care of Ourselves



NDHSCA Vice President, Gregory Brown

Seasons are wrapped up or are wrapping up. BUT as coaches many times we forget to do the best thing for ourselves at the end of our seasons. Take time for ourselves. As coaches we get so wrapped up in helping our athletes, with teaching, learning new skills, a busy life schedule, balancing teaching, or a job outside the school district. We forget something that is very important-- TAKE CARE OF OURSELVES!

Taking care of ourselves means at some time during the day, week, or year, we take a few minutes to do something that we enjoy. I have listened to a speaker that said every day at 3:15 pm he sits on his driveway, has a drink and eats peanuts. He takes 15 minutes for himself which helps him reset his mind for the next task. As coaches we usually spend way too much time taking care of our sport that we forget to take time for ourselves and our families. We enjoy what we do, that is why we do it, but we need to also be self-aware. We are better coaches when we have a few minutes a day to enjoy life. Go for a walk, eat peanuts, play with your kids, enjoy what life has given you.

June is a great month this year as North Dakota High School Coaches Association is holding our annual convention. We are early by a month because we are also hosting the National High School Athletic Coaches Association convention during our state convention. We all know we can find drills and schemes online, but we cannot build relationships with other coaches sitting behind a computer. This is a great opportunity to take some time away from your athletes and build relationships with our peers.

Come join us in Bismarck between June 22nd -23rd for a great line-up of leadership classes. Then June 24th – 27th we have great speakers lined up from the local and national levels. This is an opportunity to meet with coaches from all over the United States. You can learn about how different or how similar your sports are in different parts of the country, and you can build great relationships locally.

*Gregory Brown,
NDHSCA Vice President*



A WINNING COMBO



VISIT A SUBWAY® RESTAURANT TODAY!

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

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

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

SUBWAY



Message from NDHSCA Executive Secretary, Randy Johnson

Updates and Information



The North Dakota High School Sports seasons are complete for another school year! What an impressive year. Congratulations to all the NDHSCA POWERade Senior Athlete of the Year recipients, the NDHSCA Subway Coach of the Year recipients and the State Champions. These are memories that will never be forgotten.

Did you know the North Dakota High School Coaches Association is **hosting the 2024 NDHSCA-NHSACA National Coaches Convention** this summer in Bismarck? The dates are June 22 – June 27, 2024. It will be held at the Bismarck Hotel and Conference Center (800 South 3rd Street). This is a great way for coaches to become better in the disciplines they instruct. Coaches are constantly asking athletes to put some time in during the off-season to become better so their program will be successful. This is also true for coaches. I cannot think of a better way to improve than to attend a National Coaches Convention! This convention will give you an opportunity to listen to National Coach of the Year Finalists, outstanding college coaches and the opportunity to collaborate with coaches from throughout the country. When you register for the convention, it is important you also register for membership. The total cost of NDHSCA membership and convention is \$125.00. This fee will give you 2024-2025 NDHSCA Membership, free taco feed with a corn hole tournament on Monday, June 24th, noon Subway Lunch on Thursday, June 27th if you attend the NDHSCA Annual Meeting and one ticket to the NDHSCA Hall of Fame/Coach of the Year Banquet on Thursday evening. **Register today by going to our website: www.ndhsca.com.**

We will offer up to three semester hours of graduate credit from NDSU. The cost will be \$100.00 per credit. There is a syllabus on our website. In order to get the three credits you would have to attend all six days of the convention.

The NDHSCA will once again be giving out two \$100.00 Scheels gift cards at the State Convention. One card will go to coaches who have attended the convention for the first or second time. The other gift card will be for coaches who have attended the convention for three or more years. Be sure to stop by the registration table to sign up for the \$100.00 Scheels gift card. The drawing will take place during the NDHSCA Annual Meeting on Thursday, June 27th. You will need to be present to win.

I am asking veteran coaches to contact young coaches throughout the state and encourage them to attend. We are not able to host a National Convention that often in North Dakota and this will give you an opportunity to attend one right in your state. Part of our duty as coaches is to broadcast the importance of education and work towards improvement within our profession. We have an opportunity to assist young coaches become tomorrow's veterans. Help build the foundation for improvement in all athletics by attending the 2024 National Coaches Convention.

(Randy Johnson's message continued on page 9)

Dakota Coach Summer 2024

Message from NDHSCA Executive Secretary, Randy Johnson continued.

The North Dakota High School Coaches Association is a member of the National High School Athletic Coaches Association. This means if you are a member of the NDHSCA, you are also a member of the NHSACA. The NDHSCA and the NHSACA work together to bring a number of benefits to its members. Here are some benefits.

- \$1,000,000 Liability Insurance
- Opportunity to be named a Coach of the Year including Assistant COTY and Junior High COTY
- Opportunity for your graduating Senior to be issued a scholarship from the NDHSCA and Scheels. Seniors of NDHSCA members only are eligible to apply.
- 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 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 athletic contests
- Free admission to many College and University contests
- Free admission to one NDSU Football game – Information is on our website
- Free admission to UND Football Games – Information is on our website
- Reduced rates on select hotel rooms
- Reduced rates on select car rentals
- Reduced rates at Office Max
- Reduced rates on Long Term Care Insurance, Pet Insurance and other insurance

The NDHSCA will continue to assist coaches in North Dakota. Be sure to visit with new coaches on all the benefits of being a member of the NDHSCA!

Coaching is a rewarding profession. We have an opportunity to help today's youth become tomorrow's leaders. Our influence is enormous on young, energetic and enthusiastic kids. It is important we are proper role models for our student-athletes. Keep in mind someone is watching and listening to your actions. Take a moment to look at the NDHSCA Coaches Code of Conduct and Coaches Code of Ethics. These are printed later in the Dakota Coach and also posted on our website.

Remember the NDHSCA is here to assist you in any way. Please feel free to contact anyone on the Executive Board if you have questions. We look forward to seeing you at the Bismarck Hotel and Conference Center for the 2024 NDHSCA-NHSACA National Coaches Convention.

Randy Johnson
NDHSCA Executive Secretary



Dakota Coach Summer 2024



2024 NDHSCA-NHSACA



NATIONAL COACHES CONVENTION

**Attendees Eligible to Win
A Scheels Gift Card!**

2 Drawings to be held
1 for a 1st or 2nd year attendee
1 for attending more than 2 years
Drawing to be held Thursday, June
27 **at the Annual Meeting.**
(must be present to win)

**EARN UP
TO
3 CREDITS
Through
NDSU**

**Speakers Include:
NHSACA Coach of the Year
Finalists**

College Coaches
Athletic Trainers
Strength Coaches
Medical Doctors
Nationally known Speakers

**Vendors
Available
Monday,
Tuesday,
Wednesday**

Leadership Conference

Saturday, June 22 and Sunday, June 24

Recertify in CPR/AED/First Aid

Update Concussion Management

Sessions on Coaches' Mental Health

Sessions to assist Athletes' Mental Health

Earn up to 1 Graduate Credit from NDSU at \$100 per credit

**Vendor
Drawings
Held
Monday-
Wednesday**

**Earn 1 or 2 Graduate Credits Monday, June 24 -Thursday, June 27
Cost is \$100 per Credit**

Monday, June 24

**General Session:
Rachel Steil, "Running in
Silence"**

**General Session:
Brent Sanford, "Servant
Leadership in Sports,
Business and Life"**

**National Coach of the
Year Finalists as Speakers
College Coaches as
Speakers
Free Taco Feed for
Attendees and families
Corn Hole Tournament**

Tuesday, June 25

**General Session:
Rebekah Trittipoe
"Building Better Teams
by Building Better
People"**

**Sport Specific Sessions
National Coach of the
Year Finalists as Speakers
College Coaches as
Speakers
NHSACA National Hall
of Fame Banquet**

Wednesday, June 26

**General Session:
Amy Goodson
"Nutrition for the Athlete"**

**Sport Specific Sessions
National Coach of the Year
Finalists as Speakers
College Coaches as Speakers
NDHSCA
Coach of the Year Banquet**

Thursday, June 27

**Sport Specific Sessions
Sports Advisory Meetings
NDHSCA Annual Meeting
With Free Noon Meal for
Attendees
NDHSCA Hall of Fame/Coach
of the Year
Banquet
3 -\$1000 Gelaine Orvik
Scholarships to be presented
6 -\$750 Scheels Scholarships
presented to Graduated
Seniors of Members
Induction of new Hall of Fame
Members
Awarding of 2023-24 COTY
Recipients**

Bismarck Hotel and Convention Center

**800 South 3rd Street, Bismarck
Saturday, June 22-Thursday, June 27**

Hyperbaric Oxygen: a New Treatment for Sports Injuries



From shin splints to bone breaks, hyperbaric oxygen is the solution to treating sports injuries at the source. This treatment brings high concentrations of oxygen to tissues that need it to repair and recover, and it's easy for patients to do!

Hyperbaric Oxygen Therapy (HBO):

- Allows damaged tissues to repair
- Reduces swelling
- Turns of inflammation

More than 5 years of treating concussions & sports injuries in the Fargoland area, and beyond!

Follow us on Facebook and Instagram for more information



info@healingwithhyperbarics.com | (701) 532-2426

4487 Calico Dr. S Suite B Fargo, ND 58104

Dakota Coach Summer 2024



***From the NDHSCA Past President
Randy Johnson***



Greetings from the National High School Athletic Coaches Association!

The National High School Athletic Coaches Association is busy preparing for the 2024 National Convention. The convention will be held at the Bismarck Hotel and Conference Center (800 South 3rd Street) in Bismarck. The dates of the convention are June 22 – June 27, 2024. It will be a great convention! Sign up now to attend.

The NHSACA National Hall of Fame Banquet will be on Tuesday, June 25th starting at 5:00 PM with a social. The two inductees from North Dakota will be the following:

- Dr. Jim Haussler; Bismarck Public Schools
- Dan Smrekar; Bismarck St. Mary's High School

Tickets for the event are \$50.00 each. Join the North Dakota High School Coaches Association by attending the banquet to congratulate these two outstanding inductees! Congratulations Jim and Dan on this awesome achievement.

The NHSACA National Coach of the Year Banquet will be held on Wednesday, June 26th starting at 4:00 PM with the social. North Dakota has a number of finalists for the National Coach of the Year Award. The finalists from North Dakota are as follows:

- | | | |
|-------------------------------------|-------------------|---------------------------------|
| • Athletic Director | Dave Zittleman | Bismarck Public Schools |
| • Basketball – Boys' | Dean Winczewski | Minot High School |
| • Basketball – Girls' | Andy Braaten | Carrington High School |
| • Cross Country – Boys' | Brad Lies | Bismarck Century High School |
| • Cross Country – Girls' | Bill Jansen | Rugby High School |
| • Football | Ron Wingenbach | Bismarck Century High School |
| • Golf | Dan Wolf | West Fargo Sheyenne High School |
| • Soccer | Nick Christianson | Fargo Davies High School |
| • Softball | Scott Kost | Central Cass High School |
| • Swimming & Diving | Talia Butery | Fargo North High School |
| • Track & Field – Boys' | Josh Allmaras | Kindred High School |
| • Track & Field – Girls' | Greg Hoeckle | Carrington High School |
| • Wrestling | Mark Lardy | Bismarck High School |
| • Assistant COTY – Boys' | Rich Hovland | Bismarck Century High School |
| • Assistant COTY – Girls' | Steven Mueller | Rugby High School |

North Dakota wishes these finalists the best of luck. They are amongst the top eight candidates from throughout the United States. I encourage coaches from North Dakota to attend the banquet to congratulate these outstanding coaches on their accomplishments. You are all winners!

Message continued page 11.

Dakota Coach Summer 2024

(Randy Johnson's NDHSCA message continued.)

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

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

A special thank you to each of these individuals from North Dakota who are serving the National High School Athletic Coaches Association. North Dakota has a very strong voice throughout the nation.

If there are any member coaches who would be interested in a position on the NHSACA National Board of Directors in the future, please contact Randy Johnson at duck@westriv.com. I am more than willing to put you on the list of potential candidates.

I invite all North Dakota High School Coaches Association members to attend the National Convention from June 22 – June 27, 2024. There are a lot of outstanding speakers. Register now by going to our website: www.ndhsca.com. See you in Bismarck!



*Respectfully submitted,
Randy Johnson, NHSACA Past President*

NDHSCA-NHSACA Convention Is For All Member Coaches!

Assistant and Junior High Coaches are invited to attend. Bring a fellow coach. There will be a drawing for a \$100.00 Scheels Gift Card for a coach who is attending for the first or second time. We will have a drawing for a \$100.00 Scheels Gift Card for a coach who has attended for three or more years. It will be a great learning experience. If you have additional questions, please feel free to contact Randy Johnson, NDHSCA Executive Director at: 701-870-1064 or e-mail at duck@westriv.com. Register here www.ndhsca.com

Looking forward to seeing you in Bismarck, June 22 – June 27, 2024.

Be sure to sign up today and reserve your hotel rooms right away

Bismarck Hotel and Conference Center – (701-660-8063) \$99.00 per night

EverSpring Suites (180 East Bismarck Expressway) – (701-222-3311) \$109.95 per night

EverSpring Inn (200 East Bismarck Expressway) – (701-222-2900) \$99.00 per night

Help your association out by signing up today! It will be a great experience!

2024 NDHSCA Vice President Candidates



The 2024 North Dakota High School Coaches Association candidates for Vice President are Head Volleyball Coach, Breanna Sisson of Dickinson Trinity High School and Head Girls' Basketball Coach, Lisa Jenkins of Wilton-Wing. Voting will take place during this summer's NDHSCA Convention in Bismarck.



Breanna Sisson



Coaches Coaching Coaches teaching, training, learning

Editor Brad Strand

Coaches Coaching Coaches (CCC) is a collection of articles written by coaches for coaches. The purpose is to provide an outlet for coaches to share their knowledge in hopes of helping other coaches become better. CCC is interested in all topics related to coaching, for example, skill techniques, game tactics, coaching strategies, practice planning, team and individual psychology, nutrition, culture, first aid, training and conditioning, motivation, parent relationships, practice planning, mental health, leadership, mentoring, and relationships.

Click on "Read More" for the articles:



To submit an article to Coaches Coaching Coaches, send your article in word format to bradford.strand@ndsu.edu or feel free to email it to Randy Johnson at duck@westriv.com



What comes to mind when you think of the word “strength”?

Is it how much weight you can lift? Is it how fast and far you can run, jump, swim, or bike? When it comes to athletic performance — and life, in general — physical strength is important. It’s also important to consider that strength can apply to your mental and emotional well-being, your focus, and in your day-to-day discipline practice.

A healthy diet can influence all of these things. The foods we choose impact our bodies and our brains. Over the next few months, we’ll be sharing some nutrition tips and tricks to help you optimize health and strength, but today, let’s start with the basics. Let’s learn more about the nutrients that support strength, and how you can use a healthy diet to your advantage.

Note: Much of the information in this article (and in articles to come) is based on information from Strength: The Field Manual, a guide developed to provide information and tools to develop strength in your life. The guide was created by Dr. Michael Rousell, PhD, a published author, researcher, and speaker.

NUTRIENTS FOR SUPPORTING STRENGTH

PROTEIN: Protein is a fundamental nutrient for strength,^{1,2,3} as it provides the building blocks to build and repair muscle and other body tissues.⁴ Additionally, it supports brain function and the immune system.⁵ While many Americans eat enough to meet their minimal requirement for protein, it’s less clear if we’re eating an optimal amount of protein for good health.^{6,7} Since athletes generally have higher protein needs than less active individuals,⁸ getting enough is even more important.

IRON: Iron carries the oxygen you breathe to each of the cells in your body.⁹ It also plays an important role in brain and nervous system function. Not getting enough iron can impact athletic performance, causing overall fatigue and muscle weakness.

FUN FACT: “Heme” iron is found in animal foods and is absorbed better by the body compared to “non-heme” iron, found in plant foods.^{12,13}

Chronically not getting enough iron can have impacts on heart health and growth.^{12,13}

B VITAMINS: Among other important actions, these vitamins participate in the chemical reactions that convert the foods you eat into a form of energy the body can use.¹⁴ While they don’t necessarily give us energy, they help us use energy!

ZINC: Zinc plays an important role in maintaining a healthy immune system. It is also found in high concentrations in the brain, where it is needed for proper growth and strengthening of communication among neurons. This makes it another nutrient that is critical for strength. Physically demanding workouts can increase your body’s need for zinc, so it’s important to get enough.^{19, 20}

SELENIUM: Although this nutrient is needed in small amounts, it influences a variety of bodily organs and systems, including the thyroid gland and liver, as well as the immune, cardiovascular, and digestive systems.²¹

HOW DO YOU GET THESE NUTRIENTS?

A balanced diet with enough, but not too much, energy (aka calories) that includes high-quality protein and other nutrient-dense foods is a core for building strength.^{22, 23} Planning a healthy diet doesn’t have to be overwhelming or complicated. In the rest of this series, we’ll provide a variety of strategies and ideas to help improve your nutrition. The key is choosing foods that offer a variety of nutrients. Beef is prime example of such foods. Beef is not only an excellent source of protein, but did you know that offers the other key strength nutrients mentioned above? A 3 oz serving of beef is high (≥20% DV) in zinc, vitamin B₁₂, niacin (vitamin B₃), vitamin B₆, and selenium. Beef is also a good source (14% DV) of iron (the better-absorbed “heme” form) and good ava, (vitamin B₉).²⁴ Few typical “protein foods” measure up to beef’s supply of the strength-building nutrients. Take a look at this chart below²⁵ to compare:

Percent Daily Value* of Key Nutrients that Support Strength in Common Protein Foods

	Large Scrambled Egg	3 ounces Chicken Thigh Meat, Cooked	3 ounces Chicken Breast Meat, Cooked	1/2 cup Quinoa, Cooked	3 ounces Beef, Cooked (composite of retail cuts)
Protein	12%	42%	53%	8%	51%
Zinc	4%	11%	6%	7%	39%
Iron	4%	5%	5%	8%	14%
Vitamin B ₁₂	8%	8%	5%	0%	41%
Riboflavin (B ₂)	13%	11%	6%	6%	14%
Niacin (B ₃)	<1%	26%	59%	2%	25%
Vitamin B ₆	4%	20%	26%	6%	24%
Selenium	20%	33%	34%	4%	38%

*The %DV is the percent of a nutrient’s Daily Value provided by a serving of food.

Source: US Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory; USDA National Nutrient Database for Standard Reference, Legacy; Version Current: April 2013. Ingrams: Large Scrambled Egg, NDB #: scrambled egg - 01332; chicken thigh meat - 05090; chicken breast meat - 05054; quinoa - 20137; beef - 13354

Stay tuned for additional practical ideas and suggestions for fueling your body with strength in mind.

Muscle Recovery



Proper nutrition and hydration play a vital role in muscle recovery for athletes. Combined with adequate rest, nutrition is essential for maximizing performance, reducing risk of injury, and ensuring long-term success within a sport or training program. This article will uncover the key aspects of muscle recovery and hydration, exploring why these two components are essential to every athlete's regimen.

The Importance of Protein for Muscle Recovery

During intense exercise, muscle fibers undergo microscopic damage. The recovery phase is when muscles repair and grow stronger, adapting to the stress they've experienced. While rest and adequate sleep are very important pieces to muscle recovery, so is consuming sufficient protein. Athletes should aim for between 0.6-1 gram of protein per pound body weight per day. For a 180-pound athlete, this translates to about 108 to 180 grams per day. Athletes should ideally distribute their protein intake evenly throughout the day, including a source at each meal and snack and before and after workouts.

Protein sources should be high-quality food sources rich in essential amino acids. This includes sources like lean meat, eggs, fish, dairy, and plant-based proteins like tofu, tempeh, and edamame. Dairy products, such as milk, chocolate milk, yogurt, cheese, and cottage cheese, are all excellent sources of high-quality protein, providing essential amino acids and minerals, such as calcium, that are important for muscle function. Greek yogurt is another fantastic example, as it provides protein, carbohydrates, and probiotics for muscle growth and repair, glycogen replenishment, and gut health.

Carbohydrates and Fluids for Muscle Recovery

After intense or prolonged exercise, the body can become depleted of glycogen. Consuming carbohydrates helps replenish glycogen stores, aiding in recovery and providing the energy needed for the athlete's next workout session. Ideally, post-workout meals or snacks should incorporate *carbohydrates, protein, and fluid* to help rehydrate.

Dehydration can negatively impact athletic performance, leading to fatigue, cramps, impaired cognitive function, and impaired muscle recovery. Fluids help to regulate body temperature and replenish sweat losses during exercise. Water and electrolytes like sodium and potassium are essential for ensuring proper hydration before, during, and after exercise. Factors such as body size, age, and environmental conditions (temperature, humidity, altitude) can all impact hydration needs. Athletes should aim to drink at least half their body weight in ounces of water per day as a baseline. Then aim for 13-20 oz. of fluid in the hours leading up to exercise, 4-6 ounces every 15-20 minutes during intense activity (more or less depending on intensity), followed by 16-24 oz. for every pound lost during exercise. According to a growing body of research, drinking chocolate milk after a hard workout could give athletes a performance edge. Some studies suggest drinking low-fat chocolate milk after a strenuous workout could help athletes boost power and even improve training times in their next bout of exercise, compared to when they drink a carbohydrate sports drink. This is likely

Muscle Recovery continued

due to the fact it's a high-quality protein source + source of simple carbohydrates + electrolyte-containing beverage all in one.

The Power of Micronutrients and Antioxidants for Muscle Recovery Antioxidants play an essential role in muscle recovery, in part due to their ability to neutralize free radicals and reduce oxidative stress. Oxidative stress is associated with inflammation and muscle damage, which are common occurrences during and after intense exercise. Unfortunately, this could lead to what's referred to as delayed onset muscle soreness (DOMS) and may impair the body's ability to recover properly. Antioxidants (for example, vitamins C, E and polyphenols) can be found in various plant foods. Aim for at least 5 servings daily of fruits and vegetables, and incorporate nuts, seeds, whole grains, and legumes for more of these powerful nutrients daily. Several micronutrients such as calcium, vitamin D, potassium, and magnesium play a role in muscle recovery or bone health. Dairy products such as milk contain all of these, along with B vitamins. Just 1 glass of milk provides 25% of the daily value (DV) of calcium and 15% DV of vitamin D.



By paying attention to your body's nutritional needs and applying these guidelines, you can maximize your workouts and improve your recovery. Meet with a [registered dietitian](#) today to help develop a personalized nutrition plan for you.



2024 NDHSCA Spring Assistant Coach of the Year

The 2024 Spring Season recipient of the North Dakota High School Coaches Association Assistant Coach of the Year Award is **Nate Safe**, Kindred High School Assistant Track and Field Coach. **Nate** was nominated by Josh Allmaras, Kindred Head Track and Field Coach.

Coach Safe has been coaching for 13 years. The past 11 years have been at Kindred High School. He is also an Assistant Football Coach at Kindred. **Nate** has been part of five Boys' Track and Field State Championships, two Football State Championships and seven consecutive Boys' Track and Field Regional Championships. He is responsible for coaching the shot put and discus events for both the boys and girls track and field program at Kindred. **Coach Safe** has coached six State Champions. This past spring he coached the NDHSCA POWERade Senior Athlete of the Year Riley Sunram. Riley won both the shot put and discus at the State Meet. Riley set a new Overall State Meet Record in the discus with a throw of 196' 4".

Josh Allmaras, Head Track and Field Coach at Kindred High School has this to say about **Nate**.

"**Coach Safe** has surpassed my highest expectations and I cannot express in words what he means to the Kindred Track and Field Program. He is of high moral character and continues to challenge me daily to be better with his everyday actions. I never have to worry about the throwing areas because of **Nate's** endless work ethic. He is the reason why the throws go so well at our meets."

Nate and his wife Alice have three children: Kaden, Charles and Spencer.

Nate Safe of Kindred High School is the 2024 North Dakota High School Coaches Association's Spring Assistant Coach of the Year in the sport of Track and Field.

NDHSCA - SCHEELS®

Scholarship Recipients

The North Dakota High School Coaches Association Executive Committee has selected the recipients of the 2024 NDHSCA Scheels Scholarships. Each recipient will receive a \$750.00 scholarship from the NDHSCA and Scheels. This scholarship is available to graduating High School Seniors whose parents are members of the NDHSCA. The 2024 recipients are:

- **Derek Carpenter, Hatton HS:** who plans to attend University of Minnesota - Crookston
- **Grace Grimm, Bismarck St. Mary's HS:** who plans to attend Bismarck State College
- **Daviney McKay, Beulah HS:** who plans to attend Hamline University
- **Kali Norton, Ellendale HS:** who plans to attend Northern State University
- **Maddox Pierce, Scranton HS:** who plans to attend the University of North Dakota
- **Nicholas Wulfekuhle, Richland HS:** who plans to attend North Dakota State University

The scholarships will be presented to each student/athlete at the Annual NDHSCA Hall of Fame/COTY Banquet at the Bismarck Hotel and Conference Center on Thursday, June 27, 2024. The six student/athletes collectively earned 73 athletic letters and were involved in 139 different activities throughout high school. The recipients' GPA average is 4.0, and four of them were ranked number one in their graduating class. Their ACT Composite scores ranged from 24 to 32.



Derek Carpenter graduated from Hatton High School with a 3.914 GPA, 32 ACT Score and ranked number one in his class. He earned 12 athletic letters in the sports of Football (4), Basketball (4) and Baseball (4). Derek was also involved in FBLA, FCCLA, TSA and SOS. He was praised by his teachers and coaches for being a great role model, a strong leader, ambitious and highly driven.

Derek is the son of Mindy and Dennis Carpenter.

Grace Grimm graduated from Bismarck St. Mary's High School with a 4.045 GPA, 24 ACT Score and ranked 14th in her class of 84. She earned 9 athletic letters in the sports of Basketball (2), Volleyball (3) and Softball (4). Grace was also involved in Vera Forma, Saints for Life, Student Council, Catholic Athletes for Christ, National Honor Society, Prom Committee and Assistant Chaplains. Her teachers and coaches praised her for the following: honesty, full of integrity, ethical and of high moral character.



Grace is the daughter of Lynn and Dalon Grimm.



NDHSCA-SCHEELS® Scholarship Recipients



Daviney McKay graduated from Beulah High School with a 4.00 GPA, 28 ACT Score and ranked first in her class. She earned 9 athletic letters in the sports of Volleyball (4), Basketball (1) and Softball (4). Daviney was also involved in FFA, Student Council, Leo's Club, FCA, National Honor Society, and Student Ambassador. Her teachers and coaches classify her as enthusiastic, inquisitive, leader, and a great role model.

Daviney is the daughter of Chantel and Shannon McKay.

Kali Norton graduated from Ellendale High School with a 4.045 GPA, 29 ACT Score and ranked third in her class of 22. She earned 11 athletic letters in the sports of Cross Country (2), Basketball (4), Track and Field (4) and Golf (1). Kali was also involved in 4-H, FFA, Catholic Youth Organization, Maud Evans Saddle Club and National Honor Society. She is praised by her teachers and coaches for being an outstanding leader, kind, respectful, encouraging, and having a positive attitude.



Kali is the daughter of Lana and Jason Norton.



Maddox Pierce graduated from Scranton High School with a 4.00 GPA, 24 ACT Score and ranked first in his class. He earned 16 athletic letters in the sports of Football (4), Basketball (4), Baseball (4), and Track and Field (4). Maddox was also involved in FFA, FBLA, Science Fair, Science Olympia, Band, Choir, and National Honor Society. His teachers and coaches gave him great praise for being a strong leader, excellent collaboration skills, hard worker, and highly motivated.

Maddox is the son of Danelle and Kelly Pierce.

Nicholas Wulfekuhle graduated from Richland High School with a 4.00 GPA, 24 ACT Score and ranked first in his class. He earned 16 athletic letters in the sports of football (4), Cross Country (4), Basketball (4) and Track and Field (4). Nicholas was also involved in Christian Colts, FFA, Student Council, Band, Choir, One Act Play, Piano. LYO, Pep Band, Praise Band, Musical, Acalympics, Knowledge Bowl, and Hoofbeat Staff. He was praised by his teachers and coaches for being extremely organized, respectful, a strong leader, and dedicated.



Nicholas is the son of Cassie and Thomas Wulfekuhle.

Each of the recipients will receive a \$750.00 NDHSCA Scheels Scholarship on June 27th at the NDHSCA Hall of Fame/Coach of the Year Banquet being held at the Bismarck Hotel and Conference Center.



PROUD SPONSOR OF THE NORTH DAKOTA HIGH SCHOOL COACHES ASSOCIATION

SCHEELS
EMPLOYEE OWNED



WE INVITE COACHES TO CONTACT THEIR LOCAL SCHEELS
TO SECURE INFORMATION ON

TEAM
**SHOPPING NIGHTS &
EXCLUSIVE DISCOUNTS**



CALL FOR INFORMATION

FARGO 701.298.2918

MINOT 701.852.1010

BISMARCK 701.255.7255

GRAND FORKS 701.780.9424

NDHSCA-Gelaine Orvik Scholarship Recipients



The recipients of the annual NDHSCA-Gelaine Orvik \$1,000 Scholarships have been selected and notified for being awarded in Bismarck at the Bismarck Hotel and Conference Center on Thursday, June 27th. After evaluation and assessment, the selection committee determined the beneficiaries to be **Katelynn Berg** from DesLacs-Burlington High School, **Kalie Dauenhauer** from Bismarck Legacy High School and **Kaeden Krieg** from Dickinson High School.

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

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

Katelynn Berg

Katelynn Berg is ranked first in her class of 26 at DesLacs-Burlington High School. She will have earned more than 28.0 credits when she graduates; she has an ACT test composite score of 26 and earned a GPA of 4.00 through seven semesters. Katelynn has earned credits in advanced classes that includes college algebra and dual college credit in Composition.



Katelynn Berg

Katelynn participated in two sports (basketball and volleyball) all four years at DesLacs-Burlington High School. She earned a letter in basketball for all four years and in volleyball for two years for a total of six athletic letters during her attendance at DesLacs-Burlington High School. She was also captain of her basketball team as a junior and senior.

Katelynn participated in the following non-athletic activities at DesLacs-Burlington High School: Academic Olympics, Science Olympiad, Student Advisory, National Honor Society, FCCLA, Student Council, FBLA and class treasurer. She is also Student Council Treasurer and FBLA President. Katelynn was youth representative on the Peace Lutheran Church Council (2021-2023).

Katelynn's explanation to why she wants to be a coach reflects her own experiences as learning lessons and developing friendships. She credits her experiences to various coaches. Coaches urged her in developing her work ethic and assisted in development of skills and leadership. Coaches, like older athletes,

NDHSCA-Gelaine Orvik Scholarship Recipients

led her development as a younger athlete; she in turn encouraged younger athletes and stressed the importance of knowing what is expected with every movement of opponents. Katelynn found that being a leader meant more than having superior skills, but that attitude and work ethic were the tenets that led to being a better athlete, and therefore, a better coach.

As an athlete at Des Lacs-Burlington High School, Katelynn was awarded the DLB basketball team's "Mental Toughness" Award. She values those awards far more than any stat or accomplishment. Katelynn finds herself holding qualities such as being positive, encouraging and determined far above all other virtues.

Katelynn adheres to the adage that teamwork, hard work, and accepting criticism and responsibility are paramount in coaching and being on a team. She credits almost all of her achievements, athletically, to her coaches who created a love for the game, taught the fundamentals of the sport, and development of skills.

Coach Tracy Bonn nominated Katelynn for this scholarship. Coach Bonn declares observation of Katelynn's refereeing, being a team member, and a productive member of the public as a marvelous overall impression of this young lady. Coach identifies Katelynn as a positive force at Des Lacs-Burlington High School. She stated, "Not only is she a student of the game, but she is also a gifted teacher; she is able to share her expertise effectively with her teammates."

Katelynn is noted as a "natural leader." She excels in everything she does; that is evident in the classroom and the community. With participation in two athletic seasons, Katelynn also is active in her other non-athletic activities. She is even a member of her church council. In addition, she works parttime, takes college level courses and carries a 4.0 GPA.

Having Katelynn in several classes during her high school attendance, Dylan Hennessy, is adamant of her contributing to the classroom with her enhancement of the classroom atmosphere with her disposition and intellect. "She is incredibly outgoing and is a relentlessly positive influence on every room she enters." She has been resolute in "becoming an educator and has the skills in handling different personalities while adapting to changing and challenging situation."

Principal Scott Medalen has known Katelynn for more than four years and has also had her in a class. He identifies her hard work and her role-modeling as incomparable. Whether in the classroom or in her athletic environment, Katelynn was always a model of intensity and determination. Mr. Medalen also notes that Katelynn has never been disciplined at Des Lacs-Burlington High School. He concludes his recommendation that, "Katelynn shows the same determination in the classroom, where she is an outstanding student with strong character and conviction."

Katelynn is the daughter of Dan and Michelle Berg; she will attend the University of North Dakota this fall.

Kali Dauenhauer

Kali Dauenhauer is a Bismarck Legacy High School student and soon to be a graduate. She established an ACT Score of 24; she has a class rank of Number one in a class of 318. Kali has earned Dual Credit/Early Entry in Anatomy & Physiology I and I Lab, Anatomy & Physiology II and Lab II, Fundamentals of Public Speaking, College Algebra and Introduction to Coaching. All classes have been taken through Bismarck State College.

NDHSCA-Gelaine Orvik Scholarship Recipients



Kali Dauenhauer

Kali participated in volleyball and basketball all four years while she attended Legacy High School. She also participated in Track & Field as a ninth grader. Kali earned six letters (three in volleyball and three in basketball) at Bismarck Legacy High School.

Kali participated in Cross Training Ministries for four years and took two Cross Training Mission Trips: one to Ensenada, Mexico and one to Dominican Republic.

Kali relates to the inspiration by the role-modeling of her high school coaches as pertinent to her aspiring to replicate that mentorship. Her goal as a coach is to “. . . create an environment where athletes feel valued and supported, much like I have experienced.” Kali has a driving passion to share a “love for the game while teaching athletes valuable life lessons through sports.” She alludes to the lessons of leadership, communication,

dedication, sportsmanship and a strong work ethic she has accepted as an athlete. Kali reflects a desire to shape young minds as a role of a high school coach.

Coach Jim Petrik nominated Kali for this scholarship and writes an inspiration recommendation on why he has nominated her. His opening paragraph includes, “Her commitment to excellence, strong leadership qualities and genuine passion for sports and coaching make her an exceptional candidate.” Coach Petrik adds that Kali “. . . is known as our ‘team mom’ and always put her teammates first.” He adds that her talent, work ethic and sportsmanship consistently set her apart. Kali is identified as possessing an impressive combination of athleticism, skill and strategic thinking. In closing, “Coach Petrik states that Kali Dauenhauer embodies the spirit and values of the Gelaine Orvik Scholarship! Her outstanding achievements, leadership qualities and unwavering dedication to her aspirations make her an ideal candidate. . . .”

Kali receives similar commendations from Miranda Lowman, Varsity Assistant Volleyball Coach at Legacy High School. Coach Lowman praises Kali as an “exemplary individual who embodies the characteristics of a true leader, a team player and a scholar.” Coach Lowman continues with Kali being truly responsible, reliable, respectful and with a strong work ethic. Miranda noticed that Kali consistently provides a warm environment and makes her teammates feel safe, secure and supported. In conclusion, Coach Lowman notes. “Kali’s exceptional academic performance, combined with her leadership qualities and contributions to her community, make her a perfect candidate for this scholarship.”

Mr. Riehl, Assistant Principal at Legacy High School, also notes Kali “as a well-rounded individual with a strong academic record.” He also notes that “She is disciplined, responsible and highly motivated in all aspects of her life. Her positive attitude, resilience, and ability to handle challenges with grace make her a standout student-athlete.

Kali is the daughter of Jon and Shannon Dauenhauer; she will attend Bismarck State College this fall.

NDHSCA-Gelaine Orvik Scholarship Recipients

Kaeden Krieg

Kaeden Krieg has earned 27.25 credits through seven semesters at Dickinson High School. He carries a 4.0189 GPA through those seven semesters and is ranked 12th in a class of 226. He earned a 21 composite Score on his ACT test. While his GPA is impressive, Kaeden's grades are super amazing when one considers he has taken Advanced Classes in American Government, Algebra II psychology, biology, geometry, Algebra I, and physical science. He has also taken AP Chemistry, AP Language & Composition, and AP US History.



Kaeden Krieg

Kaeden has participated in three sports every year over his four-year high school tenure. He also has played American Legion Baseball all four years, as he intends to this year, too. His three-sport prowess includes football, hockey, and baseball. Kaeden has been a member of the National Honor Society, Peer-to-peer Mentoring, Inclusive Sports and Leadership Dickinson. He has earned ten athletic letters (three in football and baseball; and four in hockey).

Kaeden has been a three-time All WDA Team Selection in hockey. He was selected to the West 11A All-Conference team as a junior and to WDA First Team Defense All-State in football and as WDA Outstanding Senior Athlete. He was named to the hockey All WDA Team Selection as a 10th grader, as an 11th grader and as a 12th grader. He was named Baseball Team Captain as a junior and as a senior. He was also named Team Captain as a senior for his Football Team and his Hockey Team.

Kaeden's non-school activities added to his duties and responsibilities. He was active in American Cancer Society Relays for Life, American Foundation for Suicide Prevention Out-of-the-Darkness Walks, Make-a-Wish for North Dakota, Prevent Child Abuse America, Special Olympics and a Member of the First Congregational Church. Obviously, these organizations also reflect his love for mankind and his intense efforts to make America and Americans a better country and better citizens.

Dave Michaelson nominated Kaeden for this scholarship. He makes two major statements about Kaeden in his opening by identifying Kaeden “. . .as one of the finest young men I have had the privilege to teach and coach.” Coach Michaelson follows that with “...he has had one of the most positive influences on fellow students at Dickinson High School.” Dave delineates Kaeden with “He works very hard to achieve success. He is an excellent student, a quality person and a wonderful role model.”

Coach Michaelson adds that the most refreshing attributes Kaeden displays modesty and has a humble approach to his many successes. Dave continues with “Kadan is extremely reliable, trustworthy, and a special role-model.”

NDHSCA-Gelaine Orvik Scholarship Recipients

Kaeden answers the question as to why he wants to be a coach with some very well-thought statements. He notes that he has “experienced first-hand the impact a great coach can have, not only on a practice, a game, or a season, but also on my day, my mood, my confidence, my worth and even my life in general.” Kaeden moves the value of sports and coaches beyond the normal realm; he states that “Sports is so much more than competition. Learning to work together towards a common goal is a life skill. Sports bring people together while building and strengthening communities. Sports give people a sense of belonging, connectedness, and camaraderie.”

Dickinson High School principal elaborates on Kaeden’s attributes and qualities. Kaeden is goal-oriented, well-mannered, polite, collaborative, and has high expectations for himself.

Kass Dvorak, Dickinson High School Head Hockey Coach continues and adds to the list of previous accolades with “dedication, leadership and integrity.” He adds a remarkable statement that “Kaeden is not just a remarkable athlete, but he also a shining example of academic excellence and community engagement.” Coach Dvorak adds his analysis of Kaeden’s contributions to the broader school community. “his compassionate nature and unwavering commitment to inclusivity make him an asset in fostering a supportive and welcoming environment for all students.” Kass also notes the importance that Kaeden places on making younger kids feel seen and valued. Kaeden’s “. . . kindness and approachability make him a beloved role-model for many aspiring athletes and students alike.

Melanie Steffan, a special education teacher at Dickinson High School, identifies yet another quality for admiration of Kaeden. As a Peer-to-Peer Leader, Kaeden promotes inclusion and creates lasting friendships with all people. Ms. Steffan alludes to Kaeden’s class leadership and concludes, “This isn’t what you think of when you think of the typical ‘coach,’ but regardless, he is coaching, and the student is succeeding because of Kaeden’s patience and leadership.” Kaeden is a school and community leader and coach. Other people want to be a part of Kaeden’s program and follow his leadership. Melanie finalizes her recommendation with “He (Kaeden) has been so instrumental in changing the school culture at DHS, and I am a better teacher for knowing Kaeden.”

Kaeden is the son of Kelli Krieg; he will attend the University of North Dakota in the fall.

Congratulations!

Katelynn Berg, Kali Dauenhauer

and Kaeden Krieg!!

10 Principles for Implementing a Year-Round Strength and Conditioning Program for the Multi-Sport High School Athlete



By Andrew Berrier, MS, CSCS, PN1, PSPC

Strength and Conditioning Coaches in the High School setting are faced with a plethora of challenges ranging from minimal equipment and time, large groups of athletes, having to meet the requests of multiple sport coaches, and difficulty scheduling training times around class schedules. Creating a training program within these constraints that caters to the multi-sport athlete adds to the depth of these challenges. While playing a variety of sports can be beneficial for the multi-lateral development of athletes by exposing to a large bandwidth of movement skills, being in-season year-round often comes at a cost to the development of general biomotor abilities and biodynamic skills that is accomplished through strength and conditioning. This presents a unique challenge as the coach needs to present enough of a training stimulus to elicit desired adaptations while not creating large amounts of fatigue which can be deleterious to practice performance.

As a High School coach, some of the limitations I am faced with include the following:

- Weight room with a max capacity of 40
- Group sizes that range from 30-40
- Groups that have all sports (in-season/off-season) and all age groups (9th-12th)
- Training time of 35 minutes per group in the weight room
- Equipment that includes barbells, racks, and open space
- Block schedule which limits athletes to 2x/week training

The challenge is further magnified when athletes are in-season and must modify training around games and frequently miss training sessions due to traveling to and from competitions. These constraints beg the following question: How do I provide enough of a training stimulus to elicit adaptation while keeping athletes fresh and ready for games throughout the year?

The following are 10 principles that I have found helpful when navigating the landscape of High School S&C and will attempt to rectify this paradox.

1. Build Trust with Coaches

As an S&C coach, getting on the same page as the sport coaches is your number one priority. Ultimately, if you are trying to design a training program around their practices and games, your job becomes much easier if there is a clear line of communication and trust has been established. A few keys to establishing and keeping trust are as follows:

- a. Reach out and set up initial meeting times. Introduce yourself and make it clear that you are there to support them and are privy to their feedback and requests.
- b. Keep communication consistent. I email all in-season coaches at the end of the week and update them on the weekly training, modifications around game days, outlook for the next week, and athlete effort and attendance. This shows that you are keeping the coaches in the loop.
- c. Invite coaches to attend training sessions when possible. This not only implicates the importance of training to your athletes but communicates to the coach that you want them to be a part of your job and are open to their input.

(continued next page)

- d. Offer to provide education regarding training, nutrition, and recovery to the team. This is an opportunity for you to explain the reason why you do what you do which is a luxury not many in leadership positions always have.

As an S&C coach, you are supplemental to the sport coach. If you get them on the same page as you, your job becomes much easier.

2. Understand your Priorities.

As mentioned in the first paragraph, the HS S&C coach has many constraints they must navigate. Especially with limited time, it is imperative to emphasize what is truly important and is going to move the needle and hack away at anything that is unessential. When navigating this, a few guidelines I use are as follows:

- a. Understand what athletes are getting in practice. This is where communication with coaches becomes helpful. Typically, athletes are getting plenty of conditioning during practices. Knowing this, you can confidently reduce or eliminate conditioning work which frees up time to focus on training other qualities. Field sports are already racking up hundreds of yards of high acceleration efforts and court sports are accumulating hundreds of jumps per practice. The S&C coach might have field sport athletes prioritize max speed work over acceleration and court sport athletes limit jumping and chase power through Olympic lifts and medicine ball throws.
- b. Identify what abilities are the most important to train. I will discuss the use of data to help identify this, but for most HS athletes, relative strength and movement competency are going to be at the top of the list. If your athletes can generate a large amount of force relative to their bodyweight over a large range of motion, most other abilities such as speed, power, and dynamic movement skills also improve. As will be discussed, we want to try and train all abilities to develop a well-rounded athlete. However, with time and equipment constraints, if we try and chase everything, sometimes we end up getting nothing because we spend too little time on each quality. If we understand basic principles like power being determined largely by strength, we can train strength and be confident that power has a high chance of improving as well.
- c. Opportunity cost. In training, this is the ratio of the stimulus from a training method to the time and fatigue it generates. Ideally, we want to implement methods that take limited time to set up, promote flow during training, have lower risk of injury, and maximize the stimulus to fatigue ratio. Tools like medicine ball throws, KB swings, and jumps might offer a better opportunity cost for chasing power than Olympic lifts like cleans and snatches (Full disclosure: all my athletes clean and snatch once to twice per week so I am not against Olympic lifts at all but can appreciate contexts in which they might have less utility). A goblet squat with a dumbbell and a back squat with a barbell might elicit a similar stimulus, but for a freshman athlete, the time needed to teach the barbell back squat takes away from time that can be used for other exercises.

3. Think Human, then Athlete, then “insert” Sport.

“Specificity” is a buzzword, and everyone wants to train specific to the sport. I am going to refrain from going down the rabbit hole of Verkhoshansky’s principles of Dynamic Correspondence, Cleather’s easier to understand version (mostly because it is not loosely translated Russian in spiral bound textbooks from the 1970s), and Bondarchuk’s application of these principles regarding exercise selection. Very few understand these concepts in depth which leads to the concept of specificity being butchered. A few things to note are:

- S&C is general to all sports. Unless an athlete is a powerlifter or Olympic lifter, the weight room and movement skill development are general especially considering the technical, tactical, and perceptual-cognitive demands of sport.
- Specificity is predicated on a foundation of general abilities.
- Athletes get specific training for technical and tactical abilities during sport practice.
- If an athlete plays multiple sports, if we are specific to one, we sacrifice another.
- With athletes getting lots of specific training in practice, continuing to try and overload that as an S&C coach increases risk of injury. Many times, our job is to counteract what they are getting in practice.

As an S&C coach, you need to think of “human, athlete, specific sport athlete.”

- a. Train them to be functional humans. Can your athletes perform basic movement patterns such as squatting, hinging, pushing, pulling, and carrying? Our athletes spend 2 hours per day being an athlete and 22 hours doing other human activities. It would be a shame if an athlete herniated a disc when moving some furniture around their house because they are not proficient in hinging and squatting and those muscles are underdeveloped.
- b. Train them to be better overall athletes. In HS, you rarely need to go past this step. Aside from general movement patterns, can your athletes move in different planes of motion and be strong in those? Can they execute human gait at a variety of velocities and directions? Can they produce force and reduce force in minimal times in different positions? This step is all about putting more tools in the toolbox. An athlete with more general skills is more robust and has more movement solutions to select when interacting with their sport environment.
- c. Finally, train them for their specific sport. I will discuss later some ways to do this with the limitations imposed on HS coaches. As mentioned, if you have a multi-sport athlete, this is probably not necessary. Specificity is not about simulating the sport for the S&C coach but rather relates to how much time is spent on chasing different physical abilities as all sports require different relative contributions of each. For example, a tennis player might need more time spent on multi-directional speed, deceleration, initiating movement from different positions over short distances while a soccer player might need some of these but may need more emphasis on maximum speed. Despite some of these differences, sports are actually very similar in their demands for general physical abilities. For example, in these two sports played on different surfaces, with different implements, and drastically different task constraints, the only real difference would be that soccer might incorporate some more sprints at greater distance. Both sports would require

training to improve relative strength and power in the lower body to supplement these movement skills. Both require an expansive aerobic capacity to mitigate fatigue for the duration of the competition and alactic power to perform consecutive high intensity efforts with minimal reduction in output.

4. General Abilities are King.

The primary goal of the S&C coach is to develop general physical abilities that allow an athlete to display their technical and tactical abilities at a higher level. Think of a basketball power forward who in one year added 10 pounds of lean mass, added 70 pounds to their front squat, 40 pounds to their bench press, 5 inches to their vertical jump, and shaved off 0.3 seconds on their 505 change of direction time. Assuming that this athlete is proficient in their tactical understanding of the game, they now are stronger,

(continued on next page)

more powerful, and faster. As a result, they can box out opponents more effectively, have a higher chance of success of scoring in the paint and getting rebounds, and can get to where they need to be quicker. In sum, this athlete now has a greater abundance of tools in their toolbox and higher quality tools to select from to interact with the environment presented to them in sport. There are four categories of general abilities.

- a. Biomotor abilities: interaction of muscles producing more force or contracting at higher velocity during movement. These include strength (high force, low velocity), speed (low force, high velocity), and power (optimal combination of force and velocity with more bias toward velocity).
- b. Biodynamic skills: fundamental gait patterns performed at varying speeds and directions. These include acceleration (reaching a high speed quickly), maximum speed, multi-directional speed (accelerating, decelerating, and changing direction), and initiation/transition movements (movements that either initiate a task or are used when transitioning between tasks).
- c. Bioenergetic abilities: to keep this simple, this is what is referred to as conditioning. To perform tasks at different intensities and durations, there are a variety of pathways the body can use to convert food into chemical energy to perform mechanical work. These include alactic (high intensity, short duration), lactic (moderate-intensity, moderate-short duration), and aerobic (low to moderate intensity, moderate to long duration).
- d. Morphological adaptations: structural changes to the body that allow better expression of the above three abilities. These can include increased muscle hypertrophy which increases strength potential and increased tendon stiffness which can improve economy of movement.

While different sports require different combinations of these abilities, if we adhere to principle #3, it is important to train proficiency in all of them. All athletes will benefit from being stronger, more power, better conditioned, and more effective movers.

5. Concurrently Raise all Abilities

Concurrent training is a periodization model in which all the abilities listed in Principle #4 are trained in parallel with equal importance. The concept of vertical integration can be applied in which some abilities are trained depending on what your athletes need. With a concurrent approach, you can operate in 3-4 weeks training phases for the entire year, train all abilities with relatively equal importance, easily modify training around games, and can invest in some abilities if needed. The weight room methods you employ into concurrent training fall into three broad categories.

- Dynamic Effort: this is about moving fast and includes jumps/plyometrics, ballistics such as medicine ball throws, traditional lifts with moderate to light weight moved fast, and Olympic lifts.
- Max Effort: this is about recruiting lots of muscle to move heavy weight and includes training with multi-joint exercises such as squats, deadlifts, and presses with low rep ranges.
- Repetition Effort: this is about taking muscles close to failure with higher reps and include accessory exercises.

The biodynamic skill methods you employ fall into three categories.

- Competitive Exercises: these are the exercises that are the primary representation of the biodynamic skills in question. These are performed at high speed and is indicative of proficiency in the skill in question. Example: Free sprints of 10-15 yards for acceleration abilities.
- Specialized Developmental Exercises: these are exercises that are close variations of the competitive exercises but either are performed at slower speeds, are broken down into constituent parts, or performed with some type of external constraint. The goal is to develop a technical aspect of the competitive exercise. Example: A-skips, resisted sprints, and different start positions for acceleration abilities.

(continued on next page)

- Specialized Preparatory Exercises: these are exercises that are used to isolate physical abilities of the biodynamic skills that predicate success in those skills. Example: Broad jump and depth jump for acceleration abilities.

When training bioenergetics, I reserve this for summer since athletes are getting plenty of conditioning during sport practice (See Principle #2) and developing the ability to have maximal outputs means everything underneath that is a lower relative intensity and requires less energy. For example, if I raise

an athlete's maximum speed from 18.5mph to 20mph, running at 8mph during a game is now much lower intensity and less energy is used, thus they don't tire out as quickly!

Once you have all these tools, I simply organize my training into 3-week training phases and make sure I am training all abilities. A general rule is that lifting sessions should incorporate an explosive exercise first, a strength exercise, and then accessories for high reps. For biodynamic skill sessions, there should be some low-level technical drills, plyometrics, close variations of the main skills, and skills performed at high speed.

Below is an example of a lift session:



Day 1 Structure

- 1A. Triple Extension- Snatch Progression
 - 1B. Core- Flexion
 - 1C. Core- Rotation
- 2A. Triple Extension- Clean Progression: Top Down
 - 2B. Ballistic Pattern- Vertical Slow SSC
3. Circa-Max Effort Strength- Bilateral Lower Push
 - 4A. Repetition Effort- Hinge
 - 4B. Repetition Effort- Horizontal Pull
- 4C. Repetition Effort- Vertical/Quasi-Vertical Press

Day 1 Example: Meso 4 Week 1

- 1A. Pos 4 Clean Pull 3x5
- 1B. NCM Jump 3x6
- 1C. Weighted Situp 3x10
- 2A. Front Squat 4x5 (Set 1: 5s ECC; Set 2: 5s ISO; Set 3-4: CON)
- 2B. DB Altitude Landing 4x6
- 2C. SS Band Twist
 - 3A. Pullup 3x5
 - 3B. TK MB Slam 3x6
- 4A. DB Forward Lunge 3x10 ea.
- 4B. HK SA LM Press 3x10 ea.
- 4C. SL ISO Hamstring 3x30sec ea.

Below is an example of a speed/COD session:

Locomotor Skills Development Daily Structure

Day 1 Linear Emphasis	Day 2 Non-Linear Emphasis
Movement Prep	Movement Prep
1. SDE Linear Acceleration	1. SDE COD
2. SDE Maximum Speed	2. SDE Shuffle/X-Over
3. SDE Curvilinear Running	3. SDE Linear Acceleration
4. SDE COD	4. SDE Maximum Speed
5. SPE Linear Acceleration	5. SPE COD
6. SPE Maximum Speed	6. SPE Shuffle/X-Over
7. SPE COD	7. SPE Curvilinear Running

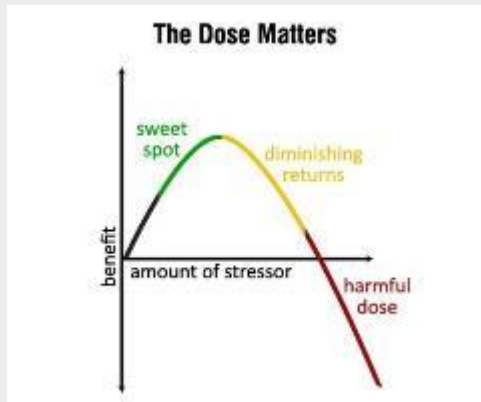
Locomotor Skills Development Phase 1 Week 1 Example

Day 1 Linear Emphasis	Day 2 COD Emphasis
Movement Prep	Movement Prep
1. HK Sprints 4x10yd E	1. Non-Linear Deceleration 4x5yd + 3yd DEC Zone E
2. Flying 10 3x20yd (10yd Build)	2. Shuffle COD 3x5yd+5yd E
3. Arc Runs 2 E	3. Lateral HK Sprints 2x10yd E
4. Linear Deceleration 2x5yd + 3yd DEC Zone E	4. Dribble Series (Ankle/Shin/Knee) 2x10yd
5. Broad Jump 3x6	5. 45-Vector Hops 3x1+1 E
6. Hurdle Jump 3x6	6. Lateral Skater Jump 3x6 E
7. 90-Vector Jumps 3x1+1 E	7. 45-Vector Jumps 3x10 E

(continued next page)

6. Minimum Effective Dose

This is a concept that is drawn from the biological concept of hormesis which illustrates a dose response relationship between the dose (training stimulus) and benefit (adaptation).



In sport science, this is related to the amount of work (volume) that must be done to get positive change. Minimum effective dose is the least amount of work that needs to be performed to create significant change. You might be asking, obviously we don't want to do too much but why resort to the bare minimum? There are a few reasons for this:

- While there is a bandwidth that lies between minimum effective dose and maximum recoverable dose (referred to as maximal adaptive dose), this is tricky to identify in HS athletes. HS athletes are not renowned for taking care of themselves by sleeping and eating well. Furthermore, they are frequently placed under large demands from sport, school, and social life. If we want to navigate the landscape of creating adaptation and not overworking them and harming practice and game performance, it is probably prudent to adhere to the safe dose of work.
- HS athletes usually have a low training age and do not need much work to elicit results. Getting a HS athlete to jump higher and sprint faster might simply involve doing a few sets of squats per week.
- We want to save our most potent methods for when we really need them. Why throw the kitchen sink at our athletes if we can get results with minimal training? There will be a time and place to push the dosage of training, but if you can get results with less and keep athlete healthy and fresh for games, why gamble and do more?

Determining minimum effective dose is tricky because it is a moving target and requires objective metrics (see Principle #7). A combination of objective metrics (improvement in strength, power, speed) and subjective metrics (athlete feedback) can be used to determine this landmark. If your athletes are consistently maintaining and improving their abilities and feel fresh around game day, you are in the sweet spot.

7. Test and Monitor

Training without testing and monitoring is akin to driving a vehicle without a dashboard with no map, GPS, or navigation device. You certainly can drive it, but how do you know how fast you are going? How do you know where you are going? How do you know when your fuel is low, or you need maintenance? This is analogous to training. Many coaches can put a program on a board and have athletes do exercises. But if we want to see if what we are doing is working and what we should prioritize more of,

Dakota Coach Summer 2024

(article by Andrew Berrier continued)

it is helpful to incorporate testing and monitoring. Testing increases athlete intent and buy-in (especially if you record, rank, and publish results), it indicates whether the athletes are improving, it can be used to monitor fatigue and readiness, and can even be used to indicate athlete strengths and weaknesses

to guide future programming. Constraints with time and available equipment will determine implementation of testing. A few guidelines for testing:

- Ideally perform it frequently. Testing twice per year is better than nothing but this does not give you actionable information to make acute changes.
- Perform both objective (strength numbers, jump heights, sprint times, etc.) and subjective (RPE, questionnaires, etc.) to increase the information you have available to make decisions.
- Record, rank, and publish results of objective metrics! This is one of the easiest ways to get athletes to compete and buy-in.
- Use metrics that not only provide indication of improvement but can be used to provide more in-depth information on aspects such as athlete fatigue and relative strength and weaknesses. For fatigue and readiness, I routinely monitor jumps, sprints, and COD and analyze how close an athlete's current performance is to their best performance. If they are below a certain threshold, it could indicate acute fatigue. If they are below a threshold consistently, it could mean loss of abilities and negative response to training. For determining strength and weaknesses, I compare two types of similar jumps to determine if an athlete is better at using muscular force or passive structures to accomplish the movement.

Below is an example of weekly jump testing. This information is used to determine how athletes are improving, their current level of performance (%PB), and their ratio of using muscle vs tendon to accomplish the movement (EUR). With this information, I can make acute decisions to ameliorate athlete fatigue and long-term decisions regarding programming.

6-Mar								
CMJ 1	CMJ 2	Best	%PB	NCMJ 1	NCMJ 2	Best	%PB	EUR
21.4	22.8	22.8	107.5	20.5	20.4	20.5	95.8	1.11
22.8	20	22.8	92.7	20.4	20	20.4	91.9	1.12
20.2	20.2	20.2	95.7	19.1	18	19.1	100	1.06
26.5	28.8	28.8	102.5	26.3	28	28	104.1	1.03
30.9	30	30.9	106.9	29.1	28.2	29.1	110.2	1.06
22.9	22.6	22.9	105	21.3	21.3	21.3	106.5	1.08
23.2	25	25	104.2	23.8	22.7	23.8	100	1.05
25.6	24.4	25.6	97.7	23.8	23.2	23.8	101.7	1.08
25.8	24.6	25.8	108.4	23.8	23.2	23.8	103.5	1.08
23	22.5	23	104.5	20.9	20.4	20.9	101.5	1.1
25.5	24.3	25.5	102.4	22.2	22	22.2	93.3	1.15

A final note on testing/monitoring. It can be easy to get lost in the weeds with data. When in doubt, keep it simple. Tracking increases in strength and monitoring jumps on a jump mat can provide you with all the information you need!

(continued on next page)

8. Prioritize Readiness during Season

While as S&C coaches we want to move the needle on strength, speed, and power, we need to understand that the sport ranks as number one. Athletes need to be physically and emotionally prepared to compete at a high level. Principle #6 and #7 are helpful in maximizing readiness and practical applications are context dependent. Training at minimum effective dose and monitoring athletes are the most important variables when maximizing readiness. A few other options can be used to keep athletes fresh for game day:

- Prioritize heavy strength work earlier in the week and power and speed later in the week. This works for sports like football but most sports have an early week and later week game so this might have little utility. Nonetheless, it is a tool that can have credence in specific contexts.
- Reduce volume or intensity 24 hours prior to game day. You can certainly do this 48-72 hours away but then you might not end up training with sufficient stimulus at all. Reducing volume can simply be eliminating a set of each exercise the day before a game. Reducing intensity can be accomplished in the weight room by using less weight and in speed/COD by reducing speed reached during a task.
- Provide alternative exercise options. On game day, substituting a squat with a jump squat or an RDL with a KB swing can reduce the mechanical load on the system and potential muscle damage and soreness. In place, explosive exercises can potentiate the nervous system for the game.
- Educate athletes that it is okay to lift on game days. If you excessively modify year-round, you might be staying fresh, but you are not moving the needle. Even worse, you might begin to regress. Train at minimum effective dose to stay on the safe side and use objective metrics to inform athletes of their readiness. For example, if an athlete sprints 97% of their best time, tell them that this would not be possible if they are fatigued.

While keeping athletes fresh is our priority, if we hold back too much, we risk not progressing and even regressing.

9. Identify Periods of Time for Higher Workload

These will be few with athletes who play multiple sports. Athletes who play one to two sports will have more opportunities for these and this is where you can add extra training sessions or collaborate with coaches to get out-of-season athletes to do extra training. However, for the bulk of your athletes, your only period to push past the minimum effective dose zone is the summer. Summer training is an opportunity to incorporate more concentrated training for developing qualities that receive less attention during the school year. Bioenergetic abilities and morphological adaptations can receive more attention during this period since they are often left on the backburner during the school year. Building a strong base during “off-season” periods ensures that physical abilities will be maintained for longer and that less work is needed to maintain them.

10. Identify When and Where you can Incorporate Specificity

We have already discussed specificity in Principles #3 and #4 and the many reasons why the S&C coach should emphasize general abilities. However, inevitably coaches will request “specific” training and athletes will be more bought in if they feel training is catered to their sport. For single sport athletes, off-season training can be catered to developing physical abilities that are more important for their sport. For multi-sport athletes, the main guideline: to sprinkling specificity into training is keeping the same basic program for all athletes but catering accessories toward the needs of the sport. For weight room work, an example during the fall might be that everyone performs cleans and squats, but football players

(continued on next page)

Dakota Coach Summer 2024

perform accessory neck and upper back work, volleyball players perform accessory ankle/calf and shoulder/cuff, and soccer players might perform accessory hamstring and groin. For speed/COD work, everyone might perform short sprints and change of direction as the base work, but additional work has football skill players and soccer players performing some longer sprints and volleyball players performing deceleration and transitional speed. In this example, off-season athletes perform the base program while in-season athletes perform parts of the base program and substitute other parts to train for the sport they are currently playing.

With all this said and done, ultimately keeping everything simple is the key. Communicate with coaches, build athlete buy-in, get your priorities straight, train athletes to be well-rounded, and pick a few metrics that you can track. You will be surprised that even with all the constraints you deal with, consistent training over time, even if minimal, can yield impressive results!

By Andrew Berrier, MS, CSCS, PN1, PSPC



2024 NDHSCA Special Recognition

The North Dakota High School Coaches Association announces the **Special Recognition Recipients** for the 2024 NDHSCA Hall of Fame/Coach of the Year Banquet. The award will be presented on June 27th at the Bismarck Hotel and Conference Center.



Linda Orvik
NDHSCA Registration
Fargo, ND



Edwin "Ned" Clapp
FAT Timing
Fargo, ND

2024 NDHSCA Award of Merit

The North Dakota High School Coaches Association announces the **Award of Merit Recipients** for the 2024 NDHSCA Hall of Fame/Coach of the Year Banquet. The Banquet will take place on June 27th at the Bismarck Hotel and Conference Center.



Dr. Brad Strand
NDSU Professor



Perry Hanson
ND Hoopster



NDHSCA/NHSACA National Hall of Fame Inductees



Dr. Jim Haussler

North Dakota has the following inductees to the 2024 National High School Athletic Coaches Association National Hall of Fame

Dr. Jim Haussler – Retired Bismarck Public School Activities Director

Dan Smrekar – Retired Bismarck St. Mary's Football Coach



Dan Smrekar

Ralph Manley to receive NDHSCA Distinguished Service Award

The North Dakota High School Coaches Association will be honoring Ralph Manley, retired swimming and diving coach from Mandan High School, with the **National High School Athletic Coaches Association Distinguished Service Award**. Ralph served the NDHSCA by being on the Swimming Advisory Committee for 34 years. He was on the NDHSCA Executive Board for five years acting as the 50th President during the 2012-2013 school year. Coach Manley also served the NHSACA as the Swimming Sport Chair for 12 years. He will receive his award on Thursday, June 27th at the NDHSCA Hall of Fame/Coach of the Year Banquet during the National Convention.



Coach Quote:

“Coaching is something that takes place only when learning does. No matter what you are doing in your practices, if your players are not learning something significant, you’re really not coaching. If a player fails in a game, the coach may have failed in practice.”

-John Kessel-



2024 NDHSCA Hall of Fame Inductees



Ryam Brantl
Retired
Baseball Coach from
Thompson
High School



Scott McPherson
Tennis Coach
From
Bismarck Legacy
High School



Ron Metz
Retired Girls'
Basketball Coach
Bismarck Century
High School



Scott Reichenberger
Cross Country and
Track and Field Coach
from Bismarck High
School

These outstanding individuals will be inducted into the NDHSCA Hall of Fame this summer. The NDHSCA Hall of Fame/Coach of the Year Banquet is June 27, 2024, at the Bismarck Hotel and Conference Center. This is part of the 2024 NDHSCA-NHSACA National Coaches Convention.

Your NDHSCA Membership is a dual Membership with NHSACA

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

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



ODP Business Solutions™

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



Dakota Coach Summer 2024

2024 COACH OF THE YEAR FINALISTS FROM NORTH DAKOTA



The North Dakota High School Coaches Association announces the NHSACA National Coach of the Year finalists from North Dakota. They are listed below. The NHSACA National Coach of the Year Finalists will be honored on Thursday, June 27th in Bismarck, North Dakota. These coaches are among eight finalists in each category for the NHSACA National Coach of the Year Award.



Dave Zittleman
Bismarck PS
Athletic Director



Dean Winczewski
Minot HS
Basketball – Boys'



Andy Braaten
Carrington HS
Basketball – Girls'



Brad Lies
Bismarck Century HS
Cross Country-Boys'



Bill Jansen
Rugby HS
Cross Country-Girls'



Ron Wingenbach
Bismarck Century HS
Football



Dan Wolf
West Fargo Sheyenne HS
Golf



Nick Christianson
Fargo Davies HS
Soccer



Scott Kost
Central Cass HS
Softball



Talia Butery
Fargo North HS
Swimming & Diving



Josh Allmaras
Kindred HS
Track & Field-Boys'



Greg Hoeckle
Carrington HS
Track & Field-Girls'

Dakota Coach Summer 2024



COACH OF THE YEAR FINALISTS FROM NORTH DAKOTA



Mark Lardy
Bismarck HS
Wrestling



Rich Hovland
Bismarck Century HS
Assistant COTY – Boys'



Steven Mueller
Rugby HS
Assistant COTY – Girls'

ALL NORTH DAKOTA COACHES NEED TO BE CERTIFIED

COACHES CERTIFIED PERMIT REQUIREMENTS

- Complete the National Federation of High School Association's (NFHS) Fundamentals of Coaching online course or have completed a coaching fundamentals course while in college.
- Complete the NFHS Concussion Management Course.
- Complete a First Aid Course.
- Complete Cardiopulmonary Resuscitation (CPR) Certification and Automated External Defibrillator (AED) usage **EVERY TWO YEARS.**

Other than the NFHS online course, all requirements can be completed at the 2024 Coaches Convention June 22-27 in Bismarck.



SANFORD[™]
HEALTH

Dakota Coach Summer 2024



2024 NDHSCA-NHSACA National Convention Schedule Bismarck Hotel and Conference Center, Bismarck, ND

2:00 PM – 9:00 PM Friday, June 21 NDHSCA Executive Board Meeting & Dinner (Room 3160)

Saturday, June 22; Leadership Seminar

7:00 – 12:00 **NHSACA-NDHSCA** Registration Open

7:30 AM College Credit Registration, Dr. Brad Strand; NDSU (1 credit) Cannonball

8:00 ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Cannonball	Leadership	"Mental Wellness for Coaches & Athletes"	Dr. Jim Haussler; Bismarck

9:00 ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Cannonball	Leadership	"Coaching Ethics"	Dr. Jim Haussler; Bismarck

10:00 ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Cannonball	Leadership	"Supporting Athletes with Mental Health Concerns"	Dr. William Burns; NDSU

11:00 ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Cannonball	Leadership	"Supporting Athletes with Mental Health Concerns"	Dr. William Burns; NDSU

12:00 – 1:00 Leadership Conference Lunch on your own

12:00 – 1:00 NDHSCA & NHSACA Executive Board Lunch (Restaurant)

1:00 ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Cannonball	Leadership	"The Dangers of Energy Drinks: Sport Nutrition Tips"	Joan Knoll; Bismarck Public Schools

1:00 – 6:00 NHSACA Executive Board Meeting (Room 3160)

2:00 ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Cannonball	Leadership	"Impact of Coaching Beyond X's & O's"	Pete Moe; Washburn, ND

3:00 ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Cannonball	Leadership	"Leadership on the Line Part I"	Dr. Brad Strand; NDSU

4:00 ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Cannonball	Leadership	"Leadership on the Line Part II"	Dr. Brad Strand; NDSU

Dakota Coach Summer 2024

Sunday, June 23; Leadership Seminar

7:30 – 2:00 NHSACA-NDHSCA Registration Open

8:00 ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Governors	Leadership	"Taping of Common Sports Injuries"	Rhonda Olson; Sanford Health

9:00 ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Governors	Leadership	"Long Term Athletic Development"	Michael Silbernagel; Sanford Health
2160	CPR	"AED, CPR, First Aid Recertification" (Extra \$15 Cost)	Christa Kovarik; Garrison NDHP

8:00 – 10:30 NHSACA Executive Board Meeting (Room 3160)

10:00 ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Governors	Leadership	"Concussion Management"	Dr. Jon Preszler; Sanford Health
2160	CPR	"AED, CPR, First Aid Recertification" (Extra \$15 Cost)	Christa Kovarik; Garrison NDHP

11:00 ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Governors	Leadership	"Accommodating In Season Athletes – Limited Space"	Matt Strecker; Sanford Health
2160	CPR	"AED, CPR, First Aid Recertification" (Extra \$15 Cost)	Christa Kovarik; Garrison NDHP

11:00 – 11:50 NHSACA Past Presidents' Meeting (Patterson South)

11:00 – 11:50 NHSACA Sport Chair Meeting (Lunch Room)

11:00 – 11:50 NHSACA Region Director Meeting (Patterson North)

12:00 – 1:00 Lunch on own

12:00 – 2:00 NHSACA Board of Directors Meeting Working Lunch (Patterson)

1:00 ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Governors	Leadership	"Bridging the Gap Between HS & Collegiate Strength"	Ethan Bakken; Sanford Health

2:00 ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Governors	Leadership	"Training the Multi-Sport Athlete"	Sam Herauf; Sanford Health

2:00 - 3:00 NHSACA Board of Directors Meeting Standing Committee Meetings

Grand Pacific North	Awards, Nominations, and Credentials Committee
Grand Pacific Middle	Professional Education Committee
Grand Pacific South	Hall of Fame Committee
Patterson North	By-Laws, Policies and Procedures Committee
Patterson Middle	Regional Directors, Growth and Development Committee
Patterson South	Publications, Resolutions, and Social Media Committee

3:00 ROOM	SEMINAR	Topic	SPEAKER; SCHOOL
Governors	Leadership	"Workload Management"	Brandon Dirk; Sanford Health

3:30 NDHSCA – NHSACA Board of Directors Load for Heritage Center

4:00 – 9:00 NDHSCA – NHSACA Board of Directors and Special Guests Dinner and Activities (Heritage Center)

Dakota Coach Summer 2024

➤ Monday, June 24; Sport Specific Sessions

7:00 – 8:30 NHSACA Board of Directors Meeting (Governors)

7:30 – 4:00 NHSACA-NDHSCA Registration Open

7:30 – 9:30 AM Exhibitor Setup at BCC (Courtyard)

8:00 AM College Credit Registration, Dr. Brad Strand; NDSU (1 or 2 Credits) Patterson

8:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Lamborn	Basketball	“Marauder Basketball”	Rick Neumann; University of Mary
Sheyenne	Football	“Blue Hawk Culture”	Pete Stanton; Dickinson State University
Riverwood	Golf	“Club Fitting”	Tim Doppler; Riverwood Pro
2130	Gymnastics	“Mental Block in Athletics–Overcoming Fear”	Stacey Goodrich; So-Connected
Heart	Track & Field	“Long Jump”	Steven Mueller; NHSACA Assistant Coach Finalist
Cannonball	Volleyball	“Marauder Volleyball”	Abby Pollart; University of Mary
Grand Pacific	Wrestling	“Marauder Wrestling”	Adam Aho; University of Mary
Governors	X-Country	“Winter Park HS Cross Country”	Kristin McWilliams; NHSACA COTY Finalist

9:00 – 10:00 NHSACA Executive Board Meeting (3130)

9:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Lamborn	Basketball	“Marauder Basketball”	Rick Neumann; University of Mary
Sheyenne	Football	“Tight End RPO Game”	Russell McCarvel; Dickinson State University
Riverwood	Golf	“Teaching the New Golfer-Get Off On Right Foot”	Tim Doppler; Riverwood Pro
2130	Gymnastics	“Mental Block in Athletics-Overcoming Fear II”	Stacey Goodrich; So-Connected
Heart	Track & Field	“Viking Track & Field”	Josh Allmaras; NHSACA COTY Finalist
Cannonball	Volleyball	“Blue Hawk Volleyball”	Stormy Siemion; Dickinson State University
Grand Pacific	Wrestling	“Marauder Wrestling”	Adam Aho; University of Mary
Governors	X-Country	“Bismarck Century, ND Cross Country”	Brad Lies, NHSACA COTY Finalist

10:20 – 10:35 Visit Vendors

10:35-12:15

Lamborn-Patterson **General Session #1**
 Rachael Steil “Running In Silence”

12:15-1:00 Lunch on your own

12:15 – 1:15 NHSACA Past President’s Lunch (Restaurant)

12:45-1:00 Visit Vendors

1:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
3130	Athletic Director	“Inclusive Sports Program”	Ben Lervick & Sara Bohrer; Bismarck Century HS
Lamborn	Basketball	“Beaver Basketball”	Matt Murken; Minot State University
Sheyenne	Football	“RB Ball Security & Pass Protection”	Brandon Bouma; Valley City State University
Patterson	Golf	“Inside Practice Techniques”	Chris Strand; Hatton-Northwood HS
Dakota Star	Gymnastics	“Dakota Star Gymnastics - Mandan”	Rachel Johnson-Krug; Bismarck Schools
Heart	Track & Field	“Sprints”	James Vahrenkamp; UND
Cannonball	Volleyball	“Viking Volleyball”	Michelle Meiklejohn; Valley City State University
Grand Pacific	Wrestling	“Blue Hawk Wrestling”	Justin Schlecht; Dickinson State University
Governors	X-Country	“Coaching to Develop the Whole Athlete”	Rachael Steil

Dakota Coach Summer 2024

➤ Monday, June 24; Sport Specific Sessions (continued)

2:00-2:30 Visit Vendors

<u>2:30 ROOM</u>	<u>SPORT</u>	<u>TOPIC</u>	<u>SPEAKER; SCHOOL</u>
3130	Athletic Director	"Bismarck Public Schools Athletics"	Dave Zittleman; NHSACA AD Finalist
Lamborn	Basketball	"Beaver Basketball"	Matt Murken; Minot State University
Sheyenne	Football	"Inside Zone & Power Blocking OL"	Dustin Yorek; Valley City State University
Patterson	Golf	"Technology – Big & Small"	Chris Strand; Hatton-Northwood HS
Dakota Star	Gymnastics	"Dakota Star Gymnastics - Mandan"	Rachel Johnson-Krug; Bismarck Schools
Heart	Track & Field	"High Jump"	Molly Vahrenkamp; UND
Cannonball	Volleyball	"Viking Volleyball"	Michelle Meiklejohn; Valley City State University
Grand Pacific	Wrestling	"Blue Hawk Wrestling"	Justin Schlecht; Dickinson State University
Governors	X-Country	"A View of Demon Cross Country"	Scott Reichenberger; 2021 NHSACA COTY

3:30 – 3:45 Visit Vendors

3:50 – 5:00

Lamborn-Patterson

General Session #2

**Brent Sanford; Former ND Lieutenant Governor
Head of GROW; Bakken Oil Recruitment of Workers
"Servant Leadership in Sports, Business and Life"**

6:00 – 10:00 ROOM

TOPIC

SPEAKER; SCHOOL

Dakota Ballroom

**NHSACA-NDHSCA Social - Dakota Night
(Sponsored by Game One and the North Dakota Beef Commission)
Silent Auction**

➤ Tuesday, June 25; Sport Specific Sessions

7:00 – 8:30 NHSACA Board of Directors Meeting (Governors)

7:30 – 5:00 NHSACA-NDHSCA Registration Open

8:30 – 10:00 NHSACA State Executive Directors Meeting (Room 3130)

<u>8:30 ROOM</u>	<u>SPORT</u>	<u>TOPIC</u>	<u>SPEAKER; SCHOOL</u>
Patterson	Baseball	"Building a Winning Culture"	Lee Milano; NHSACA COTY Finalist
Lamborn	Basketball	"Magician Basketball"	Dean Winczewski; NHSACA COTY Finalist
Sheyenne	Football	"Patriot Football"	Ron Wingenbach; NHSACA COTY Finalist
3160	Golf	"Golf Rules"	Dustin Jensen; University of Jamestown
1264	Soccer	"Marauder Soccer"	Sarah Cook; University of Mary
2130	Softball	"Jimmie Softball"	Kevin Gall; University of Jamestown
2160	Swimming	"Marauder Swimming"	Abigale Loel; University of Mary
Heart	Track & Field	"Lincoln Southwest Track & Field"	Kevin Schrad; NHSACA COTY Finalist
Cannonball	Volleyball	"Mystic Volleyball"	Kyle Kuether; Bismarck State
Grand Pacific	Wrestling	"Wrestling"	Troy Steiner; Gopher Wrestling Club
Governors	X-country	"Lincoln East HS Cross Country"	Brian Kabourek; NHSACA COTY Finalist

Dakota Coach Summer 2024

Tuesday, June 25; Sport Specific Sessions (Continued)

9:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Patterson	Baseball	"Patriot Baseball"	Kent Schweigert; Bismarck Century HS
Lamborn	Basketball	"Cardinal Basketball"	Andy Braaten; NHSACA COTY Finalist
Sheyenne	Football	"New Canaan Football"	Lou Marinelli; NHSACA COTY Finalist
3160	Golf	"College Recruiting"	Dustin Jensen; University of Jamestown
1264	Soccer	"Marauder Soccer"	Sarah Cook; University of Mary
2130	Softball	"Jimmie Softball"	Kevin Gall; University of Jamestown
2160	Swimming	"Marauder Swimming"	Abigale Loel; University of Mary
Heart	Track & Field	"Flagler Palm Coast HS T&F"	David Halliday; NHSACA COTY Finalist
Cannonball	Volleyball	"Mystic Volleyball"	Kyle Kuether; Bismarck State
Grand Pacific	Wrestling	"Wrestling"	Troy Steiner; Gopher Wrestling Club
Governors	X-country	"Using Daily Meet Data to Motivate"	Larry Padilla; NHSACA COTY Finalist

10:30 – 10:45 Visit Vendors

10:45-12:15

Lamborn-Patterson

General Session #3

Rebekah Trittipoe "Building Better Teams by Building Better People"

12:15 – 1:00 Lunch on Your Own

1:00 – 2:30

NHSACA Executive Committee Meeting (Governors Room)

1:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
3130	Athletic Director	"Northern Burlington County Regional"	Dan Uszaki; NHSACA AD Finalist
Patterson	Baseball	"Baseball Pitch Count & More"	Brady Schwab; Thompson HS
Lamborn	Basketball	"NDSU Bison Basketball"	Spencer Wilker; NDSU
Sheyenne	Football	"NDSU Bison Football"	Tim Polasek; NDSU
Riverwood	Golf	"Utilizing the STOP SLOW GO"	Paul Christianson: Barton College & Brad Strand
1264	Soccer	"Jimmie Soccer"	Nick Becker; University of Jamestown
2130	Softball	"Marauder Softball"	Amy Schmeckpeper; University of Mary
2160	Swimming	"Wolves Swimming"	Kaden Huntrods; Northern Aberdeen
Capital Racquet	Tennis	"Tennis Demonstrations"	Brian Pederson; USPTA Tennis Pro
Heart	Track & X-Country	"Creative Coaching Across Three Dimensions"	Rebecca Trittipoe
Cannonball	Volleyball	"Coaching the Whole Athlete"	Laurie Glass; NHSACA COTY Finalist
Grand Pacific	Wrestling	"Wrestling"	Troy Steiner; Gopher Wrestling Club

2:00 – 2:30 Visit Vendors

2:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
3130	Athletic Director	"Brighton HS Athletics"	John Thompson; NHSACA AD Finalist
Patterson	Baseball	"Baseball Arm Care and Strengthening"	Michael Lyons; NDSU
Lamborn	Basketball	"NDSU Bison Basketball"	Spencer Wilker; NDSU
Sheyenne	Football	"NDSU Bison Football"	Dan Larson; NDSU
3160	Golf	"Assessments for High School Golfers"	Dan Wolf; West Fargo Sheyenne
1264	Soccer	"Jimmie Soccer"	Nick Becker; University of Jamestown
2130	Softball	"NHSACA COTY Finalist Panel Discussion"	Cheri Ritz; NHSACA Chair
2160	Swimming	"Wolves Swimming"	Kaden Huntrods; Northern Aberdeen
Capital Racquet	Tennis	"Tennis Demonstrations"	Brian Pederson; USPTA Tennis Pro
Heart	Track & Field	"NDSU Bison Track & Field"	Stevie Keller; NDSU
Cannonball	Volleyball	"Handling Conflict-Managing Parents"	Laurie Glass; NHSACA COTY Finalist
Grand Pacific	Wrestling	"Wrestling"	Troy Steiner; Gopher Wrestling Club
Governors	X-Country	"NDSU Bison Cross Country"	Dennis Newell; NDSU

Dakota Coach Summer 2024

Tuesday, June 25; Sport Specific Sessions (Continued)

3:30 – 3:45 Visit Vendors

3:45 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Lamborn	Basketball	“Dike-New Hartford HS Basketball”	Bruce Dall; NHSACA COTY Finalist
Sheyenne	Football	“NHSACA COTY Finalist Panel Discussion”	John Hoch; NHSACA Chair
3160	Golf	“Course Management”	Laif Olson; University of Mary
1264	Soccer	“Davies Soccer”	Nick Christianson; NHSACA COTY Finalist
2130	Softball	“Team Culture”	Doug Cox; NHSACA COTY Finalist
2160	Swimming	“Wolves Swimming”	Kaden Huntrods; Northern Aberdeen
Capital Racquet	Tennis	“Tennis Demonstrations”	Brian Pederson; USPTA Tennis Pro
Heart	Track & Field	“NDSU Bison Track & Field”	Stevie Keller; NDSU
Cannonball	Volleyball	“Culture and Mindset”	Stephanie Cleveland; NHSACA COTY Finalist
Grand Pacific	Wrestling	“Wrestling”	Troy Steiner; Gopher Wrestling Club
Governors	X-Country	“NDSU Bison Cross Country”	Dennis Newell; NDSU

5:00 – 6:00 NHSACA Hall of Fame Social (Dakota Ballroom)

6:00 – 9:00 NHSACA Hall of Fame Banquet (Dakota Ballroom)

Wednesday, June 26; Sport Specific Sessions

8:00 – 4:00 NHSACA-NDHSCA Registration Open

7:00 – 8:30 NHSACA Board of Directors Meeting (Governors Room)

7:15 – 8:15 FCA Breakfast (Patterson)

8:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
1262	Assistant Coach	“NHSACA COTY Finalist Panel Discussion”	Stephanie Potts & Dwayne Thomassee
3130	Athletic Director	“Glenwood HS Athletics”	Jeff Bissen; NHSACA AD Finalist
Patterson	Baseball	“St. Anthony Village Baseball”	Troy Urdahl; NHSACA COTY Finalist
Lamborn	Basketball	“NHSACA COTY Finalist Panel Discussion”	Jeff Halseth & Bart Smith
3160	Golf	“NHSACA COTY Finalist Panel Discussion”	Jeremy St. Aubin; NHSACA Chair
Sheyenne	Football	“Pierce HS Football”	Mark Brahmer; NHSACA COTY Finalist
1264	Soccer	“Wayzata Girls HS Soccer”	Tony Peszneker; NHSACA COTY Finalist
2130	Softball	“NHSACA COTY Finalist Panel Discussion”	Cheri Ritz; NHSACA Chair
1266	Special Sports	“NHSACA COTY Finalist Panel Discussion”	Wylene Hudson; NHSACA Chair
2160	Swimming	“Spartan Swimming”	Talia Butery; NHSACA COTY Finalist
1268	Tennis	“Oxford HS Tennis”	Louis Nash; NHSACA COTY Finalist
Heart	Track & Field	“800m Training”	Scott Christensen; NHSACA COTY Finalist
Cannonball	Volleyball	“Building a Program”	Lonnie Morken; NHSACA COTY Finalist
Grand Pacific	Wrestling	“Bismarck High Demon Wrestling”	Mark Lardy; NHSACA COTY Finalist
Governors	X-Country	“NHSACA COTY Finalist Panel Discussion”	Greg Brown & Kristin McWilliams

Dakota Coach Summer 2024

Wednesday, June 26; Sport Specific Sessions (continued)

9:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
1262	Assistant Coach	"NHSACA COTY Finalist Panel Discussion"	Stephanie Potts & Dwayne Thomassee
3130	Athletic Director	"Saint Charles HS Athletics"	Scott McCready; NHSACA AD Finalist
Patterson	Baseball	"NHSACA COTY Finalist Panel Discussion"	Paul Twenge; NHSACA Chair
Lamborn	Basketball	"NHSACA COTY Finalist Panel Discussion"	Jeff Halseth & Bart Smith
3160	Golf	"NHSACA COTY Finalist Panel Discussion"	Jeremy St. Aubin; NHSACA Chair
Sheyenne	Football	"Special Teams"	Kim Nelson; NHSACA COTY Finalist
1264	Soccer	"St. Thomas Aquinas HS Soccer"	John Walsh; NHSACA COTY Finalist
2130	Softball	"Squirrels Softball"	Scott Kost; NHSACA COTY Finalist
1266	Special Sports	"NHSACA COTY Finalist Panel Discussion"	Wylene Hudson; NHSACA Chair
2160	Swimming	"Livonia Stevenson HS Swimming"	Greg Phil; NHSACA COTY Finalist
1268	Tennis	"NHSACA COTY Finalist Panel Discussion"	Louis Nash; NHSACA Chair
Heart	Track & Field	"Sprint Relays"	Tim Daggett; NHSACA COTY Finalist
Cannonball	Volleyball	"Huntley HS Volleyball"	Iona Stookey; NHSACA COTY Finalist
Grand Pacific	Wrestling	"Flathead HS Wrestling"	Jeff Thompson; NHSACA COTY Finalist
Governors	X-Country	"NHSACA COTY Finalist Panel Discussion"	Greg Brown & Kristin McWilliams

10:30 – 10:45 Visit Vendors

10:45-12:15

Lamborn-Patterson

General Session #4
"Nutrition for the Athlete"

Amy Goodson; ND Beef Commission

12:15 – 1:00 Lunch on Your Own

12:15 – 2:00 NHSACA Regional Director Meeting (Lunchroom)

1:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
1262	Assistant Coach	"NHSACA COTY Finalist Panel Discussion"	Stephanie Potts & Dwayne Thomassee
3130	Athletic Director	"NHSACA AD Finalist Panel Discussion"	Joe Brown; NHSACA Chair
Patterson	Baseball	"NHSACA COTY Finalist Panel Discussion"	Paul Twenge; NHSACA Chair
Lamborn	Basketball	"Bellevue West HS Basketball"	Doug Woodard; NHSACA COTY Finalist
3160	Golf	"NHSACA COTY Finalist Panel Discussion"	Jeremy St. Aubin; NHSACA Chair
Sheyenne	Football	"NHSACA COTY Finalist Panel Discussion"	John Hoch; NHSACA Chair
1264	Soccer	"NHSACA COTY Finalist Panel Discussion"	Dan James; NHSACA Chair
2130	Softball	"NHSACA COTY Finalist Panel Discussion"	Cheri Ritz; NHSACA Chair
1266	Special Sports	"NHSACA COTY Finalist Panel Discussion"	Wylene Hudson; NHSACA Chair
2160	Swimming	"NHSACA COTY Finalist Panel Discussion"	Jake Solper; NHSACA Chair
1268	Tennis	"NHSACA COTY Finalist Panel Discussion"	Louis Nash; NHSACA Chair
Heart	Track & Field	"NHSACA COTY Finalist Panel Discussion"	Steve Porter & Bill Weber
Cannonball	Volleyball	"NHSACA COTY Finalist Panel Discussion"	Jean LeClair; NHSACA Chair
Grand Pacific	Wrestling	"NHSACA COTY Finalist Panel Discussion"	Jeff Hill; NHSACA Chair
Governors	X-Country	"Perham HS Cross Country"	Jeff Morris; NHSACA COTY Finalist

2:00– 2:30 Last Opportunity to Visit Vendors

Dakota Coach Summer 2024

➤ Wednesday, June 26; Sport Specific Sessions (continued)

2:30-3:15 (Last session must be done by 3:15)

ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Lamborn	Basketball	"NHSACA COTY Finalist Panel Discussion"	Jeff Halseth & Bart Smith
3160	Golf	"NHSACA COTY Finalist Panel Discussion"	Jeremy St. Aubin; NHSACA Chair
Sheyenne	Football	"NHSACA COTY Finalist Panel Discussion"	John Hoch; NHSACA Chair
1264	Soccer	"NHSACA COTY Finalist Panel Discussion"	Dan James; NHSACA Chair
2130	Softball	"NHSACA COTY Finalist Panel Discussion"	Cheri Ritz; NHSACA Chair
2160	Swimming	"NHSACA COTY Finalist Panel Discussion"	Jake Solper; NHSACA Chair
1268	Tennis	"NHSACA COTY Finalist Panel Discussion"	Louis Nash; NHSACA Chair
Heart	Track & Field	"NHSACA COTY Finalist Panel Discussion"	Steve Porter & Bill Weber
Cannonball	Volleyball	"NHSACA COTY Finalist Panel Discussion"	Jean LeClair; NHSACA Chair
Governors	X-Country	"NHSACA COTY Finalist Panel Discussion"	Greg Brown & Kristin McWilliams

4:00 – 5:00 NHSACA Coach of the Year Awards Banquet Reception (Dakota Ballroom)

5:00 – 8:30 NHSACA National Coach of the Year Awards Banquet (Dakota Ballroom)

➤ Thursday, June 27; Sport Specific Sessions

7:30 – 2:30 NDHSCA Registration Open

8:00 – 11:00 NHSACA Executive Committee Meeting (3130)

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

8:30 ROOM	SPORT	TOPIC	SPEAKER;SCHOOL
Patterson	Baseball	"NDHSCA Advisory Committee Review & Planning"	Dewitt Mack; Mandan HS
Lamborn	Basketball	"Patriot Basketball"	Nathan Welstad; Bismarck Century HS
Sheyenne	Football	"Holstein Football"	Steve Kleinjan; New Salem-Almont HS
3160	Golf	"Relationship between Mental Health & Athletics"	Casey Schaff; Nuvation Health
Patterson	Softball	"NDHSCA Advisory Committee Review & Planning"	Trevor Yetterboe; Wilton HS
2160	Swimming	"Brave Swimming"	Claudia Schoellkopf; Mandan HS
Heart	Track & Field	"NDHSCA Advisory Committee Review & Planning"	Jon Jahner; Bowman HS
Cannonball	Volleyball	"NDHSCA Advisory Committee Review & Planning"	Jessica Fritz; Rugby HS
Grand Pacific	Wrestling	"Demon Wrestling"	Jeff Schumacher; Bismarck HS

9:30 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Patterson	Baseball	"Midget Baseball"	Pete Dobitz; Dickinson HS
Lamborn	Basketball	"Patriot Basketball"	Darin Mattern; Bismarck Century HS
Sheyenne	Football	"Mustang Football"	Evan Mellmer; South Border
3160	Golf	"DJGA and Summer Opportunities for Players"	Chris Geiss; NDJGA
2130	Softball	"Miner Softball"	Trevor Yetterboe; Wilton-Wing
2160	Swimming	"Magician Diving"	Barb McPeak; Minot HS
Heart	Track & Field	"Bulldog Track & Field"	Jon Jahner; Bowman County HS
Cannonball	Volleyball	"Statistic Round Table"	Jamie Zastoupil; Bismarck Century HS
Grand Pacific	Wrestling	"NDHSCA Advisory Committee Review & Planning"	Mark Lardy; Bismarck HS

Dakota Coach Summer 2024

➤ Thursday, June 27; Sport Specific Sessions (continued)

10:45 **NDHSCA Annual Business Meeting** **Lamborn-Patterson**
Light Lunch provided by NDHSCA to Annual Business Meeting Attendees

12:15 **NDHSCA Hall of Fame Luncheon for Inductees (Past Presidents, Past Inductees & Executive Committee are invited to attend – Governor’s Room)**

1:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Patterson	Baseball	“Round Table Discussion”	Dewitt Mack; Mandan HS
Lamborn	Basketball	“NDHSCA Advisory Committee Review & Planning”	Lisa Jenkins; Wilton HS
Sheyenne	Football	“NDHSCA Advisory Committee Review & Planning”	Vyrn Muir; Grand Forks Red River HS
3160	Golf	“NDHSCA Advisory Committee Review & Planning”	Jeremy St. Aubin; South Border
2130	Softball	“Round Table Discussion”	Gerard Cederstrom; Minot HS
2160	Swimming	“NDHSCA Advisory Committee Review & Planning”	Thomas Wheeling; Bismarck Legacy HS
Heart	Track & Field	“Shot Put - Glide”	Ross Walker; Buffalo, WY
Cannonball	Volleyball	“Titan Volleyball”	Breanna Sisson; Dickinson Trinity
Grand Pacific	Wrestling	“Track Wrestling”	Mandy Antony; Track Wrestling
Governors	X-Country	“NDHSCA Advisory Committee Review & Planning”	Nathan Horgeshimer; Killdeer HS

2:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Patterson	Baseball	“Round Table Discussion”	Dewitt Mack; Mandan HS
Lamborn	Basketball	“Roughrider Basketball”	Kent Ripplinger; Grand Forks Red River HS
Sheyenne	Football	“Football as Formation”	John Odermann; Dickinson Trinity HS
3160	Golf	“Drills – Share your Favorite Golf Drills”	Jeremy St. Aubin; South Border
2130	Softball	“Round Table Discussion”	Gerard Cederstrom; Minot HS
2160	Swimming	“Patriot Swimming”	Spencer Wheeling; Bismarck Century HS
Heart	Track & Field	“Shot Put - Rotational”	Ross Walker; Buffalo, WY
Cannonball	Volleyball	“Patriot Volleyball”	Stacy Hanson; May-Port CG HS
Grand Pacific	Wrestling	“Track Wrestling II”	Mandy Antony; Track Wrestling

3:00 ROOM	SPORT	TOPIC	SPEAKER; SCHOOL
Lamborn	Basketball	“Patriot Basketball”	Keenan Konschak; May-Port CG
Sheyenne	Football	“Magician Football”	Chauncy Hendershot; Minot HS
3160	Golf	“Drills – Share your Favorite Golf Drills”	Jeremy St. Aubin; South Border
2160	Swimming	“Demon Swimming”	Cale Schafer; Bismarck HS
Heart	Track & Field	“Discus”	Ross Walker; Buffalo, WY
Cannonball	Volleyball	“Spartan Volleyball”	Rachel Hummel; Fargo North HS

5:00-6:00 **NDHSCA AWARDS BANQUET RECEPTION (Lamborn-Patterson)**

6:00 **NDHSCA Hall of Fame & COTY Banquet (Lamborn-Patterson)**

Friday, June 28

7:30 – 10:00

NDHSCA Executive Board Meeting (Governors Room)

Dakota Coach Summer 2024

PROUD SPONSOR OF THE NORTH DAKOTA HIGH SCHOOL COACHES ASSOCIATION

SCHEELS
EMPLOYEE OWNED



WE INVITE COACHES TO CONTACT THEIR LOCAL SCHEELS
TO SECURE INFORMATION ON

TEAM
SHOPPING NIGHTS &
EXCLUSIVE DISCOUNTS



CALL FOR INFORMATION

FARGO 701.298.2918

MINOT 701.852.1010

BISMARCK 701.255.7255

GRAND FORKS 701.780.9424

2023-2024 NDHSCA-POWERade Outstanding Senior Athlete Awards

SPORT

B Girls' Golf
 A Girls' Golf
 A Boys' Tennis
 A Boys' Soccer
 B Girls' Cross Country
 B Boys' Cross Country
 A Girls' Cross Country
 A Boys' Cross Country
 Nine Man Football
 11A Football
 11AA Football
 11AAA Football
 11AAA Football
 A Girls' Swimming
 A Girls' Volleyball
 B Girls' Volleyball
 Girls' Wrestling
 B Boys' Wrestling
 A Boys' Wrestling
 A Girls' Gymnastics
 A Girls' Hockey
 A Boys' Hockey
 A Boys' Swimming
 B Girls' Basketball
 A Girls' Basketball
 AA Girls' Basketball
 AA Boys' Basketball
 A Boys' Basketball
 B Boys' Basketball
 A Boys' Track & Field
 B Boys' Track & Field
 A Girls' Track & Field
 B Girls' Track & Field
 A Girls' Softball
 B Girls' Softball
 A Boys' Baseball
 B Boys' Baseball
 A Girls' Soccer
 A Girls' Tennis
 B Boys' Golf
 A Boys' Golf

ATHLETE

Avery Bartels
 Anna Huettl
 Evan Panzer
 Brayden Oswalt
 Brooklyn Bartsch
 Keaton Olson
 Reagan Berg
 Owen Sondag
 Nate Tastad
 Ty Dassinger
 Peder Haugo
 Tyson Ruzicka
 Jordan Leininger
 Brooklyn Keney
 Makenna Nold
 Kelsie Belquist
 Jennifer Verdin
 Coy Okeson
 Leandro Araujo
 Rylee Olson
 Margaret Seeley
 Grant Gardner
 Haydn Vein
 Maya Vibeto
 Jessica Mogen
 Jocelyn Schiller
 Carter Zeller
 Deng Deng
 Dane Hagler
 Jaren McNichols
 Riley Sunram
 Jocelyn Schiller
 Elise Wisnewski
 Ava Jahner
 Rylee Satrom
 Parker Hann
 Michael Fagerland
 Emerson Perrin
 Paige McCormick
 Max Palmer
 Charles Solberg

SCHOOL

Kindred HS
 Mandan HS
 Grand Forks Central HS
 Minot HS
 Rugby HS
 Kindred HS
 Valley City HS
 Fargo North HS
 North Prairie
 Dickinson Trinity HS
 Fargo North HS
 Minot HS
 Fargo Shanley HS
 West Fargo Sheyenne HS
 Jamestown HS
 New Rockford-Sheyenne
 Hettinger-Scranton
 Minot Bishop Ryan HS
 Bismarck HS
 Dickinson HS
 West Fargo HS
 Grand Forks Red River HS
 Fargo North HS
 Our Redeemers
 Watford City HS
 Grand Forks Red River HS
 Fargo North HS
 Four Winds HS
 North Star HS
 Bismarck HS
 Kindred HS
 Grand Forks Red River HS
 Central Cass HS
 Dickinson HS
 May-Port-CG HS
 Minot HS
 Shiloh Christian HS
 Minot HS
 Fargo Davies HS
 Bottineau HS
 Fargo Davies HS

HEAD COACH

Kory Bartels
 Dean Johs
 Max Weisser
 Jordan Foley
 Bill Jansen
 Josh Roberts
 Deb Beilke
 Gary Mailloux
 Joshua Keller
 John Odermann
 Adam Roland
 Chauncy Hendershot
 Troy Mattern
 Erich Richardson
 Sara Hegerle
 Sara Myhre
 Randy Burwick
 Connor Ledoux
 Mark Lardy/Jeff Schumacher
 Casey Berry
 Pat Johnson
 Tim Skarperud
 Richard Fisher
 HS Hart Andes
 Thomas Dwyer
 Kent Ripplinger
 Travis Hoeg
 Rick Smith
 Jesse Vote
 Scott Reichenberger
 Josh Allmaras
 Adam Eckert
 Alex Kingsley
 Amanda Mickey
 Keenan Konschak
 Pete Stenberg
 Aric Lee
 Matt Pfau
 Paul Kolesar
 Nathan Simpson
 Adam Gronaas



2023-2024 NDHSCA-SUBWAY



Coaches of the Year



SPORT

NAME

SCHOOL

Class B Girls' Golf	Jeremy St. Aubin	South Border
Class A Girls' Golf	Eric Sanders	Grand Forks Red River HS
Class A Boys' Tennis	Paul Christen	Mandan HS
Class A Boys' Soccer	Brandi Harty	Jamestown HS
Class B Girls' Cross Country	Bill Jansen	Rugby HS
Class B Boys' Cross Country	Josh Roberts	Kindred HS
Class A Girls' Cross Country	Janelle Olson	Bismarck HS
Class A Girls' Cross Country	Scott Reichenberger	Bismarck HS
Class A Boys' Cross Country	Scott Reichenberger	Bismarck HS
Class Nine Man Football	Evan Mellmer	South Border
Class 11A Football	John Odermann	Dickinson Trinity HS
Class 11AA Football	Adam Roland	Fargo North HS
Class 11AAA Football	Chauncy Hendershot	Minot HS
Class A Girls' Swimming	Jackie Snyder	Fargo Shanley HS
Class A Girls' Volleyball	Rachel Hummel	Fargo North HS
Class B Girls' Volleyball	Stacy Hanson	Mayville-Portland-CG HS
Class Girls' Wrestling	Mitchell Meyer	Minot HS
Class B Boys' Wrestling	Ryan Mitchell	Northern Lights
Class A Boys' Wrestling	Trevor Conrad	Dickinson HS
Class A Girls' Wrestling	Casey Berry	Dickinson HS
Class A Girls' Hockey	Pat Johnson	West Fargo HS
Class A Boys' Hockey	Tyler Klein	Fargo North HS
Class A Boys' Swimming	Barb Fisher	West Fargo HS
Class A Boys' Swimming	Lisa Montplaisir	West Fargo HS
Class B Girls' Basketball	Keenan Konschak	Mayville-Portland-CG
Class A Girls' Basketball	Jason Brend	Thompson HS
Class AA Girls' Basketball	Kent Ripplinger	Grand Forks Red River HS
Class AA Boys' Basketball	Dean Winczewski	Minot HS
Class A Boys' Basketball	Brad Woehl	Kindred HS
Class B Boys' Basketball	Anthony Lee	Westhope-Newburg
Class A Girls' Track & Field	Tim Kolsrud	Bismarck HS
Class A Girls' Track & Field	Dale Colby	Bismarck HS
Class B Girls' Track & Field	Greg Hoeckle	Carrington HS

2023-2024 NDHSCA-SUBWAY[®] Coaches of the Year

Class A Girls' Softball
Class B Girls' Softball
Class A Boys' Baseball
Class B Boys' Baseball
Class A Girls' Soccer
Class A Girls' Tennis
Class B Boys' Golf
Class A Boys' Golf
Class AA Athletic Director

Taylor Ludlum
Keenan Konschak
Edward Streeter
Nathan Soulis
Jason Heydt
Matthew Nielson
Nathan Simpson
Nathan Olson
Mitch Lunde

Fargo North HS
May-Port-CG HS
Bismarck Legacy HS
Thompson HS
Grand Forks Red River HS
Valley City HS
Bottineau HS
Grand Forks Red River HS
Minot HS

Fall Assistant COTY
Winter Assistant COTY
Spring Assistant COTY
Fall Junior High COTY
Winter Junior High COTY

Duane Bowman
Travis Mertens
Nate Safe
Merry Feldman
Kevin Froeber

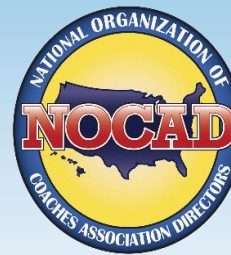
Bowman County HS
Four Winds HS
Kindred HS
Kenmare JHS
West Fargo Cheney MS



Quote

“Every **COACH**
no matter how **GREAT**
NEEDS another coach.”

-Keysha McIntyre-



Coaches can be a key resource providing educational opportunities about mental health and suicidal ideation for parents and student-athletes. The Parent Resource Program is a great tool that can assist coaches' efforts educating parents about the "Silent Epidemic" of youth suicide. Preparing parents to recognize changed behavior in their child and how to respond is key to saving lives. Also, a link may be placed on the school or athletic website for a continuing resource.



Suicide Prevention Begins With Awareness and Education

Youth Suicide is a major health problem facing the youth in our nation, state and communities. Yet, most people are unaware of the danger suicide presents for our young people. The Parent Resource Program (PRP) is a web-based program designed specifically for parents; however, the information provided is an excellent resource for educators, coaches, youth workers, other adults, and young people. The Jason Foundation (JFI) believes that awareness and education are key elements to preventing youth suicide. The main focus of the PRP is to provide information that will assist parents to recognize changes in behaviors that may indicate suicidal thoughts and know what to do to help an at-risk child. The PRP provides:

- Youth Suicide Statistics
- Common Suicide Myths
- Signs of Concern
- Higher Risk Groups
- Risk Factors & Elevated Risk Factors
- What A Parent Can Do
- Do's and Don'ts
- Resources for Assistance
- Parent and Community Seminar

For more information, please visit the Parent Resource Program website:

prp.jasonfoundation.com

This website is to be used for educational and information purposes only. It is NOT a crisis intervention service.

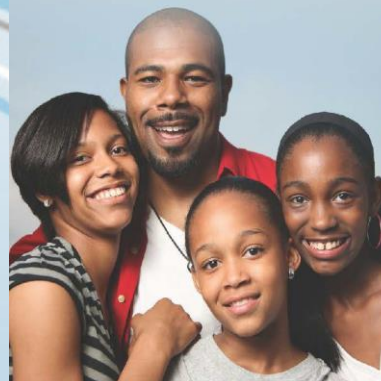


The Jason Foundation, Inc. (JFI) is a non-profit organization dedicated to the prevention of the "Silent Epidemic" of youth suicide through educational and awareness programs that equip young people, educators/youth workers and parents with the tools and resources to help identify and assist at-risk youth.

DID YOU KNOW?

- Suicide is the 2nd leading cause of death for young people, ages 10-24 (CDC WISQARS)
- Suicide is the 2nd leading cause of death for ages 12-18. (CDC WISQARS)
- Suicide is the 3rd leading cause of death for college-aged youth. (CDC WISQARS)

The Parent Resource Program is provided at no cost. If interested, a button or link to the PRP can be added to your school's or agency's websites. For more information please contact The Jason Foundation at: 1-888-881-2323 or contact@jasonfoundation.com.



Membership Deadlines and Benefits

Reminder to get your assistant coaches and junior high coaches to sign up for membership to the North Dakota High School Coaches Association for the 2024-25 school year if you have not done so. Our membership runs July 1 through June 30.

Convention and Membership Registration is on-line only. Visit our website www.ndhsca.com. **NDHSCA encourages payment by credit card. This is the fastest and easiest way to get your membership card.** If you are paying for Membership by School Check and/or Purchase Order, be sure to **confirm** such membership application with an e-mail to **Randy Johnson** at duck@westriv.com before the respective dates. Your **membership registration must be completed and paid for** before the appropriate season deadline to be eligible for post season awards. Lifetime members remember to log in each year, check lifetime member & update data.

Membership Deadlines

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



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



Dual Membership

- Coaches who are members of the NDHSCA are also members of the National High School Coaches Association. It is a dual membership.

Dakota Coach Spring 2024



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, 2023 – August 1, 2024

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

INSURANCE ADMINISTRATOR



www.loomislapann.com

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

Greg Joly
Lori George
Karen Boller

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

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

From the NDHSCA



Code of Ethics

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

Seek to inculcate good health habits including the establishment of sound training rules.



Our goal is to promote high school athletics, provide professional services to our member coaches while providing opportunities for all high school coaches. The NHSACA provides resources to promote professional growth, and attitude of teamwork, sportsmanship and healthy lifestyles for Athletes, Coaches, and Athletic Directors.





**PROUDLY
SUPPORTING
THOSE THAT
KEEP THE LOVE
OF THE GAME
ALIVE.**

Simply Different
fumic.com



*not all products underwritten by Farmers Union Insurance



Dakota Coach Spring 2024



2023-2024 NDHSCA SPORTS ADVISORY COMMITTEES

SPORT	REPRESENTATION	TERM
<u>BASEBALL:</u>		
Aric Lee; Shiloh Christian HS	B Division West Representative	2020-2024
Hans Anderson; Fargo Davies HS	A Division East Representative	2021-2025
Travis Risovi; Rugby HS	B Division East Representative	2022-2026
DeWitt Mack; Mandan HS	A Division West Representative	2023-2027
<u>BASKETBALL – Boys’:</u>		
BJ Etzold; Bismarck St. Mary’s HS	AA Division Representative	2021-2024
Jeff Ralph; Wahpeton HS	A Division Representative	2022-2025
Isaac Sondrol; Velve HS	B Division Representative	2023-2026
<u>BASKETBALL – Girls’:</u>		
Lisa Jenkins; Wilton-Wing	B Division Representative	2021-2024
Kenyon Wingenbach; West Fargo Sheyenne HS	AA Division Representative	2022-2025
Jason Brend; Thompson HS	A Division Representative	2023-2026
<u>CHEERLEADING (Appointed by Cheerleading Advisory):</u>		
Ruth VanWechel; Mayville-Portland CG	B Division Representative	2021-2024
Luann Burris; Grand Forks Central HS	A Division Representative	2022-2025
Billie Ann Caya; Bismarck HS	At Large Representative	2023-2026
<u>CROSS COUNTRY:</u>		
Sean Allan; Grand Forks Central HS	A Division East Representative	2020-2024
Nathan Horgeshimer; Killdeer HS	B Division West Representative	2021-2025
Brad Lies; Bismarck Century HS	A Division West Representative	2022-2026
Josh Roberts; Kindred HS	B Division East Representative	2023-2027
<u>FOOTBALL:</u>		
Vyrn Muir; Grand Forks Red River HS	AA Division Representative	2020-2024
Wayne Werremeyer; Fargo Davies HS	AAA Division Representative	2021-2025
Ben Wollenzien; Towner-Granville-Upham	9-Man Division Representative	2022-2026
Bret Dockter; Harvey-Wells County	A Division Representative	2023-2027
<u>GOLF:</u>		
Emily Schaefer; Glenburn HS	B Division Boys’ Representative	2020-2024
Jeremy St. Aubin; South Border HS	B Division Girls’ Representative	2021-2025
Shane Hannegrefs; Minot HS	A Division Boys’ Representative	2022-2026
Dan Wolf; West Fargo Sheyenne HS	A Division Girls’ Representative	2023-2027
<u>GYMNASTICS:</u>		
Rachel Johnson Krug; Bismarck Public Schools	At Large Representative	2021-2024
Robbie Werchau; Minot HS	West Representative	2022-2025
Andrea Bitz; Fargo Public Schools	East Representative	2023-2026
<u>HOCKEY (Appointed by Hockey Advisory):</u>		
Jason Bennett; Minot HS	Boys’ Representative	2020-2024
David Benson; West Fargo Sheyenne HS	Boys’ Representative	2021-2025
Patrick Johnson; West Fargo HS	Girls’ Representative	2022-2026
Ben Hertz; Mandan HS	Girls’ Representative	2023-2027
<u>SOCCER:</u>		
Matt Pfau; Minot HS	Girls’ West Representative	2020-2024
Nick Christianson; Fargo Davies HS	Girls’ East Representative	2021-2025
Ian Costello; Fargo Davies HS	Boys’ East Representative	2022-2026
Thomas Marcis; Bismarck Legacy HS	Boys’ West Representative	2023-2027
<u>SOFTBALL:</u>		
Trevor Yetterboe; Wilton HS	Class B West Representative	2020-2024
Mark Woodbury; West Fargo Sheyenne HS	Class A East Representative	2021-2025
Michael Loll; Hankinson HS	Class B East Representative	2022-2026
Gerard Cederstrom; Minot HS	Class A West Representative	2023-2027



Dakota Coach Spring 2024



2023-2024 NDHSCA SPORTS ADVISORY COMMITTEES

SWIMMING & DIVING:

Thomas Wheeling; Bismarck Legacy HS	At Large Representative	2021-2024
Talia Butery; Fargo North HS	Girls' Representative	2022-2025
Cale Schafer; Bismarck HS	Boys' Representative	2023-2026

TENNIS (Appointed by Tennis Advisory):

Scott DeLorme; Minot HS	West Boys' Representative	2020-2024
Matt Nielson; Valley City HS	East Boys' Representative	2021-2025
Scott McPherson; Bismarck Legacy HS	West Girls' Representative	2022-2026
Chad Anderson; West Fargo Sheyenne HS	East Girls' Representative	2023-2027

TRACK & FIELD – Boys':

Mitch Grochow; Beulah HS	B Division West Representative	2020-2024
Justin Miller; Bismarck Century	A Division West Representative	2021-2025
Josh Allmaras; Kindred HS	B Division East Representative	2022-2026
Jordan Aus; West Fargo Sheyenne	A Division East Representative	2023-2027

TRACK & FIELD – Girls':

Jon Jahner; Bowman County HS	B Division West Representative	2020-2024
Tim Kolsrud; Bismarck HS	A Division West Representative	2021-2025
Jeremy Anderson; Thompson HS	B Division East Representative	2022-2026
John McLaurin; Devils Lake HS	A Division East Representative	2023-2027

VOLLEYBALL:

Jessica Fritz; Rugby HS	B Division Representative	2021-2024
Breanna Sisson; Dickinson Trinity HS	At Large Representative	2022-2025
Brianna Kline; Bismarck HS	A Division Representative	2023-2026
Tera Paulson; Hankinson HS	Volleyball Executive Appointee	2015-Present

WRESTLING (Appointed by Wrestling Advisory):

Dave Wolding; New Salem HS	B Division Representative	2021-2024
Mark Lardy; Bismarck HS	A Division President	2022-2025
Chad Barstad; Velva HS	B Division President	2023-2026
Matt Berglund; Grand Forks Red River HS	Girls East Wrestling Representative	2021-2024
Travis Lemar; Central Cass HS	Girls East Wrestling Representative	2021-2025
Scott Knowlen; Bismarck Public Schools	Girls West Wrestling Representative	2023-2026
Kelly Hase; Harvey-Wells County	Girls West Wrestling Representative	2023-2027



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 4 year term. Appointments are made at the July Executive Committee Meeting.

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

Longevity Information for 2024 Recognition



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

Remember, this is the number of years you have been coaching through the spring of 2024 at any level.

You **must be a member of the NDHSCA to be recognized** and you must be a junior high, or high school coach at the time. Please remember to fill out your membership forms through the next year. This keeps our data base up to date.

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

Criteria for Post-Season Awards



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

2024 NDHSCA AWARDS FOR LONGEVITY 20 Years

Jeremy Anderson, Thompson HS
Kari Baker, Beach HS
Andrea Bitz, Fargo HS
Nicole Burtman, Divide Co HS
Talia Butery, Fargo North HS
Duane Connell, Central Valley HS
Ian Costello, Fargo North HS
Wallace DeCoteau, Dunseith HS
Christopher Doane, Ashley Public
Jill Eckroth, Flasher HS
Jessica Fritz, Rugby HS
Oliver Gourd, Jr., Four Wind HS

Justin Graham, Williston HS
Mitch Greenwood, Cavalier HS
Don Hollister, Northern Cass HS
Tami Hunter, Williston
Jonathan Jahner, Bowman Co.
Ellen Jebens, Minot HS
Kevin Lokken, Hillsboro HS
Jake Luger, Standing Rock
Terry Luschen Oak Grove Lutheran
Brett Mitchell, Legacy HS
Ryan Mitchell, Northern Lights
Mark Moss, Lisbon HS
Jeremy Newton, West Fargo Sheyenne

Matthew Nielson, Valley City HS
Brian Nieuwsma, Flasher Public
Jaime Richter, Linton
Duane Schmidt, Beulah
Aaron Schramm, Park River Area
Todd Sheldon, Mandan HS
Nate Simpson, Bottineau HS
Melissa Solper, Minot HS
Jeremy St. Aubin, South Border
Luke Sturn, New Salem-Almont
Carla Wahlund, Minot HS
Robert Watson, Standing Rock HS

25 Years

Ryan Bilden, Northwood Public
Scott Bommersbach, Grand Forks
Wilford Counts, Dunseith
Travis Engen, Valley City Public
Brandy George, Thompson HS
Mark Gibson, Bismarck HS
Steve Glasser, Trinity HS
Eric Hendrickson, Minot Public
Matt Herman, Ellendale
Doug Johnson, Oak Grove Lutheran
Justin Johnsrud, Watford City HS
Andy Lach, Minot HS

Shari McTaggart, Fargo Shanley HS
Jason Monilaws, Hankinson HS
Brent Nelson, Minot HS
Ryan Nielson, HHS
Shane Robinson, Minto HS
Ray Saylor, Burke Central HS
Cory Schall, Oakes
David Silbernagel, Kidder Co.
Sara Walls, Red River HS
David Weiler, Fargo South HS
Brad Woehl, Kindred HS

30 Years

Derek Bakken, Concordia College
Rory Bell, Fargo Davies HS
Bruce Bender
Lou Dobitz, Killdeer
David Duttonhefer, Hazen
Justin Foss, Hatton-Northwood
Chris Gleason, Milnor Public
Dean Johs, Mandan HS
Thomas Marcis, Legacy HS
Rich Olson, Langdon HS
Troy Olson, Century
Jerry Schneider, Fargo North HS
Rick Smith, Four Winds
Brian Vance, Ellendale
Phil Weldele, Bowman Co.

35 Years

Damon Brady, Parshall
Scott Miller, Dickinson HS
Michael Porter, Century HS/Horizon
Kent Ripplinger, Grand Forks Red River
Paul Rudolph, Lewis and Clark/Berthold
Wayne Shipman, Carrington HS
Mike Soulis, Jamestown Public
Pete Stanton, Dickinson State

40 Years

Randy Berwick, Hettinger
Harry Clark, Kindred HS
Mark Frost, Hope-Page
Ron Wingenbach, Bismarck Century



Lifetime Membership

To purchase a Lifetime Membership the prospective coach must have been:

- A North Dakota High School Coaches Association Member for 20 years
- An active high school coach for at least 25 years either in North Dakota or another state

Notes on Lifetime Membership

- Lifetime Membership may be purchased for a one-time fee of \$300. In order to become a Lifetime Member one must be a member which 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.



Click Here:

www.ndhsca.com

Go Online to Find:

Forms

All Star Teams

All-State Teams

Coaches Resources

Insurance Information

Scholarship Information

AND MORE!

North Dakota High School Coaches Association



Paid Lifetime Memberships

Aardahl, Vern; Milnor HS
Amundson, Greg; Mandan HS
Anderson, Brian; Watford City HS
Anderson, Darrell; Bismarck HS
Anderson, Darryl; Mandan HS
Anderson, Rick; Griggs Co. Central HS
Askvig, Curtis; Surrey HS
Beaudrie, Bob; Newburg HS
Bennett, Jason; Minot, HS
Benson, Ron; Mott-Regent HS
Berg, Mike; Grand Forks Central HS
Berglund, Darrell; Hazen HS
Berglund, Kathy; Hazen HS
Bettenhausen, LeRoy; Watford City HS
Boehm, Darrin; West Fargo HS
Brackenbury, Wayne; Mohall-L-Sherwood HS
Brandt, Jeremy; Beulah HS
Brenner, Henry; ND School for the Deaf
Brown, Greg; Watford City HS
Bubach, Brian; NDHSAA
Burckhard, Richard; Parshall HS
Burris, LuAnn; Grand Forks Central HS
Callahan, Mike; Minnewaukan HS
Carlson, Ron; Minnewaukan HS
Carlson, Sherry; Minot HS
Carlsrud, Dave; NDHSAA
Carr, Daniel; Linton HS
Caya, Billie Ann; Bismarck HS
Cederstrom, Gerard; Minot HS
Conlon, Frank; Jamestown HS
Cornell, Rick; Grand Forks Schroeder JHS
DeCoteau, Jerome; Turtle Mtn Comm. HS
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
Doooley, 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
Frost, Mark; Hope-Page
Gabrielsen, Thomas; Grand Forks RRHS
Gadberry, Ron; Hillsboro HS
Glasser, Steve; Dickinson Trinity HS
Gordon, Randy; Dickinson Trinity HS
Hack, Rick; Ellendale HS
Haggin, Barry; Divide County HS
Halland, Joan; Kindred HS
Hammer, Dennis; Grafton HS
Handt, Dave; Litchville-Marion HS
Hannegrefs, Shane; Minot HS
Hanson, David; St. Thomas HS
Hanson, James; St. Thomas HS
Hanson, Perry; Bismarck HS
Hanson, Randy; Washburn HS
Hardie, Karen; Fargo North HS
Hardie, Rodney; Fargo North HS
Hauge, John; Bottineau HS
Haugen, Derold; LaMoure HS
Haussler, Jim; Bismarck Schools
Healy, Dennis; Williston HS
Hendrickson, Eric; Minot
Herman, Matt; Ellendale HS
Hertel, Dale; Fargo South HS
Hoeckel, Greg; Carrington HS
Hofer, Dr. Herb; Cankdeska Cikana CC
Hoff, David; Bottineau HS
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
Jaeger, Kerry; Grand Forks Red River HS
Jensen, Julie; Kindred HS
Jeske, James; Killdeer HS
Johnson, Harlan; Parshall HS
Johnson, Randy; Hazen HS (Bismarck)
Johnson, Wayne; Rolette HS
Jonas, Jim; West Fargo HS
Julius, Disa; Minot HS
Jung, Greg; Dickinson HS
Kaiser, Tim; Wahpeton MS
Kary, Leon; Mandan HS
Kelley, Scott; Hillsboro HS
Kjelgaard, Harold; Fargo Discovery JHS
Kleveland, David; Central Valley HS
Knutson, Al; Williston HS
Kosel, Todd; Edgeley HS
Kolsrud, Tim; Bismarck HS
Krosbakken, Jerry; Fargo North HS
Kvislen, Paul; Kindred HS
Lach, Andy; Minot HS
LaDouceur, Greg; Grand Forks RR HS
Larson, Arley; Ray HS
Larson, Todd; Minot HS
Lehman, Cory; Fargo South HS
Lee, Aric; Shiloh Christian HS
Leier, Dwight; Maddock HS
Limke, Greg; West Fargo HS
Loberg, Myron; Devils Lake HS
Lockwood, Ed; Fargo Public Schools
Long, Jeri; Glenburn HS
Lorenz William; Grand Forks Central HS
Lunde, Mitch; Minot HS
Lyon, Jerry; Minot HS
Maclver, Philip; Wahpeton JHS
Mack, Bruce; Surrey HS
Mailloux, Gary; Fargo North HS
Marsh, John; Fargo South HS
Marshall, Joel; Hazen HS
Martin, Phil; Lisbon HS
Mayer, Michael; Grant County HS
McCleary, Barry; Napoleon HS
McKinnon, Darin; West Fargo HS
McPeak, Barb; Minot HS
McPherson, Scott; Bismarck Legacy HS
Michaelson, Dave; Dickinson HS
Miller, Steve; Bismarck HS
Mitzel, Frank; Minto HS
Morast, Kevin; NDHSAA
Nagel, Lee; Wahpeton HS
Nelson, Brent; Minot HS
Nelson, Kevin; Dunseith HS
Olson, Carolyn; Davies HS
Olson, Douglas; Beulah HS
Olson, Linette; Bismarck Century HS
Omdahl, Chad; Hatton-Northwood HS
Opdahl, Mike; Larimore HS
Opp, Leland; Hazen HS
Oswalt, Chad; Minot HS
Overby, Dennis; Northwood HS
Peterson, Paul; Larimore HS
Pfau, Matt; Minot HS
Phillion, Rick; Minot HS
Philpot, Len; Grand Forks Central HS
Pierson, Paula; West Fargo HS
Plecicity, Doyle; West Fargo HS
Rerick, Mark; University of North Dakota
Roeske, Marv; Concordia College
Sabree, Yahya; Dunseith HS
Schatz, Mike; New England HS
Schauer, Gary; Langdon HS
Schmitt, Dan; Dakota Prairie HS
Schneider, Jay; Devils Lake HS
Schobinger, Jay; Dickinson HS
Schreiner, Vernon; Minto, HS
Schumacher, Jeff; Bismarck HS
Schwartz, Jason; Minot HS
Sevre, Jocelyn; Hazen HS
Shirley, Marney; Jamestown HS
Sieben, Laurie; Concordia College
Simfenderfer, Jason; Beulah HS
Sluke, David; Grafton HS
Smrekar, Dan; Bismarck St. Mary's HS
Snortland, Keith; Warwick HS
Solberg, Sheryl; NDHSAA
Solper, Jake; Minot HS
Solper, Melissa; Minot HS
Sondrol, Rick; Central Valley HS
Sorensen, Chris; Hazen HS
Sorlie, Michael; North Sargent HS
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
Townsend, Brad; Bismarck Century HS
Trieglaff, Robert; Fargo North HS
Vance, Brian; Ellendale HS
Vigen, Randy; Central Valley HS
Wagner, Chuck; Killdeer HS
Wagner, Doug; DesLacs-Burlington HS
Walhaug, Gary; Surrey HS
Walker, Larry; Killdeer HS
Walsh, Nathan; Central Valley HS
Ward, John.; Hazen HS
Werchau, Robbie; Minot HS
Wheeling, Bob; Killdeer HS
Wheeling, Thomas; Bismarck Legacy HS
Wilson, Dean; Carl Ben Eielson MS
Wilson, Jerry; Bismarck Century HS
Winczewski, Dean; Minot HS
Wisthoff, David; Glenburn HS
Wollenzien, Ben; Towner-Granville-Upham
Yetterboe, Trevor; Wilton HS
Zimney, Bob; Grand Forks Red River HS
Zinke, Davey; Valley City

Honorary Lifetime Members

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

NDHSCA Past Presidents

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



Forms Available Online

Available on the NDHSCA website
Search “NDHSCA” or enter

www.ndhsca.com



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

**G GAME
ONE™**

Gelaine Orvik Scholarship Fund



The North Dakota High School Coaches Association has decided to provide a “**Gelaine Orvik Scholarship.**” The idea of this scholarship was brought to the NDHSCA Executive Board at the 2008 State Convention by Joe Howell. Gelaine Orvik was the NDHSCA Executive Secretary (1979 to 2015). He has also held this position on the National level. Gelaine has touched thousands of lives through his tireless effort and enthusiasm not only for us coaches, but more importantly for student athletes. He is an outstanding role model, mentor, coach, teacher, person, and friend.

This scholarship will commemorate what Mr. Orvik has long stood for, helping students through scholarship. We would like to establish this fund so it will last a long time. In order to do this we are asking for donations. Any donation, no matter how big or small will assist us in accomplishing this goal.

Please feel free to give this information to a past member of the NDHSCA, fellow coaches or someone else who would be willing to contribute towards this scholarship. **Remember this donation is tax deductible. Please make checks payable to NDHSCA - Gelaine Orvik Scholarship Fund.**

***Please save to your desktop, type in information, print and mail**

Donor:

Address:

City: State: Zip:

Home Phone: Cell Phone:

E-mail Address:

Amount of Donation: Date:

Thank you for your generous Donation!

PLEASE RETURN THIS FORM AND YOUR DONATION TO:

ND High School Coaches Association
Randy Johnson, Executive Secretary
1527 North 33rd Street Suite 4
Bismarck, ND 58501

PLEASE DETACH THIS BOTTOM PORTION FOR YOUR TAX RECORDS

DONOR’S NAME:

Donation Amount:

Date:

A Big THANK YOU to the following  Sponsors!





THANK YOU to our sponsors!

Riddell.



FLIPSLED

LEADING EDGE FUNDRAISING

10 DIFFERENT FUNDRAISING PROGRAM OPTIONS

www.leadingedgefundraising.com | 888-527-5432

- Customized Apparel Athlete Incentives
- Mobile App Tracks Sales, Accepts Credit Cards
- Offers Cash Back
- Local, State & Nationwide Discounts
- Area Rep Runs the Fundraiser for You!
- MORE MONEY, LESS TIME- GUARANTEED!**

AMERICA'S PREMIER FUNDRAISING COMPANY





Code of Ethics

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

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



Coaches Code of Conduct

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

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

Dakota Coach



The *Dakota Coach* is the official publication of the NDHSCA and is distributed without charge to all coaches by email and on the website; www.ndhsca.com. Notes, articles, opinions, or letters to the editor are welcome if they deal with high school coaching concerns. They will be printed as space permits. Opinions and views of the authors are their own and do not always reflect the official position of the NDHSCA. Send comments or suggestions to Randy Johnson, Lisa Strand or to any of the members of the Executive Board. (See page 3 for e-mail and mailing addresses or phone numbers.)

SUBWAY™

**Sponsor of NDHSCA
Coach of the Year Awards
and NDHSCA
Gelaine Orvik Scholarship**

**North Dakota High School
Coaches Association
and POWERade
sponsor the
*Outstanding Senior
Athlete Award***



POWERADE®

