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Daring Greatly by Embracing Failure

“It is not the critic who counts: not the man who points out how the strong man stumbles or where the doer of deeds could have done better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood, who strives valiantly, who errs and comes up short again and again, because there is no effort without error or shortcoming, but who knows the great enthusiasms, the great devotions, who spends himself for a worthy cause; who, at the best, knows, in the end, the triumph of high achievement, and who, at the worst, if he fails, at least he fails while daring greatly, so that his place shall never be with those cold and timid souls who knew neither victory nor defeat.” – Theodore Roosevelt

It takes courage for students to show up every day in this public arena called high school athletics. It takes courage to be the students who wait for their turn to get into the game, to take the last shot, or to be put into the game to throw one pitch with the bases loaded. It takes courage to show up and try a new skill knowing mistakes will surely occur, to enter into a public arena where failure is inevitable, and to move outside of one’s comfort zone.

Roosevelt captures the essence of showing up in the second line of the above quote: *“The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood, who strives valiantly.”* We want students to enter into the arena and strive valiantly. We want them to fully engage in the opportunities that are being provided to them. There is so much to be gained but this can only happen if we provide them with a safe place where they can show up and try.

Trying is natural. Trying is attempting something new; it is the struggle to overcome difficulties; it is striving for something more. A willingness to try is what puts our

athletes into the arena. But as Roosevelt says, with trying comes failure: *“there is no effort without error or shortcoming.”* Think about how much time it requires to master a skill. The skill development of our students occurs when they try and fail, and then try and fail again, sometimes hundreds of times. Students who show up are going to fail. Sometimes this failure is met by a critic whose judgment is discouraging. We need to celebrate not discourage this process of trying and failing.

When did students learn that mistakes and failure are negative and should be avoided, that somehow they should achieve without failure? Consider a one-year-old who is learning to walk. When she falls down, she doesn’t beat herself up, she doesn’t get yelled at, and she isn’t ridiculed. She falls down and then she gets back up. She tries again, falls down again and eventually learns to walk. Did her ultimate success occur because the adults watching her effort judged her, screamed at her or gave her a sarcastic eye roll filled with disapproval? Just the opposite is true. They cheered her on and encouraged her to try and try again.

As coaches we have limitless opportunities to provide
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8A		John Schumacher (Park Rapids)		
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3AA				
4AA	Gerald Keenan (Harding)	Tom Paulson (White Bear Lk)	Tim Ryan (Hill Murray)	Jerry Utech (Harding)
5AA		Mark Loahr (Totino Grace)	Mark O'Neill (Champlin Park)	
6AA	Open	Greg Miller (Robbinsdale Arm)	Jim Baker (Retired)	
7AA	Mark Solberg (Cambridge)	Bill Baumann (North Branch)		
8AA	Open	Gregg Martig (St. Cloud Tech)	Rob Nielsen (Det. Lakes)	Bill Magnuson-Fall John Roesch -Spring (Sauk Rapids-Rice)
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Nordic Skiing	Dan Josephson (Detroit Lakes)			
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President's Message

By: Jon Wagner – Eveleth-Gilbert

As I write this article, we are in the middle of the Winter sport season state tournaments. Girls Hockey just concluded – a great tournament it was!—as did Nordic Skiing and Downhill Skiing. All other Winter sports are still battling within their section tournaments or headed for State. I was fortunate to be at Giants Ridge in Biwabik for the Section 7A Nordic Skiing Championships, where I volunteered as an assistant starter and awarded the individual medals and team trophies. It was a great day – snow conditions were excellent, temperatures were moderate, and the competitors gave their “all”. Sportsmanship was evident everywhere, from competitors cheering on their opponents to coaches displaying positive guidance throughout the day. And such positive energy seems to be contagious – I’d bet that all participants had a smile on their face on the way home, no matter the final times and scores. So I’d like to thank John Filander, Deb Maki, Dave Johnson and all of the other organizers at Giants Ridge for putting on a first-class event. And for those of you who are not involved with high school skiing, I encourage you to visit Giants Ridge on a wintery weekend to do some family skiing and check out the great facilities. Of course, many of you golf, and might enjoy visiting the Ridge in the summer and fall to experience two of the best courses in Minnesota. And if you visit, you can always enlist me as a tour guide!

As always, I’m keeping my eyes open to how school districts are handling coaching controversies. Every season, a few high-profile cases come to light in the newspapers, but many others slide beneath the radar. Our Association is

moving forward in proposing a Coaches’ Bill of Rights, which will focus on due process and overall fairness in the treatment of coaches. More information will be available at our Delegates Meeting in St. Paul later this month. If you have run into unfair treatment as a coach, please contact me and let me know what your situation is. The more information we have on current controversies, the better we can anticipate and prevent such situations from occurring in the future. My best e-mail address is: jonwagner74@gmail.com.

Since winter is coming to a close, I’m reminded that the Winter sport season is the longest of the three seasons. For some of us, the season flies by fast, while for others, winter seems to drag along forever. But what about our student-athletes? Is the season too long and fatiguing for them? Should the season be shortened to allow more time off before the Spring sport season begins? And how about the number of contests allowed? When I was in high school, we were allowed a maximum of 16 games in our basketball schedule. Now, some teams have weeks where they are playing 3 or even 4 games in a week. Do you think this is the best situation for our winter sport athletes, or have we gone too far? If you have an opinion on this topic, I’d love to hear from you.

In sum, I hope you had a rewarding Winter sports season. Good luck in the Spring, whether you coach, officiate, or pull weeds from your garden. Let’s hope global warming extends to Minnesota, especially when it comes to spring sports!

The following articles failed to submit in time to meet the deadline for the March issue of The MN Prep Coach:

“Bank Shots” (Boys Basketball), “Smooth Fast Natural” (Alpine Skiing) and “Synchronized Swimming.

Hopefully they will appear in the May issue.

Daring . . . continued from page 1

messages to the young people on our teams. Much of our athlete's willingness to risk trying something new is determined by how we respond to their efforts: the point guard's risk to drive the lane with the left hand instead of the dominant right, the gymnast's risk to throw a double fly-away instead of the lay-out fly-away, or the goaltender who takes the risk to leave the comfort of the blue-painted crease to challenge the oncoming shooter. All of these risks take the athlete out of his or her comfort zone to the land of uncertainty, where there is a good chance that failure will occur. Our response to their efforts, to their risks and their failures and to their willingness to leave their comfort zone will either encourage students to try something new or convince them to stay locked in a risk free comfort zone.

The late motivational speaker Zig Ziglar said, "Failure is an event, not a person." Yet at times our response to students when they make a mistake is communicated with arms outstretched in disbelief, a scrunched up angry expression, and screams that center on our disappointment, disapproval and disgust. Our response makes it very clear that the failure is the person. In the book **Top 20 Teachers**, the authors' state, "It is because of the frequency and likelihood of these responses that people fear failure and mistake making. As a result, they fear moving outside their Comfort Zone and handicap their learning and potential."

We have a choice to be the *coach* or the *critic*. We either find value in failure and mistakes and our students grow—we *coach*. Or we respond with negativity and the students on our team remain locked in their comfort zone, where they won't take risks, they play it safe, and learn nothing—we *criticize*.

Our awareness of how we respond to a student who makes the choice to show up is essential to keeping him in the arena "so that his place," says Roosevelt, "shall never be with those cold and timid souls who knew neither victory nor defeat."

Performing in public takes courage. Traveling down a road not yet travelled takes courage. It takes courage to try a new skill and to risk not knowing or understanding something. It takes courage to show up every day. We ultimately determine if our students will take the leap of faith to trust and risk failure simply by how we respond.

Take some time and reflect on how you respond to your players when they fail and make a mistake. Based on your response to their "error or shortcoming," is it acceptable for your athletes to take risks and stretch themselves or, based on your typical response, is it far better if they stay safely tucked inside their comfort zone?

Daring greatly means risking failure by stepping into the arena, getting into the game when others choose to sit it out, and choosing to move outside one's comfort zone to try

something new. When you create an environment where students feel comfortable and embrace mistakes and failure, the athletes on your team will follow Roosevelt's lead, will dare greatly and will show up.

This article, was written by Jody Redman, MSHSL Associate Director, and is the third article in a four part series appearing in The Prep Coach this year. The fourth and final article will focus on WHY WE PLAY.

MSHSCA AND SUBWAY BEGIN NEW PARTNERSHIP

The MSHSCA and Subway have started a new partnership and the MSHSCA has declared Subway as the official sandwich of the MSHSCA. Subway will be the new sponsor of the Academic Excellence program and the Subway logo will appear on all future academic plaques provided by the MSHSCA. We hope that this partnership can continue far into the future. Look for future opportunities to access Subway for all you team meal needs with special promotions and coupons.

We would like all of our members to consider Subway when they are on the road or doing team building events. We know Subway meets many of your nutritional concerns you have for your athletes and that you will find this new partnership helpful to you and your athletes.

***"Life is a grindstone, and
wether it grinds a man down or
polishes him up depends on the
stuff he's made of."***

- Josh Billings

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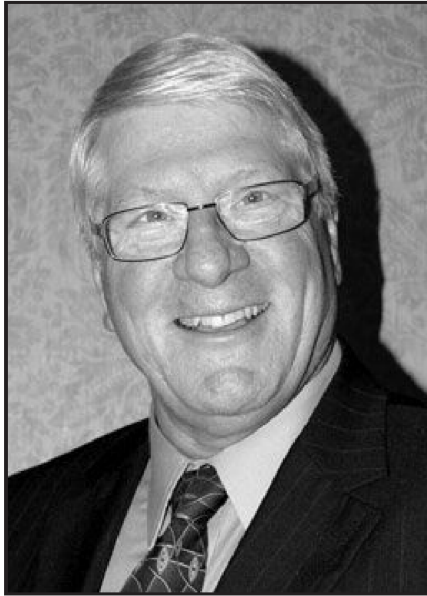


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Ramblings from the Big Dog

By: John Erickson, MSHSCA EXECUTIVE DIRECTOR DETROIT LAKES

Wow what a difference a year makes. Last year our spring coaches were preparing for their opening practices outside and this year I am looking out at my deck surrounded by five foot drifts. The coaches of West Central Minnesota may be looking at option B for their early spring practices. I would like to congratulate you all on a great winter sport season. I hope each of you are able to look back on your season and know that you have provided opportunities for your athletes have a positive experience that they can build on in their futures.

We are very excited to announce our new partnership with Subway. This new partnership should serve both Subway and the MSHSCA in very positive ways. The partnerships the MSHSCA has had have been very beneficial to funding the various program opportunities the MSHSCA provides for our members. We owe a great deal of thanks to Blue 84, Liberty Mutual and to Subway. We encourage all of our members to consider these partners in their future plans.

The annual NOCAD meeting was held in Orlando in January. We were pleased to hear that once again we will not have to deal with any insurance rate increases for our liability insurance. The coverage that you receive as part of your membership has undergone some great upgrades over the past three years. The coverage was extended to include classroom and this year sexual abuse defense. The announcement that we will be able to maintain our rates is indeed great news. Each year there is a wide variety of discussion items and many times issues are discussed that to my knowledge we have not had to deal with but probably will in the future. The Athletic Association of Florida presented some of the issues of eligibility they deal with and it did make me appreciate the efforts of the MSHSL in attempting to keep transfer and eligibility questions as reasonable as possible. I did bring forward our proposed bill of rights but the topic did not receive any appreciable discussion.

The Spring Delegate Assembly will convene March 22nd in St. Paul. We will be addressing the Bill of Rights and if you have concerns or would like the bill addressed please contact your delegate or sport association officer and ask for them to speak to the bill. I will be asking the Assembly to consider changing the scholarship program for next year and into the future. I am proposing closing the scholarship program to include only coaches children or grandchildren of current or life members. This is consistent with what many other states are doing with their program.

I have one other important question that needs to be addressed at the Assembly and that is the nomination of VP candidates. The Delegates and the Sport Associations were asked to provide candidates at the September meeting. Reminders were sent out after the first of the year. I did not receive one nomination. We have been blessed by great leadership in the MSHSCA and the Sport Associations have had great leadership. I will ask for ideas at the Assembly in March to address this concern. In the meantime without any candidates coming forward the responsibility of filling that position will rest with the Executive Board. If you have any ideas for me don't hesitate to drop me an email or give me a call.



MEMBERSHIP REPORT

March 2013

<u>Types of Membership</u>	<u>2011-12</u>	<u>2012-13</u>
Active Class A & AA	6289	5601
Associates	1043	1331
Active Life	693	689
Retired Life	967	998
<u>Honorary</u>	<u>3</u>	<u>3</u>
	8,985	8,622

Breakdown of membership by sport association (2011-12 totals in parenthesis)

Adapted Athletics (21) 18	Boys Lacrosse (52) 19
Alpine Skiing (77) 69	Girls Lacrosse (48) 14
Athletic Directors (251) 242	Football (1106) 1103
Baseball (435) 408	Boys Hockey (252) 248
Boys Basketball (797) 803	Golf (boys & girls) (401) 282
Girls Basketball (720) 732	Soccer (boys & girls) (403) 407
Cross Country (335) 352	Softball (494) 371
Gymnastics (191) 196	Synchronized Swimming (11) 11
Nordic Skiing (105) 105	Girls Tennis (202) 195
Volleyball (693) 645	Boys Tennis (175) 122
Boys Swimming (181) 175	Track & Field (709) 694
Girls Swimming (225) 225	Wrestling (108) 107

Boys and girls swimming and tennis are reported separately and include coaches that are counted in both. Since their seasons are not at the same time our new system counts coaches in each of their seasons.

We have 56 coaches that have joined the MSHSCA and coach a sport that collects their own dues.

19- Girls Hockey, 14-Cheerleading, and 23-Dance

MSHSCA 2012-13 MEETING DATES

**MARCH 22, 2013 - Delegates Meeting
Mancinis, St. Paul**

PREP COACH DEADLINES TO SUBMIT:

Sept. 1 Dec. 1 Mar. 1 May 15

COACHES CARING PROGRAM

Do you know of a Minnesota high school coach who is facing a catastrophe and could use some financial assistance?

You can nominate a coach for a \$100.00 Coaches Caring assistance donation by emailing your nomination to Rick Ringeisen at rringerr@aol.com

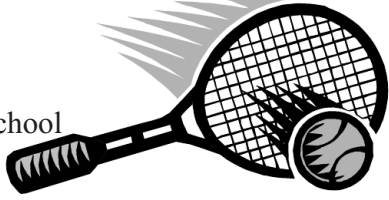
When you nominate a coach for a Coaches Caring assistance donation, remember to provide background information for the committee to review.

Please note: A limited number of Coaches Caring Program assistance payments will be issued each year depending upon the amount of donations made by coaches association members.

**MANY ARTICLES ARE
SUBMITTED BY A
DESIGNATED MEMBER OF
PARTICULAR SPORT
ASSOCIATIONS & ARE
NOT NECESSARILY THE
FEELINGS OF OTHER
SPORT ASSOCIATIONS,
THE MSHSCA OR
THE EDITOR.**

SERVICE ACES

By: Robb DeCorsey
 MSHSTCA President
 Glencoe Silver Lake High School
rdecorsey@gsl.k12.mn.us



The spring season is here! Nothing can be better or more challenging than spring sports in Minnesota!!

We just had the MSHSTCA Tennis clinic. There is no better way to get ready and pumped up for your season than to be at the clinic. You not only learn something new—at least I now I do, but it puts you in the tennis mind frame or gives you the itch. We are very lucky for all of the work that Rick Engelstad puts in to the clinic each year! Thanks Rick!

This year's clinic had another great line-up of presenters:

Gary Aasen—Three common technical errors in junior players.

Dana Young—Running a high energy practice.

Matt Grayson—The game is getting faster...Are you? Great conditioning ideas.

Geoff Young and Rick Abermann, Ph.D.—Emotional Intelligence.

Neal Hagberg—Remember Me? I Was Your Coach: The Legacy We Leave.

All of these presenters were excellent and touched on different aspects of the game. It was a great day of learning and especially thinking. Geoff, Dr. Rick and Neal didn't bring on court demonstrations, but they brought in critical thinking about what I feel we lose, so often in the everyday actions of our coaching lives and seasons—The mental/emotional side of our players, and just as important ourselves. The message of: the process and the journey, not the results, and how teaching/coaching to the process and the journey will have more positive results. We need to help our players realize—they can only control what they can control and they can't control the outcome/result. What they can control is their attitude and approach to the development of the process. They left you looking inside yourself, at what you do, and how you deliver your message, and how this affects your player's performance on and off the court. These messages make sense, but are often overlooked in what we bring as coaches.

These are the topics that were touched upon at the Friday night meeting:

- Officers
 - Executive: Les Zellmann, President
 - President-Elect: Ford Rolfsrud, Approved
 - Executive Secretary, Rick Engelstad, Approved
- Advisory
 - Looking for 2 class A boys coaches required to be at spring meeting and fall
- Section Reps

- State Banquets
 - Boys at Crowne Plaza
 - Girls at River Center due to conflict
- Membership: How can we recruit coaches?
- Clinic Report
 - 110 Coaches in Attendance
 - Great clinicians
 - Great Sponsors. Big Thank you to Wilson and USTA!
- Treasure report: Good shape
- Awards
 - Academics
 - New Team Sponsor: Subway
 - Need to support
- State Tournament
 - Qualifiers: Support to keep at seeding 4 individuals
 - Notification: Support emails being sent to qualifying teams/Individuals
- Recording scores: Support having an online / pull-down scoring system
- Online Rules Check: Support having an online knowledge check
- Rankings
 - Change in ranking coordinator: Rick Engelstad e-mail based
 - Report from any coach by each Sunday
 - Rankings released weekly to major papers
 - Coaches can release to their home papers
 - Need coaches input on team/individuals
 - Rank top 10
 - Individuals
 - Team
- Change coaching rule during 2nd / 3rd set
 - Continue with same rule, continuous play at 1-0.
- Hall of Fame
 - Move to every other year

It is important for you to join the coaches association: MSHSCA. I encourage you to join the association and your assistant(s) too. We are really pushing to get more assistants involved. Remember you need to join the sports association to be included in coach of the year, and more importantly, for your team and individuals to be eligible for academic honors. To join the coaches association, please go to <http://www.mshsca.org/membapp.htm>; to check out the benefits of being a member go to <http://www.mshsca.org> and click on Membership Benefits, on the left column.

There are opportunities to step up as section reps/managers.

Boys: Sections 3A, 5A, 1AA, 3AA. Girls: Sections 1A, 4A, 1AA, 6AA.

Good luck to everyone as you start your seasons! Remember...it's the process and the journey that the kids are going to take with them most.



FLIP NOTES

By: Jen Harmoning
MGGCA President
Becker High School

We have just finished up with an inspiring weekend of state tournament action and crowned our state champions. Congratulations to the 2013 State Championship teams! The Class A champion is New Prague High School, coached by Doug Amundsen and Nikki Fischer. The Class AA champion is Roseville Area High School, coached by Mark Curley, Mike Flatten, and Julie Castellano.

Individual champions were crowned as well.

Class A

Vault: Hannah Wendel, Alexandria
Bars: Sela Fadness, Austin
Beam: Briquelle Bowden, Alexandria
Floor: Sela Fadness, Austin
All-Around: Sela Fadness, Austin

Class AA

Vault: Kaylee Jondahl, Elk River Area
Bars: Carly Wagner, Roseville Area
Beam: Bailey Dupay, Northfield
Floor: Bailey Dupay, Northfield
All-Around: Bailey Dupay, Northfield

A huge thank you to Deana Walsh for her work organizing the banquet. This year's banquet was a wonderful success! Thank you to Sandy Boss, Dave Maras, and Colleen Stark-Haws for preparing and presenting awards. Also thank you to Martha Driscoll-Nelson for taking care of All-State awards.

It's been an amazing season filled with brilliant gymnastics. Now it's time to get in a little relaxation before gearing up for summer training.

Happy Handstands!

Over Hill and Dale

By: Thomas Sharp
Eastview High School

It was great to see everyone at the Track and Field clinic this year. All of the presentations in the distance running room were outstanding. We had some good discussion at the Cross Country meeting, and more importantly were able to recognize the Section Head and Assistant Coaches of the Year who were in attendance.

As I write this, the track season is only two weeks away. I am sure like you I am hoping my runners have done something over the winter to keep a certain level of fitness prior to the start of the season. About a month ago on my normal bicycle commute to work I attempted a new trick in the early morning darkness; I thought I would see if my bike would continue moving forward if I rode straight into the curb. Unfortunately, my physics experiment proved that the bike would stop, by my momentum would continue. A couple great lessons were learned as my right clavicle took the brunt of my impact with the ground; my bones are not as flexible as they used to be and take longer to heal. Also, anytime that I miss my daily run, I realize how important it is for me to have that daily release- it is more than exercise- it is my time to be alone with my thoughts and is the most cathartic thing that I do. After three days, I could not take it anymore, and with the doctors support, started running again (it had been roughly three years since I had last missed a day).

The reason I mention my bike mishap, and what some people believe is an insane need to run outside every day is because it made me think about my passion for running and reflect on the athletes I coach. I considered whether they not only realize how passionate I am about running, but also how well I trigger that passion in them to keep running as a key component in their life as they grow for both their physical and mental health. As great as it is to watch my runners compete, I am more proud when I know that they continue to run on a regular basis long after their competition years have ended. The reality is my coaching revolves around teaching kids to set an achieve goals above what they ever thought was possible, and embrace a lifestyle of healthy living through a good diet, hydration, and exercise. When I am able to do this, then the success follows.

Just some thoughts during the offseason when we can wax philosophic as coaches; thanks for letting me ramble. Best of luck this spring, before you know it we will be at the summer CC clinic and then the next season will be starting.

Thank you for all that you do!

After the Game Bring Your Team to 



Diamond Cuts

By: Terry Sadler
Warroad

Thanks to all who made the annual clinic a success. Special thanks to Coach Jason Baune and Becker High School for stepping up to be the host of the clinic on short notice. Thanks to the coaches who made it to the clinic and I trust you are a better coach for having done so. The presenters did an excellent job with their topics. A “thank you” also goes out to the vendors for sharing their wares and donating a few door prizes.

The clinic attendance was down this year for a variety of reasons. We all have conflicts, planned and unforeseen, that arise, but I challenge every head coach to make the clinic a regularly scheduled event on their calendars and bring their assistants with them to the clinic. The clinic is held annually the first weekend of February. It is a great opportunity to talk about the upcoming season with your staff and reminisce with coaching colleagues from around the state.

We are busy organizing practices and working hard to find those missing components that’ll give us the edge this season over our opponents. Be sure to find time to address social media with your athletes. There is no way control EVERYTHING they say or do, but hopefully you can avoid the issues we’ve been hearing so much about in the news that other schools have been dealing with.

It still looks a lot like winter in the north as the fields are hidden below two feet of snow. Hopefully the softball gods will show up again with their snow blowers and plows again this season. To put it in perspective, the 2012 season was the first time in my 20 years that we were on our field for the first day of practice. There have only been two other seasons that we were able to be in a parking lot on opening day. Here’s hoping for 50-60 degree temps in the coming days.

Rules changes coming for the 2013 season include: Batters no longer will have to make an attempt to avoid being hit by a pitch in order to be awarded first base. This revision to Rule 8-1-2 was one of four rules changes approved by the National Federation of State High School Associations (NFHS) Softball Rules Committee.

A batter will be awarded first base if “a pitched ball is entirely within the batter’s box and it strikes the batter or her clothing. No attempt to avoid being hit by the pitch is required; however, the batter may not obviously try to get hit by the pitch.” This rules change clears up the gray area of whether the batter made an attempt to get out of the way of the pitch.

In Rule 6-1, the committee approved the following exceptions to the penalty for an illegal pitch:

1) If the batter reaches first base safely and each other runner advances at least one base, the illegal pitch is nullified. All action stands and the illegal pitch is canceled.

2) If the batter does not reach first base safely or if any base runner fails to advance at least one base, the coach of the team at bat shall have the option of the result of the play or the penalty of the illegal pitch.

3) If the batter is hit by an illegal pitch out of the strike zone, the batter is awarded first base and each base runner is awarded one base.

4) If ball four is an illegal pitch, the batter is awarded first base and each base runner is awarded one base.

A change was approved by the Softball Rules Committee regarding the color of gloves/mitts. As a follow-up to the change last year that required the color of all softballs to be optic yellow, the committee revised language in Rule 1-4-1 to state that gloves/mitts must not be entirely optic yellow or have that color of marking on the inside or outside of gloves/mitts that would give the appearance of the ball.

The final rules change was Rule 3-6-10, which will allow stopwatches to be used in the coach’s box.

A complete listing of all rules changes approved by the committee is available on the NFHS Web site at www.nfhs.org. Click on “Athletics & Fine Arts Activities” on the home page, and select “Softball.”

Best of luck to you and your team in the 2013 season!

***“On this team,
we are all united
in a common goal:
to keep my job.”***

- Lou Holtz

HOOP SCOOP



By: Jeff Buffetta
Mt. Iron-Buhl High School
2012-13 MGBCA President

Our favorite time of the year has arrived! “March Madness” is here. Congratulations to each of you on another year of working with some of the finest athletes, Minnesota high school basketball players. Thank you to all of you for all you have done to promote our sport and provide wonderful opportunities for our young athletes on a daily basis throughout the long season. I hope that it was a fun and rewarding season for you and all your athletes!

I am looking forward to another tremendous Girls’ Basketball State Tournament. The caliber of play and the competitiveness of the games and the tournament overall continues to improve and I am sure this year will be no exception. We will again be seeding the Class AAA and Class AAAA tournaments, as we did last year. This year’s tournament will be held at Williams Arena and the Target Center, March 13-16. I am sure it will be a week of exciting games with fabulous finishes, culminating in the crowning of our Four State Championship Teams!

Make sure you mark your calendars for the 2013 All-Star Games, which will be played on Friday, April 26 and Saturday, April 27. All the games will be played at St. Thomas University. The players and coaches are all in place and we are looking forward to an excellent weekend of All-Star Basketball! Thank you to our All-Star Committee Chairs, and class coordinators for all their work in planning and carrying out this top notch event—it is a wonderful opportunity for our best senior players and it would not happen without a lot of hard work on the part of these coaches! Our hope is to have a large number of you in attendance to support our senior All-Stars. In conjunction with this event, we will be honoring the 2013 Girls Basketball Miss Basketball Award at a special banquet the morning of Saturday April 27th.

Once again, thank you to all of you for all you do for the girls’ basketball players in Minnesota, I hope you had a great year. Please remember that your involvement, interest and input in the Minnesota Girls Basketball Association are always welcome. Please feel free to contact any of the officers of the organization or your section rep with ideas, concerns or needs. You can find all the contact information on our website, www.mshsca.org/girlsbasketball.

Delegates Corner

By: Tom VanErp, President Elect,
Wadena-Deer Creek HS

Where has the school year gone? State meets and tournaments are in full swing for 2013. As I battle a nasty head cold I am reminded that coaches need to take time to care for themselves. As coaches, we do many things for our athletes, our school and community and sometimes forget to care for ourselves or family. If you are a fall-winter multiple sport coach this is the time in the year when you may be feeling the “grind” of back to back sports seasons. It’s also the time when the colds, aches and pains, and the stress of your season may begin to take a toll on your day to day health. Stress and fatigue can have a profound effect on our mental and physical health.

Coaching is a stressful profession. Many people want some of your time. Parents, media, community organizations, administration, and players all demand time from your day. If you are a parent too, your family needs some of your time also. All these demands on your time leave little for yourself to collect your thoughts, relax and refresh. To be the best you can be, you need to find some time for yourself. A morning workout, read a good book not related to your sport, listen to your favorite music, or simply play with the family pet for a few minutes are great ways to relax and help you to energize for the day ahead. Finding what works for you as a stress reliever is going to be very important in staying in this pressure cooker profession known as Coaching.

I hope this season has been a successful one for you and your team. As the winter sports season wraps up, take time to appreciate your successes and do something for YOU. Hope to see all the section delegates at the Spring Delegate meeting at Mancini’s Char House in St. Paul on Friday March 22nd.

***“It was an AW game.
We were AWful and they
were AWsome.”***

- Anonymous NBA coach

dugout chat



By: Al Amdahl
1st Vice President
MN Baseball Coaches Association
Albany High School

The ground is covered in snow and temperatures are below freezing, but you can feel spring the air—I heard the Chickadees singing this morning. I am sure you, like me, cannot wait to get that fungo in your hands and hear the ping of bats on balls and the smack of leather catching a heater as we jump into the 2013 season.

The clinic season is coming to an end. St. Olaf again held a great clinic; thank you coach McDonald and staff for again kicking off the 2013 season. The BCA was held this year in St. Louis with quite a handful of MN coaches making their way to the Gateway City. In other BCA news, Craig Anderson of Pine Island will be inducted into the BCA hall of fame this coming fall in Tucson, Arizona. We hope to see many of you there to congratulate him. The ABCA was even closer to home this year in Chicago so a busload of coaches attended this great clinic. Tink Larson of Waseca will be inducted in the ABCA Hall of Fame next year in Dallas, TX and we hope to see many MN coaches there to recognize his accomplishments. Congratulations Craig and Tink!!

Mark your calendars for the MSHSBCA coaches clinic: October 25-27, 2013.

Thank you to the leadership of our organization, President Todd Smrekar, Past President Bruce Woitas, 2nd VP Don Gawreluk and other advisory committee members Tink Larson, John Wilkins, Paul Twenge, Dale Welter, and Craig Anderson. We have been working on many things on behalf of coaches and players.

First and foremost, double

elimination (after round one) will be back this year for postseason play. After round 1, sections will have eight teams competing in the double elimination format. We may also be implementing seeding for the State Tournament games. The committee has been working to increase the size of your tournament rosters from 18 to 20; this should be in effect for 2014. We will also be looking at a four-class format in the next year—a lot of steps in this process.

Please check out the revamped website www.mshsbca.org There are many positive and exciting changes. This is a great source of information for you. For the All Star Series the teams are listed by geographical group; a few have been moved to create balance and fairness. Please note, also, there have been some minor changes in teams with regard to MN Baseball Coaches All-Star Series. Forms and deadlines for awards nominations are available on the website. Remember the more traffic we can generate the better for our organization. The MSHSBCA does get some funding through the advertisers on the site so please visit and login often. We want to continue to do all we can to promote our sport and athletes. Special thanks to Todd, Don, and Tink for all of their work in this endeavor.

For the 2013 State tourney the three major sites remain the same. Our association wants to again thank the Minnesota Twins for hosting our three Championship games at Target Field on June 17th. Class A will have their first rounds at Chaska and Jordan, AA at the Municipal Athletic Complex in St. Cloud, and AAA at Municipal and Seibert. Rawlings will again be the tournament ball for 2013, but the MSHSL is changing to the Wilson ball for 2014. With the changes at Siebert and the new St. Paul Stadium there will be many options for future tournaments; however, Target Field always being the #1 choice. Thanks again to Dave St. Peter, the Pohlrad Family and the entire Twins organization. A special thank you

MINNESOTA PREP COACH

to Josh Ortiz for his great help with the baseball coaches association.

We would like to congratulate the 2013 Hall of Fame inductees who will be inducted at our banquet this fall during our great clinic weekend on Saturday October 26th. We honor: John Anderson of the University of Minnesota, Tarry Boelter of Murray County Central, Jim Colletti of Irondale, Wayne Dietz of Woodbury, Jim Erzar of Deer River, Doug Hudson of Rochester Lourdes, Bucky Kendig of St. Bernard's, and Joe Schleper of Shakopee. What great recognition for all of these men, their families, communities and programs. Get registered and bring your whole staff. Thank you John Wilkins and Paul Twenge for all the work you put into the finest clinic in the upper Midwest.

Remember, coaches, that your entire staff needs to go through the rules interpretation program on the MSHSL website. This is new this year. Check the website, monitor dates, fill out forms for your team and athletes and have a great season!!

*“He used to have
a bed check just
for me.
No problem.
The bed was
always there.”*

**- Jim Rooker,
Pittsburgh Pirates pitcher
on Chuck Tanner**



2012

2013

GENERAL LIABILITY PROGRAM

Coverage is provided to your State Association and Members through the Commercial General Liability Policy issued to the National Organization of Coaches Association Directors.

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Excluded	Medical Payments
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NATIONAL ORGANIZATION OF COACHES
ASSOCIATION DIRECTORS

NOCAD

CAMP COVERAGE

Today, most coaches are involved in some type of sports camps. Coverages such as General Liability and Accident Medical for your participants are available to all member coaches through your State Associations master policies. Please note that our current General Liability Program follows all members while working at camps and/or conducting their own personal camp.

CERTIFICATE OF INSURANCE & PARTICIPANT ACCIDENT

- If you have a camp and require proof of insurance certificates are at no additional charge.
- If you have a camp and require a certificate of insurance naming an Additional Insured the cost is \$150.00.
- Participant/Accident Coverage must be in place for all participants prior to the issuance of a certificate of insurance naming an Additional Insured.
- Certificates of Insurance and Participant/Accident request forms are available through your State Association or online at www.LoomisLapann.com

For any additional information
please contact your
State Association office
or

Greg Joly, Kevin Joyce or Karen Boller
Loomis & LaPann, Inc.
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Contact Information:

Greg Joly
gjoly@loomislapann.com

Kevin Joyce
kjoyce@loomislapann.com

Karen Boller
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*"So I say keep yelling and hustling every minute
you're in uniform.."*

- Enos Slaughter

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MINNESOTA STATE HIGH SCHOOL COACHES ASSOCIATION, INC.

CODE OF ETHICS -----

As a professional educator, I will...

- 1). Strive to develop in each athlete the qualities of leadership, and good judgement.
- 2). Respect the integrity and personality of the individual athlete.
- 3). Encourage the highest standards of conduct and scholastic achievement.
- 4). Seek to inculcate good health habits including the establishment of sound training rules.
- 5). Fulfill responsibilities to provide health services and an environment free of safety hazards.
- 6). Exemplify the highest moral character, behavior and leadership.
- 7). Provide ethical relationships among coaches.
- 8). Encourage a respect for all athletics and their values.
- 9). Abide by the rules of the game in letter and spirit.
- 10). Respect the integrity and judgement of sport officials.
- 11). Display modesty in victory and graciousness in defeat.
- 12). Demonstrate a mastery of and continuing interest in coaching principles and techniques through professional improvement.

The Code of Ethics of this association shall be adhered to by each and every member of the MSHSCA. Any action by members of the MSHSCA contrary to the principles therein established shall be subject to review by the Executive Committee according to policies established by the MSHSCA Delegate Assembly.

SPRING CLINIC ATTENDEES URGED TO USE ELECTRONIC MEMBERSHIP

Coaches who plan to attend clinics this spring are urged to obtain their membership in advance using the electronic membership opportunity.

Due to location of many of the clinics, the MSHSCA may not be able to hook up to provide membership cards using their computer. As a result, it will simplify things if membership is obtained prior to clinics to eliminate a lot of potential confusion regarding the reception of membership cards at the site of the clinic.

Have You Moved or Changed Your Email?



If you know of a member who has moved or is not receiving their Prep Coach, please ask them to notify us.

Send change of addresses to John and Mary Erickson, PO Box 519, Detroit Lakes, MN 56502, or email us at jomar@lakesnet.net. It is equally important for us to have current email addresses. Our webmaster will send notices and updates. Please notify us ASAP if there is a change. There are several life and retired life members that we do not have current addresses for. We do appreciate the help in updating these addresses so that all members get their Prep Coach and other mailings from the office of the MSHSCA.

Life and Retired Life Members

We would like to have all life and retired life members contact us if there has been any change in your address recently. It is important to let us know if you are receiving your *Prep Coach*. If you have access to email, we would like to have you email us at the following address jomar@lakesnet.net or you may drop us a note to MSHSCA, PO Box 519, Detroit Lakes, MN 56502. We are trying to do a better job of keeping the files updated and your help is much appreciated.

Need new Life Card?

Please send the life card you currently have to the MSHSCA address (above) and we will send a replacement.

Minnesota State High School Coaches Association, Inc. Executive Committee Liaison Assignments 2012-2013

Becky Leuer
Past President

B/G Soccer
G Swimming

B Swimming
Wrestling

Baseball
B Hockey

Jon Wagner
President

Football
Adapted Athletics

G Basketball
Gymnastics

G/B Golf

Tom Van Erp
President Elect

B/G Cross Country
G Tennis

Nordic Skiing
Alpine Skiing

B Tennis
B/G Track

Troy Urdahl
Vice President

Volleyball

Synch. Swimming
B Basketball

Softball
B/G Lacrosse

Sports Associations: If you need assistance from the MSHSCA for any reason, please contact your Liaison person listed above.

Minnesota State High School Coaches Association

HALL OF FAME

CRITERIA FOR THE SELECTION OF CANDIDATES

- Individuals selected as nominees must have shown a deep sense of responsibility in the manner in which they conducted themselves as coaches, and demonstrated a dedication to the highest ideals of competitive interscholastic athletics.
- Of equal importance is the manner in which they conducted their programs, that they be most beneficial to their players, their schools, and their communities, always reflecting a positive image of interscholastic athletics and/or coaches.
- They shall have demonstrated the characteristics of leadership, the ability to motivate and inspire, and to guide and counsel young athletes.

ELIGIBILITY REQUIREMENTS

- Nominees must have been active in coaching and/or athletic administration for a minimum of 25 years.
- Nominees must be a life member of the MSHSCA.

SEND NOMINATIONS TO:

Jim Baker
 8185 E. Courthouse Blvd. Ct.
 Inner Grove Heights, MN 55076
 Email: jbad154@q.com



MINNESOTA STATE COACHES ASSOCIATION HALL OF FAME NOMINATING FORM

Name: _____
Last First Middle

Address: _____ City: _____ Zip: _____

Birthdate: _____ Single: _____ Married: _____ Phone #: _____

Deceased: _____ Spouse's Name: _____

Children and Ages: _____

Nominating Person or Group: _____

Rationale for Nominations: _____

Personal History: Hometown: _____

College: _____ Year: _____

College Honors: _____

Coaching History: (Sports-School & Years): _____

Coach Awards, Honors & Highlights: _____

Are you currently an inductee to a Sport Association? If yes, please list: _____

Present Status: _____ Organizations & Honors (other than coaching): _____

Coaches Association involvement & Present Status: _____

Please list Other Highlights & Experiences: _____

School(s) to be used on Award: _____

Nominated by: _____ Date: _____

**MORE HALL OF FAME NOMINEES ARE REQUESTED.
 THERE ARE A LOT OF DESERVING COACHES THAT SHOULD BE RECOGNIZED!!**

PROPOSED COACHES BILL OF RIGHTS

Respecting the rights of coaches is essential in creating an environment conducive to learning and effective instruction. To maintain and support that principle, it is important that coaches, administrators, parents and students are fully informed of the various rights conferred upon coaches. Those rights, the Coaches Bill of Rights, are as follows.

A coach has a right to practice sound ethical, legal and moral practices that are consistent with school district and MSHSL policies. (Refer to the Coaches Code of Ethics)

A coach has the right to due process in issues of discipline and dismissal. (Refer to MN Statutes 122A.58)

A coach has the right to be supported and protected by administration from slander.

A coach has the right to appropriately discipline students.

A coach has the right to have his or her professional judgment and discretion respected by school and district administrators.

A coach has the right to coach in a safe, secure and orderly environment that is conducive to learning and free from recognized dangers or hazards.

A coach has the right to be treated with civility and respect.

A coach has the right to communicate with a parent.

A coach has the right to receive administrative leadership in helping him or her become a professional, and receive training, mentorship, support and assistance to meet performance standards and professional expectations.

**MINNESOTA COLLEGES & UNIVERSITIES
THAT HONOR MSHSCA MEMBERSHIP CARDS**

The importance of a close working relationship between college and university coaches and high school coaches in Minnesota remains obvious as institutions of higher learning have opted to continue with the Associate Membership Package offered by the MSHSCA during the 2012-2013 school year.

As part of the arrangement, college coaches can use the MSHSCA membership card to obtain admission to high school events and in turn the high school coach can use the card to attend college most college games. Restrictions apply for college and high school playoff and post season tournament games.

- | | | |
|---|--|--|
| • Anoka Ramsey
Community College (Coon Rapids MN) | • Hamline University (St Paul MN) | • Northwestern College (St Paul MN) |
| • Augsburg College (Minneapolis MN) | • Hibbing Community College (Hibbing MN) | • Ridgewater Community College (Willmar MN) |
| • Bemidji State University (Bemidji MN)
(not hockey or playoffs) | • Itasca Community College (Grand Rapids MN) | • Riverland Community College (Austin MN) |
| • Bethany Lutheran College (Mankato MN) | • Macalester College (St. Paul MN) | • Rochester Community College (Rochester MN) |
| • Bethel University (St Paul MN) | • Martin Luther College (New Ulm MN) | • Southwest MN State University (Marshall MN) |
| • Carleton College (Northfield MN) | • Mesabi Community College (Virginia MN) | • St Cloud State University (St Cloud MN) |
| • Central Lakes College (Brainerd MN) | • Minnesota State University Mankato (Mankato, MN)
(Call ahead for DL Hockey) | • St Cloud Tech College (St Cloud MN) |
| • Century College (White Bear Lake MN) | • Minnesota State University - Moorhead (Moorhead MN) | • St John's University (Collegeville MN) |
| • College of St. Benedict (St Joseph MN) | • MN West Technical and Community College (Worthington MN) | • St Olaf College (Northfield MN) |
| • Concordia College (Moorhead MN) | • Northland Community College (Thief River Falls MN) | • U of MN - Crookston (Crookston MN) |
| • Concordia University (St Paul MN) | • North Central University (Minneapolis) | • U of MN - Duluth * (Duluth MN)
Men's Hockey on Availability |
| • MN State Comm. & Tech College (Fergus Falls MN) | | • U of Mn - Morris (Morris MN) |
| • Gustavus Adolphus College (St Peter MN) | | • University of St Thomas (St Paul MN) |
| | | • Vermilion Community College (Ely MN) |

* 1. MSHSCA Complimentary passes may not be available for all games.

2. MSHSCA Complimentary passes are not available for post season/play off games.

3. MSHSCA must be presented in person by the card holder along with a photo I.D. at the UMD ticket window.

4. A coach with a MSHSCA card may receive one additional complimentary pass for a fellow assistant coach ONLY. A second pass is not intended for a coach's spouse/relative or alike.

5. UMD reserves the right to deny complimentary admissions at their discretion for any reason.

Another example of the MSHSCA at work for the membership!



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MSHSL BOARD OF DIRECTOR'S REPORT

By: Mark Solberg,
Cambridge-Isanti Athletics and Activities Director,
Minnesota State High School League Board.

Leadership, Life Lessons, and Lifetime Memories

In Minnesota, we are blessed to have hard working, talented, dedicated, and gifted students, coaches, directors, and advisors representing our 400 plus schools. This winter students and their coaches, directors, and advisors have provided entertainment, excitement, and thrills across Minnesota, to those whom attend our athletics, fine arts, and activities events and contests.

Across our state In city, urban, and rural schools there have been:

- big saves, steals, great passes, defensive stops, and last second shots and goals in basketball and hockey
- gymnasts that have stuck their routines and wowed us with courage, agility, and skill
- personal bests have been recorded in swimming, and divers have exhibited great skills and athleticism
- skiers have gone down hills with agility, courage, and technical abilities
- nordic skiers have amazed us with their stamina and the desire to be fast
- wrestlers have recorded last second pins, takedowns, and escapes
- outstanding musical performances from bands and choirs, one act plays and speeches have thrilled, amazed, and dazzled us

There have been tears of pride and excitement, tears of joy and elation, and tears from disappointment. Dealing with emotions is one of the great benefits and life long skills taught on a daily basis in co-curricular offerings in our schools.

Minnesota State High School League offerings in athletics, fine arts, and activities provide opportunities for students to excel. The primary focus is to help educate our students, develop future leaders, and provide positive lifetime memories.

In a study done by Dr. Bryan Shelly from Wake Forest University he confirmed that- participating in athletics, fine arts, and activities has a staggering number of positive effects. Some of the positive effects include: a 2 percent increase in standardized test scores, a .24 increase in grade point averages, increased rates of present and future volunteerism and future likelihood of voting, decreased rates of dropping out, alcohol and drug use, criminal activity, and increased future job prestige and happiness, and higher lifelong earnings.

According to the Listening to Students Survey from the Minnesota State High School League: 5,000 students statewide were surveyed to get opinions from students.

The three most selected positive outcomes that student participants have experienced through athletic or fine arts participation:

1. Teamwork and cooperation with peers.
2. Self-discipline, commitment, responsibility, time management, and respect for authority.
3. It is fun.

The three most selected things that student participants appreciate most about their parents or guardians attitudes toward their participation in athletics or fine arts activities:

1. They encourage me.
2. They attend most of my games, contests, or events.
3. They let me choose those sports or activities I want to participate in.

School athletics and fine arts activities instill a sense of school and community pride. 96% of students surveyed statewide strongly agreed.

Students who participate in athletics and fine arts activities tend to be school leaders. 90% of students surveyed statewide strongly agreed.

Participating in school athletics or activities provides an opportunity to develop self-discipline not necessarily found in the classroom. 93% of students surveyed statewide strongly agreed.

We will soon have students participating, being educated, and learning life long lessons in Minnesota State High School League Spring Activities in: boys and girls adapted bowling, girls badminton, band, baseball, choir, boys and girls golf, boys and girls lacrosse, robotics, boys and girls adapted softball, girls softball, speech, girls synchronized swimming, boys tennis, trap shooting, boys and girls track and field, and visual arts.

Thank you and best wishes to our students, coaches, advisors, and directors in our Minnesota schools!



FAST TRACKS

By: Dan Josephson
Detroit Lakes

Looking around my house the other day I was noticing how many things get put on hold in the middle of November once the ski season starts. I am sure I am not the only one that has been busy playing catch up since our season concluded. Looking back at the 2012-2013 season it appears that one of the major themes again this year was working with limited or man-made snow throughout a majority of the season. I would like to congratulate all of the athletes and coaches for another good season. Our spring meeting will be on April 20th at the Vasaloppet Center in Mora. We will be presenting

our Coach of the Year plaques at this time. Head Coach: Rich Heilman Lakeville North Assistant Coach; Fred Kueffer Roseville Volunteer of the Year; Jim Reckinger Park High School and Terry Holm Brainerd. We will also be discussing some changes I would like to make to our proposal voting process. If there are ideas or suggestions members have to make our organization stronger please share them with me or any member of the advisory committee. Enjoy the rest of you winter now that we have snow to enjoy.

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WHY WE PLAY...A Coaches Conference

This conference will take an in-depth look at:

- **WHY** establishing a clear coaching purpose is necessary
- **WHY** responding to mistakes positively will impact potential
- **WHY** defining success by more than the scoreboard is crucial
- **WHY** being aware of the reasons you coach the way you do is essential

DISCOVER THE TRUE MEANING OF WHY

WHO The ***Why We Play Coaches Conference*** is open to **ALL** coaches and will satisfy the traditional 6 hour in-person MN Head Coaches Course needed to meet MS122A.33—Head Coach Requirement. Additional on-line requirements must be met at the completion of the conference to meet the statute.

WHEN **August 1, 2013—Bethel University** **August 7, 2013—Grand Rapids HS**
 Conference 1: 8:00 a.m.—2:30 p.m. Conference 3: 9:00 a.m.—3:30 p.m.
 Conference 2: 3:30 p.m.—9:30 p.m.

PRESENTERS Dr. Jeff Duke, University of Central Florida
 Top 20 Training Presenters Willow Sweeney & Tom Cody
 MSHSL Coaches Education Faculty

COST \$99.00—This is a cost savings of \$71.00 from the traditional MN Coaches Education Course

CONFERENCE GIFT InSideOut Coaching by Joe Ehrmann

REGISTRATION Register through your MSHSL Coaches Clipboard Page beginning March 15th, 2013.
 Space is limited so register early.



This event is sponsored by the Minnesota State High School League, Minnesota State High School Coaches Association and the Minnesota Interscholastic Athletic Administrators Association.



Goal Posts

By: Ron Stolski - Brainerd
Exec. Director MFCA

Keepers Of The Game;

Change is constant, growth is optional. In recent years.. months, the winds of change have certainly affected the many facets of teaching and coaching that we have embraced as our life's work. And, our approach to the calling we accept. One of my personal mantras has been that you either manage change or it manages you,. I confess that there have been times, particularly within the last decade when it has been difficult to manage the changes that have occurred, and the pace at which such changes have happened. Sometimes, in the quiet moments, we all yearn for an 'easier' time; especially those of us who are 'long in the tooth'. The end game, though, is that change is good, particularly when it positively benefits the game we coach and the student athletes who play it.

Let's highlight some of the changes in the MFCA of the last decade with a brief commentary:

- The reorganization of the MFCA with the inclusion of an executive committee and many standing committees. This reorganization has resulted in increased membership and an awareness of the many programs available to coaches. It has INCREASED communication and opportunities tenfold, and, while adding additional responsibilities to our many conference representatives, has enabled the MFCA to provide formation on a timely basis.
- The website.. ably managed by Rob Nielson. See above.
- A emphasis on SERVICE by the Executive team and, as importantly by specific programs., featuring two profile initiatives. The salute to individual teams and the effort to Tackle Cancer.
- The Camp Outreach and Coach to Coach.
- The MFCA Clinic, providing the very best of educational opportunity and realizing INCREASED growth each and every year. We sincerely hope you will be in attendance April 4-6. It is The Keepers of The Game gathering that NEEDS YOU!!
- The Recruiting Fair. A service much appreciated by our college

MINNESOTA PREP COACH

colleagues and, certainly, by our players who may want to extend their football careers beyond their time with us. The date is May 6. Even if you are unable to attend, please submit your players

NOW... see website for applicable form.

- Mr. Football.
- The scholarship program.. each named for a coaching icon

These are but some of the positive changes of the past decade. In addition, the many 'President's projects' have resulted in improvements that have helped the MFCA be a leader in the nation, and a model for many other like associations. A few examples; The Everything but X's and Os clinic, The Post High School Football Scholarship; The addition of assistant coaches for HOF eligibility, the Code of Ethics. These are just a few of the many important additions to the MFCA that our past president's projects have contributed. They, and many others, have made us a stronger, more viable organization...

This we know... (from a quote by J. Robinson, the Gopher wrestling coach.) 'If there is no change, there is no change'. We have had plenty of it.

See you at the Clinic.

2013 MINNESOTA FOOTBALL COACHES CLINIC

The Official Clinic of our MFCA in Partnership with the University of Minnesota

If you can attend just one clinic, this is THE ONE!!

Doubletree Hotel in St. Louis Park

April 4, 5, & 6, 2013

FEATURED IN 2013

Gophers & Vikings Headliners
Tom Moore, Retired NFL Coach
Hal Mumme & Joe Lee Dunn, McMurry U.
High School Coaches from Michigan, Texas, Ohio
Area High School & College Speakers
Retired Coaches & Legends Events

2013 CLINIC COMMITTEE

Ron Stolski, MFCA Director stolski@yahoo.com
Dave Nigon, Booths dlnigon@yahoo.com
Jim Dotseth, Finances dotsethj@comcast.net
Ray Kirch, Registration kirchr@district279.org
Dave Nelson, Ads dave.nelson@minnetonka.k12.mn.us
Claud Allaire, Schedule & Speakers claud.allaire@comcast.net

Check for additional speakers on the MFC Clinic website, plus on-line registration

"Don Swanson" Tailgate Party & AWARDS!

Conducted by the MFCA – "The Keepers of the Game"

www.mnfootballclinic.com

FORTY-NINTH ANNUAL
FOOTBALL HALL OF FAME BANQUET
 MINNESOTA FOOTBALL COACHES ASSOCIATION

Date: Saturday, April 6, 2013
Time: 5:00 ~ 6:00 PM Social Hour
 6:00 PM Dinner

Place: Doubletree Hotel
 Minneapolis Park Place
 1500 Park Place Boulevard
 Minneapolis, MN 55416
 Phone: 952-542-8600

Ticket Price: \$35.00
Purchases tickets on-line:
www.mnfootballcoaches.com

RESERVATIONS MUST BE IN BY TUESDAY, APRIL 2ND

Banquet Chair:

Dave Nelson
 Minnetonka High School
 18301 Highway 7
 Minnetonka, MN 55345
dave.nelson@minnetonka.k12.mn.us

NOTE: You will pick up your tickets at the registration table the night of the banquet.

BANQUET HIGHLIGHTS

2013 Hall of Fame Inductees

High School Division

- Gene Stritesky - Ogilvie
- Jerry Foley – Stillwater
- Steve Ott – Deer River
- Ivan Kroulik – Kasson-Mantorville
- Jerry Carlson – Cambridge
- Don Seipkes – Ottetrtail Central

Mark Elmer – Stillwater
 Paul Ruud – Glencoe-Silver Lake
 Roger Lindahl - Benson
 Marc Achterkirch – Owatonna
 Daren Sagedahl – BOLD
 John Jensen – Rochester Lourdes

2013 Distinguished Service Award

- Dave Giles, MFCA Historian

Conference and Section Coaches of the Year:

You must be present at the banquet to receive your Conference or Section Coach of the Year Award. In order to allow time for the plaques to be engraved, WE MUST HAVE YOUR R.S.V.P. BY FRIDAY, MARCH 22.

Conference Coaches of the Year

Section Coaches of the Year

Class Coaches of the Year

State Coach of the Year

Assistant Coach of the Year

Power of Influence Award

Don Swanson Award

2013 Butch Nash Outstanding

Assistant Coach Award Winners

John McEachran – Perham

Dave Larson – Hutchinson

MSHSCA SPRING DELEGATE ASSEMBLY TO CONVENE MARCH 22ND

The Spring Delegate Assembly of the MSHSCA will convene on Friday March 22nd at Mancini's Char House in St. Paul. The meeting will be called to order at 9:00 a.m. by President Jon Wagner. All Delegates and Sport Association Officers are strongly encouraged to be in attendance as the MSHSCA meets to address business and current issues as brought forward by Delegates and Officers. Attendees are encouraged to arrive early and share coffee, rolls, juice and conversation.

PROPOSED AGENDA

- 8:30-9:00 Coffee, juice and rolls
- 9:00 Meeting called to order by President Jon Wagner
- 9:00-11:45 Delegate Meeting
- 11:45 Lunch sponsored by the MSHSCA. Attendees are encouraged to stay and enjoy a great Mancini's meal.

ANTICIPATED DISCUSSION ITEMS

Review and Discussion of proposed Bill of Rights. Please come prepared to suggest additions and deletions to the proposed Bill as presented in the December Prep Coach

Discussion regarding change in the scholarship program. The proposal will be to make the scholarships available to only children or grandchildren of coaches association members.

Introduction to the summer clinic co-sponsored by the MSHSCA, the MN I AAA and the MSHSL to provide the opportunity to recertify as well as hear some great speakers.

Discussion regarding the process for selecting candidates for the Executive Board of the MSHSCA

Dave Stead, Executive Director of the MSHSL, will present current information from the League as well as fielding questions from Delegates and Sport Association officers.

LETS LOOK BACK IN TIME

I thought it would be beneficial for our membership to know some of the history of the MSHSCA and changes that have occurred over the years that have helped your Association evolve into the great organization it has become. I started this effort in the December Prep Coach reviewing some of the concerns coaches had in the earliest days of the association that seem to still be troubling us today. In this article I thought it would be good to review just a little about the association over the years and the years of leadership.

The MSHSCA has had five Executive Secretaries/Directors in their history. George Haun served as the first President and Executive Secretary from 1936-1944. Vern Morrison became the second Executive Secretary and held the position from 1944-1969. Art Avis was the third Executive Director and served from 1969-1975. Darien DeRocher became the fourth Executive Director in 1975-1999 and still continues as the Editor of the Minnesota Prep Coach. John Erickson became the fifth Executive Director in 2000 through the present. The constitution calls for the Delegates to approve the hiring of the Executive Director on a year to year basis at their annual spring delegate assembly.

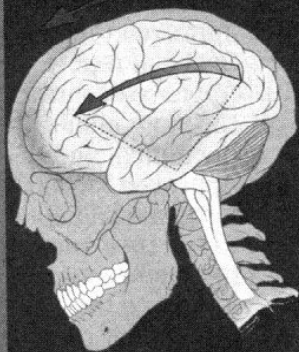
In the very earliest days of the association the minutes of meetings focused in on such concerns as tickets for tournaments, selection of officials for tournaments as well as concerns coaches had. Some of those concerns remain today and include the non renewal of coaches, the concern about

all star games and the number of games an athlete should be allowed to participate in a given day. It is also interesting to note the inclusion of various members of the military at meetings during the war years trying to keep positive relations with coaches for what I am assuming was for recruiting purposes.

Here are some dates that have been significant to the history of the MSHSCA. 1948 the Code of Ethics was written by the MSHSCA for the purpose of which was to improve inter-school relations, particularly in regard to athletics. The first Hall of Fame class in the MSHSCA was inducted in 1980. The George Haun award was first presented in 1986. 71 different men and women have served as President of the MSHSCA since 1936. Between the years of 2000 and 2005 the MSHSCA and the MSHSCAGS worked together to create one coaches association in Minnesota. The first female President of the MSHSCA was Shelly Hotzler in 2010-2011. In 2011-2012 the MSHSCA went paperless in the registration process with all on line registration. The Prep Coach became available in on line digital form at the beginning of the 2012-13 year

The MSHSCA has a long and proud history of serving coaches and the membership that are the MSHSCA need to continue to work hard to provide opportunities for all those who follow in their pursuit to become the coaches of tomorrow.

The FACTS CONCUSSIONS



A concussion is a **brain injury**.

All concussions are **serious**.

Concussions can occur **without** loss of consciousness.

Concussions can occur **in any sport**.

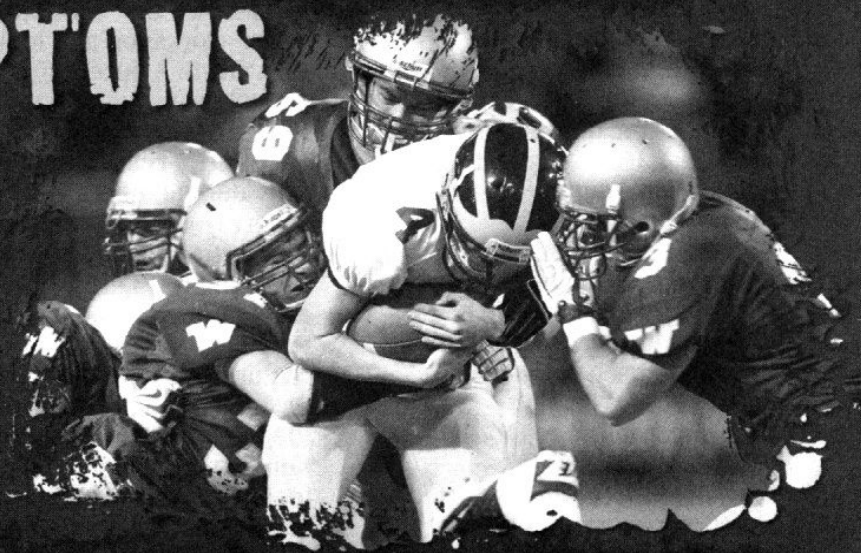
Recognition and proper management of concussions when they **first occur** can help prevent further injury or even death.

Athletes who experience **one or more** of the signs and symptoms listed below after a bump, blow, or jolt to the head or body may have a **concussion**.

The SIGNS and SYMPTOMS

Signs Observed by Coaching Staff

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to a hit or fall
- Can't recall events after a hit or fall



Symptoms Reported by Athlete

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

**Information taken
from the Winter 2012
MSHSL Bulletin**

The ACTION PLAN

If you suspect that an athlete has a concussion, you should take the following four steps:

1. Remove the athlete from play.
2. Ensure that the athlete is evaluated by a health care professional experienced in evaluating for concussion. Do not try to judge the seriousness of the injury yourself.
3. Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion.
4. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says the athlete is symptom-free and it's OK to return to play.

For more information on Concussion Management and the MSHSL Return to Play protocol, visit www.mshsl.org

After the Game Bring Your Team to **SUBWAY**

PARTIAL WINTER TEAM ACADEMIC RESULTS



Subway and the MSHSCA are proud to sponsor Team Academic success in Minnesota high schools. Both sponsors recognize the importance of academics and activities with high school athletes.

The winter team academic results included are as they were received by the Prep Coach. Boys Hockey and Boys Basketball will appear in May issue. Congratulations to the following teams.

GYMNASTICS

Class A - Gold

Alexandria
Austin
Becker
Byron/Rochester Lourdes
Caledonia/Spring Grove
Jackson County Central
Luverne
Mankato West
Martin County Area
Melrose
Monticello
Morris/Chokio-Alberta
New London-Spicer
New Prague
Paynesville
Pine Island
Rush City/Pine City/H-F
Sartell-St Stephen
Sauk Rapids-Rice
Simley
Spring Lake Park
Waconia
Waseca
Watertown-Mayer
Willmar

Windom-Mt Lake
Worthington

Class A Silver

Big Lake
Chisago Lakes
Dassel-Cokato
Delano
Fergus Falls
Fridley
Hendricks/RTR
Litchfield
North Branch
Marshall
Mound-Westonka
Ortonville
Park Rapids/ Menagha/Nevis
Redwood Valley
Richfield
Rockford
St Paul Johnson
Stewartville

Class AA - Gold

Bloomington Jefferson
Brainerd
Cambridge-Isanti
Chanhassen
Cretin-Derham Hall
Eagan
East Ridge
Eastview
Edina
Elk River
Faribault
Farmington
Lakeville North
Minneapolis South
Moorhead
Northfield
Owatonna
Rochester Century
Rosemount
St Cloud Tech
St Paul Central

Stillwater Area
Winona/Winona Cotter

Class AA Silver

Apple Valley
Buffalo
Champlin Park
Coon Rapids
Hastings
Irondale
Mahtomedi
Maple Grove
Minneapolis South West
Minnetonka
Mounds View
Prior Lake
Roseville Area
St Cloud Apollo
St Francis
St Michael-Albertville
St Louis Park
Woodbury

GIRLS BASKETBALL

Class 1A Gold

Ada-Borup
Adrian
Alden-Conger
Climax-Fisher
Kittson County Central
Murray County Central
Sacred Heart
Schaeffer Academy
Stephen-Argyle
SW MN Christian
Underwood
Verndale
Wabasso

Class 2A Gold
Blue Earth Area
Chatfield
GFW
Lewiston-Altura
Melrose

Milaca
Morris Area/Chokio-Alberta
Osakis
Sauk Centre
St Croix Lutheran

Class 3A Gold

Grand Rapids
Kasson-Mantorville
Little Falls
Mankato West
Thief River Falls
Willmar

Class 4A Gold

Brainerd

Class A Silver

Bethlehem Academy
Bertha - Hewitt
BCMR
Browerville
Carlton
Clearbrook-Gonvick
Cedar Mountain/Comfrey
East Central
Fillmore Central
Goodhue
Goodridge- Grygla
Grand Meadow
Isle
Kelliher-Northome
KMS
Lakeview
Lake Park-Audubon
LeRoy-Ostrander
Lester Prairie
MACCRAY
Mahnomen
Mankato Loyola
Minneota
MN Valley Lutheran
New Ulm Cathedral
New York Mills
Ogilvie

Pine River-Backus	United South Central	Rosemount	Orono
Randolph	Wadena-Deer Creek	St Francis	Park Center
Red Lake Falls	Warroad	Wayzata	St Cloud Cathedral/Sartell-St Stephen
Royalton	Watertown- Mayer	White Bear Lake	St Louis Park
St Clair	Yellow Medicine East	Woodbury	St Thomas Academy
Sebeka	Zumbrota-Mazeppa		Spring Lake Park/St Anthony
Sleepy Eye		BOYS NORDIC SKIING	Willmar
Springfield	Class 3A Silver	Gold	Winona/Winona Cotter
West Central	Albert Lea	Andover	
West Lutheran	Alexandria	Armstrong	GIRLS NORDIC SKIING
	Byron	Benilde-St Margaret's	Gold
Class 2A Silver	Chisago Lakes	Bloomington Jefferson	Andover
Aitkin	Dassel-Cokato	Brainerd	Anoka
Annandale	Detroit Lakes	Duluth Denfeld	Armstrong
Belle Plaine	Faribault	Duluth East	Benilde-St Margaret's
Benson	Fergus Falls	Duluth Marshall	Bloomington Jefferson
Concordia Academy	Glencoe	Eden Prairie	Brainerd
Crosby-Ironton	Hibbing	Elk River	Burnsville
Eden Valley-Watkins	Hill-Murray	Ely	Dukuth East
Esko	Mankato East	Irondale	Eden Prairie
Frazee	Montevideo	Lakeville North	Edina
Hawley	Princeton	MesabiEast/Virginia/Eveleth-Gilbert	Elk River
Holdingford	Red Wing	Minnehaha Academy	Ely
Jordan	St Anthony Village	Minnetonka	Hopkins
Kimball	Sartell-St Stephen	Mound Westonka	Irondale
Maple Lake	Sauk Rapids-Rice	Osseo	Lakeville North
Martin County West	South St Paul	Prior Lake	Little Falls
Mayer Lutheran	Waseca	Richfield	Mahtomedi
Minneapolis Washburn		Roseville Area	Mesabi
Minnehaha Academy	Class 4A Silver	St Cloud Apollo	East/Virginia/Eveleth-Gilbert
Montevideo	Andover	St Cloud Tech	Minnehaha Academy
Mora	Bemidji	St Paul Central	Minnetonka
Paynesville Area	Buffalo	St Paul Como Park	Mound Westonka
Perham	Cambridge-Isanti	Stillwater Area	Northfield
Pequot Lakes	Centennial	Tartan	Orono
Pierz	Chanhassen		Osseo
Pine Island	Cretin-Derham Hall	Silver	Park Center
Rochester Lourdes	Duluth East	Anoka	Prior Lake
St Cloud Cathedral	East Ridge	Champlin Park	Richfield
St James	Edina	Coon Rapids	Roseville Area
St Peter	Elk River	Edina	St Cloud Apollo
Sibley East	Farmington	Hopkins	St Cloud Cathedral/Sartell-St Stephen
Tracy Area	Henry Sibley	Little Falls	St Cloud Tech
Triton	Lakeville North	Mahtomedi	
Two Harbors	Roseville Area	Northfield	

. . . continued on page 28

St Paul Central
 St Paul Como Park
 St Paul Highland Park
 St Louis Park
 Spring Lake Park/St Anthony
 Stillwater
 Tartan
 Visitation
 Wayzata
 Willmar
 Stillwater

Silver

Champlin Park
 Coon Rapids
 Duluth Denfeld
 SPA

ALPINE SKIING**Boys - Gold**

Westonka

Boys - Silver

Annandale
 Apple Valley
 The Blake School
 Duluth East
 East Ridge
 Eastview
 Eden Prairie
 Hopkins
 Irondale
 Maple Grove
 Minneapolis Southwest
 Rosemount

Girls - Gold

East View
 Hermantown
 MHH
 Minneapolis Southwest

Girls - Silver

Apple Valley
 Blaine
 Centennial
 Champlin Park

Cretin-Derham Hall
 Duluth East
 East Ridge
 Edina
 Hastings
 Hopkins
 Northfield
 Visitation

BOYS SWIMMING AND DIVING**Gold**

Albert Lea

Silver

Alexandria
 Blaine
 Bloomington Jefferson
 Brainerd
 Cretin-Derham Hall
 Duluth Denfeld
 East View
 Lakeville North
 Lakeville South
 Maple Grove
 Monticello
 Orono
 Richfield
 Robbinsdale Cooper
 Rochester Centtury

Early 2013 STATE CHAMPIONS

Prior to the publication of this issue of the Minnesota Prep Coach, some of the winter sports had completed their respective state tournaments and established new champions.

Those completed prior to deadlines for this issue are included below.

The MSHSCA would like to take this opportunity to congratulate the head coaches, assistant coaches and team members on their successful run to the championship.

BOYS SWIMMING (TRUE TEAM)

A	St Thomas Academy	John Barnes
AA	Eden Prairie	Kelly Boston

ALPINE SKIING

Boys	The Blake School	Robbie Massie
Girls	Minnetonka	Steve Lindemer

NORDIC SKIING

Boys	Eden Prairie	Doug Boonstra
Girls	Wayzata	Larry Myers

GYMNASTICS

A	New Prague	Matt Shetka
AA	Roseville Area	Mike Flatten; Mark Curley

BOYS SWIMMING (MSHSL)

A	St Thomas Academy	John Barnes
AA	Eden Prairie	Kelly Boston

WRESTLING

A	Jackson County Central	Randy Baker
AA	Kasson-Mantorville	Jaime Heidt; Paul Mann
AAA	St Michael-Albertville	Dan Lefebvre



Dig This

By: Celeste Gorman
Blane H.S.

Greetings volleyball fanatics! As I begin my tenure as the president of this great association representing this great sport I have to recognize some people in our organization who have been impacting all of us for years. First of all a huge thank you to Past President Jim Lee. He served as our President for two terms equaling four years of service, all the while pouring out competitive teams that represented Waconia quite well. Thank you, Jim, for stepping in and doing the work to keep growing this game!

This summer (July 24-25) the annual MNVBCA coaches clinic will again be held at St. Michael - Albertville High School, with much thanks to Heidi Hahn. Heidi was inducted to the MNVBCA Hall of Fame in November 2012 for all she has done and continues to do for our sport. Each year she does an incredible job of garnering all the vendors and speakers. With Sue Alstrom and Janet Golden-Landquist and their organizational skills, our clinic goes off without a hitch. The clinic brings in the best coaching minds from Minnesota and beyond. It is definitely worth the time and effort to attend. The clinic begins on Wednesday, July 24 with several afternoon sessions followed by the coaches' tailgating dinner. The All Star Match is Wednesday evening and will feature many of our senior all state players. Thursday morning, July 25, the clinic continues with more great teaching and plenty of vendors to supply your teams' needs. More details will be available soon on the website.

Later this month the MSHSL will be coming out with the section alignments for the next two seasons. Once that happens we may need to hold additional elections for Section Representatives. The Association is also going to hold a vote for President Elect. Please consider this amazing opportunity to represent your peers or to nominate someone who has a vision to grow our game at every level. At the very least let your vote for your representative be counted. Election and nomination information will be sent out by current section reps as soon as we have it.

Coming up quickly: March 23-24 is the MVI Spring Clinic featuring Minnesota's Hugh McCutcheon. There will be many other great teachers and speakers to hear. The clinic is held at Apple Valley High School. Go to www.mvicamps.com for more information.

I hope you are enjoying the "off season" and getting some time out of the gym - that is if you're not coaching JOs and actually have an off season. All the best to those of you who are still in season and I'm sure I'll see you in a gym somewhere!

USE YOUR MEMBERSHIP CARD

Your 2011-2012 Membership & Insurance Expires July 31st.

Have your new card for fall sporting events.

The possession of the MSHSCA membership card is a privilege extended to paid up members of the MSHSCA. The use of the MSHSCA card to gain admission to regular season high school events and some college events is controlled by the school at which the card is used to gain admission. There is a variety of policies that schools follow in regards to allowing admission with the card. The MSHSCA is not empowered to dictate to the schools what the school policy should be in terms of accepting the MSHSCA card or the number that will be admitted with each card. A letter is sent to the Activity Directors of all schools in July and all schools are asked to inform us if their school would not accept the card. It has also been brought to our attention over the past that some private venues do not accept the card for admission and this is especially true for hockey schools using private venues for their contests.

Park Center H.S. does NOT accept Membership Cards for admission.

MINNESOTA STATE HIGH SCHOOL COACHES ASSOCIATION LIFE MEMBERSHIP

A member of the coaching profession
for 25 years or more

Date Issued

Executive Director

The card is white with Gold Ink for the year 2012-2013.

2012-2013 Membership Card

Minnesota State High School Coaches Association
John Erickson, Director, Detroit Lakes
Phone: (218) 847-6796 • Email: jomar@lakesnet.net
Website: www.mshsca.org
President, Jon Wagner - Eveleth-Gilbert



John Doe
Eveleth-Gilbert HS

Asst. Football
Head Wrestling
Asst. B/G Track

After the Game Bring Your Team to 

MnIAAA CORNER

By: Bryan Wormley
President MNIAA - Nevis High School

Tournament season is upon us and it's a time when dreams are fulfilled and created. I remember how distant STATE felt as a coach and as an AD for my programs. Then our volleyball team broke the ice for our recent history and made it to state in 2009. Once our players, parents, fans and community got a taste of what STATE was like they all knew what they wanted ..and that was to get back there again. I saw how contagious this feeling can be as our girls were heading back to STATE this fall for a third time in four years...the result was our football team made it as well. Goals are being set and work is being done by all to improve every aspect of their respective activities or sports, lets just say the bar has been raised. I bring all of this up at this time because most coaches and teams do not make it to their respective STATE tournaments as participants but we can attend as coaches, fans and even as coaches that bring some if not all of their players. Let the students experience and feel in a way what STATE is all about. We all know that what we do is not all about winning but really about motivating. This is one tool we can use to motivate a segment if not all of our student athletes for the future. Get to the tournaments this season and support the players and coaches who have made it to this level. Get to the spring musicals, plays, band and choir concerts , track meets , baseball , softball , etc. Show your support for your peers as coaches , the participants which in my case are typically a lot of the same kids because we are a small school, help everyone raise the bar. Show the positive sportsmanship and support that our educationally based athletic/ Activity programs foster and support by your example in this setting.

Coming up April 3,4,5 we have our State AD Conference in St. Cloud , this is always a valuable conference for all AD's and please understand that Minnesota has one of the best conferences in the country full of training and education for all who attend. Our association has been including the Administrative assistants for several years now on their own day to come together and sharpen up on different areas of our Activity world. This year we are please to include the Counselors , as we will have the instructors from the NCAA presenting the new information and requirements for our student athletes and their registration process with the clearinghouse. So the next time you see your AD or Academic counselor encourage them to attend the April MnIAAA conference.

Thank you, to all the volunteers , booster clubs, game workers, officials, support staff etc that make our worlds operate as smoothly as they do. This is what I want to make a point of saying and doing again before the end of the school year here in my community and I encourage all of you to do the same. It doesn't always have to be in writing it can

simply be saying thanks when you see the person at the gas station, anything that is outside the school or game setting is making a step in the right direction.. Athletic Directors use countless workers and so do coaches in all sports with youth programs all the way up as I mentioned before. Just make it a point to sit down with a box of thank you cards as our school year is winding down and thank them all in writing , that is what I am going to make a point of doing this year. Thanks to all of you for coaching and supporting our respective athletic worlds and student athletes. I wish you good luck with the rest of the year and lastly I encourage you all to raise the bar in some way.

Swim Strokes



By: Justin Haycraft
Prior Lake H.S.

By the time you are reading this article the boys swimming and diving season has concluded and new records have been set and new champions have been crowned. Congratulations to all on a successful season. The 2012-2013 boys swimming and diving season has marked some changes for class A swimming and diving. Two years ago, members of the swimming and diving coaches association worked at putting together a proposal to bring the class A swimming and diving from 4 sections up to 6 sections to balance out the class A sections and to minimize travel. Through the True Team section and state competitions, we tested what how six sections would work. The first year there were some issues with viability of the sections, but those issues were rectified and we were able to give the state high school league some good data about the viability of six sections for class A. This season marked the change from four to six sections and class A programs have benefited greatly from this change. Thank you to all of you who put forth the leg work to get this project done. You have made a huge contribution to swimming and diving in Minnesota.

Coming up in April, the coaches association is putting on its annual clinic. The clinic is Friday, April 12th through Saturday, April 13th. This year the topics include "dietary needs of swimmers", "mentally preparing your athletes", "injury prevention", and "improving speed and power in athletes." Please join us in April. Registration is on the coaches' association website. Also in April, the swimming community will be honoring the all-state athletes at their banquet on April 12th. That evening we will be inducting two new members to the swim and dive hall of fame. Those inductees are Rick Ringeisen of Lakeville South and Kim Olson of Hastings swim club.

Finally congratulations to the True team champions of 2012-2013. The class A champion was St. Thomas Academy and the class AA champion was Eden Prairie.

Swimming and Diving Results

Section Representing	Section Coach of the Year	Section Assistant Coach of the Year	Section Diving Coach of the Year	Section Swimmer of the Year	Section Diver of the Year	GPA Above 3.75	GPA 3.5-3.74	Academic Section Champion (Class Rank)
1 A	Lynn Gulbrandson - Austin	Isaiah Fuller - Faribault	Charlie & Isaiah Fuller - Faribault	(Tie) Alec Kandt - Simley, Nick Bremer - Austin Mitchal Foster (Breck/Blake) & Paul Fair (Monticello)	Noah Bjork - Mankato West	Albert Lea 3.78	None Blake 3.652 Orono 3.561 Richfield 3.582 Monticello 3.614	Albert Lea .802
2 A	Lindsay Paurus (Princeton) & Kris Rosenberg (Blake)	Kristin Otterson (Monticello) Nathan Youngs, Dassel-	Heather Peterson (Monticello)	Paul Fair (Monticello)	Tyler Jordahl (Orono)	None	None	Richfield .760
3 A	Jason Anderson, Sartell	Greg pokorski - Cokato/Litchfield	Mary Pearce, Hutchinson	Jack Helle, Sartell Colter allen - Fridley	Matt Bethke, Sauk Rapids Joe McGrath - hill Murray	None	None	Willmar High School, .703
4 A	Chisago lakes Rian Heimark- Detroit Lakes HS	Fridley Carly Helfrich-Park Rapids Area HS	John madura - spring lake park Mike Hartwell- Fergus Falls HS	Kris Aaseng- Alexandria HS Isaac Erickson - Virginia	Michael Aasness- Fergus Falls James Jylha - Grand Rapids	None	None Alexandria HS- 3.59481 Duluth Denfeld - 3.63	Alexandria HS- 7395 Duluth Denfeld - 833
5 A	Brian Hake - Chisholm	Bobbi Pouge - Chisholm	Matt Ropponen - Grand Rapids	Rich Ballard - Rochester John Marshall	Evan Carufel - Farmington	None	Rochester Century - 3.616 Bloomington Jefferson - 3.65 Crelin Derham Hall - 3.55 Lakeville South - 3.74 Lakeville North - 3.61 Eastview - 3.56	Rochester John Marshall .752 Bloomington Jefferson - .763
6 A	Gerry Rupp - Haslings	Katie McAplin - Haslings	Jon Fisher - Bloomington Jefferson/Kennedy	Jason Tri - Rochester Century	Andy Pfau - Bloomington Jefferson	None	Lakeville South - 3.61 Lakeville North - 3.61 Eastview - 3.56	Lakeville South - .784 Park Cottage Grove Team Percentile is 0.793
2 AA	Eric DeLuca - St. Paul Central	Scott Valentine - St. Paul Central	Amy Morgan - Eagan	Forrest Benson - Henry Sibley	Daniel Monaghan - Rosemount Colln Eason - Stillwater and Harrison Baden - White Bear Lake	NONE	None	Lakeville South - .784 Park Cottage Grove Team Percentile is 0.793
3 AA	Rick Ringeisen - Lakeville South Tami Carlson - Rosemount	George Kazika - Lakeville South	Carrie Madline - Stillwater	Ben Albert - Burnsville	Daniel Monaghan - Rosemount Colln Eason - Stillwater and Harrison Baden - White Bear Lake	NONE	None	Lakeville South - .784 Park Cottage Grove Team Percentile is 0.793
4 AA	Matthew Cory - Tartan Marshall Abrahamson-Osseo	Megan Beadle - Tartan	Kevin McPherson - Tartan	Kevin McPherson - Tartan	White Bear Lake	None	None	Lakeville South - .784 Park Cottage Grove Team Percentile is 0.793
5 AA	Abrahamson-Osseo	Colleen Vinje-Irondale	Michael Yasis-Wayzata	Noah Lucas-mounds view Jonathan Lieberman	Caleb Zarr-wayzata	None	Robinsdale Cooper 3.520	Robinsdale Cooper 0.839
6 AA	Kelly Boston	Becca Morness	Aaron Monson	Lieberman	Teddy Goodyear	none	none	Hopkins .585 Forest Lake Rangers - 1214.324
7 AA	John Jacobson - Anoka Tom Guillou--STMA	Robert Pearson - Anoka Garrett Abraham--STMA	Beth Overn - Anoka Chris White--St. Cloud Tech	Cole Birkliid - Anoka Noah Dalluge--STMA	Parker Brown - Cambridge-Isanti Jesse Lavoie--St. Cloud Tech	NONE	Brainerd 3.604 Maple Grove 3.511	Brainerd High School. .793
8 AA	STMA	STMA	STMA	STMA	STMA	None	None	None



By: Rachel Aiken
Chaska/ Chanhassen

Greetings Coaches- I hope you all have had a great offseason and are gearing up for a great 2013 season. The information included below is both beneficial for you and your team. Please review it carefully for there are some important dates and deadlines you'll need to be aware of.

All State Voting Criteria and Meeting Date: This years All State Voting and nominations will follow the same procedure as last year.

1. Must be a member of the Coaches Association
2. Nominations will be determined by Lax Power rankings.

Teams Rank 1-5 Get 5 Nominations with 3 Guaranteed Spots

Teams Rank 5-15 Get 3 Nominations with 1 Guaranteed Spots

Teams Rank 16-64 Get 1 Nomination with no Guaranteed Spots.

3. Voting Meeting **Sunday June 2nd at 9:00 am CDH High School**

We will also be voting for MSHSL Coach of the year, Assistant Coach of the year and Player of the year. You must

be present to vote.

All who are named to the All-State Team for 2013 are invited to play in an All Star game on Saturday June 18 at CDH –Sponsored by your Coaches Association.

*****Announcing the first annual MSHSL Girls and Boys State Tournament Lacrosse Banquet**** Presented by the Coaches Association.**

Who: The 16 teams (girls and boys) that qualify for the State Tournament

When: Monday June 10th

Where: Crown Plaza

This is a recognition banquet for all State Tournament team participants. We will also recognize All State Players, Coach of the year, Assistant Coach of the year and Player of the year.

All American and Academic All American- Pre Nomination Deadline: April 1st Final Nomination Due: May 20

Please submit to:

Greg Zandlo minnesotalacrosseacademy@gmail.com

Can't wait to see you all on the lacrosse fields it's going to be a great season.

MEMBERSHIP YEAR FOR THE MSHSCA!

In the past months, we have gotten memberships from spring coaches that also coach a fall sport and are paying for both now.


***We want to repeat, our membership year does NOT run from January 1 to December 31.**

***Our membership year IS August 1 to July 31.
(like the school year)**

*If you coach a fall sport and a spring sport, you should be joining in the fall to be covered by insurance for both seasons.

Those of you that have joined the MSHSCA after the first of the year, please note that your membership expires on July 31st.
(after summer camps)

CHIP SHOTS



By: Bob Gorden
Golf Coaches Association President
Detroit Lakes HS

Wow, the school year is flying by us. As you read this publication our season is soon to begin, March 18th is first official practice day. Hope you have had a great year since putting your clubs away, and are looking forward to bringing them back into play. If you were lucky like myself maybe got away to warmer weather and maybe a few rounds of golf.

Hope you were able to attend some of the clinics available to you, I always enjoy seeing coaches at a clinic in the winter. The Junior PGA run by Bob Bush, had a coaches form, with information for players about college golf on February 2 at Bunker Hills GC, 250 people attended, a lot of good information. Gopher coaches had a clinic at U of M on March 2, and our association had our Sunshine clinics, March 9 at Providence Academy, and March 16 at Staples. At Providence Academy we had a special guest, Jim Hardy ranked 7th of 50 greatest teachers and other great speakers at both clinics. Special thanks to Mike Seiffert from Providence Academy for putting together the March 9th clinic, and Glen Hasselberg from Staples the March 16th clinic. Hope you were able to attend at least one and got some good information and had a great day with other coaches.

State rankings this year will be run by Barry Wallin

Rosemount for girls, Brian Johnson (Eagan) for boys, Academic awards Steve Heslop (Pequot Lakes), Golf Hall of Fame Rick Aulie (Crosby Ironton), and the State banquet chairs will be Rich Aulie Class A, Mike Frankenfield (Shattuck) Class AA, and Tim Kallevig (Park Center) Class AAA.

Thanks to all of these coaches for their hard work. So coaches remember to honor your teams and players by sending scores and Academic information on time. Forms for all of these are on our MSHSCA website, at mshsca.org and remember to keep your membership active so your players are eligible to receive their awards.

The Birdie Marketing Golf Card is the only golf card the Coaches Association endorses. There are other golf cards out there and a multitude of fundraisers but this golf card gives back to the coaches and programs. Each year we draw 8 teams who sold at least 25 cards and they get \$500. The contact number for Birdie Marketing, Inc is 763-753-6988 consider this as your fundraiser.

Something new, that will be available to coaches on our website will be a link for coaching aids. If you have something that has worked and want to share, pass it on and I will put it on that link. First one that is up is P2, a putting aid submitted by Don Patton.

So as we start another golf season, have fun and keep teaching this great game to your players. They will be able to enjoy this great sport for a lifetime. And everyone have a great season and hope to see you on a course. Arnold Palmer said it best... "Golf is deceptively simple and endlessly complicated. It satisfies the soul and frustrates the intellect. It is at the same time rewarding and maddening... It is without

*“A golfer is a guy who can walk eight miles
with a heavy bag of clubs,
but when he gets home he expects his
dog to fetch his slippers.”*

- Anonymous

CLEARING THE HURDLES

By: Mark Alcorn, Holdingford HS
 President: Minnesota Track & Field
 Coaches' Association
 jmarkalcorn@gmail.com



By the time you read this, you will have taken a deep breath and before you have the chance to exhale, it will be June.

As we head into the track season, I want to remind both the veteran and young coaches of one of the unique benefits of our sport and that is the friendships we have and make with our “opponents.” Think of how much we enjoy seeing our good friends, the opposing coaches, at meets. Our kids see the friendships we have with each other and that has a positive effect on their relationships with the athletes from opposing schools. One of my favorite track and field pictures is one taken in the mid-1990s after the MSHSL state meet when Sartell’s girls’ 4x400 finished first and the Holdingford girls’ (my team) finished second. The eight girls in the two relays posed, in alternating order, for a picture wearing their medals. Their friendships modeled the friendship they saw that Jeff Kellerman and I had (and still have). Of course, I wish the finish order had been different, but *c’est la vie*. To the younger coaches, I would encourage you to make an effort to introduce yourself to the older coaches and older coaches, please make an effort to introduce yourself to those you do not know.

Thanks to the 600 plus coaches who attended the coaches’ clinic the first weekend of February. I talked to a few vendors and they were impressed by the turnout and so were the out-of-state speakers with whom I spoke. And to the in-state coaches who spoke at the clinic – THANK YOU. It seems a bit odd, but the clinic organizers consistently are told that the attendees love listening to their peers speak, but the organizers tell me it is difficult to get high school coaches to agree to speak. Please, if you are asked to contribute to the clinic by speaking, say, YES.

The process I outlined for submitting ideas to the advisory committee in the September *Prep Coach*, and explained at the association meeting at the clinic, is now online. Also online are the names of the section representatives and advisory committee members. This is the process that we request you follow for anything related to track and field and the MSHSL that you wish the advisory committee to consider.

If you wish to get involved with the association I would encourage you to contact an officer. You may reach me at jmarkalcorn@gmail.com; Johnny Josephson the VP and True Team Chair at jjosephs@np.k12.mn.us; or Kent D

Viesselman the Past President and Clinic Chair at kviesselman@cambridge.k12.mn.us. One thing to keep in mind is that if nobody got involved beyond their coaching duties, we would not have True Team or the Clinic....

Lastly, remember that the association meeting during the MSHSL meet is at 1pm with the place yet to be determined. It would be good to get a larger group at that meeting, though I understand a coach’s mind is elsewhere.

“I don’t want to knock our offensive power, but to save time the ground crew could drag the infield during batting practice.”

**- Merv Rettenmund,
 Texas Rangers Batting Coach**





Procedure for Online Registration

*You do not have to use a credit card to register online!

All memberships run from Aug. 1 to July 31
This corresponds to the school year NOT the calendar year.

1. To begin, go to www.mshsca.org.
2. Use the link for 2012-13 membership.
3. Use the right hand side to *join* for the new members.
Use left hand side for returning members.
4. Login is your email address and your password is zzz if you did not change it last year.
5. Follow the steps to join, on page 3, you will have to choose at least one sport association to support.
6. On the last page, you will have a chance to choose your method of payment. (check, money order OR credit card)
7. Click finish to have the printable copy appear.
8. Print your receipt before you click continue.
9. The receipt can be for your business office if the school is paying with one check.
10. The last step is to click continue and that will take you back to the login page.

Please note: if you choose to pay by check or money order, your card will be sent when payment is received.

Questions????

Please call 218-847-6796 or email jomar@lakesnet.net with questions

Please do not hesitate to call, we work out of our home and should be home most of the time to answer your questions.

Thank you for using our online system, *John and Mary Erickson*

*“I always tell kids,
you have two eyes
and one mouth.
Keep two open and
one closed.
You never learn
anything if you’re
the one talking.”*

- Gordie Howe

HALL OF FAME CANDIDATES NEEDED

Jim Baker, MSHSCA Hall of Fame Coordinator would like to issue a plea for more Hall of Fame nominations.

There are a lot of deserved people that should be nominated.

Use the form found in this issue of The Minnesota Prep Coach and submit one or more coaches that deserve to be recognized as a Hall of Fame inductee.

Baker’s Email: jbad154@q.com

After the Game Bring Your Team to **SUBWAY**



Ice Chips

By: Craig Roberts
MHCA Director of Communications
Benilde-St. Margaret's School

The field has been set and we are ready for one of the country's great prep sporting events as the Minnesota State High School League boys hockey tournament takes place March 6-9.

The tournament has drawn over 120,000 fans per year over the last decade and we look forward to another well-attended and exciting event this year.

A number of other events take place in conjunction with the state tournament.

Thursday, March 7, the MHCA Executive Board will meet at the Crown Plaza Hotel, beginning at 8:30 a.m., while the 22nd annual MHCA Hall of Dinner will take place between the afternoon and evening sessions of the Class AA quarterfinal games. Start time for the event is approximately 3:45 p.m. at the RiverCentre Grand Ballroom.

Three people will be inducted into the MHCA Hall of Fame and four others will be honored for their contributions and accomplishments with individual awards.

Going into the hall of fame this year are Bruce Olson (Roseau/Warroad), Pat Guyer (Greenway) and John Barger (Burnsville/New Prague/St. Louis Park).

Individual awards will be given to:

Cliff Thompson Award (for outstanding, long-term contributions to the sport of hockey in Minnesota)—Jake McCoy, Richfield.

Oscar Almquist Award (given to a non-coach who has contributed to the success of high hockey by advancing opportunities for players and coaches)—Doug Johnson, *Let's Play Hockey*.

Dave Peterson Award (given to a high school hockey coach whose efforts have helped strengthen the bond between youth and high school hockey)—Wes Bolin, Woodbury.

Bruce Johnson Award (given to an MHCA board member who has made extraordinary contributions to the association)—Scott Macho, South St. Paul.

There will also be a coach's social at the Crowne Plaza, Friday, March 9, between the Class A and AA sessions from 3:30-6:30 p.m. for all MHCA members and their guests. In addition, the Association will host a hospitality room for members in the NHL Alumni Room at the Xcel Energy Center. The room will be open during both Class AA quarterfinal sessions, March 7, as well as during the evening sessions, March 8-9.

As we launch into the state tournament and the ensuing off-season, we wish every the best of luck and remind our members that any issues you feel are important can be brought up with your section representative and/or any member of the executive board. _____



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Mention MSHSCA and show your Coaches' Card to receive: 25% off Best Available Rate*

Through 7/30/13 we will donate \$5.00 per night back to MSHSCA!

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3035 Holiday Lane

Eagan, MN 55121

651-287-8800

Located Right off Interstate 35 Exit 98 or 494 Exit 69

*Subject to availability. Taxes, restrictions & blackout dates apply.

Mat Chatter

By: Tom Ellison, MWCA President,
Head Wrestling Coach
Alexandria High School



It is tournament time for the Winter Sports seasons and that leads to plenty of exciting playoff action in all sports. With our holiday break in the middle of our season the Winter sports seem to be one of the longest seasons. Then when it gets close to the practices that you are putting in the work to prepare for Sections you realize that the season went by to fast!

I looked across our practice room the other day and the athletes were busy fine tuning the techniques that they needed to prepare for Team Sections and I could recall the first days of practice when there was so much work to be done. Now the athletes seem to be finely tuned, well-oiled machines prepared to lay it all on the line for a chance to advance deep into MSHSL playoffs. It is a special time of year that all of the competitors seem to rise to the occasion and have some fantastic performances.

Coaching for 27 years already has brought me to a lot of end of season tournaments, and if there is one thing that I have learned in our sport of wrestling is to watch out for the senior wrestlers in the Individual Section tournaments. I have seen it over and over at this time of year. The senior wrestlers seem to find an extra gear, or another ounce of courage, whatever you would like to call it. They seem to rise to the occasion. It seems to be the seniors that have had trouble winning that big match in their career. Maybe in the tournaments during the year they finish 3rd allot. It might even be the Senior that is seeded 3rd or 4th in the Section and gets upset early in the Section tournament. They are dangerous in the wrestle backs! I recall a senior wrestler that I was coaching several years ago. He entered the Section tournament a frustrated, down on his luck wrestler. He just couldn't find a break during the regular season and entered the Section as an unseeded 10 win wrestler. Luck isn't something I talk to my athletes about unless they believe me when I tell them the definition of Luck is when preparation meets opportunity. This young athlete had prepared and I felt that if he could finally put together a whole match he had a real possibility to get to the awards stand. As his "Luck" would have it, he wrestled some of his best matches and found himself in a True Second match. He lost, but it was the best experience he had in his whole career. Success can be defined by each person that competes. Based on this young man's experience he was satisfied with his Senior Section tournament. So success may be based on your perspective. Some won't find success unless they are making a trip to

State, other's may find success by simply placing in the Section tournament. As a Coach it is up to us to help each athlete define their success. Being honest when we talk to our athletes about their chances to advance in the tournament can be a tricky subject. Coaches want to inspire their athletes to go as far as they can but at the same time we don't want to fill them with false hope by exaggerating their skills. Have fun as the winter sport seasons come to a close, keep things in proper perspective and celebrate all levels of success with each athlete. From a State champion to the wrestler that wins one match at the Section tournament, each athlete will feel their best if the coach approaches them at the end and says, Congratulations kid, you had a great season!

***“I’ve seen George Foreman
shadow boxing and the
shadow won.”***

- Muhammed Ali



Thanks to Liberty Mutual

I was recently at the Spring Delegate meeting and filled out a quote form for Liberty Mutual. Thinking I was just benefiting the association little did I know it would benefit us greatly. We were able to save \$400 on our Auto Insurance and about \$900 on our Home owners policy. It was an awesome benefit . . . especially this close to the Holidays. It took 5 minutes to fill out the form! So a big “Thanks!” to Dave and the staff at Liberty Mutual!!

Shelly Hotzler - Past President of the MSHSCA



Quote Form Auto & Home Insurance



Minnesota State High School Coaches Association has partnered with Liberty Mutual to save you money with substantial discounts*.

And the best part- 2% of your premium goes back to the organization.
You receive knowledgeable support, immediate claims assistance, and the latest information to keep you and your family safe.

Complete the form below for a no-obligation home and auto insurance quote.

Insured # 1

Full Legal Name

Date of Birth ____ / ____ / ____

Insured # 2

Full Legal Name

Date of Birth ____ / ____ / ____

Year / Make / Model or VIN (If available)

Coverage

Vehicle 1:

full liability

Vehicle 2:

full liability

Vehicle 3:

full liability

List names of all operators (include dates of birth and D.L. numbers):

Home Address

Address:

City _____ **State** _____

Zip _____

Year Built _____ **Age of Roof** _____

Insurance Dwelling Coverage \$ _____

(Or purchase price if new purchase)

Prior Address (if less than three years):

Address:

City _____ **State** _____

Zip _____

Contact Info:

Daytime Telephone: _____

Email Address: _____

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ATTENTION COACHES:

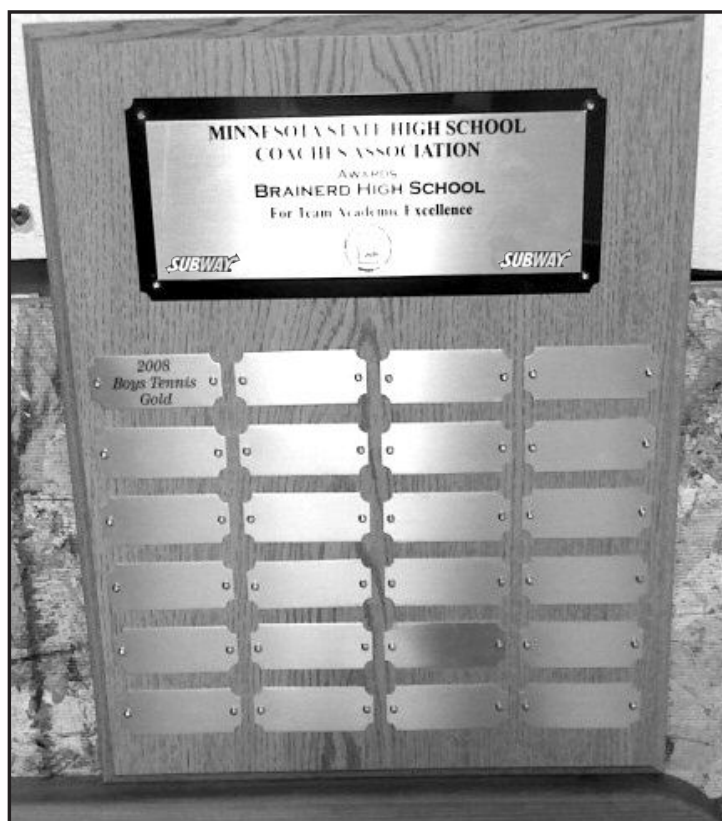
If your team qualifies for an academic award please notify your A.D. to look for it!

The MSHSCA continues the Academic Awards program

Many schools are receiving plaques and plates similar to the one pictured for sports that qualified as a gold or silver academic team. You should receive them within a month after your season ends.

GPA's were submitted, by the coach, to their sport association President along with a varsity roster.

The sport association then determined that the coach was a member of the MSHSCA and sport association for the roster they submitted.



This process is true for each sport.

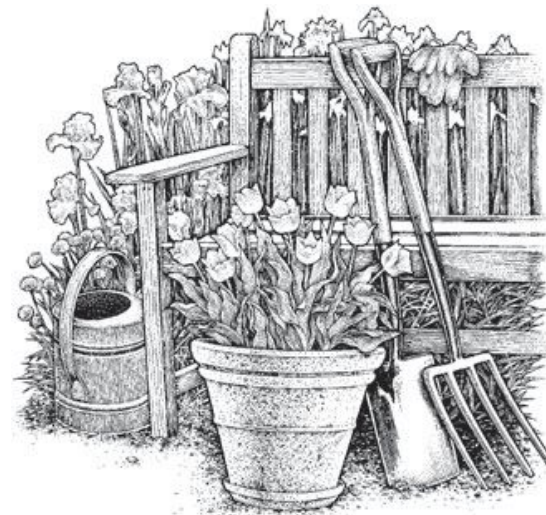
Your school will receive a plate for each of the teams that qualify.

Please be alert to envelopes with the return address of Beachs Awards they will contain additional plates.

We are very pleased with our new program since it will recognize more teams for their outstanding efforts.

**Thank you for your help with this program,
John and Mary Erickson**

MSHSCA's CORPORATE SPONSORS



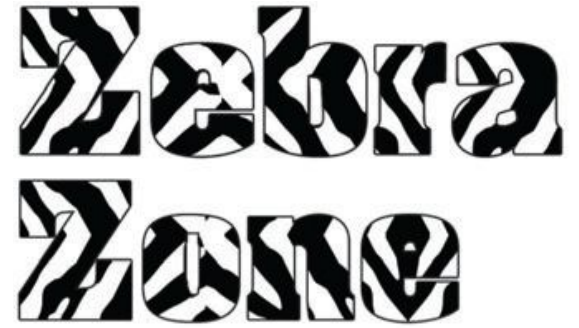
2012-2013

The following friends of Minnesota coaches and Minnesota prep sports have made contributions to the MSHSCA that will assist the association in providing opportunities for coaches to better their programs and provide the ultimate possible experience for the athletes that take part in their programs.

- Liberty Mutual
- Wells Fargo Bank - Detroit Lakes
- Trophies Plus - Templeton, IA
- Forum Communications Printing -
Detroit Lakes
- All Star Fundraising - Minneapolis
- Matt Hedstrom Agency - Detroit Lakes
- Roseville Visitors Association
- Blue 84 - Division of Lakeshirts -
Detroit Lakes
- JK Sports, Fergus Falls
- RJY Development Inc - Rochester
- Subway

COACHES:

Please support the sponsors who are concerned
about your athletes and your programs!
Good luck in 2012-2013
Thanks for your support



By: Terry Eiter
Detroit Lakes

I have often thought back and recalled the memories and experience of my first varsity officiating contest nearly 30 years ago. I had become a certified official as I had paid the fees, passed the exam and had attended the meetings. My officiating experience at the time consisted of sub-varsity games along with recreational flag football and basketball leagues. Getting "certified" was actually the easy part. A last minute phone call requesting that I officiate my first game was accepted with much anticipation, but more so, much anxiety. I was aware of the two head coaches in the game I was assigned to. To say that I was NOT prepared for the situation I was put in would be a gross understatement. Looking back I am sure two words came to their minds when they found out who the new replacement official was..."new blood."

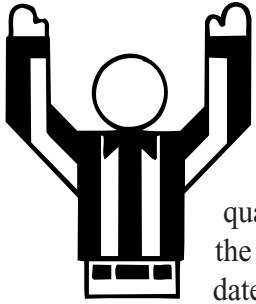
It was a game pitting two long-time rivals with coaches that were by a modest description - volatile. The two wily veterans chewed me up pretty good. While they both had been forewarned of my situation they both took it as an "opportunity" for themselves, rather than what my situation and perspective was. They knew I shouldn't have been in that situation and they reminded me several times throughout the game. My partner did his best to "protect his young" but there was only so much he could do. Yes, everyone knew I didn't belong there. It was no one's fault. It was what the circumstances brought about in a last minute situation. No blame to cast.

After the game my partner and I exited the school greeted by name calling and profanity. We got into the car and I felt I had just narrowly escaped a war zone. Rattled is an understatement. I was convinced I

... continues on page 57

MSHSCA Seeks Nominations for Officials Distinguished Service Award

The Minnesota State High School Coaches Association has always been aware of the value of officials as an integral part of the high school athletic programs could function without the dedication that is currently being provided to prep sports by the many officials in Minnesota.



A few years ago, the MSHSCA, in an effort to restore sportsmanship, as it should be, to the stands of high school sporting events, created an Officials Distinguished Service Award.

Coaches who are aware of the outstanding officials in your area that qualify for the award should either nominate the officials directly or contact the area officials associations and urge them to submit the deserving candidates for the award.

This award is presented to five deserving officials at the MSHSCA's Annual Awards Banquet that is held each year in November.

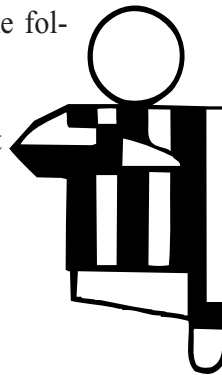
The MSHSCA has maintained a collective file of nominations but is currently looking for more nominations of the many deserving officials that need to be recognized for their long time service to Minnesota high school sports.

Nominations to receive the Officials DSA can be submitted by using the following criteria.

1. Should still be an active official.
2. Have been a high school official of varsity competition for at least 25 years.

If you know of a deserving official in your area that satisfies the established criteria, complete the accompanying nomination form and send to:

John Schumacher
16332 Deer View Rd
Park Rapids, MN 56470



Officials Distinguished Service Award Nomination Form

Name _____

Address _____

Phone () _____

Years officiated at varsity level _____

Sport(s) Officiated _____

Other information to support this nominee: _____

Nominating Person _____

Address _____

Phone () _____

would never officiate again. Why in the world would any sane person expose themselves to such a situation? My partner did his best to encourage me on the way home.” That is it,” I told him. Never again. But he didn’t give up and was persistent and I continued on. While I still shanked my share of calls the coaches were much more tolerant and some even encouraging. Others in my Association encouraged me and by working more games in a more controlled environment I worked my way out of the initial discouraging event. That was the encouraging part. A “brotherhood” that looked out for one of its’ own. Quite frankly - the reaction by my peers should have been expected. *“We look out for one another.”*

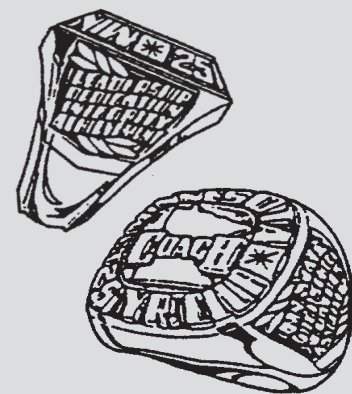
The discouraging part was how the coaches handled the situation. Whether coaches realize it or not they have an impact on the quality of officiating on a long term basis - well beyond the individual game they are a part of. All coaches at some point are going to have inexperienced officials calling their games - be it at sub-varsity or varsity level games. A few reflective questions for coaches: Do you encourage younger officials to work preliminary level games and allow for a learning environment or do you allow your coaches to treat officials in a negative manner? Have you been an asset to your sports’ officials or have your actions deterred young officials from getting involved? Do you teach and demand good sportsmanship from players, coaches and especially fans? If new, inexperienced officials are treated with respect, they’ll enjoy the experience and continue. The challenge to coaches when in this situation would be to approach it as an “opportunity.” An opportunity to realize that your approach, demeanor and attitude can have a long term **positive** impact in the future of that official.

Thanks so much to all of the coaches that make it a point to work *with* officials. Officials understand that you are passionate about your profession. But at the same time it can be done in a responsible and respectful manner. Recently in a basketball pre-game conference with the coaches and captains I reminded them that if and when we as officials miss a judgment call that they need to play through it and move on. The call won’t be changed. Midway through the first half a play occurred right in front of me. I blew my whistle and signaled a foul on Team A. Strong whistle, good mechanic. But – also a bad call. I went to the scorers’ table and reported the foul then went to my position on the court to await the upcoming free throws. Team A coach stands near me and quietly says with a smirk on his face.....”Hey Terry, was that the call you were talking about in the pre-game? The one we just play through when you miss it?” My only response I could come up with was...”yeaup!” And the game went on and it was never brought up again.

Remember it’s just a game – try and keep it fun.

Eiter is a high school teacher and baseball coach in Detroit Lakes, MN. He currently officiates football and basketball and is a former baseball and softball umpire. He can be contacted at dlref@hotmail.com.

25 YEAR CLUB RING



Ring Options

Man’s 10K Ring
 Price based on 350 per ounce gold.
 (Optional) 6 pt. Diamonds

PRFCIUM is a bright silver colored jewelers alloy that is hard, durable and non-tarnishing

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 Initials Inside Ring
 Full Name Inside Ring

White Gold
 Resize Smaller 1 Size Max
 Resize Larger 1 Size Max
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1. Executive Director available to work for you on a daily basis.
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5. Provide scholarships for Minnesota High School students.
6. NOCAD membership creates revenue marketing that is helpful for the promotion of programs that benefit coaches and their athletes.
7. Four issues of *The Minnesota Prep Coach*, the MSHSCA newsletter which contains information about and for coaches and their association's activities.
8. Provides potential for clinics for any sport association that wishes assistance.
9. Up to date clinic schedules and educational opportunities on our website.
10. Opportunity to be recognized as a Minnesota Coach of the Year.
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12. Delegate representation that allows coaches to remain fully updated on issues.
13. Close working relationship with all affiliated sport associations.
14. Provides active representation and support on the MSHSL Board of Directors.
15. Recognition for state team championships.
16. Opportunity for 25 Year Club and Life Membership of the MSHSCA.
17. Opportunity to be nominated and selected to the MSHSCA Hall of Fame.
18. United support for each other's programs.
19. Mass membership email capability.

Boys Behind the Cage

By: Lance Kuehn, Rosemount HS



There are less than 60 days until the season begins. You are most likely busy ordering buses, purchasing team clothing, and planning your spring schedule. It seems with every year, the season approaches quicker. Having enough time to adequately prepare for the season is challenging. There have been some changes to lacrosse since the last season. Recently, a group of coaches has tried to removed the “Black Out” week during the summer, the U15 league has established guidelines., and seniors across the state have signed onto D1 and D2 colleges on National Letter of Intent Day.

“Black Out” week was brought to the attention of the Athletic Directors of each section. Many people felt that the removal of “Black Out” week would allow coaches to work with players at tournaments across the country. This schedule is more aligned with other sports including baseball and softball. In order for the change to occur, a majority of the sections needed to vote in favor of the proposal. Because this did not occur, coaches still cannot coach their players or teams during the “Black Out” week in July.

MBSLA and YLM have moved forward with the U15 levels for the spring and summer season. Organizations can determine if they want and can field a U15 and/or 9/10 team. The MBSLA has established guidelines on which 9th graders can play on U15 versus 9/10 teams. The guidelines are listed on MBSLA’s website and can be found below.

The Operating Policies changed the youth leagues to be age-based rather than grade-based for the 2013 spring season. All associations were polled as to how 9th graders who were 14 on August 31, 2012 should be accommodated into the U15 division. The decision was that 9th graders who meet the age restriction must get a waiver from

the MBSLA Board to play U15. A waiver will be granted according to the following criteria:

- The player has very limited lacrosse experience.
- The player is particularly undersized for his age.
- A team in an area working to develop lacrosse needs the player to play U15 in order to field a team at that level.

Lastly, several seniors have signed on National Letter of Intent Day on February 6th. Every year, there are a number of players from different programs that are signed to play at the upper level of NCAA. The increase of players from year to year has shown that Minnesota is growing in the sport and we are no longer a “developing” state of lacrosse.

Enjoy the last 60 days before the season. The time will go by quickly and we will shortly be talking about play offs before you know it. Good luck to all the coaches this spring. Lets hope for great weather and great competition.

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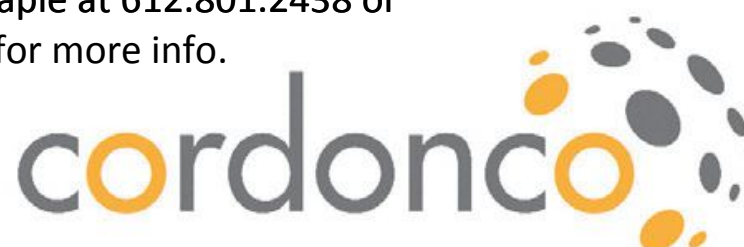
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After the Game Bring Your Team to **SUBWAY**

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Ron Kruschwitz

North St. Paul Boys (retired)

Soccer Communications Officer

We are off and running with all of our winter High School Tournaments. We hope many of our coaches and athletes are getting to participate in these exciting events. For many of us we eagerly await the arrival of spring and getting outside.

There are several rule changes that will occur starting with the 2013 season.

This year rule 3-31c (1) will allow you to communicate during a stoppage of play for an injury. There will be a limited use of communication that involves electronic devices. This rule is for on bench only, not to field players. You might check the two changes in the check in and entering the field of play as they have been reworded.

We implemented the goalie uniform changes in the fall of 2012 and they seemed to work. We now have had two years to get ready for the change in the field player uniforms. You should have had time to order your uniforms to comply with this change. This is NFHS Rule 4-1-1b. It states:

Beginning with the 2103 fall season, the home team shall wear solid white jerseys and solid white socks and the visiting team shall wear dark jerseys and socks.

Prior to and during the game, jerseys shall be tucked into the shorts, unless manufactured to be worn outside.

Another portion of the rule applies to the use of tape that is applied outside of the sock, which now must be similar color to the area of the sock to which it is applied.

As a point of information, soccer is the 5th most popular sport for boys and 4th among girls at the high school level. This is according to the 2011-2012 High School Athletics Participation Survey. The survey says that 411,757 boys were involved in soccer and 370,975 girls also participated in the sport.

It is that exciting time of the year when we learn what awards were given to Minnesota athletes and coaches by the NSCAA, our national soccer association.

This year Minnesota boy's soccer was awarded one All American player and six All-Region players. That is an increase of 2 All-Region players from last year.

These are the boy's players and coaches who were given awards:

MINNESOTA PREP COACH

All-American

Elliot Cassutt	12	Minneapolis Southwest
		Jamie Plaisance

All-Midwest

Colton Nelson	12	Blaine
		Berry Arrowsmith
Jackson Richards	12	Totino-Grace
		Bill Vance
Jacob Opheim	12	Eastview
		Scott Gustafson
Roma Devine	12	Stillwater
		Phil Johnson
Esteban Arias	12	Champlin Park
		Scott Dossette
Justin Oliver	11	North St. Paul
		Casey Holm

These were the coaching awards given from NSCAA for boys.

Small Public School	Jerrad Aspelund
	Makato East
Large Public School	Phil Johnson
	Stillwater
Private School	Tom Kane
	Rochester Lourdes

On the girl's side the following awards were given.

All American

Kylie Schwarz	12	Wayzata
		Tony Peszneker

All-Midwest

Tarah Hobbs	12	White Bear Lake
		John Dierkhising
		Dave Ashley
Maddie Gaffney	11	Woodbury
		Pat Malicki
Haley Nelson	12	Maple Grove
		Ben LeVahn
Ashley Pafko	12	Blaine
		Scott Zachmann
Ellie Crowell	12	Minnetonka
		Jeff Hopkins
Sophie Babo	10	Orono
		Erin Murray

The following girl's coaches were given NSCCA awards.

Small Public School	Karl Larson St. Peter
Large Public School	Benn LeVahn Maple Gove
Private School	Scott Helling-Christy Benilde-St. Margaret's

Art Seplak (Scholarship Committee Chair) will announce the winners of the Mark Warter Scholarships later this month. This is the MSHSSCA's scholarship program that is given to one girl and one boy soccer player in Minnesota. It is given in honor of the late Mike Warter who was the Eagan Girls coach.

New members to the MSHSL Advisory Committee will be appointed this month. The task force meets with the MSHSL Associate Director for Soccer. This has been a valuable venture for working with League concerning our sport. This meeting is where we meet to discuss soccer related questions and to write soccer specific proposals to present to the MSHSL for implementation through the MSHSL's Advisory Committee process.

Our Clinic Coordinator, Greg Juba (Park of Cottage Grove Girls) has given us some preliminary information about the MSHSSCA Annual Clinic. It will be held Friday August 9th. As always, the clinic brochure will be printed in the May Prep Coach. A very quick reminder that dues for the MSHSSCA are on an annual basis and must be paid through the Minnesota High School Coaches Association website.

Annual dues are completely separate from the clinic registration. Make sure you realize that the MHSCLA and the clinic are separate entities. Additionally the dues for the NCSSA are an additional fee. Make some plans to be there and enjoy the company of your friends and coaches in the high school soccer community.

The MSHSSCA Executive Committee will meet in March at Eagan High School. We will report on those items in the May Prep Coach. If you wish to contact our President, you can do that by emailing Mark Obarski (Eagan Girls) or our Executive Secretary, Dave Halgren. The MSHSSCA.org website has all the information that you will need. I will cover any other items of concern for the fall in the next column.

Have a great start to spring. Remember you are blessed with the greatest job in the world, working with young athletes.

***“I’ve never seen
such skinny legs on a
football player before.
I wonder if they ever
caught the rustler who
stole his calves.”***

**- Steve Jordan on wide receive
Anthony Carter**

***“The best way to catch a
knuckleball is wait until
the ball stops rolling,
then pick it up.”***

- Bob Uecker

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