

NDHSCA-Gelaine Orvik Scholarship Recipients

Three recipients of the annual NDHSCA-Gelaine Orvik \$1,000 Scholarships have been selected and notified for being awarded at the Fargo Holiday Inn Convention Center on Thursday, July 31st. After evaluation and assessment, the selection committee determined the beneficiaries to be **Jorie Ahlberg** from North Star High School (Cando, ND), **Madison Samuelson** from Rolla High School and **Addisyn Winterquist** from Northern Cass High School (Hunter, ND).

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

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

Jorie Ahlberg

Jorie Ahlberg is ranked first in her class of 13 at North Star High School in Cando, ND. She will have earned 27.5 credits when she graduates; she has an ACT test composite score of 23 and earned a GPA of 4.00 through seven semesters. **Jorie** has earned dual credits in college algebra, public speaking, Introduction to psychology, and college composition I at Lake Region State College in Devils Lake.

Jorie participated in three sports (basketball, volleyball, and track & field) all four years at North Star High School. She earned a letter a total of twelve athletic letters in these three sports during her attendance at North Star High School. She was also captain of her basketball team for three years and added the roles of volleyball and track & field captain as a senior.



Jorie participated in the following non-athletic activities at North Star High School: SADD (Students Against Destructive Decisions), FCCLA (Family Career Community Leaders of America), Theater/Drama, Student Council, State Music Competition. She also participated in the Northwest Music Festival, NDSU Choir Festival, and Infinity Youth Group.

Jorie's explanation as to why she wants to be a coach reflects her own experiences as learning lessons and developing friendships. She credits her experiences to various athletics. **Jorie** identifies her personal values integrating into athletics: hard work, leadership and compassion. Coaches urged her into helping people as an essential factor of everyday activities. Development of her work ethic has assisted in development of skills and leadership. Coaching in the summer, volunteer work and her parents' jobs have led to her satisfaction in observation of the development of the success in younger athletes. **Jorie** also took great pride in fostering relationships with younger athletes as they progressed throughout the season. She noted that coaching is not just about winning; it is, more importantly, about teaching and nurturing. As a coach, her profession would be to teach athletes about sportsmanship, patience, comradery, and humility, while balancing their knowledge of the sport at the same time. **Jorie** noted that her dedication to athletics reflects her intent to continue her passion for young athletes and their bright future.

Jorie's high school principal, Eric Nygaard, praised her as a valued member of the North Star High School community. He lauded her as the selection of the school's Distinguished Student Nominee. He also emphasized her excellent attendance and has never had a school violation or suspension while being a North Star High School Student. Mr. Nygaard continued with his commendation of **Jorie's** strong work ethic and commitment to excellence. She is motivated to succeed and her motivation to succeed is equaled by her determination and perseverance.

Jorie was nominated for this scholarship by Nancy Reiser, her track & field coach and math and art instructor. Ms. Reiser attests to **Jorie's** character and strong work ethic in an academic and athletic setting. She identifies **Jorie's** exceptional practice habits with her 120% effort. Coach Reiser also identifies the young athlete's courage in drills and special sessions. **Jorie** also ". . . readily accepts feedback and constructive criticism, striving to get better."

Coach Reiser continues her praise in **Jorie's** ". . . values teamwork above personal recognition, consistently putting the success of the group first." She has a respectful attitude toward coaches and teammates and creates a positive and supportive environment, making her a natural role model."

Nancy Reiser, math instructor, notes **Jorie's** consistent ". . . demonstration of responsibility, determination and dedication. She is an attentive and diligent student, who is consistently responsible, determined and dedicated." Nancy concludes her nomination of **Jorie** with a closing statement: "Her academic achievements and extra-curricular involvement make her an ideal candidate for the NDHSCA-Gelaine Orvik Scholarship."

Jorie is the daughter of Daniel and Kirsten Ahlberg; she will attend Lake Region State College in Devils Lake, North Dakota.

Madison Samuelson

Madison Samuelson, from Rolla High School, was nominated by Coach Tory Danielson because she exemplifies the values Coach Orvik instilled in his athletes (dedication, integrity, leadership, and perseverance). Coach Danielson added that **Madison** balanced academics and athletics with discipline and determination. Additionally, she encouraged teammates and consistently would strive for excellence. Her character, sportsmanship, and commitment to academics and athletics reflect the ideals Coach Orvik championed.



Coach Danielson concluded his Nomination Letter with “Madison’s leadership and work ethic make her a deserving recipient of this scholarship, honoring the legacy of a coach who valued hard work, respect, and dedication to others.

Madison Samuelson is ranked third in her class of 15 at Rolla High School. She will have earned 25.5 credits when she graduates. She has an ACT test composite score of 21 and earned a GPA of 3.93 through seven semesters at Rolla High School.

Madison participated in varsity volleyball for four years, varsity basketball for one year, varsity softball for one year, varsity track & field for two years, and archery for four years. She lettered in volleyball all four years in high school. **Samuelson** served as volleyball team captain all four years at Rolla High School. She was selected as 2024 NDHSCA POWERade Region 4 Senior Athlete of the Year in Volleyball and 2025 JVA Watch List, class of 2025.

Madison participated in the following non-athletic activities at Rolla High School: Active Christian Teens (ACT), Band, Choir, High School Leadership Team, Future Farmers of America (FFA), Family Career and Community Leaders of America, and Science Olympiad.

In addition, **Madison** was a volunteer in the following activities, clubs and/or services: Dakota Prairie Community Action, Our Saviors Lutheran Church, Paint the Town, Therapeutic Riding for Heart and Soul, Sarles Park Board, Boo to the Flu”, and Rock Lake Boosters “Winter Wonderland”.

Madison’s explanation of why she wants to be a high school coach is she believes in the transformative power of sports in the lives of young people. As a coach she would have the significant role in the development of young people as athletes and as individuals. Through coaching, **Madison** would urge a pursuit of their passion for sports and assist in developing confidence, teamwork and discipline. Throughout her high school years, **Madison** hosted a free volleyball camp for student-athletes from grades three through nine. Her goal was to introduce student-athletes to volleyball at an early age. The reward was to guide them in development of skills and character.

Madison is recommended for this scholarship by Randy Loing, the Rolla High School Principal and Athletic Director. His first commendation is that she challenges herself in

all facets of her education. She has never warranted any discipline action and has always been a student in good standing. **Madison** attacks all duties with vigor in her most self-driven spirit. This spirit is always with a positive attitude and a smile. Concurrently with her co-curricular activities, she has maintained a near perfect GPA because she is such a great organizer and time manager. She takes the most challenging courses offered at Rolla High School and maintains excellence; she is so goal oriented, task driven and extremely intelligent. **Madison** has high moral standards and impeccable character that matches her sound work ethic. Her being one of the first students selected for the High School Leadership Team reflects that character. She is willing to stand up for herself and others when anything is unfair.

Kristin Mitchell, elementary principal, echoes those same commendations with her statement, “**Madison** has demonstrated an exemplary academic record, maintaining high standards of excellence in her academics while balancing the rigorous demands of athletics.” Additionally, she has reflected leadership, sportsmanship, and determination while being a team player who leads by example, inspiring peers with dedication, perseverance, and integrity. In conclusion, Ms. Mitchell delineates the occasion when **Madison** was a guest speaker during the Elementary Character Education Assembly; she gave a heartfelt message on the importance of having an Attitude of Gratitude. Kristin Mitchell closes with a most admirable statement, “. . . she will continue to represent herself, her school, and her community with excellence.”

Madison is the daughter of Jesse and Nicole Samuelson; she will attend Lake Region State College in Devils Lake, North Dakota this fall.

Addisyn Winterquist

Addisyn Winterquist, Northern Cass High School, finds herself as a senior in rural Hunter, North Dakota. She has earned ten letters in athletics at the school in volleyball (4), softball (3), basketball (2) and golf (1). She has earned 22.25 credits through six semesters at Northern Cass High School. She carries a 4.115 GPA through those six semesters and is ranked third in a class of 56. He earned a 25 composite score on her ACT test. While **Addisyn's** GPA is impressive, her grades are super amazing when one considers she has taken dual college credit in composition, medical terminology, speech, career seminar, statistics, precalculus, U.S. History, and government.

Beth Head, volleyball coach for Northern Cass High School, nominated Addy for this scholarship. Beth praises Addy by declaring she has had “. . . privilege of witnessing her



remarkable development as athlete and as an individual.” Further commendation identifies Addy’s being “. . . an integral part of the varsity volleyball team as captain where her leadership and commitment have truly set her apart.” **Addisyn** has impressive athletic skills and embodies qualities of a true leader. “She inspires her teammates with her work ethic and resilience, in practice and games.”

Coach Head compliments Addy in actively engaging in numerous co-curricular activities, including basketball, softball, NHS, and FCCLA. “Addy’s involvement in Vision Zero demonstrates dedication to community service and citizenship.” **Addisyn** has undertaken responsibility of coaching younger athletes in Junior Olympic Program. She also has led summer skills camps for elementary players where she develops practice plans with key emphasis on skill development and teamwork. Coach Head commends **Addisyn’s** gift of “thinking like a coach.” She prioritized her team’s success over any personal roles. Coach Head completed her recommendation with “She is not only a high-quality learner and an outstanding athlete, but also has great character and integrity.”

Bryce Laxdal, Northern Cass High School Activities Director, compliments **Addisyn** “. . . as an exceptional student and a role model within our school community.” He additionally pays tribute to her outstanding character, dedication, and academic excellence. He also alludes to her commitment to excellence and her passion for learning. He calls her a “natural leader and a positive influence on her classmates.” In addition, she is proactive in addressing challenges. Mr. Laxdal concludes that **Addisyn** has the potential to make an impact in her future that will help her reach new heights.

Jamie Haseleu, Northern Cass High School Assistant Volleyball Coach, opened her recommendation of **Addisyn** with her observation through her high school years as growing as an athlete and becoming a leader and a dedicated person. Coach Haseleu continues her praise for her athlete with “I have witnessed her in pressure situations with her calmness and composure to help her team navigate challenges strategically.” Ms. Haseleu also notes how **Addisyn** builds relationships and provides guidance and support that fosters growth. Coach Haseleu concludes that **Addisyn’s** leadership qualities, commitment to make a difference and unwavering work ethic make her a standout candidate for this scholarship.

Addisyn praised the amazing coaches she has had throughout her prep career as sparks to her development as an athlete and as a person. She also points to her coaches

as being the driving force to become a coach. She alludes to children being coached as youngsters, but also some accept coaching for their entire lives, but not in athletic contests. Properties learned in sports are not taught in a classroom; Work ethic, balancing athletics and academics, and problem-solving can continue throughout life as well as in athletics. Particular people can influence and assist people to hone skills and make them more profitable in life as well as in athletics.

Addisyn is the daughter of Tara and Tracy Winterquist; she will attend the University of Jamestown in Jamestown, North Dakota this fall.

Congratulations!!!

Jorie Ahlberg,

Madison Samuelson

and

Addisyn Winterquist