



# THE *Minnesota* PREP COACH

Vol. 51 No. 2 Published by the Minnesota State High School Coaches Association December 2012

## Just Fine or All In – The Choice Makes a Difference

### Preface

*By Bubba Sullivan, Northfield High School Head  
Football Coach*

*The following article is the second of a four-part series in the Prep Coach focusing on the importance of what we do as coaches and the value of participation in educational athletics.*

A few years ago we decided to be intentional about the values and characteristics we wanted our football players to learn. We realized that whether we won all of our games, lost all of them, or finished somewhere in between, that we were able to say we had a successful season—that our players learned and practiced skills that they could carry into life. We believed the true measure of our success should not be wins and losses, as so many in society feel, but instead our success should be measured by the quality of the students experience and by the lasting values and traits they developed. We decided to be more intentional and put a plan in place on how to do just that.

*This past year, it was a student who helped remind me of what high school athletics are all about, I'd like to share my story with you.*

Part way through this year's season, as we struggled to win on the scoreboard, I found myself feeling the frustration and doubt that a competitive coach feels when they don't win many games. We were 1-4 at the time and I was worried that our players might be looking forward to the end of the season. I was talking to our senior captain, Max Weaver, and asked him how he felt the season was going. He said, "Great Coach." I was surprised and asked him what he meant. He said, "Coach, the guys are working hard, keeping positive attitudes, and we are having fun playing together every day. We have been competitive in every game, we never give up, and the games have been a blast."

We finished the conversation and I realized that Max just helped me improve my attitude and he saved my season. He reminded me that what was really important was the experience that the players were having, regardless of the wins and losses. He reminded me that by intentionally teaching character traits and measuring our success based on the development of those traits, we could consider each season a success regardless of the record.

We are going to work our tails off and start next season with the hope and expectation of winning many football games. Who knows, maybe we will win them all...or maybe we won't win many. We know one thing for sure—we can have a successful season either way if we remember to focus on the right things.

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## The Minnesota PREP COACH

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# President's Message

By: Jon Wagner – Eveleth-Gilbert

Welcome to winter! I hope all of you had a good fall sports season, with a lot of success for your athletes. As we head into December, my thoughts drift back into the past few months and some of the highlights that remain in my memory. Rather than write an essay on a single topic, I'll just share with you some of my observations from this past autumn.....

**Hall of Fame Banquet and Awards Night.....**I'd like to personally thank all of you who attended this event and made it an inspiring evening. Turnout was high, and we had a lot of fun honoring championship coaches, Coaches of the Year, and HOF inductees. But my own highlight was seeing the honor given to the families and spouses of coaches. We often take for granted the support we receive from our families, but our honored coaches all gave high recognition to their families who supported their efforts. And in many cases, their family members were in attendance, showing the same love and support. This reminds me that we all should all take a little time to say "thank you" to our families.....

**Steve Kerzie at the Banquet.....**Steve Kerzie, now 92 years old and a long-time high-ranking member of the MSHSCA, made an appearance at the banquet and "stole the show." He presented the Delegate Award (named in his honor), but drew an audience before, during, and after the banquet with his humor and wisdom. Being around Steve is a joy – still jovial, passionate, and committed to our Association and its coaches, officials, and mission.....

**Fall Sports Season State Championships....** Congratulations to the "best of the best" who won team and individual state championships this fall. You all know that our state tournaments are tough, with never a guarantee of certain victory. But I also want to congratulate the thousands of student-athletes and coaches who did not win their final game, match, or race of the season. In spite of losing, we see that our athletes are improving, growing, learning, and maturing into young men and women before our eyes —.and we all get to enjoy this process while it

happens. In my book, that makes us all successful....

**Florida Cheerleading Coach Fired....**In October, news programs published reports about the firing of Melissa Prochila, a successful cheerleading coach at a Florida high school. If you Google this item, you will see that Prochila, a veteran coach and substitute teacher, was removed from her coaching position due to various unfounded allegations from a few parents who lobbied a school board member for her dismissal. Two subsequent investigations cleared Prochila from all allegations, but she was not rehired, even though she was still able to teach within the district. Most of her former student-athletes and parents are still outraged. This is an example of what we want to avoid in Minnesota! There should be due process and adequate protection for all coaches, and the MSHSCA is moving forward in this effort.....

**Ahhh, Thanksgiving!....**While smoking a turkey (no, not literally!), my thoughts drifted to my life in sports and those individuals who influenced me to become a coach. I realized that I learned a lot from my favorite coaches, and maybe even more from my least-favorite coaches! ("What to do" versus "What not to do"). I had some coaches who were nice people but didn't know or care much about the sport, and coaches who weren't very personable but knew how to teach the "X's and O's" very well. But I was most impressed with those coaches who combined knowledge of the sport with solid human relations fundamentals, and mixed them with genuine care for their athletes. I still think about them – Dave Dess, Jerry Anstedt, Norman Killian – though they have long since retired or passed away. I now wish I would have thanked them for the gifts they gave me back at Oak Creek Senior High School in Wisconsin. Food for thought: Have you ever thanked the most influential coach in your life?

As always, please contact me at [jonwagner74@gmail.com](mailto:jonwagner74@gmail.com) if you have any questions or concerns you'd like to share with me.

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## Just Fine or All In —The Choice Makes a Difference

Sports are a valued part of our culture. We value sports because we believe the students who are involved acquire something meaningful through their participation. But have we ever looked closely at how they benefit? What do the students who participate in our programs actually get? When the game is over and the score is final, what do they win?

Participation in sports provides students with experiences they can draw upon for a lifetime. Valuable life lessons can be learned from participating on a sports team—lessons such as working through adversity, becoming disciplined, finding the courage necessary to move outside one’s comfort zone to learn something new, and working as a member of a team. The potential for this growth only exists if the coach is *AWAKE*. Awake coaches recognize that something deep and lasting is possible when a student fights through failure. Awake coaches understand that when a student takes a risk and makes a mistake that there is an incredible potential for growth to occur—growth that, if fostered, will impact that student for a lifetime.

In the book *Top 20 Teachers*, the authors share that the most effective coaches “are as intentional in developing life skills and habits in students as they are in developing the backstroke in swimming or the wrist shot in hockey.” At every practice and in every game there is an opportunity to teach students a multitude of lessons through their participation. But this won’t happen if the coach is *ASLEEP*—unaware of the power coaches possess to make a lasting impact and where development of the whole student is left to chance. We as coaches have to be awake—aware, alert and willing to focus our attention on more than winning and the development of physical skills and instead focus on what students really should be getting from us: the development of life skills.

### Asleep

As coaches and educators, are we awake or asleep? Do we falsely assume that the students who participate in our programs are learning valuable life skills and positive character attributes simply because they are a member of our team?

If we ask students after a competition, “Hey, how’d ya do,” will they only answer with “we won” or “we lost” or provide us with some personal statistic. Or have we made the effort to create awareness in them that so much more is possible?

If we as coaches are asleep—unaware and unresponsive to the needs of our students—then our students will never know the extent of what is really possible. *InSideOut Coaching* author Joe Ehrmann asserts that “one of the great myths in our culture is that sports builds character, as if doing a handstand, running a race, hitting a curveball, or simply suiting up are sufficient to strengthen a young person’s moral fiber. Unless a coach teaches and models character and encourages its development in athletes, it is more likely organized sports will

spoil play and undermine the development of the very character and virtue they claim to build.”

### Awake

To develop better people, not just athletes, we must be intentional—we must be awake. The greater call of a coach is to be awake—mindful of what students in our programs are really getting. Our main role as a coach is the human development of every student on our team. Winning is the by-product of something bigger, an awareness in us that transforms a game of throwing a ball through a hoop into an opportunity to create caring, empathetic, responsible members of society. When coaches are awake, they take the student’s learning of physical skills and Xs and Os to the next level. They concurrently teach them the Ys, the lasting values acquired through the learning of those same physical skills.

### Defining Success with “Y” Values

Consciously creating a game plan is necessary to transform a student’s experience from only Xs and Os to value-filled Ys. Asking the right questions, creating awareness, and providing experiences with greater depth are key to being successful. When this happens, success will no longer be measured only by the outcome on the scoreboard or the acquisition of a new physical skill. Instead, the true measurement of success will be seen in the students who learn the valuable life lessons participation in education-based athletics provides.

So what are the desired outcomes of participation? The following are some crucial outcomes of education-based athletics as presented by Top 20 Training’s concept How’d Ya Do ([www.top20training.com](http://www.top20training.com)):

#### To have fun

For many adults, recreation is more like ‘*wreck*-reation’. We are driven as we play games to compete with a necessity to win and prove our worth. What is it that makes a grown person swear and throw a golf club when that little white ball doesn’t go straight? Our play is often not about having fun, but rather about getting stressed out. Awake coaches have a responsibility to direct practices and co-curricular activities in such a manner that young people have fun. This doesn’t mean, of course, that it’s only fun. Hard work, adversity, disappointment, and not getting everything a kid wants should also be part of the experience.

#### To learn

Awake coaches realize that sports and other co-curriculars are part of the overall educational experience of students. They help young people discover the powerful life lessons that are available in these activities. Some of these lessons will help students work more effectively with others throughout their lives. Besides focusing on touchdowns, rebounds and musical instruments, they open youngsters up to these possibilities by sharing things they themselves are learning and asking students what they are getting from these experiences.

#### To improve

We cannot improve by only doing what we can already do. Awake coaches who expect improvement encourage students

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to take healthy risks and stretch outside their comfort zone. This expectation helps students overcome the fear of failure and the fear of making mistakes.

### **To help others succeed**

It must be the expectation of every student that they learn to help others succeed. Coaches must convey that expectation to their students. They help them become aware of the importance of this and provide opportunities for it to happen. By helping young people help others succeed, coaches guide their students toward the most direct route to their own success. Think about the power of this outcome—it is those who lift others around them who will become great future leaders.

### **To conduct yourself well**

Many times in the heat of an athletic contest, players, coaches, and fans lose sight of their values and act in ways that tarnish their reputation. Embarrassing behavior on the court, on the sidelines and in the stands has unfortunately become too common in many athletic events. As a rule, players, coaches, and spectators regret those negative behaviors after the contest. It is important that coaches are vigilant about their teams' and fans' behavior during events. No matter how the ball bounces or how the officials' calls go, awake coaches must always do their best to maintain dignity, composure, and perspective.

### **To appreciate the opponent**

Opponent does not mean enemy. Yet if aliens from outer space observed many of our athletic events, they probably would not notice a difference between these two words. Often fans, athletes, and coaches treat opponents as if they are the enemy. As coaches striving to improve, we should be looking to learn from our opponents and appreciating skills or qualities they bring to the competition. The awake coach knows that their opponents offer challenges and opportunities to develop physically and mentally. They also offer friendships that are built on mutual respect and can last for a lifetime.

### **To do your best**

John Wooden defined success as “peace of mind, which is a direct result of self-satisfaction in knowing you did your best to become the best you are capable of becoming.” Wooden’s purpose was not to coach his players to be better than someone else or compare themselves to others. He coached for more than winning. He coached his team to be the best that they could be as a *team*. The fact that UCLA won 88 consecutive basketball games and twelve national championships resulted from Wooden’s mantra of being “the best you are capable of becoming.”

### **To learn life skills (Star Qualities)**

Coaches should understand that blocking and tackling skills are of no value to young people once they stop playing football. However, the Star Qualities that students can attain in sports and co-curriculars are valuable for a lifetime. It is the awake coach’s role to help students develop internal strengths, social skills, and problem solving skills that can make a positive difference in their lives during their school years and

beyond. It is important that the children who are participating learn not only the sport skills being taught, but also the important qualities of confidence, self-discipline, courage, and teamwork.

### **To learn from both winning and losing**

Winning and losing are significant events in students’ lives. Awake coaches realize that both winning and losing offer wonderful and potentially dangerous results for young people. Students who experience winning benefit by learning that they have what it takes to be successful. This can help develop their confidence and motivate them to strive for even greater challenges. On the other hand, winning has such a high value in our culture that it can create pressure on youth to win at all costs. Furthermore, the emphasis on winning can result in young people believing that their inner worth only comes from achievement.

If guided properly, kids can benefit from losing. Losing provides a healthy perspective. It keeps us humble and highlights areas where improvement can be made. However, losing without having significant experiences of success can diminish a student’s confidence. It can develop in a student a reluctance to try things in the future unless success is assured. The fear of failing or losing can keep kids in their comfort zone. As coaches, we know there are positives and negatives gleaned on both sides of the winning and losing ledger; we must be intentional to ensure our athletes have the same understanding.

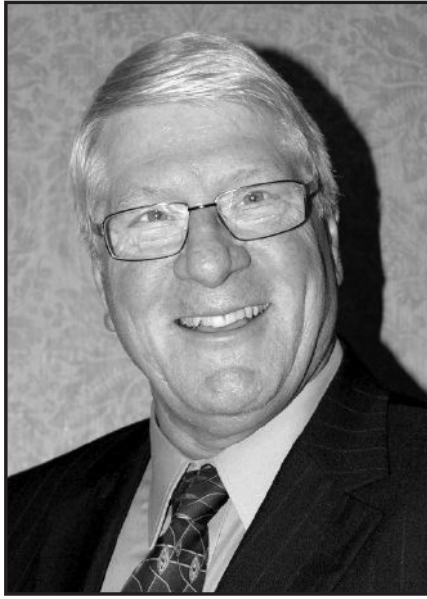
### **What did we get?**

It may be a cliché, but the enemy of “the best” is not “the worst.” The enemy of “the best” is “just fine.” The experiences our students are having may be “just fine” but can we make a commitment to give them more? Can we challenge ourselves to kick it up a notch, see our role as coaches differently, provide more for our students, and be “all in”? You can choose to accept “just fine” or you can choose to be “all in” and commit to being awake and making a difference.

Be committed and give your students more this season; give them experiences that will be the foundation for which they will build a successful life. So when asked at the conclusion of a practice, game or season, “What did we get?” you can answer by saying, “My students got an experience that prepared them for more than a game. They acquired the skills necessary to be prepared for life.”

*This article, written by Jody Redman, MSHSL Associate Director and Troy Urdahl, St. Anthony Village Activities Director and Head Baseball Coach and is the second of four articles to appear in The Prep Coach this year. The next issue will focus on the role failure and mistakes play in the development of our students.*

*Weekly lessons have been designed for coaches to teach the “Y” values discussed in this article. You may find them on the rotating front page of the League’s website under the Education header at [www.mshsl.org](http://www.mshsl.org). We encourage you to utilize this resource as a starting point or as a supplement to develop the “Y” values in the students on your team.*



## Ramblings from the Big Dog

By: John Erickson, MSHSCA EXECUTIVE DIRECTOR DETROIT LAKES

Mary and I want to wish you all wonderful Holiday season. I am always amazed at how quickly the fall season flies by. Congratulations to all of the fall coaches for all your accomplishments with all your fall sport teams. There were a lot of great games along the way and the great quality of the Minnesota High School Coaches was once more put on display in multiple sports across the state.

The MSHSCA has set an ambitious agenda for the year and the first task on our list was to create a Coaches Bill of Rights. Thanks to the efforts of a great committee representing multiple sports and representation from around the state a very good document has been created. A copy of the proposed bill of rights appears in this Prep Coach. We will now ask each Sport Association to write a letter of endorsement before we bring it to the Spring Delegate Assembly for a vote. I have also provided the Minnesota School Boards Association with a copy of the document and asked that they review it and offer suggestions if they see a need for any rewording. I think the reasons for the need for a document such as this has become very evident to all those who have witnessed the continued aggressiveness of the sports community toward coaches. Please share this document with your fellow coaches and ask them to direct any concerns to the delegates prior to the Spring Delegate Assembly set for Friday March 22nd.

Our annual Hall of Fame and Awards Banquet was held at the Crown Plaza - St. Paul on October 13th. Thank you to all who attended and help make this a very special evening for all the award winners in attendance. It is a wonderful event and I want to strongly encourage every award winner to mark their calendar for next year's event. The Banquet will be held on Saturday October 12th at the Crown Plaza St. Paul. I want to encourage every head coach to invite their assistant coaches to membership. We do not provide awards to non members and too often the

assistant coach selected by a sport association is not a member. It is sad to see this happen as those coaches who are named assistant coach of the year most often are in attendance at the banquet.

I would like to have you consider running for the Vice Presidential position on the MSHSCA Board of Directors. This year's candidates will come from the following areas: one candidate from boys sports, one candidate from girls sports, one candidate from Class A Sections 1,2,3,4 and Class AA sections 5,6,7,8. The MSHSCA has been blessed with strong leaders and your willingness to continue this lineage of leadership is needed again. You can contact me if you have any questions about exactly what this type of commitment entails but I can tell you that every man and woman who have taken on this responsibility have indicated that it has been a very positive experience.

The MSHCA is working on putting together a coaching clinic in partnership with the MSHSL. The details have not been finalized but expect there to be information in the March Prep Coach. It is intended that the clinic will address transitional coaching that you has been in the Sept. Prep Coach, this Prep Coach and will also appear in the March and May editions. We are very excited to see this educational opportunity come together in the coming weeks.

It seems impossible that Mary and I will be starting our 13th year as Your Director and Assistant Director in January. There have been many changes in the MSHSCA and tremendous growth. We want to thank each and every member of the MSHSCA. It is you, the membership, that has driven the MSHSCA to the heights they are at today. It is through you leadership, your participation, your bringing forward new ideas and most importantly the willingness to roll up your sleeves and work to make the coaching profession what it is today. You have blessed us with your friendship and support and we look forward to making 2013 an even better year for all coaches of Minnesota.

## MEMBERSHIP REPORT

### December 2012

<u>Types of Membership</u>	<u>2011-12</u>	<u>2012-13</u>
Active Class A & AA	6289	4750
Associates	1043	1322
Active Life	693	723
Retired Life	967	964
<u>Honorary</u>	<u>3</u>	<u>3</u>
	8,985	7,762

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

Adapted Athletics (21) 14	Boys Lacrosse (52) 11
Alpine Skiing (77) 51	Girls Lacrosse (48) 12
Athletic Directors (251) 237	Football (1106) 1064
Baseball (435) 347	Boys Hockey (252) 209
Boys Basketball (797) 684	Golf (boys & girls) (401) 235
Girls Basketball (720) 631	Soccer (boys & girls) (403) 403
Cross Country (335) 338	Softball (494) 247
Gymnastics (191) 166	Synchronized Swimming (11) 6
Nordic Skiing (105) 79	Girls Tennis (202) 190
Volleyball (693) 641	Boys Tennis (175) 103
Boys Swimming (181) 134	Track & Field (709) 499
Girls Swimming (225) 219	Wrestling (108) 101

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](mailto:rringerr@aol.com)

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

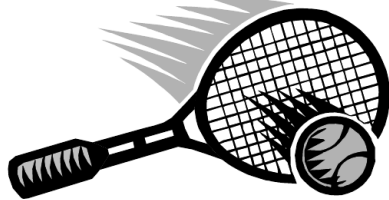
Please note: A limited number of Coaches Caring Program assistance payments will be issued each year depending upon the amount of donations made by coaches association members.

**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](mailto:rdecorsey@gsl.k12.mn.us)



It is hard to believe that winter is upon us. Most of us have not enjoyed the first “real” snow fall. It does not feel like more than a month has past, since we were wrapping up the state tournament. The fall season flew by us, and the next thing you know we will see many friends and colleagues, getting geared up for the spring season, at the MSHSTCA clinic.

Speaking of the clinic—here is the information you need to know:

## **2013 TENNIS COACHES’ CLINIC.**

**DATE:** Friday, March 1st and Saturday, March 2nd.

**LOCATION:** Fred Wells Tennis & Education Learning Center

**CLINICIANS:** Gary Aasen, Geoff Young, Dana Young, Neal Hagberg, and the USTA have committed to our clinic already. One more to TBA later.

Contact Rick Engelstad if you have questions:  
[rengelstad@isd578.org](mailto:rengelstad@isd578.org)

*I would like to extend my congratulations to the coaches of the year!!*

### ***2012 Boys’ Coaches of the Year***

**Class A Head Coach:** Tim Engelstad, TRF

**Class A Assistant:** Karin Kispert, Minnehaha

**Class AA Head Coach:** Randy Ronning, Elk River

**Class AA Assistant:** Robert Olson, Becker

### ***2012 Girls’ Coaches of the Year***

**Class A Head Coach:** Scott Orvik, Annadale

**Class A Assistant:** Brian Bluedorn, St. James  
Josh Otto-Fischer, Glencoe-Silver Lake

**Class AA Head Coach:** Kris Schneider, Prior Lake

**Class AA Assistant:** John Schmidt, Alexandria  
Kris Heimerman, Cetin Derham Hall

Congratulations to the repeat state team champions. Class A—The Blake School and Class AA—Edina. Congratulations to the individual champions: Class A singles—Sonya Das—St. Paul Academy and Summit School and Class AA—Summer Brills—Mounds View, and the doubles champions: Class A—Sarah Hays and Gina Nguyen—St. Paul Academy and Summit School and Class AA—Jessica and Katherine Aney—Rochester Century.

Tennis produces great student athletes.

### **Team Academic Award**

**GOLD: 3.75 to 4.0 GPA**

Boys A 6

Boys AA 21

Girls A 28

Girls AA 47

**SILVER: 3.5 to 3.74 GPA**

Boys A 11

Boys AA 12

Girls A 23

Girls AA 23

**For a team to qualify: The Head Coach must be a member of the MSHSCA.**

As winter approaches I encourage you to promote USTA winter tennis and their many programs. These programs keep moving out great sport forward, with exposure and improved quality of play, for all involved.

### **HALL OF FAME**

This past year Kevin Rust, who coached at Rochester Lourdes High School was inducted in to the MSHSTCA Hall of Fame—Congratulations to Kevin!! We continue to look for future coaches who are deserving of this honor. Contact Dave Gunderson: [dgunderson@vmmps.org](mailto:dgunderson@vmmps.org)

### **SEEDING**

This fall the Class AA team event, and the singles competitors of both classes were seeded for the girls’ state tennis tournament. This will also be the case for the boys’ state tennis tournament, in the spring. Please be aware of this, if your team or individuals advance to the state tournament.

**Tennis Coaches Association is looking for coaches whowant to get involved. Here are a couple opportunities:**

1. A Class A Coach interested in running for President Elect
2. Tennis Advisory Committee:
  - a. Meets with MSHSL once a year (August) attend clinic in March.

Need head coaches from:

1. Boys: 2 coaches each from Class A and Class AA
2. Girls: 1 coach from each Class A and Class AA

Please contact Rick Engelstad if interested:  
[rengelstad@isd578.org](mailto:rengelstad@isd578.org)

### **Topics of discussion at the fall meetings:**

1. Online rules & procedures test for tennis coaches.
2. Increase rosters from 13 to 15 players.
3. We need to our coaches to report scores for all matches on MSHSL.
4. All section managers need to have all brackets listed and updated.
5. State tournament consistency from Class A to AA.
6. USTA recover time.

### **MEMBERSHIP**

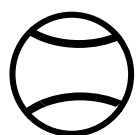
It is important for you to join the coaches association: MSHSCA. I encourage you to join the association and your assistant/assistants too. We are really pushing to get more

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.

### DEADLINES

Make sure you meet the deadlines for becoming a member, sending in academic forms, etc. so you and your teams do not miss out on awards you and your athletes deserve. Keep our website, <http://www.mshsca.org/tennis/>, bookmarked and check it often.

I hope everyone enjoys a relaxing winter and has a very Happy Holiday season.



# 2013 TENNIS CLINIC

## March 1st & 2nd, 2013

Fred Wells Tennis & Education Center • 100 Federal Drive, St. Paul, MN 55111  
612-252-8367



**Pre-register for the clinic online at [www.mshsca.org](http://www.mshsca.org)**  
**Coaches registering before February 26th will receive a sport specific t-shirt from Lakeshirts Blue 84 division.**

If you are sending one check for your whole staff, that can be done online also.  
Each coach enters their information & prints out a receipt to be included with the payment.

Login with your email and password from last year's online registration.  
\*\*\*\*\*If you mailed in your registration last year, your password is probably zzz.

### ALREADY A MEMBER?

Login at [www.mshsca.org](http://www.mshsca.org) use your email and the password you chose OR zzz is what the MSHSCA used as your password. Follow the event registration link on the left side of your profile.

### ATTENDING THE CLINIC ONLY?

There is a spot to register at [www.mshsca.org](http://www.mshsca.org)  
Once you have entered your email and profile information, you must select Boys or Girls Tennis as your 1<sup>st</sup> sport or it will not take you to the clinic registration. You will not be charged the sport association fees.

Clinic fee is \$50 in advance and \$70 at the door.

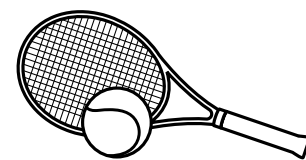
**ALL COACHES ARE ENCOURAGED TO BE MEMBERS OF THE MSHSCA & THE TENNIS ASSOCIATION**

**Make check out to MSHSCA**

**Mail to: Rick Engelstad, 21167 Crab Apple Dr., Pine City, MN 55063**

**Questions about registration? Call Mary at 218-234-0345 or email: [jomar@lakesnet.net](mailto:jomar@lakesnet.net)**

**Clinic questions? Contact Rick at © 763-242-1451, (H) 320-629-5025, email [mshstca@mac.com](mailto:mshstca@mac.com)**



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



# Diamond Cuts

By: Terry Sadler  
Warroad

We are Finally making ice! That may seem odd coming from a spring coach, but I figure winter only lasts so long so, the sooner winter gets here the sooner it'll leave. Besides, I have been anxious to get the winter ice fishing season started. And NO, I am not that guy that has to be the first one on the ice!

All winter activities are in full swing and I am looking forward to passing a few evenings in the gyms and rinks watching the student/athletes perform.

The Softball Advisory Committee has recently met with Lisa Lissimore of the MSHSL to discuss the fence proposal among other issues. If you remember, this has been an ongoing issue struck up by Paul Virgin a few years ago. It is our goal to require a field for varsity competition to have an outfield fence set a distance conducive to fast pitch softball (185-235'). It is ridiculous to think that a slow pitch field with fence distances approaching 300' or no fence at all is "good enough" for girls or our game. From experience, the integrity

of the game is severely strained without proper field dimensions. There is a concern of this also being a Title 9 issue as it certainly would not be acceptable for baseball to play with 450' fences to allow runners to round the bases at-will. What if your football team traveled to Anytown, MN and discovered its field is 130 yards long, or the baskets in the gym are at 11 ft. The costs associated with fence modification have been discussed at length. A portable fence set at 200' costs in the neighborhood of \$700.

There will be more information shared at the clinic on February 2.

Speaking of the clinic, I would like to encourage all the softball coaches in Minnesota (and neighboring states) to attend the annual Softball Association Clinic on February 2 at Apollo High School in St. Cloud. Featured speakers will include John Tschida, University of St. Thomas; Missy Bruggeman, Southwest State; Shelly Hotzler, Jackson County Central; and Gerice Olson, Buffalo. Topics will include tips and drills for all areas of the game as well as building a program, developing team culture, and Apps for softball. Several vendors will also be on hand to take care of your needs. I am sure they'll have great bargains again this year. The clinic organizers have done a bang-up job again putting the clinic together for and we should all be thankful.

Be sure to get out and enjoy the beautiful winter season; it'll be gone before we know it and it'll be time for pumping water, filling holes, raking, dragging, and chalking. See you at the clinic in February.

## 2012 SOFTBALL CLINIC

February 2<sup>nd</sup> • 8:00am - 4:00pm

St. Cloud Apollo High School

Register early to save time and money!



ALL Coaches attending the clinic must be a member of MSHSCA Payment can be by credit card, cash, check or money order.

**Register Online for the clinic at [www.mshsca.org](http://www.mshsca.org)**

The 1st 150 coaches registering online will receive a sport specific t-shirt from Lakeshirts Blue 84 division.

If you are sending one check for your whole staff, that can be done online also.  
Each coach enters their information & prints out a receipt to be included with the payment.

Login with your email and password from last year's online registration.  
If you mailed in your registration last year, your password is probably zzz.

### Out of state coaches ONLY, please! Mail in form

Name \_\_\_\_\_  
Mailing Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_  
Name of school \_\_\_\_\_  
E-Mail \_\_\_\_\_

#### Out of state, club & college coaches

**Clinic Fee:** \$80.00 \$100.00 at the door

Checks payable to: **MSHSCA**

**Mail to:** MSHSCA, PO Box 519, Detroit Lakes, MN 56502

Questions? Call: 218-847-6796 or email: [jomar@lakesnet.net](mailto:jomar@lakesnet.net)

# Over Hill *and Dale*

By: Thomas Sharp  
Eastview High School

Another season is over; there has almost been a chill in the air, and it all seems to have flown by too quickly! Our first order of business is to congratulate the teams and individuals who achieved the ultimate goal in this sport—winning a team or individual championship!

Congratulations to the men of Stillwater (AA) and Perham (A) for their team titles. Stillwater successfully defended their championship from 2011, a difficult task that has not been done since the 2007 and 2008 championships. Perham earns another championship and is building an impressive championship run; they have been either the champion or runner up every year since 2006! Championship years were 2006, 2007, 2010, and 2012; filling the intervening years (08, 09, 11) with a second place finish! Congratulations to the women of Wayzata (AA) and Esko (A) for winning their team titles. Both teams improved upon a third place finish in 2011 to take the top spot on the “podium” this season!

Congratulations to Wayde Hall (Stillwater), Maria Hauger (Shakopee), Matt Welch (Proctor), and Clare Flanagan (Blake) for winning the individual championships for their class! All of our champions have competed in the State Meet beginning in their freshman year! Senior Wayde Hall improved on his 7<sup>th</sup> place finish in the 2011 AA championships; Senior Matt Welch is a four year All-State runner who made a big move from 14<sup>th</sup> in the 2011 A championships; and Junior Clare Flanagan won her second consecutive Class A individual championship crown after finishing 8<sup>th</sup> as a freshman. Maria Hauger’s fourth consecutive AA individual title brought a well deserved standing ovation from the crowd at the award ceremony for her record setting performance!

I also want to congratulate all of the coaches and assistants who earned the respect of their peers earning Coach of the Year honors. We work in the best sport with outstanding kids who make the job easy; all of our coaches are deserving of recognition for their time, effort, and impact on the lives of these young men and women; being chosen as a Coach of the Year by your colleagues is a humbling honor, and a memory you can always treasure. I look forward to working through the rest of the Coach of the Year process and hope for an opportunity to have contact with all of you to offer my congratulations.

My plan prior to next season is to develop a website that will improve our communication and exposure. I want our association website to be the first place people go to find information and results, and in the long term have a secure

area where we can communicate and discuss our sport effectively without the constraints of time and distance. I am also continuing with an overall examination of the organization to bring better consistency and efficiency to our operations. I want to thank all of you for making my first season as President a smooth and enjoyable experience.

I hope to see many of you at the Track clinic in February. We have a meeting scheduled for 2:30 on Saturday February 2 as listed on the brochure. Please attend and provide feedback as we reflect back on this season and discuss topics we may want to address in the future.

Thank you again for all that you do! \_\_\_\_\_

## MSHSL BOARD OF DIRECTOR’S REPORT

By: Shelly Hotzler  
Jackson County Central

Happy winter....and what a great fall we had. On behalf of Mark Solberg and myself I would like to congratulate all of the Fall State Champions. At the Board it has been quite a busy Fall with many interesting decisions to be made.

Our Board meeting in Oct. found us discussing many issues: 1. The future format of the State Football tournaments with the building of the new Viking’s stadium. 2. Along with the Football tournament the Soccer tournament will be discussed as well. 3. The most pressing issue the Board is facing is the future of the two Basketball tournaments. Beginning in 2014 the Target center will be hosting the tournament for the new Division I National collegiate Hockey Conference through 2018. There are numerous scenarios being explored by Lissimore and Merkle and hope to have more to report after the Board meeting in December. 4. Merkle reported that the MN Twins have agreed to make Target Field available on Monday June 17, 2013 for the Prep Baseball series. 5. Additional discussion on the request of the partnership of from the MN State High School Clay Target League. This will be an action item at the Dec. Board meeting.

As this goes to print we will be having our Dec. Board meeting and you can find the Meeting Synopsis from any of the Board meetings on the website [www.mshsl.org](http://www.mshsl.org) on the right side of the page.

Mark and I were among a group of individuals that met in Oct. to draft a Coaches Bill of Rights. You can find the Bill of Rights in this issue of the Prep Coach

If any of the sport associations need our assistance please let us know, we are here to serve you. \_\_\_\_\_

# HOOP SCOOP



By: Jeff Buffetta  
Girls Basketball Coaches Association President  
Mt. Iron-Buhl High School

By the time you read this your 2012-2013 season is in the full swing of practices and games. I hope that all of you have a season filled with many good experiences that will build lasting memories for you and your athletes. Thank you for your dedication and the endless hours you put in for the young women of Minnesota!

The Fall Clinic was held at the University of St. Thomas. Thank you to Scott Bergman and Bill Gottenberg for all the time and effort they put in to plan and execute the clinic. Another big thank you to Ruth Sinn and her staff for their help at St Thomas. A big thank you also goes out to the speakers, which all did a great job; John Tschida (U. of St. Thomas), John Tauer (U. of St. Thomas), Ruth Sinn (U. of St. Thomas), Matt Bollant (U. of Illinois), Mike Diviblis (U. of Illinois), Ted Rivero (U. of Minnesota), Jon Herbrechtsmeyer (Bethel), Wendy Kohler (Alexandria), and Brian Cosgriff (Hopkins).

There are a few MSHSL updates:

- All head and assistant coaches at the JV or Varsity level should have gone through the Coaches Clipboard requirement.
- The summer coaching waver period is June 29-July 5, 2013.
- The State Tournament will be held at the Target Center and Williams Arena, March 13-16, 2013.
- The Class 3A and 4A Tournaments will be seeded using the same process as last year. The top four spots will be seeded and then there will be a blind draw for the remaining spots via a telephone conference call from the MSHSL Office prior to the tournament.
- Due to scheduling conflicts there will be site changes / change of dates for future state basketball tournaments. Nothing is set yet, but stay tuned for further information.

Please remember to rate the officials; the officials that are up for ratings are the ones that want to be considered for the state tournament. We are looking for volunteers from each class that will commit to seeing all the games in their class to provide input into the selection of the All-Tournament Team.

Remember to check our website, [www.mshsca.org/girlsbasketball](http://www.mshsca.org/girlsbasketball) periodically. All

nomination forms for all the Association awards are found there and must be submitted electronically.

- Miss Basketball nominations are due Dec. 21st, 2012.
- Coaches Association Membership Form due Jan. 1st, 2013.
- All-Star/All-State due January 18, 2013.
- Team and Individual Academic are due February 8, 2013.
- Section Coach of the Year voting is due February 15, 2013.
- Hall of Fame Nominations forms are due March 8, 2013.
- Girl's Basketball Coaches Association All Star Game will be April 26th-27th 2013 at the University of St. Thomas.

Please feel free to contact any to the association officers or your sections representative about any ideas or concerns that you may have regarding girl's basketball, your input, suggestions and ideas are always welcome. Have a Great Season!

*“We may have broken rules...  
but we did not cheat.”*

**- Jim Calhoun,  
Connecticut mens' basketball coach**



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.

**CARRIER**

Lexington Insurance Company  
("A" A.M. Best)

**POLICY PERIOD**

August 1, 2012 - August 1, 2013

**LIMITS OF INSURANCE**

- \$1,000,000 Each Occurrence
- \$1,000,000 General Aggregate
- \$1,000,000 Products/Completed Operations
- \$1,000,000 Personal & Advertising Injury
- \$ 100,000 Fire Damage
- \$ 25,000 Sexual Abuse (per member)
- Excluded Medical Payments
- Educators Protection Plus (classroom coverage)

**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](http://www.LoomisLapann.com)

**For any additional information  
please contact your  
State Association office  
or**

**Greg Joly, Kevin Joyce or Karen Boller  
Loomis & LaPann, Inc.  
800-566-6479  
[gjoly@loomislapann.com](mailto:gjoly@loomislapann.com)  
[kjoyce@loomislapann.com](mailto:kjoyce@loomislapann.com)  
[kboller@loomislapann.com](mailto:kboller@loomislapann.com)  
[www.loomislapann.com](http://www.loomislapann.com)**

**For All Insurance  
Questions**

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Insurance Coverage  
What to do if involved  
in a suit

Camp Coverage  
Certificates of Insurance  
Participant Accident  
Insurance

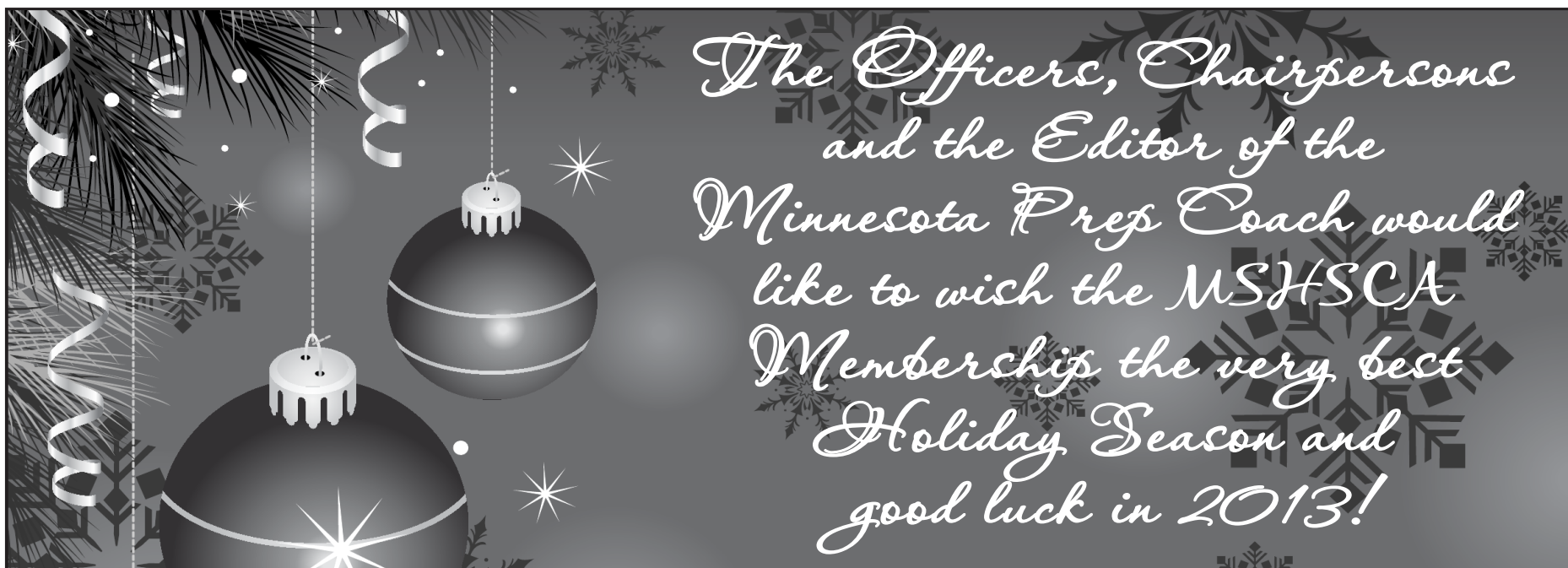
**Contact Information:**

Greg Joly  
[gjoly@loomislapann.com](mailto:gjoly@loomislapann.com)

Kevin Joyce  
[kjoyce@loomislapann.com](mailto:kjoyce@loomislapann.com)

Karen Boller  
[kboller@loomislapann.com](mailto:kboller@loomislapann.com)

Loomis & LaPann, Inc.  
18 Exchange St  
PO Box 2158  
Glens Falls, NY 12801  
800-566-6479  
518-792-3426 FAX  
<http://www.loomislapann.com/>



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

# 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.

## WINTER CLINIC ATTENDEES URGED TO USE ELECTRONIC MEMBERSHIP

Coaches who plan to attend clinics this winter 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](mailto: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](mailto: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

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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.



# Goal Posts

By: Ron Stolski - Brainerd  
Exec. Director MFCA

Greetings from the MFCA. The season is done; the fields are quiet, the players have moved on. Our hope is that the weeks past have provided you, your team, school, and community with the opportunities to learn, share and grow through the experience(s) of football. A game that comprises so many metaphors of and for life. As coaches, we are fortunate to have chosen a profession that encourages (and allows) us to 'try to make a difference'. The mission of the MFCA, in part, is "to provide educational opportunities", recognize achievement", and enhance and improve the game of football in our state.

In today's article, we want to mention some of the MFCA's programs that help fulfill that mission. We are fortunate to have strong leadership on our standing committees, and hope you will take full advantage of the programs and their benefits for coaches and players alike. Let's begin by urging you to visit our website, <http://www.mnfootballcoaches.com/> for

information and forms for many of the opportunities we shall hi-light here.

## MR FOOTBALL AWARD

Committee Chair, Rick Sutton. The process of selection is thorough with data from nominating conferences/independents being narrowed to ten finalists. The finalists are assigned a personal evaluator. each evaluator views tape/film and returns to final meeting where all committee members view film. All coaches evaluate and view film. This allows a very subjective award to be as objective as possible. A final selection is then made.

Congratulations to 2012 finalists, Marley Addison, Edina, Jake Disterhaupt, Moose Lake-Willow River, Chase Morlock, Moorhead, James Onwualu, Cretin-Derham Hall, Noah Scarver, MPLs. Washburn, Shaun Schindler, Hutchinson, Bridgeport Tusler, Osseo, Brett Watercott, becker, Jake Weinke, maple Grove, and Alex Wood, Lakeville North.

## COMMUNITY SERVICE AWARD

Committee Chair is Beau LaBore. The award recognizes teams for their service off the football field. The MFCA encourages each high school team to get involved in the community to show our players the importance of 'giving' to others. Teams are encouraged to share their stories, ranging from assistance with natural disasters, issues related to

the community, national and international organizations, and causes unique to their team and school. In the end, while we promote all teams to share their stories, we showcase a few by awarding a plaque for their effort and impact. Forms due by Jan. 1

## NATIONAL FOOTBALL FOUNDATION

Committee Chair is Dave Nigon. The MFCA partners with the NFF to promote and award academic success among graduating football players in the state. We sponsor two In addition to our financial partnership with the NFF, we sponsor two scholarships. They will be awarded at the annual NFF banquet in April.

## MFCA SCHOLARSHIPS

Committee is chaired by Will Wackman. We award \$6000.00 in scholarships divided among 12 deserving players. The award is based on Academics, Athletic Achievement, and Leadership in the community. Application deadline is Mar. 15.

The above programs are just a sampling of our work. There are several other worthy projects we sponsor. For example, President Jon Bakken is establishing a scholarship plan that will reward current college players who have completed at least one year of college and is continuing to play. In our

**continued on page 19**

## 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](mailto:stolski@yahoo.com)  
Dave Nigon, Booths [dlnigon@yahoo.com](mailto:dlnigon@yahoo.com)  
Jim Dotseth, Finances [dotsethj@comcast.net](mailto:dotsethj@comcast.net)  
Ray Kirch, Registration [kirchr@district279.org](mailto:kirchr@district279.org)  
Dave Nelson, Ads [dave.nelson@minnetonka.k12.mn.us](mailto:dave.nelson@minnetonka.k12.mn.us)  
Claud Allaire, Schedule & Speakers [claud.allaire@comcast.net](mailto: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](http://www.mnfootballclinic.com)

immediate future, is the MFCA Clinic, April 4-6; the HOF Awards Banquet, April 6. The Recruiting Fair, May 6, The All-Star game (selection process has just begun), June 29.

Congratulations our All-State Champions. Great teams all. Thanks to the many other committees who help make us 'work and serve'. Finally CONGRATULATIONS to Tackle Cancer, Dave Nelson, chair... Through the collective efforts of our schools over \$120,000 was raised to aid the Randy Shaver Community Cancer Research Fund.

On behalf of the MFCA thank you for all of your efforts to make football special. Thank you Jim. Thank you Rob. Happy and Blessed Holidays to all.

---



## FLIP NOTES

By: Jen Harmoning  
MGGCA President  
Becker High School

Greetings coaches!

The season is now well underway. I wish you all the best of luck on a healthy, successful season. The section representatives met in November. Key points from the meeting are as follows:

- All-State/All-State Honorable Mention awards were discussed and the vote was to keep the qualifying scores the same this season. The discussion will be revisited this spring upon review of the season. The recent trend has shown that there may be fewer athletes qualifying in bars. However, with changes once again this year to the scoring structure on three events, the group did not feel able to make a well-informed decision to change. If you have an opinion regarding the qualifying scores, please tell your section rep.
- In the interest of shortening the march-in process at the state tournament, coaches will no longer be marching in with the athletes. Class AA has never marched in with the athletes; Class A has had a mix of practices. With the general thought being that this is about the athletes, and a request from the League to shorten and streamline the process, the decision was made that only the competitors will be marching in.
- The proposal idea for altering the qualifying process for individuals to the state tournament has been under discussion and was discussed again at our fall clinic. It was decided that at this time we need plenty of input from the coaches at large. Later this season, your section rep will send out information regarding the proposal idea and will be asking for your thoughts. Please respond. We really want to know how everyone is feeling because, if we decide to go through with the proposal, it would make a big impact.

Thank you to Mark Sikich and his staff at Park of Cottage Grove for hosting a great clinic in October! The committee is already busy getting started on the planning for next year's clinic. Mark the dates of October 3-4 (Thursday-Friday) and keep it open. If you have any ideas for presenters or presentation topics, please email those ideas to Jen Harmoning at [jharmoning@becker.k12.mn.us](mailto:jharmoning@becker.k12.mn.us). This clinic is FOR YOU, so we would love to hear FROM YOU about the things you're interested in learning.

Recently, the latest edition of the Chalk Talk was mailed out to all current members of the MN Girls Gymnastics Coaches Association. Inside you will find the Season Timeline. You will want to be sure to place it in a location where you won't miss it and can refer back to it often. It is your responsibility to check the deadlines carefully and submit your information on time. Please help make the job of your section representatives much easier by being ready with Coach of the Year votes and academic forms on time.

Best wishes to all of you that you enjoy your best seasons ever! Measure it not by scores or results, but by the things that really matter! Teach them, model for them, learn beside them, and have a great time with them!

---

*“What’s the difference between a 3-week old puppy and a sportswriter?”*

*In six weeks, the puppy stops whining.”*

**- Mike Ditka**

## 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<br>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 )<br>(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 )<br>(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 ( Colleagueville 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 * Men's Hockey on Availability ( Duluth MN ) |
| • 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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# Smooth • Fast • Natural

By, Robert Teslow  
The Blake School



Thank goodness for modern snowmaking technology and simple paper preference voting. Most teams are training on machine made snow throughout the state three weeks after the beginning of the season. Yet getting on-snow training now must be expanded quickly to help student athletes to develop skills, techniques, and strategies for race training. The results became clear last spring that would not allow a by-law change for extended contact and practice past the state meet when there is still snow in Minnesota. This decision is unfortunate. It is clear that some decisions are best made at the League staff level.

Soon racers, and coaches will the training and practicing with an understanding that some things can be changed in our sport if we all work together. Such is the case with the recent decision that was approved by the League staff to use single pole format for section and state competition. The simple preference vote of coaches held at the rules meeting was overwhelmingly in favor off making this change immediately. In terms of the level of engagement that the League needed in making this change, from a double pole racecourse format to a single pole format was easy. It was a League staff decision rather than something that needed further review and decision-making by members of the representative assembly. Several other issues of this same simple complexity are pending; state seeding and a state tie breaker to determine a team champion.

Eight-two parents and coaches attended a gate keeping and on-hill volunteer clinic sponsored by the Minnesota State High School Alpine Skiing Coaches Association at Buck Hill. Originally planned for a single conference, the Tri Metro Conference Alpine Skiing Coordinator Robert Teslow, saw the benefit of opening the clinic to others so that there could be a broader understanding of the rules and needs of the sport. The new Association President Jason Nickleson added by Derek Nash got behind the program by scheduling the event and getting the message out to others conference coaches and parents.

Boys' and girls' alpine skiing, at the conference level do not use and are not required by MSHSL By-laws to use certified officials. This is a good start that needs to be expanded on. The clinician, Caryn Jones, explained the new course format to the group and what changes it would make to those volunteering as gate judges. "It will make it a lot easier Caryn explained", to the parents and coaches attending. The power point used in the presentation will be made available electronically.

The Association boat, that seemed to be in difficulty after the defeat of the season extending By-law change, is certainly back in the water but still help rowing up against the League stream. More coaches are need to take on rowing the boat in order to further the mission. Contact Jason Nickelson "Jason Nickelson" <jason.nickelson@gmail.com>, to help guide the good work of the Alpine Sport Activity Committee; Steve Lindemer, "Steven G. Lindemer" <sglindemer@gmail.com>, Robert Teslow, "Robert Teslow" <rteslow@blakeschool.org>, Nicole Rasmussen, "Nicole Rasmussen" <nrasmussen@bsm-online.org>, Caryn Jones "Caryn Jones" <cussa\_region1@yahoo.com>, and Derek Nash, "Derek Nash" dnash@burnsville.k12.mn.us. Give your personal time and support to Jason in governing the many aspects of keeping the boat with it's bow facing upstream.

## Delegates Corner

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

Winter sports practice has started. Where did the fall season and first quarter of the school year go? The MSHSCA continues to be a solid organization under the leadership of our President Jon Wagner and Executive Director John Erickson.

My thoughts lately have been on young coaches. I am a mentor for a first year teacher and coach in our district. I remember my first position and how the experienced coaches on staff mentored and helped me with the tools that were so vital to where I am today. I am now that experienced coach on our staff and part of my responsibility is to teach and mentor the first year coach on my staff. I believe part of my responsibility as a mentor is to expose my young assistant to the workings of the MSHSCA. As delegates we carry that obligation to educate the next generation of Minnesota coaches about this great organization and what it takes to keep it moving forward.

Another issue for coaches to be aware of and get involved with is the Coach's Bill of Rights. With the rash of coaches being dismissed in the past years for nothing more than a parent complaint this is legislation that is necessary to allow coaches to do their jobs without undue interference. Contact your legislator to support this legislation.

Thank you delegates for representing the members of our coaches association. If you would like to get more involved or know someone who would please contact a board member or John Erickson. See you at Mancini's in March!

# LET'S LOOK BACK IN TIME

By: John Erickson, Executive Director

I have had some of our sport associations ask me to find out when their associations were founded and what their sports involvement was with the MSHSCA through the years. In researching that information I concluded that many of the issues we are dealing with today were issues back in the early days of the MSHSCA. I thought it would be fun for you to be able to look at some of the meeting minutes from years gone by.

Non renewal of coaches is not a new phenomena. The minutes for the Officers meeting of the MSHSCA held at St. Cloud Technical High School on April 11, 1949 discussed the issue of coaches dismissals and a Code of Ethics. The MSHSCA had a grievance committee that was responsible for reviewing dismissals. The committee members were: Ralph Summers, (Albert Lea), Louis Todnem, (Mankato), Bob Thomsen, (Springfield), Ray Peterson, (St. Paul), Jim O'Gara (Litchfield), Ken Smith, (Breckenridge), Herb Dew, (Cloquet) and Mike Lagather, (Bemidji). The purpose of the committee was to review coaches dismissals when asked to by the dismissed coach for help.

The grievance committee decided that an unjust dismissal should be based on three issues. 1. Moral issues 2. Insubordination or 3. Inefficiency. The burden of proof rests with the Superintendent and School Board. It is further understood that winning and losing games could, in no way, be considered to mean inefficiency. Once the grievance committee completed their investigation the findings of the committee were to be made public but the members doing the investigating be kept from the public.

The executive secretary was also instructed to call the clerk of the school boards of the schools dismissing the coaches. The reasons for the dismissal of the coaches appearing before the grievance committee were; 1. method used in getting back lost equipment and 2. Too many boys being dismissed and quitting the athletic squads. In the second dismissal case the reason for dismissal was given as not having a winning basketball team.

The minutes from the meeting indicated that there were 608 members of the MSHSCA. The report was submitted by V.L. Morrison, Executive Secretary



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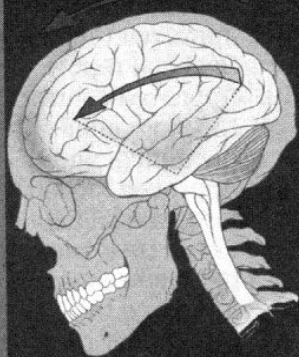
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# The FACTS CONCUSSIONS



A concussion is a **brain injury**.

All concussions are **serious**.

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

Concussions can occur **in any sport**.

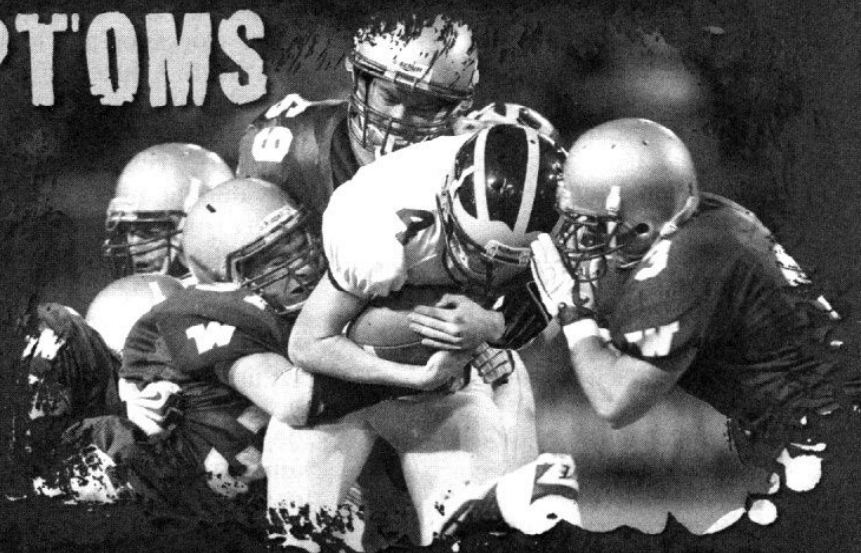
Recognition and proper management of concussions when they **first occur** can help prevent further injury or even death.

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**

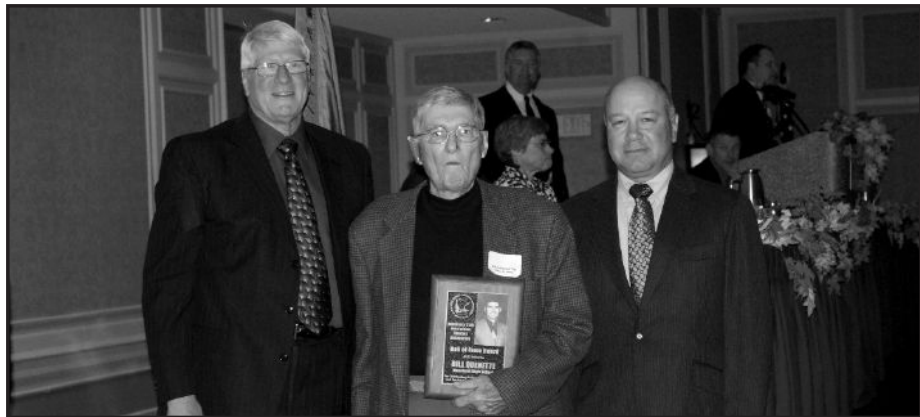
## The ACTION PLAN

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

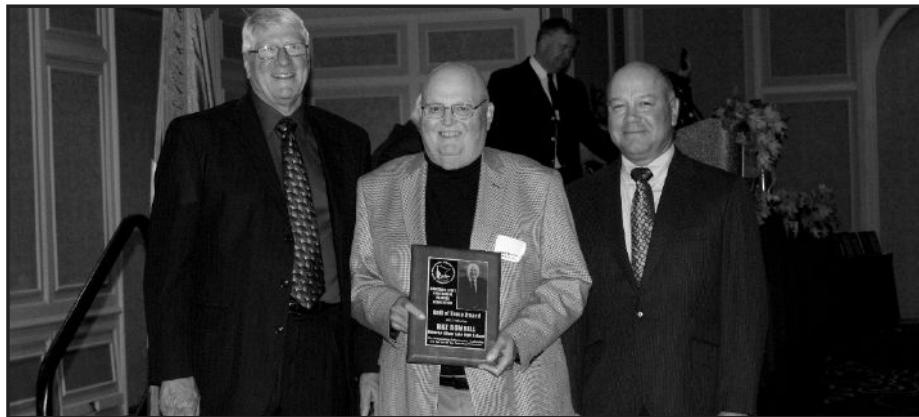
1. Remove the athlete from play.
2. Ensure that the athlete is evaluated by a health care professional experienced in evaluating for concussion. Do not try to judge the seriousness of the injury yourself.
3. Inform the athlete's parents or guardians about the possible concussion and give them the fact 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](http://www.mshsl.org)

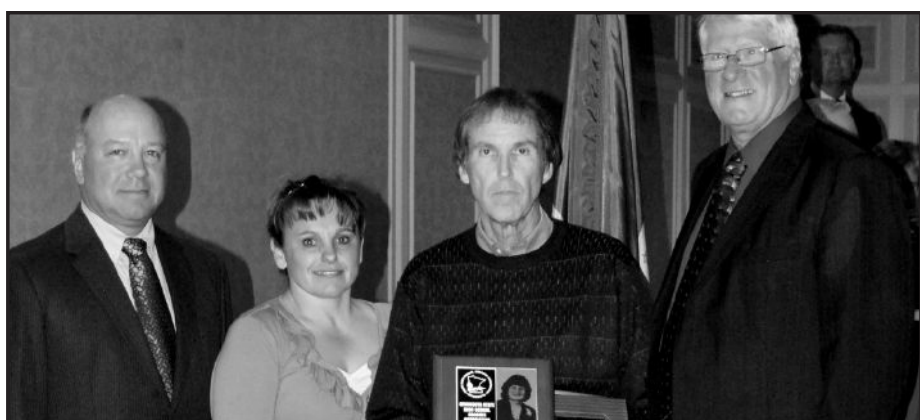
# HALL OF FAME



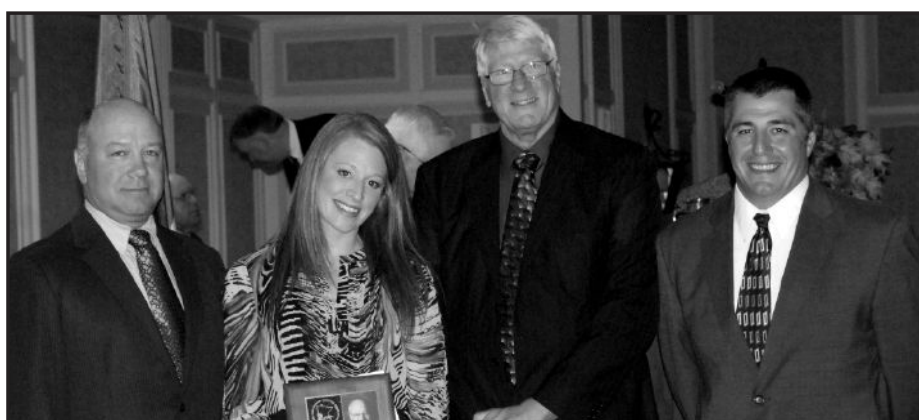
**Bill Quenette, Moorhead**



**Buz Rumrill, Glencoe-Silver Lake**



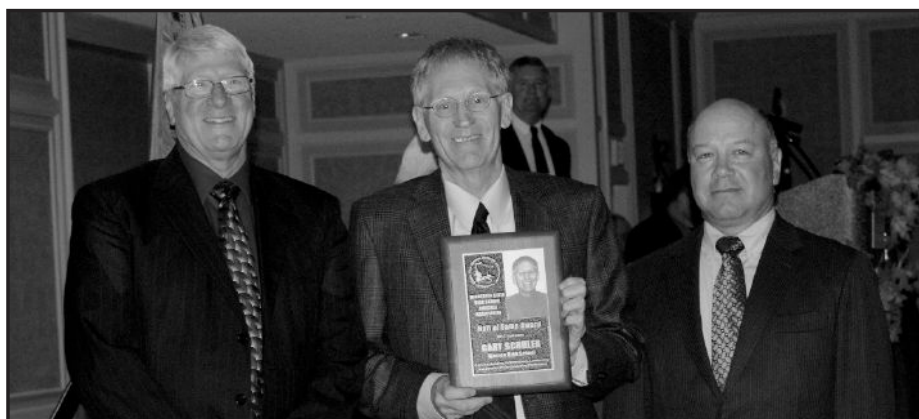
**Ron Hummel accepting on behalf of his wife Carolyn Hummel**



**Ashley Hylia accepting on behalf of her father Dave Hylia**



**Tom Saterdalen, Bloomington Jefferson**



**Gary Shuler, Fergus Falls & Warren Alvarado Oslo Schools**

## OFFICIALS DISTINGUISHED SERVICE AWARD



**Becky Leuer - Past President Plaque  
from current President  
Jon Wagner, Eveleth-Gilbert**



**Sharon Howe**



**Raquel Buschman**

# AWARDS

## COACHES OF THE YEAR



### CHAMPIONSHIP COACHES OF THE YEAR

### CHAMPIONSHIP COACHES



### GEORGE HAUN LEADERSHIP AWARD

### STEVE KERZIE DELEGATE SERVICE AWARD

### 25 YEAR PLAQUE



John Schumacher



Mark O'Neil  
pictured with Jon Wagner (left) and Steve Kerzie (middle)



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# BASEBALL HALL OF FAME



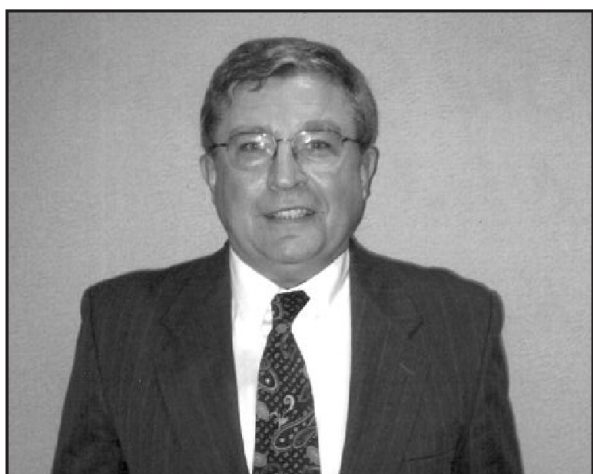
**Jerry Coe - Coon Rapids**



**Dick Jonckowski - Shakopee**



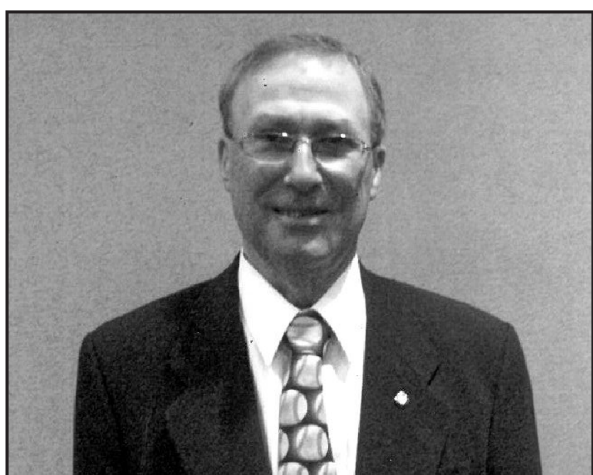
**Don Sauter - Sibley East**



**Joe Scublewski - Albert Lea**



**Bob Wasko - South St. Paul**



**David Wendlandt - McLeod West**



**Jim Tabor, Sone of Chulk Tabor (Cobb. Cooper)**



**Ricky Michel - Stillwater**

## dugout chatter



By: Todd Smrekar  
President Minnesota State High School  
Baseball Coaches Association  
Cambridge-Isanti High School

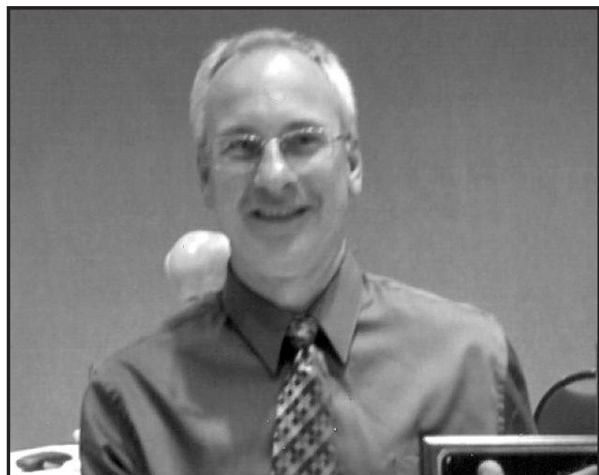
There are multiple signs that winter is indeed here or will be shortly: political ads have turned to holiday ads, the chill is in the air, the leaves are down, the fall clinic is over, and baseball fields have been put to bed. Although baseball is more than 120 days away, the preparation for the 2013 season is largely on the minds of baseball coaches statewide. There are several items that will occupy the thoughts of high school baseball enthusiasts statewide this winter. Included among these items are initiatives by the baseball advisory board, forms and deadlines for the upcoming season, the annual All-Star game, the coaches' education initiative, and membership in our national coaches associations.

Before elaborating on anything about the preparations and specifics of the 2013 season, it is imperative to give thanks to all who make our annual clinic at the end of October the **great** event that it truly is. A sincere thank you goes out to John Wilkens and his family for their efforts to make the clinic run so smoothly each and every year. Additionally, thank you to Paul Twenge for lining up the excellent group of speakers, to the speakers, the vendors, and to the Ramada Plaza for their assistance in the clinic's resounding

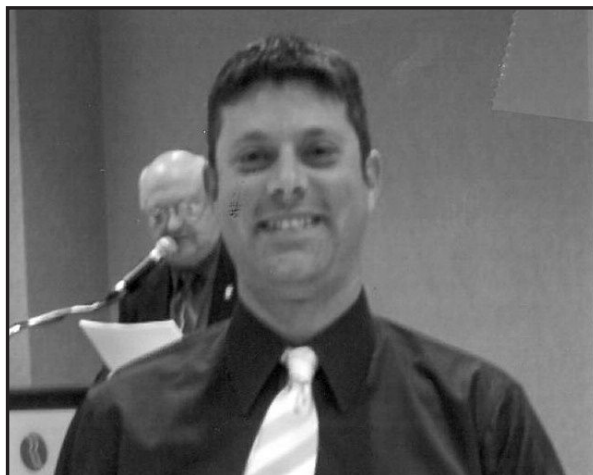
...continued on page 28

# BASEBALL AWARDS

## BASEBALL COACHES OF THE YEAR



AAA • Tom Strey - Eastview

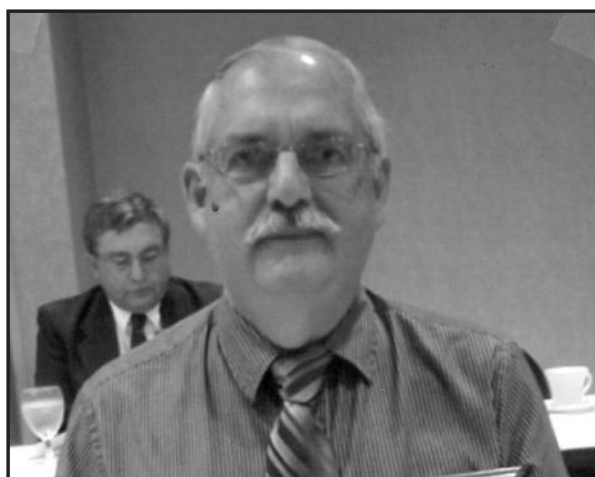


AA • Bryan DeLorenzo - Holy Family



A • Mike Streitz - St. Agnes

## ASSISTANT BASEBALL COACHES OF THE YEAR



Dick Realdsen - Paynesville

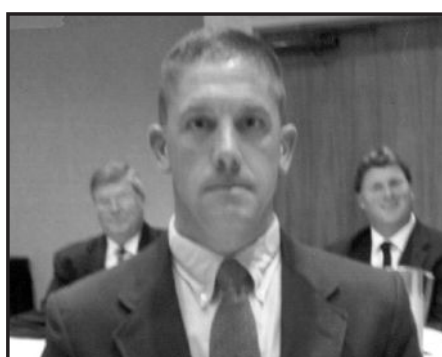


Jim Thompson - Deer River

## BASEBALL COACHES SPECIAL AWARDS



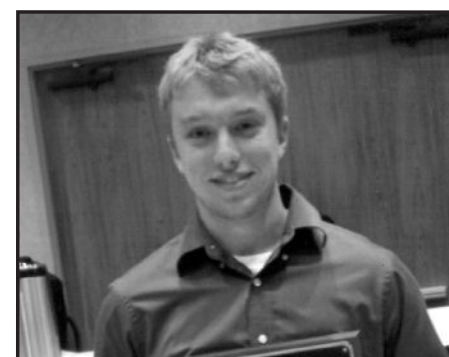
Jeff Neutzling - Dassel-Cokato  
RETIRED COACHES



Bucky Mieras - Orono  
RETIRED COACHES



Dick Osdoba - Chaska  
ANGELD GIULIANI AWARD



Bucky Lindow's Son Braxton - Cannon Falls  
DICK SIEBERT AWARD

## Dugout Chatter ...continued on page 26

success. Also special congratulations to our 2012 Hall of Fame class, our coaches of the year, field of the year winner, and the other award winners that were recognized by our association at the annual meeting and banquet that weekend.

The first item to emphasize from the association standpoint involves promoting our athletes and ultimately this great sport. We can promote our athletes by nominating them for the various awards that are sponsored by our association. As part of this we encourage all coaches to access our website at [www.mshsbca.org](http://www.mshsbca.org) and click on the forms tab and download each individual form. Some of the dates to remember include May 10<sup>th</sup> for the All-Star Series and June 1<sup>st</sup> for the All-State and All-Academic All-State(both team and individual). With regard to the All-Star game, it is recommended to communicate with your nominee(s), let them know it is a three day commitment, and that it will take place the weekend after the state tournament in Chaska. Let's make sure we get our best players competing in this prestigious tournament.

The All-Star game has undergone a bit of a makeover since the last time the coaches association met. Each head coach is encouraged to go to [www.mshsbca.org](http://www.mshsbca.org) to check out the changes, just click on All-Star game tab. For the website, thank you goes out to Tink Larson for all he does to maintain our website.

In addition to being a member of our state baseball coaches association, coaches should consider joining other coaches associations at the national level as well. The two other baseball associations to consider joining include the National High School Baseball Coaches Association(BCA) and the American Baseball Coaches Association(ABCA). The reasons to consider joining these associations include additional liability coverage, additional promotion of our sport and athletes through various awards that are sponsored by both of these associations, and additional coaching resources. Both have national conventions during the winter months which provide excellent speakers. The ABCA national convention during the first week of January will be held in Chicago, Illinois and the 2012 BCA convention was held in St. Louis at the beginning of December, 2013 BCA convention will be in Tucson, Arizona. Coaches can access their websites for further information on membership and conventions; [www.baseballcoaches.org](http://www.baseballcoaches.org) and [www.bca.org](http://www.bca.org). There are plenty of local opportunities for professional growth and networking during the winter. The St. Olaf Clinic will be January 26<sup>th</sup>(more details to follow), on February 9<sup>th</sup>(from 8:30 to 2:00 p.m.) the University of Minnesota will hold its annual clinic, and St. Cloud State clinic is generally in February.

Thank you to all the coaches who participated in the surveys that advisory board sent out. The results of the surveys were as follows: four classes(170 for, 72 voted against), roster size (20 over 18 by a vote of 96-94), week back vote( 148-62 in favor).Upon analyzing the results of each survey, and much discussion looking at the history of our initiatives, the advisory board has decided to pursue expanding the current official roster size from 18 to 20 and exploration of how schools are classified. Both of these initiatives are processes that will take time to go through the proper channels.

With regard to promoting and tracking our sport, baseball will continue to receive expanded coverage with websites that will promote our athletes and our sport. Coaches are encouraged to enter their information on the Minnesota Baseball Hub([www.mnbaseballhub.com](http://www.mnbaseballhub.com)) and/or Minnesota SportsOnline. Both will continue to provide schedules, results, and stats as well. Utilizing these sites will help to promote the athletes that we coach and our sport in general. Entering and updating stats on these websites will also assist those committees that make decisions on association sponsored such as All-State and the All-Star game.

The final item to get on your radar involves the MSHSL. The MSHSL passed a coaches' education initiative that went into effect starting last year for all head coaches. Effective in 2013, one Assistant Coach at each level will have to take the rules meeting as well as continuing education. The program can be completed on [www.mshsl.org](http://www.mshsl.org) by clicking on the coach's clipboard link. Please contact your Athletic Director if you have questions on this initiative. Additionally, MSHSL 2013 State Tournament Championship will be held for all classes on Monday June 17, 2013 at Target Field, if there is inclement weather, the games will be moved to a different site because of the Twins schedule.

There are a lot of things to do and think about as we enter what we hope is a short winter. There is a lot to look forward to in 2013 and beyond for our sport. Baseball season will be here before we know it, and as we anxiously await the start of another exciting spring, I wish you and yours the very best of holiday seasons and a happy, healthy, safe, and successful 2013.

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### **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](http://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](mailto: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](mailto:jbad154@q.com)

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

# Fall 2012 Team Academic Results



## SUBWAY SPONSORS TEAM ACADEMIC

The MSHSCA received great news this summer when Subway heartily agreed to sponsor and finance the popular Team Academic Program. Subway recognizes the importance of academics and activities for the youth in MN schools.

Fall 2012 results are included below. If a fall sport does not appear it is due to the fact that results were not submitted to the MN Prep Coach.

### GIRLS TENNIS

#### Class A Gold

Aitkin  
Annandale  
Belle Plaine  
Eveleth-Gilbert  
Foley  
Glencoe-Silver Lake  
Litchfield  
Luverne  
Melrose Area  
Mora  
Osakis  
Pequot Lakes  
Pierz  
Pine City  
Redwood Valley  
Rochester Lourdes  
Roseau  
Sauk Centre  
St Croix Lutheran  
St Peter  
Staples-Motley  
Trinity School  
Waseca

#### Class A Silver

Benson  
The Blake School  
Breck  
Cannon Falls  
Crookston  
Duluth Marshall  
Fairmont  
Jordan  
Lac qui Parle Valley  
Lake City  
LeSueur-Henderson  
Maple River  
Minnehaha Academy  
Minnewaska Area  
Montevideo  
Mounds Park Academy  
New London-Spicer  
Park Rapids Area  
Pipestone Area  
Sibley East  
St James  
St Paul Academy  
United South Central  
Virginia

#### Class AA Gold

Academy of the Holy  
Angels  
Alexandria  
Bemidji  
Blaine  
Bloomington Jefferson  
Brainerd  
Buffalo  
Cambridge-Isanti  
Champlin Park  
Chanhassen  
Chisago Lakes  
Coon Rapids  
Cretin-Derham Hall  
Delano  
DeLaSalle  
Duluth East  
East Ridge  
Eden Prairie  
Edina  
Forest Lake  
Hermantown  
Hopkins  
Irondale

Lakeville North  
Lakeville South  
Mankato West  
Monticello  
North Branch  
Northfield  
Princeton  
Prior Lake  
Red Wing  
Richfield  
Robbinsdale Armstrong  
Rochester Century  
Rochester Mayo  
Rogers  
Rosemount  
St Paul Highland Park  
South St Paul  
St Anthony Village  
St Cloud Tech  
Stillwater  
Thief River Falls  
Totino Grace  
Wayzata  
White Bear Lake  
Woodbury

#### Class AA Silver

Apple Valley  
Becker  
Benilde-St Margaret's  
Big Lake  
Eagan  
Eastview  
Elk River  
Fergus Falls  
Henry Sibley  
Hibbing  
Hill-Murray  
Holy Family  
Hutchinson  
Little Falls  
Mahtomedi  
Mankato East  
Mounds View  
Orono  
Roseville Area  
Shakopee  
St Francis  
St Michael-Albertville

### BOYS SOCCER

#### Class A Gold

Grand Rapids  
Trinity School

#### Class A Silver

Kasson-Mantorville  
St Peter  
Schaeffer Academy

#### Class AA Gold

None

#### Class AA Silver

Buffalo  
Hastings  
Prior Lake

### GIRLS SOCCER

#### Class A Gold

Kasson-Mantorville  
St Peter  
DeLaSalle  
Trinity School  
Totino Grace  
Chisago Lakes  
North Branch  
Detroit Lakes

#### Class A Silver

Byron  
Winona Cotter  
Rochester Lourdes  
Pine Island/Zumbrota  
Schaeffer Academy  
Hutchinson  
Mankato West  
Willmar  
Academy of the Holy  
Angels  
Minnapolis Washburn  
Nova Classical Academy  
St Croix Lutheran  
Simley  
Monticello  
Benilde-St Mrgaret's  
Orono  
SW Christian  
Cloquet  
Esco-Carlton  
Grand Rapids  
Bemidji

St John's Prep  
East Grand Forks

**Class AA Gold**

Rochester Century  
Eden Prairie  
Maple Grove  
Hopkins  
Minnetonka

**Class AA Silver**

Rochester Mayo  
Bloomington Jefferson  
Burnsville  
Chanhassen  
Prior Lake  
Apple Valley  
Rosemount  
St Paul Highland Park  
East Ridge  
Centennial  
Irondale  
Mounds View  
Spring Lake Park- St  
Anthony  
Robbinsdale Armstrong  
Wayzata  
Andover  
Cambridge-Isanti  
Elk River

**GIRLS SWIMMING****Class AA Gold**

Buffalo  
Centennial  
Cretin-Derham Hall  
Duluth East  
Eastview  
Farmington  
Lakeville South  
Maple Grove  
Rochester Century  
Roseville Area  
St Michael-Albertville  
Wayzata  
Woodbury

**Class AA Silver**

Anoka  
Apple Valley  
Blaine

Bloomington Jefferson  
Brainerd  
Cambridge- Isanti  
East Ridge  
Forest Lake  
Hopkins  
Lakeville North  
Metro United  
Minneapolis South  
Minnetonka  
Prior Lake  
Robbinsdale Armstrong  
Robbinsdale Cooper  
Rochester John Marshall  
Rosemount  
Shakopee

**Class A Gold**

Becker  
Big Lake  
Columbia Heights  
Crookston  
Dassel-Cokato  
Detroit Lakes  
Foley  
Minneapolis Washburn  
Monticello  
St Cloud Apollo  
St Louis Park  
Sartell-St Stephen  
Willmar

**Class A Silver**

Austin  
Albany  
Blake  
Chisago Lakes  
Faribault  
Fergus Falls  
Grand Rapids  
Holdingford  
Holy Angels  
Holy Family  
Hutchinson  
Litchfield  
Little Falls  
Mankato East-Loyola  
Mankato West  
Marshall  
Melrose  
Milaca

Minnewaska Area - Morris  
Montevideo  
Mound-Westonka  
Northfield  
Orono  
Perham  
Princeton  
Richfield  
Rocori  
Rogers  
St Cloud Cathedral-St  
John's Prep  
St Peter  
Sauk Centre  
Sauk Rapids-Rice  
South St Paul  
Thief River Falls  
Waconia

**FOOTBALL****9 Man Gold**

Ada-Borup  
Hillcrest Lutheran Academy  
Park Christian School  
Stephen-Argyle  
Ulen-Hitterdal  
Underwood

**9 Man Silver**

Bertha-Hewitt  
Grand Meadow  
Houston  
Kelliher-Northome  
Mountain Lake  
Onamia  
Verndale  
Westbrook-Walnut Grove

**Class 1A Gold**

Adrian  
Barnum  
Bethlehem Academy  
Blooming Prairie  
Browerville  
Cook County  
Fillmore Central  
Mankato Loyola  
Mahnomon  
Minneota-Lincoln HI  
Minnesota Valley Lutheran  
New York Mills

Springfield  
Wabasha-Kellogg

**Class 1A Silver**

Goodhue  
Red Lake County  
Royalton  
United South Central

**Class 2A Gold**

Barnesville  
Benson  
BOLD  
Chatfield  
Lewiston-Altura  
Luverne  
Maple River  
Minnewaska Area  
Pelican Rapids  
Pierz  
Tracy-Milroy

**Class 2A Silver**

Crosby-Ironton  
Frazee- Vergas  
GFW  
Medford  
Yellow Medicine East

**Class 3A Gold**

Albany  
Blue Earth Area  
Fairmont  
Foley  
Litchfield  
Melrose  
New London-Spicer  
Minnehaha Academy  
Morris Area/Chokio-  
Alberta  
Perham  
Plainviw-Elgin-Millville  
Providence Academy  
Rochester Lourdes  
Tri City United

**Class 3A Silver**

Pine City  
Rockford  
Staples-Motley

. . . continued on page 32

# Fall Academic Results . . . continued from page 37

<b>Class 4A Gold</b>	Eden Prairie	<b>Class A Silver</b>	Marshall
Dassel-Cokato	Edina	Ada-Borup	New London-Spicer
Detroit Lakes	Eagan	Badger-Greenbush-Willow	New Ulm
Faribault	Lakeville North	River	Pequot Lakes
Fergus Falls	Minnetonka	Barnesville	Pierz
Glencoe-Silver Lake	Prior Lake	Clearbrook-Gonvick	Redwood Valley
Holy Family Catholic	<b>Class 6A Silver</b>	Cleveland	Rochester Lourdes
Little Falls	Blaine	Cook County	Roseau
Marshall	Brainerd	Deer River	St Anthony Village
Orono	Burnsville	Fillmore Central	St Croix Lutheran
Rocori	Champlin Park	Frazee-Vergas	St James
St Paul Academy	Stillwater Area	Fulda	Sauk Centre
South St Paul	<b>VOLLEYBALL</b>	Goodridge-Grygla	Stewartville
Waseca	<b>Class A Gold</b>	Henning	Thief River Falls
<b>Class 4A Silver</b>	Bethlehem Academy	Kittson County Central	Triton
Hermantown	Belgrade-Brooten-Elrosa	Lake Crystal Wellcome	Wadena-Deer Creek
St Paul Highland Park	Blooming Prairie	Memorial	Windom Area
<b>Class 5A Gold</b>	Braham	Lake of the Woods	<b>Class 2A Silver</b>
Andover	Eden Valley-Watkins	Little Fork-Big Falls	Aitkin
Bloomington Jefferson	Fertile-Beltrami	Mabel-Canton	Bagley
Cambridge - Isanti	Hayfield	Mankato Loyola	Belle Plaine
Chaska	Kingsland	Medford	Benson
Chisago Lakes	Kenyon-Wanamingo	New Ulm Cathrdral	Byron
Duluth Denfeld	KMS	Nevis	Caledonia
Farmington	Lake Park-Audubon	Onamia	Crookston
Moorhead	Lakeview	Red Rock Central	Hookingford
New Prague	LeRoy-Ostrander	Renville County West	LaCrescent
Owatonna	Lewiston-Altura	Sleepy Eye	Litchfield
Rochester Mayo	Mahnomen	Spectrum	Maple River
St Cloud Apollo	Minneota	Tri County-Marshall	Melrose
St Michael-Albertville	MN Valley Lutheran	County	Mora
Sartell-St Stephen	Mt Iron-Buhl	Truman	Mound-Westonka
Totino Grace	Murray County Central	Waubun	Park Rapids
Willmar	New York Mills	<b>Class 2A Gold</b>	Pine City
Winona	Ogilvie	Albany	St Charles
<b>Class 5A Silver</b>	Osakis	Blue Earth	St Cloud Cathedral
Bemidji	Parker Prairie	Chatfield	St Paul Harding
Northfield	St Cloud Christian	Dassel-Cokato	St Peter
St Francis	Schaeffer Academy	Dilworth-Glyndon-Felton	Sibley East
Sauk Rapids- Rice	Sebeka	East Grand Forks	Visitation
Spring Lake Park	Stephen-Argyle	Eveleth-Gilbert	Warroad
<b>Class 6A Gold</b>	Tracy-Milroy-Balaton	GFW	<b>Class 3A Gold</b>
Centennial	Underwood	Hermantown	Alexandria
Cretin- Derham Hall	United South Central	Jordan	Apple Valley
Eastview	Wabasha-Kellogg	Kasson-Mantorville	Bemidji
	Wabasso	LeSeuer-Henderson	Brainerd
	West Central Area	Long Prairie-Grey Eagle	
	Wheaton-Herman-Norcross	Maple Lake	

. . . continued on page 33

# Fall 2012 State Champions

The MSHSCA would like to take this opportunity to recognize and congratulate the teams and their coaches for winning state titles for the fall of 2012.

Winning coaches will be further recognized for their team success at the Fall 2013 Hall of Fame Awards Banquet. Each winning coach will receive a plaque at that time.

Fall state champions and the head coaches appear below in order of state tournament completion.

Centennial  
Chaska  
Detroit Lakes  
Eden Prairie  
Forest Lake  
Hutchinson  
Mankato East  
Mankato West  
Maple Grove  
Monticello  
New Prague  
North Branch  
Prior Lake  
Robbinsdale Armstrong  
Rochester Century  
Rochester John Marshall  
Rocori  
St Francis  
Shakopee  
South St Paul  
Totino Grace  
Winona

## Class 3A Silver

Andover  
Anoka  
Austin  
Blaine  
Champlin Park  
Chisago Lakes  
Cretin-Derham Hall  
Delano  
Edina  
Elk River  
Faribault  
Hastings  
Irondale  
Moorhead  
North  
Osseo  
Rochester Mayo  
Roseville Area  
Spring Lake Park  
Tartan  
Woodbury

### Girls Tennis

A	The Blake School	Jeannette Vickman
AA	Edina	Steve Paulsen

### Boys Soccer

A	Rochester Lourdes	Tom Kane
AA	Eastview	Scott Gustafson

### Girls Soccer

A	Benilde-St Margaret's	Scott Helling-Christy
AA	Wayzata	Tony Peszneker

### Boys Cross Country

A	Perham	Jeff Morris
AA	Stillwater	Scott Christensen

### Girls Cross Country

A	Esko	Jerry Zimny
AA	Wayzata	Dave Emmans

### Volleyball

A	Bethlehem Academy	Franz Boelter
AA	Marshall	Dan Westby
AAA	Lakeville North	Walt Weaver

### Girls Swimming

A	Northfield	Deb Seitz
AA	Edina	Jeff Mace

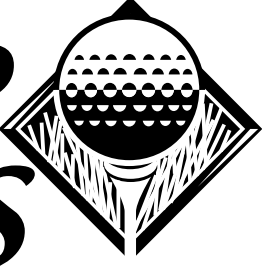
### Adapted Soccer

CI	Dakota United	
PI	Robbinsdale-Hopkins-Mound Westonka	Marcus Onsum

### Football

9	Clinton-Graceville-Beardsley	Steve Jipson Brian Dahl
1A	Mahnomen	John Clark, Jr
2A	Caledonia	Brent Schroeder
3A	Blue Earth Area	Randy Kuechenmeister
4A	Hutchinson	Grady Rostberg
5A	Totino Grace	Jeff Ferguson
6A	Eden Prairie	Mike Grant

# CHIP SHOTS



By: Bob Gorden  
Detroit Lakes HS

I hope all of you are having a great school year. I, Bob Gorden, am proud to take over the Golf Coaches President job from Todd Petterson. Thanks Todd for all your hard work and good luck in your retirement. If any of you need to contact me, do so at 24525 Kiehl Road Detroit Lakes, Mn. 56501, or email at [bgorden@detlakes.k12.mn.us](mailto:bgorden@detlakes.k12.mn.us) or call 218-847-2218 cell 218-234-5509.

December already, we have one-third of the school year in the books and under four months to the beginning of another golf season. It has been a great fall, and I did get to play golf end of November here in Detroit Lakes. Hope you enjoyed the fall weather.

As president I want to request all of you to join the Minnesota Coaches Association, benefits include, great insurance for you, free pass to use for High School and College athletic events, and you and your team can earn awards from our association by you belonging to our association. As of this article 217 coaches are registered. Benefits can be used all year long.

Your coaches for the golf advisory board for 2012-13 are: Bob Gorden (Detroit Lakes) President, Todd Petterson (Red Wing) Past President, Mike Seiffert (Providence Academy),

Glen Hasselberg (Staples), Duran Onell (Rogers), Craig Nasvick (White Bear Lake), Milo Larson (Canby), Tim Kallevig (Park Center), Carrie Johnson (Walker-Hackensack), Eric Tollefson (Moorhead). This is (3) AAA, (5) AA, (2) A. We are interested in a few more advisory members, so if you want to help in our organization please contact me. You may voice your concerns with any advisory board member.

We are planning a meeting with Dave Stead MSHSL Director in December, items to discuss with him are: 1. Player limitations at invites, MSHSL likes participation, why not let teams play extra players if oked by the host school. 2. Sections, should they all qualify to State same way? Don't we want the best teams and individuals from our sections. 3. Is there more room for extra individuals at each State tournament site. 4. State medal for Assistant Coach.

Upcoming dates: Spring Coaches Association Golf Clinics, March 9 at Providence, Academy, Mike Seiffert coordinator, March 16 at Staples, Glen Hasselberg coordinator. 2013 Golf Season start date March 18, online rules available March 4, deadline March 25 and CER, Coaches Education Registration for head coaches deadline March 25, can find both of these online at MSHSL.org.

Have a great Holiday Season and Happy New Year, see you on a course.

## 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)



## Dig This

By: Jim Lee  
Waconia HS

If you've been paying attention to Survivor (which I haven't) and Dancing with the Stars (which I hope I never will), you've notice that their theme is to bring back the best from past seasons to spearhead their broadcasts for one season.

During the last month of the season, this theme paralleled what was happening in the volleyball world. The 2012 state championship included tournament-returners Lakeville North defeating Eden Prairie (a role reversal from 2011) in "AAA"; Marshall (in their twelfth straight tournament appearance) overcoming Caledonia in "AA"; and Bethlehem Academy (the 2011 Champion) conquering Southwest Christian in "A".

Sarah Willhite (2011 All-State) from Eden Prairie earned 2012 All-State honors along with the prestigious 2012 Ms. Baden title. Sarah will be taking her volleyball talents to the University of Minnesota next season, so we can see many repeat performances on the college court over the next four years!

At the All-State Banquet, the "judges" inducted Jeff Groves of Apple Valley and Heidi Hahn of Brainerd into the MNVBCA Hall of Fame. Since their first step into the volleyball world, both recipients have contributed so much to the volleyball landscape that their leadership and often unnoticed—but always appreciated—contributions allow our volleyball community to prosper in past years and flourish for years to come!

Since the state tournament ended, some of our coaches won the "immunity challenge" in the form of the 2012 Head Coach and Assistant Coach of the Year Awards:

Class AAA: Greg Ueland, Roseville; Becky Aman, Blaine

Class AA: Dan Westby, Marshall; Crystal Fast, Windom

Class A: Greg Sayuk, Southwest Christian; Abbey Samargia, Bethlehem Academy

Since it is time for me to be "voted off the island", I want to thank all of you whom I've made "alliances" with. And give a big welcome to Celeste Gorman of Blaine—who will be a great "dance partner" and will really impress the "judges" throughout the next two years! \_\_\_\_\_

## 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 **SUBWAY**

# M MEMBERSHIP PERKS

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- **AMERICINN LODGE & SUITES** - 2050 Freeway Blvd Brooklyn, Center MN 55430 - \$69.95  
Includes full breakfast. Mention MNCS when making reservation. Contact Ralph Thomas  
763-566-7500
- **CROWNE PLAZA MINNEAPOLIS NORTH** - 2200 Freeway Boulevard, Brooklyn Center, MN  
55430 - On site restaurant and lounge. Ask for MN State High School Coaches Association  
Preferred Discounted Rate 1-800-481-3556 or Contact Angela Wisely 763-489-2568.
- **COUNTRY INN & SUITES - Eagan** - 3035 Holiday Lane, Eagan, Mn 55121 - 651-287-8800
- **EMBASSY SUITES - Brooklyn Center** - (763) 560-2700 - Ask for MN Coaches Association  
Rate - Hotel Code = MSPBR. Website: [www.minneapolisbrooklyncenter.embassysuites.com](http://www.minneapolisbrooklyncenter.embassysuites.com)
- **RAMADA PLAZA - Minneapolis** - \$75.00 - (612) 331-1900 (Based on availability)
- **MINNESOTA ZOO - Apple Valley** Corporate Rates - \$2.00 Off Adults, \$1.00 Off Children &  
Seniors, \$1.00 Off IMAX.  
Call John Erickson for discount card - (h) 218-847-6796
- **ROSEVILLE VISITORS Association DISCOUNTS** - [www.visitroseville.com](http://www.visitroseville.com)
- **SHERATON MINNEAPOLIS WEST HOTEL** - 12201 Ridgedale Dr 952-960-3538 - 12/31/2012

•••Advanced reservations required. All packages & promotions are based on availability. Please mention this promotion at the time of reservation. Offer void with any offers, discounts, groups or conventions.

## REASONS WHY MSHSCA MEMBERSHIP IS BENEFICIAL

1. Executive Director available to work for you on a daily basis.
2. Dues include a \$1,000,000 Liability Insurance while coaching.
3. Membership card is for admission at many high schools and colleges in Minnesota.
4. Teams are eligible to earn Academic Team and Individual honors.
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.
11. Opportunity to be recognized as a Minnesota Assistant Coach of the Year.
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.

# BANK SHOTS



By: Reggie Perkins, MBCA President  
Bloomington Kennedy HS

What an exciting time of year for basketball coaches. The sound of basketballs bouncing, whistles blowing and shoes squeaking in the gym. Implementing new ideas to help our teams have success this season, I get chills just thinking about it all. I hope everybody has gotten off to a smooth start and are working with players who have as much passion for the game of basketball as each of you. It is a great sport!

Once again Ron Larson put together another fantastic MBCA Fall Clinic. I hope you were able to find one new drill/idea or had something from your philosophy reaffirmed by listening to the wide array of speakers. I especially enjoyed listening to the philosophy of five time state champion coach from Sioux Falls O'Gorman Boys Basketball Coach, Derek Robey.

Congratulations again to all of the new members of the Hall of Fame and our Hall of Honor. Thanks to Jim Galvin and Tom Critchley for helping make this event special inductees and their families.

We are excited to once again be participating in the Coaches vs. Cancer initiative during the last week of January and the first week of February. We have all heard the startling statistics of people with cancer and almost certainly been affected in one-way or another. I would like to challenge all of you to help raise money to help the fight against cancer.

Remember there are a variety of awards for players, teams and coaches that are sponsored by the MBCA. Please visit our website (<http://www.mshsca.org/boysbasketball/>) throughout the season and adhere to the dates listed in the timeline for All-Star nominations, Academic Awards, Assistant Coach of the Year, and Hall of Fame. Your membership in the MBCA is required for consideration for awards for athletes and coaches.

It has been my pleasure to work with such a great group of guys on the MBCA Executive Board and the Section Reps. This is a very exciting time when you are trying to put together your team and I wish all of you the best during the upcoming season. I would also like to wish all of you Happy Holidays.

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## Swim Strokes



By: Jennifer Marshall  
Farmington HS

The fall season seems to pass quicker every year and this year was no exception. Approximately 80% of swim and dive teams statewide participated in this year's True Team Section meets and we're very excited about the enthusiasm surrounding the True Team concept. I'd like to congratulate the MSHSCA True Team Champions – Visitation in Class A and Minnetonka in Class AA. Congrats to the True Team Section Champions as well and thank you to the sixteen schools who hosted these championship meets. A lot of time and energy is dedicated to making the True Team Championships a class act and it seems to get better and better year after year. This wouldn't be possible without the efforts of coaches and parents around the state so thank you!

The MSHSL State Championships wrapped up just a few weeks ago and congratulations goes out to this year's champions and runner-ups: Northfield and Sartell-St. Stephen in Class A with Edina and Wayzata in Class AA. A total of five state meet records were broken over the three days of competition at the University of Minnesota Aquatic Center including three in Class A and two in Class AA. Swimmers and divers from around the state also earned numerous All American qualifying times/scores and the state will be well represented when the NISCA All American athletes are announced this spring.

Coaches can mark their calendars for the annual MSHSCA sponsored Coaches Clinic which will be held Friday and Saturday April 12-13, 2013 at the Sheraton St. Paul hotel in Woodbury (note the new location). Additionally, the annual All State Banquet is slated for Friday April 12, 2013 at the Prom Center in Woodbury. There will again be online registration for the clinic and banquet along with online voting for this year's Coaches and Athletes of the Year. More information on the clinic, banquet and voting will be posted on the MSHSCA Swim & Dive website in the coming months.

Thank you to everyone involved in swimming and diving for all the work you do for our sports. Best of luck to the coaches involved in the current boys' season and have a great Holiday season!

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# QUICK STICKS

By: Rick Reidt  
Stillwater HS

One of the reasons I enjoy coaching girls' lacrosse is that the inherent qualities of our sport provides an opportunity for girls of all levels of athletic ability, regardless of their size, strength and speed, a chance to experience success on the lacrosse field. Currently girls' lacrosse favors players with great stick skills who play with finesse and creativity. In addition, the relative low cost of girls' lacrosse allows players of all economic backgrounds to participate. If a player puts in the hard work necessary to develop her basic lacrosse skills of catching, passing, cradling, dodging, defensive techniques and shooting, she will find herself enjoying lacrosse at the high school level. More importantly, she will benefit from all of the intangible aspects that come from participating in a team sport. She will learn important life skills and develop character attributes such as cooperation, self-control, initiative, poise and confidence.

My concern as I look forward to my sixth season as the head coach at Stillwater Area High School is that our game is in jeopardy of changing in a way that will allow fewer opportunities for girls of all levels of athletic ability and economic means to participate. There is growing clamor for additional protective equipment in the girls' game. The pressure for additional protective equipment is being voiced by some parents, coaches, and players. Equipment manufacturers would love to see all girls wearing helmets and other forms of protective equipment. Some players are requesting additional protective equipment for legitimate reasons.

"Alex Fehmel, a top East Coast high school player first suffered her first concussion during an 8th grade game. "I lost consciousness," she said from the first concussion. "I took a charge and the girl landed on me and my head slammed against the ground pretty bad. I couldn't play for a while and had to stay home and wear sunglasses. Any noises gave me a headache." It was after Fehmel took a stick to the head in a game that her father, Chris, decided she needed the protection of a helmet."

**By Chris Goldberg LaxGearZone.com, Posted 4/9/12**

According to a study of injury data from the 2010-2011 high school year conducted by Nationwide Children's Hospital in Columbus, Ohio, concussions were more common in lacrosse than any other girls' sport (ahead of basketball and soccer), and a girl playing lacrosse was just as

likely to sustain a concussion as her male counterpart.

In each of the last five seasons I have witnessed at least one Stillwater player sufferer the debilitating symptoms associated with a closed head injury; we have had a players' season end with a broken hand and a player who spent the night in an emergency room in excruciating pain from a bruised spleen. All of these near catastrophic injuries were the result of the game being played outside the rules – illegal play.

In spite of the evidence indicating the possible need for additional protective equipment, I am not in favorer of adding helmets or other forms of protective equipment for our sport. If we add "soft" helmets as the Bullis School in Potomac, Maryland mandated for all girls on the varsity and JV teams due to an excessive amount of concussions sustained in the 2011 season, we will start down the slippery slope that will change our sport drastically. Soft helmets will lead to hard helmets and additional protective equipment such as face, hand, chest, pelvis and arm protection. As more protective equipment is added, our game will become increasingly violent and will then favor the largest, strongest and most aggressive players. The cost of the additional equipment will exclude some players from participating. The free flowing, finesses, aerial game of girls' lacrosse that is such a joy to coach and participate in will simply become a game of girls playing boys' lacrosse.

I believe the important task of preserving girls' lacrosse in its current form rest squarely on the shoulders of high school coaches, as we are responsible for the actions of our players who are under our supervision. The rules we are required to abide by demand that we take this responsibility seriously.

I believe that our current high school rules, if adhered to, provide for a very safe game that does not require additional equipment to protect the health of our players. In 2012 I coached 18 high school games, and I spent many hours studying game film of our team's games and the film of other teams. I observed that the majority of the teams played in a safe manner within the rules of the game. On the other hand, it appeared that some coaches did not teach their players the rules of the game or they taught their players unsafe techniques and/or allowed their players to play outside the rules in an unsafe manner.

Below is a brief outline of some of the steps we have taken at Stillwater to make sure our team members play in a safe manner.

At our first practice, before our team steps on the practice field, we make sure that our new team members and returning players understand all of the Major Foul rules. These are the rules that must be followed to keep the game safe. Our team members understand that these rules will be followed both in practice and in games. For example, our

. . . continued on page 39

players know what a cross check is and that cross checking it is illegal.

Provide team's rules that help facilitate good sportsmanship. For the last five years we have had the same three team rules that have served our organization well.

**Rule 1: Do What Is Right**

**Rule 2: Do Your Best**

**Rule 3: Treat Others Like You Want To Be Treated**

Most of us recognize that rule 3 is the "Golden Rule" – treat others, as you want to be treated. No player wants to experience the pain and disability caused by a concussion that occurred as a result of a hit to her head with a crosse or because she was slammed to the ground from a cross-check or have her season end as a result of a slash that fractured a bone. We need to teach our players that rough and dangerous play can result in serious injury and this type of play has no place in our game.

Teach individual techniques and game concepts/strategies that provide for safe play and adhere to the rules of the game. We teach body defense and the use of effective double teams that do not require a cross-check, rough/dangerous check or a slash to stop the attacker. We also teach a defensive system that respects the Obstruction of Free Space to Goal rule.

From an offensive stand point we make sure our team members understand that charging is unacceptable from both a safety stand point and for strategic reasons.

In summary, it is important that we as coaches realize that we are responsible for the behavior of our players who are under our supervision. Our players' behavior on the field with respect to following the rules of the game is the direct result of our actions. Ultimately our actions as coaches will determine how our game looks in the future.

# FAST TRACKS

By: Dan Josephson  
Detroit Lakes

As I am writing this article, the white landscape is slowly disappearing and changing back to a familiar drab brown one would typically associate with late October early November. The first day of practice held great hope of a white snowy 14 weeks of the Nordic Ski Season. With the first few weeks of dryland training now in the past the coaches and kids eagerly wait with anticipation for the first substantial and skiable snowfall. Now as we move into the race season many teams will be traveling to the familiar manmade snow facilities that we skied much of last season. Remember to stay positive and motivate our athletes to adjust to the challenges that we face each day. The snow is on its way.

Thank you to the members that stepped up and took on more responsibility with the association. We welcome to the leadership of our organization advisory board members Doug Boonstra of Eden Prairie and Larry Myers of Wayzata. Chris Hanson of Brainerd accepted the nomination of President Elect for the coming years and then making the move to president in 2014. Denny Nelson of Coon Rapids has stepped up and volunteered for the Secretary position. We are still in need of a Treasurer to keep track of our finances. Please contact me if you are interested in helping us out.

See you on the trails

*“Women don't want to hear what you think.*

*Women want to hear what they think - in a deeper voice.”*

- Bill Cosby

# CLEARING THE HURDLES



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

As I think about what to include in the December *Clearing the Hurdles* column, the first topic that comes to mind is the Coaches' Track and Field Clinic. Directors Craig Nelson, Buzz Viesselman, and Dave Wieber have once again put together a fantastic clinic. Remember, the clinic has been moved back one weekend to February 1 and 2 due to a facilities issue. The intent is to keep the clinic on this date and at the Bloomington Doubletree for the long-term.

Before I even discuss the speakers that will be coming, I want to put in a plug for the social aspect of the clinic. The clinic directors have scheduled sessions so that there is ample time to pick the brains of fellow coaches. Take advantage of this opportunity. Also, the advantages of having the clinic at the hotel is that you can go to the Starbucks or bar with fellow coaches from different parts of the state and learn what they do in their programs. Having the clinic at this nice facility allows for informal as well as formal learning. There is a clinic social on Thursday night prior to the start of the clinic as well as one on Friday evening. It is a great set up. I get there on Thursday afternoon and I don't go outside until Saturday afternoon when I leave to go home.

As I look at the schedule, I see a wonderful problem. In each time-slot I see several sessions that I would like to attend. We have coaches speaking who have won multiple coach of the year awards which, to me, says they have not just coached good teams, but have built good programs. Those are the types of coaches from whom I benefit. We have Tommy Badon from Westminster Academy, Opelousas, Louisiana who has been successful with high school through Olympic level athletes. I spent a week listening to him this past summer at the USTFCCCA Academy and I promise, you

will love him. You have three opportunities to hear him. Two Olympic athletes, Amanda Smock (Minnesota native) and Jeff Hartwig, will be speaking as well. Amanda will also be the keynote speaker at the banquet.

Jody Redman, from the MSHSL, will be doing the Q&A again this year. Last year's session was well attended and, I think, beneficial to those in attendance. The structure of this session is a wide-open, all topics on the table, discussion. Friday afternoon I am most certainly going to hear Tim Lindquist of Esko who is the coach of multiple state championship teams in CC and TF. Personally, as a head coach and the distance coach, I am torn by so many great distance sessions throughout the weekend and the opportunity to attend great sessions about the other event areas that I am told exist J.

I could continue for several hundred words about the clinic, but I will leave it at please take the time to review the material you have received about the clinic and make your reservations soon for the clinic on February 1 and 2 at the Bloomington Doubletree.

### Miscellaneous:

\*In 2013, the True Team Committee will be exploring options for a site for the state meet. There are some basic criteria that must be met. If you are interested, please email me and I'll send a list of the criteria to you.

\*When you are asked to get involved with the coaches' association in any way, please give the request strong consideration. If coaches do not get involved, the sport and kids suffer. Think about the great clinic and what the situation would be if Dave, Buzz, and Craig had not volunteered to get involved. Think about how great the clinic is because coaches say yes when they are asked to speak. Think about track without True Team. Without coaches volunteering to get involved over a period of years, there would not be True Team.

Thanks for taking the time to read this column. I hope to see you at the clinic.

\*If you have questions or concerns, email me at [jmarkalcorn@gmail.com](mailto:jmarkalcorn@gmail.com)

## **REGISTRATION INFORMATION:**

**First 200 Minnesota registrants receive a free T-shirt from Blue 84**

**Cost: \$90 by Jan 25th, after Jan 25th fee is \$110**

**Hotel is at a special rate of \$89/night** on the dates of Jan 29 through Feb 3rd clinic attendees.

Greater participation with this deal helps lower the cost of the facility for our association. Please consider this.

All Minnesota coaches members and non members must register online at [mshsca.org/track](http://mshsca.org/track)

Out of State/International Coaches should register by email or phone at [jomar@lakesnet.net](mailto:jomar@lakesnet.net) or 218 -847 - 6796

MSHSCA

P. O. 519 • Detroit Lakes, MN 56502

# 2013 Track & Field Online Clinic Registration for MINNESOTA Coaches

## February 1st & 2nd, 2013

Pre-clinic social January 31st 8:00 pm  
Doubletree Hilton Hotel & Convention Center

**Save time and money, register before January 25th and pay \$90!**

Registration for membership and/or the clinic is online at [www.mshsca.org](http://www.mshsca.org)

Fees include Friday night Association meeting, banquet and social.

**Clinic charge is \$110 after January 25th.**

The 1st 200 Minnesota coaches registering will receive a sport specific t-shirt from Lakeshirts Blue 84 division.

If you are sending one check for your whole staff, that can be done online also.

Each coach enters their information & prints out a receipt to be included with the payment.

Login with your email and password from last year's online registration.

\*\*\*\*\*If you went to the clinic, but did not join the association in 2012, YOU WILL HAVE TROUBLE registering online.  
Please call Mary or John at 218-847-6796.

**Mail checks to: MSHSCA, PO Box 519, Detroit Lakes, MN 56502**

Questions? Call: 218-847-6796 or email: [jomar@lakesnet.net](mailto:jomar@lakesnet.net)

### ALREADY A MEMBER?

Login at [www.mshsca.org](http://www.mshsca.org) use your email and the password you chose OR zzz if you have not changed it.

Follow the event registration link on the left side of your profile.

### ATTENDING THE CLINIC ONLY in 2013?

There is a spot to register at [www.mshsca.org](http://www.mshsca.org)

Once you have entered your email and profile information, you must select B/GTrack as your 1st sport or it will not take you to the clinic registration. You will not be charged the sport association fees.

**Please register early so our committee has a good count for the banquet.**

Out of state or country clinic registrations will be mailed to you.

## Some of our Speakers:

### Jeff Hartwig-Olympic Pole Vaulter

Personal Best of 19'9.5

6 Time National Champion

### Amanda Smock- 2012 Olympic Triple Jumper

3 Time National Champion

2 Time NCAA D-II Champion at NDSU

5 Time Minnesota State Champion for Melrose HS

### Caryl Smith-Gilbert

Head Coach-University of Central Florida

3 Time USA Conference Coach of the Year

USATF Level III Coaches Ed. Certified Clinician

Coached Dee Dee Trotter & Tianna Madison

Former All-American athlete at UCLA

### Steve Slivey

2 Time Zambia Olympic Coach

Member NJCAA Hall of Fame

Coached at Arkansas, Oregon, Texas Tech,

Texas A & M

### Barbara Crousen

Head Coach- McMurray University, Abilene, TX

2 Time NCAA D-III National Coach of the Year

Coached McMurray men to NCAA D-III 2008 National Championship

First Woman to ever Coach a Men's Team to a National Championship in any sport!

### Mike Turgeon

Throws Coach at Winona State Univ.

Coached 2 D-II National Champions

3 Time Assistant Coach of the Year

2 Time NCAA National Champion as an athlete

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After the Game Bring Your Team to 

## Track & Field Clinic . . . continued on page 50

### Tommy Badon

Westminister Academy, Opelousas, LA  
Coached at Univ of Louisiana- Lafayette and Blinn Junior  
College Coached 16 D-I All Americans including Hollis Conway

### Derek Stanley

University of Wisconsin-Lacrosse  
2 Time USTFCCA Coach of the Year  
Coached 5 NCAA D-III All Americans

### Devlyn Lovell

Head Coach- Antonian HS, San Antonio, TX  
Also coached at Univ of Massachusetts and College of the Southwest  
Coached 3 time NCAA D-I Hurdler

### Don Helberg

Head Coach- Wheaton North, Wheaton, IL  
2 Time Illinois Coach of the Year  
12 State Champions  
Illinois Hall of Fame Member

### Scott Christensen

Head Coach- Stillwater Area HS, Stillwater, MN  
9 Minnesota State Track & Cross Country Team Titles  
21 Individual State Champions  
Chairman of USATF Endurance Coaching Program  
Member of Minnesota Coaches Hall of Fame  
22 published training articles, 2 books

### Jeff Morris

Head Cross Country Coach, Perham HS, MN  
2012 National Cross Country Coach of the Year  
4 Time Minnesota State X-C Championships  
9 Track & Field Athletes to Minnesota State Titles

## Track & Field Clinic Schedule

### Thursday, January 31st

6: 30 pm True Team Meeting  
8: 00 pm Clinic Social

### Friday, February 1st

8: 00	Registration	
9: 00	True Team Alignment: How it's done	Mark Alcorn
	Hurdling Drills and Their Purpose	Barbara Crousen
	Training Theory in Endurance Events	Derek Stanley
	Coaching the Beginning Vault	Jeff Hartwig
	Practice Planning	Caryl Smith-Gilbert
	Setting up a High school Throws season	Mike Turgeon
10: 30	Coaching the Beginning Hurdler	Boyd Emmel
	Speed Development in Multisport Ath.	Tommy Badon
	Building an Endurance Program	Derek Stanley
	Pole vaulting at Rosemount	Jay Hatleti
	Power development solutions	Caryl Smith-Gilbert
	Simplifying the Discus	Mike Turgeon
11: 30	<b>Drawing #1</b>	
1: 00	MSSHSL Q and A	Jody Redman
	Organizing Workouts for Sprinters	Barbara Crousen
	Endurance training in Track and Field	Devlyn Lovell
	Coaching the Advanced Pole vaulter	Jeff Hartwig
	Step by Step Approach in the Horizon.	Mike O'Neil
	Glide Shot and Strength Training	Chet Stevenson
2: 30	Building a Track Program – Esko girls	Tim Lindquist
	Coaching the 300 hurdles	Don Helberg
	Technical App of CC workouts	Devlyn Lovell
	High jump in 10 weeks	John Brand
	Horizontal jump thoughts	Amanda Smock
	Panther Progress. For Shot and Discus	Tim Kasper
4: 30	MN Track Coaches Assn Meeting	
5: 30	Banquet & Keynote	
7: 00	Social and <b>Drawing #2</b>	

### Saturday, February 2nd

9: 00	Building a Track Program - Sartell	Jeff Kellerman
	Accel: Mech, Drills and Synthesis	Tommy Badon
	Unraveling the 800 meters	S. Christensen
	Pole Vault: The Mental Approach	Jeff Hartwig
	Sprint relays and Training	Steve Silvey

9: 00	Building & Maintaining a Quality Throws Program	Piersak/Springborn
10: 30	Screening athletes	Panel Discussion
	Coaching the High hurdles	Don Helberg
	CC Team Building & Relationships	Devlyn Lovell
	The High jump coach	John Brand
	Long jumping McMurphy style	Barbara Crousen
	Spin shot progression	Mike Ehlers
12: 30	<b>Advisory Committee Meeting</b>	
1: 00	Injury Prevention and Maintenance	Frank Zezoney
	Hurdling for Speed: A Neural approach	Tommy Badon
	The Perham Distance System	Jeff Morris
	Training Vaulters in the HS Season	Jeff Hartwig
	Building a Successful Jumps Program	Mike O'Neil
	UW LaCrosse Discus	Phil Whitsitt
2: 30	Building a Track Program – Hutch Sprint Hurdles – Farmington girls	Len Lasley
	CC Rap Session	M. Endersbee
	Group session	
	Coaching the HS High jumper	K. Babcock
	Training Theory for the Sprinter/jumper	Steve Silvey
3: 45	<b>Drawing #3: Final Drawing</b>	

### MN High school coaches presenting at this year's clinic

Mark Alcorn	Holdingsford
Boyd Emmel	Buffalo
Tim Lindquist	Esko
Jeff Kellerman	Sartell
Len Lasley	Hutchinson
Maggie Endersbee	Farmington
Scott Christensen	Stillwater
Jeff Morris	Perham
Jay Hatleti	Rosemount
John Brand	Lakeville South
Kevin Babcock	Sauk Rapids
Mike O'Neil	Andover
Tim Kasper	Lakeville North
Mike Ehlers	Red Wing
Chet Stevenson	Brainerd
Rob Piersak	Mounds View
Chet Springborn	Mounds View

# Mat Chatter

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



As the saying goes, the only thing that stays the same is that everything will eventually change. I was just watching the State Football Championships with family members and we were reflecting on how the State Football Championships have changed over the years. From moving into the dome to play not only the Championship games but also the Semi-finals. To the most recent change of having the games completed over a two day weekend series and the addition of the Super Class of teams from the largest School Districts in the state, which by the way I would advocate dropping the word “Super”, from the biggest class. To me having a descriptive name in front of that largest class infers that the other classes are less than “super”. This would be similar to the addition of a 3<sup>rd</sup> class in wrestling back in 1996. The MSHSL added a 3<sup>rd</sup> class to our competitive Sections and called the classes, AA, A and B. That certainly didn’t sit well with those in the “B” class, it was like they were already identified as not quite the same as the other classes. I am sure the MSHSL will take a look at the word “Super” as it applies to the largest class in the Football Championship series and work to eliminate the use of calling it anything other than 6A. The world of competitive athletics is changing all the time. As we try and get our teams ready to play in our High School activities, we are constantly battling the influence of major college and professional sports on the minds of our young athletes. Too often our athletes, and the parents of our athletes, come into a High School activity with preconceived notions that the High school activity will be modeled after what they see on TV or hear about in many other media outlets. I applaud all of you coaches that are reading this article that keep High School activities grounded to the foundations of teamwork, leadership, work ethic for building success, dealing with disappointment in defeat and understanding that involvement High School activities can be just as important to the development of our children as their attendance in school.

In our sport of wrestling, like any sport, our coaches’ association leaders have been working with the MSHSL to make sure the policies and procedures that govern our great sport reflect the fairest competitive alignment possible. There are some in our sport that may disagree with how the teams are distributed in Sections or how many teams or individuals should advance to State competition. I would assume that there are the same circumstances in other sports as well. It is most important that our Minnesota Wrestling Coaches Association (MWCA) is that we establish a chain of

command and then follow that established route to effective change. It is the only way that we can establish a respective working relationship with the MSHSL. I have sat in meetings with the MWCA Wrestling Advisory Group and the MSHSL many times and the message that is continually brought forward to MWCA is that the MSHSL has the responsibility to represent all the schools in our sport. I would encourage all coaches to get to know their Coaches Association relationship with the MSHSL and understand how to bring information forward within your association to the MSHSL.

Speaking of involvement with your association, don’t be afraid to step up and take on a position in your association. In the MWCA we have Section Reps and this is a great way for a coach to gain an understanding of how our MWCA functions, and the responsibilities of the MSHSL. With three classes and eight sections in each class this amounts to 24 coaches getting on board and representing their Section in official matters of the MWCA. We encourage a two year commitment as a Rep but many stay on for more than that, which I see as a good thing, otherwise about the time you learn the ropes- your time is up! Staying on for a longer period of time will allow the Rep to establish himself as a contact for all other coaches in the Section and they will have a better grasp on policies and procedures being used in the organization.

Keep up the great work coaches. You make a significant impact on the children in your School District whether they are on your team or not. Those not on your teams are certainly aware of how you treat their friends or classmates that you do have on your team. Children are great at learning from what we do more so than what we say, and they are always paying attention to that! \_\_\_\_\_

***“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.**

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**Date of Birth** \_\_\_\_ / \_\_\_\_ / \_\_\_\_

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**Full Legal Name**

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**Date of Birth** \_\_\_\_ / \_\_\_\_ / \_\_\_\_

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**Vehicle 1:**

full  liability

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full  liability

**Vehicle 3:**

full  liability

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

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**Daytime Telephone:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

**DAVID GUNDERSON**

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[david.gunderson@libertymutual.com](mailto:david.gunderson@libertymutual.com)

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# **ATTENTION COACHES:**

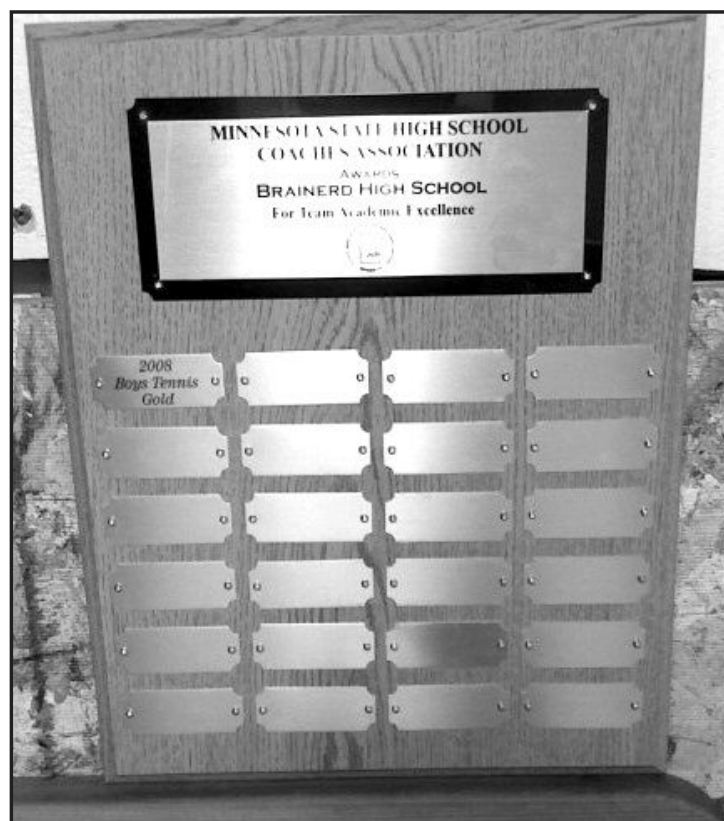
## **If your team qualifies for an academic award please notify your A.D. to look for it!**

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 -  
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- All Star Fundraising - Minneapolis
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Detroit Lakes
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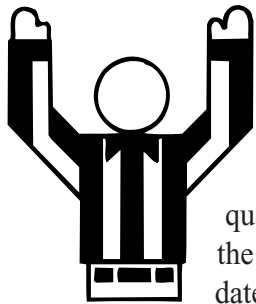
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# MSHSCA Seeks Nominations for Officials Distinguished Service Award

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.

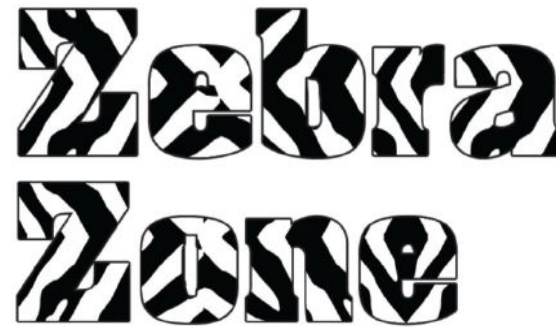
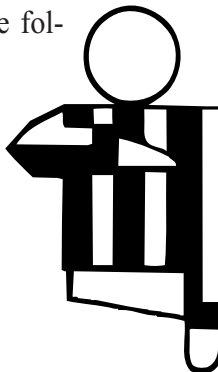
The MSHSCA has maintained a collective file of nominations but is currently looking for more nominations of the many deserving officials that need to be recognized for their long time service to Minnesota high school sports.

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



By: Terry Eiter  
Detroit Lakes

The beginning of a new season brings forth a great amount of anticipation. Coaches, student-athletes, parents, fans and of course, officials hopefully look forward to the upcoming preparations and what the season has to offer.

It is always great to review what each individual's role can play in the success of that particular teams success. While attending a pre-season "parent meeting" this winter the roles of the coaches, players and parents were laid out pretty well. The roles are well laid out along with other team policies and procedures. The coach also made a comment that it was his job to deal with the officials when they are not doing their job. It was directed to the parent group in attendance. His point was - let the officials officiate and you be there to support your children and the team.

He had made a valid point. He was spot on. It is his job, as the head coach, to communicate with officials. It is not the job of the assistant coaches to make it their mission to question officials. Too often I have witnessed assistant coaches during a game take it upon themselves to "self-appoint" themselves as the team inquisitor. Unfortunately too many head coaches don't pull in the reigns on these folks. While most officials want to keep the lines of communication with the sideline and or benches open it often becomes abusive as one comment or question leads to another and finally it is simply a disruption to the game. For the betterment of the game I would challenge coaches and officials to work together to improve on this.

Camaraderie in athletics has a special place. It is defined as "the mutual trust and friendship among people who spend a lot of time

... continues on page 57

## 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 ( ) \_\_\_\_\_

together.” There are many situations where it comes into play. Coaches spend countless hours together prepping for practices and games. Players bond on and off the court. Officials meet in pre-season and continue to communicate on-line as a group to improve themselves. Often times meeting after games to hash over that nights contests. Mutual trust and friendship go hand in hand in all of these situations.

In the officiating world we can be our own worst enemies or our best supporters amongst ourselves. This fall I had the opportunity to watch a few football games while not officiating. It was quite enjoyable to watch crews that worked together so well. Tough calls were made and not passed on. Marginal calls were let go. It was obvious that they trusted each other on the field. In meeting them post game it was also obvious they were all great friends as well.

The same day I had the opportunity to visit with other officials. We told stories, some true and I am sure some embellished a bit. John Lieser of St. Cloud, told us about his 8 overtime basketball game he officiated a few years back. He told it with passion like it was just yesterday. Dean Jaacks, also of St. Cloud, told us of his anticipated upcoming semi-final Prep Bowl game. Rick Lahn of Princeton visited with us about his new job and his future in officiating. Scott Monson of Morris told the story of his belt breaking during a football game and the humorous challenges that brought about. He told other stories as well - most of them were later found out to be all lies! I also had the opportunity to visit with Kevin Merkle of the MSHSL - we briefly chatted about our fondness of the “Pre-Game State Tournament Handshake.” They were all great stories with a great group of folks. It was one reason officials officiate. As it is with coaches and players - there is so much more to it than just calling the games.

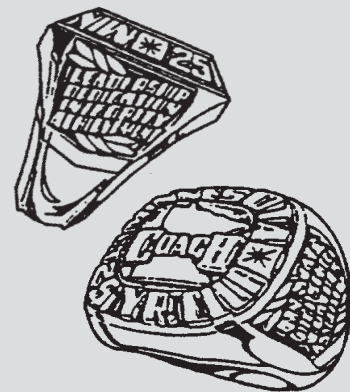
Speaking of calling the games.....while officiating one of our beginning basketball games this season I found some compassion in one head coach. There was a barrage of activity at one point in the second half. A little voice inside my head said, “you are out of shape ol’ man.” I tried convincing myself that something was going to happen to kill the clock and give me a breather. But made basket after made basket and long pass after long pass continued. Finally, after a long pass went out of bounds in front of one teams bench the head coach shouts out, “Okay, let’s slow it down - take a breather and catch your breath.” While inbounding the ball I was close enough to hear him say....”I hope ya know Mr. Referee we could have continued at that pace but I do have some compassion for you. We know - you like to keep the game fun. You didn’t look like you were having fun.”

Those close enough enjoyed a good laugh. It was also nice to know I have at least one person that reads this.

Until next time....remember to keep the game fun. (At least one coach is!)

*Terry J. 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.*

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## Ice Chips

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

For the second year in a row, the 2012-13 season kicked off with the annual Minnesota Hockey Coaches Association Fall Clinic, held Oct. 26-27 in Duluth. The clinic was once again hosted by the University of Minnesota-Duluth.

For all who attended, it was a tremendous opportunity to learn from the coaching staffs of UMD and St. Scholastica, (thanks to Derek Plante of UMD and Brant Nicklin of CSS) along with University of Wisconsin head coach Mike Eaves, former Bulldog coach Mike Sertich and Guy Gosselin USA Hockey.

A special thanks to Christian Koelling of UMD for help in setting up the event as well as the Bulldogs' for covering costs of clinic certifications, and Mike Taylor for his work organizing the clinic.

Thanks also have to go out to our sponsors: Adrenaline Fundraising, Breakdown Sports, Flexxcoach, Hobey Baker Award, *Let's Play Hockey*, Center for Sports and the Mind, Minnesota Hockey, Minnesota Wild and USA Hockey.

Many of the MHCA members (185 members attended this year's clinic) had an opportunity to see UMD and Wisconsin play at Amsoil Arena. The two teams feature 26 Minnesotans, with 20 former Minnesota high school student-athletes on the Bulldogs' roster.

As part of the Fall Clinic, the MHCA Executive Board met to select its award recipients for 2012-13 with three people announced as 2013 inductees into the MHCA Hall of Fame, along with four others who 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.

The hall of fame inductions and award presentations will take place at the Association's annual banquet, March 7, held in conjunction with the Minnesota State High School League boys' hockey tournament.

With the season underway, it is hoped that everyone has a safe and successful season. The spring MHCA meeting will take place March 9 on the morning of the state championship games.



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# Boys Behind the Cage

By: Lance Kuehn, Rosemount HS



Winter is upon us. You can tell preseason lacrosse is almost in full swing already. There are leagues forming, meetings being held, captain's practices starting up, and changes for the upcoming season being debated. It seems as though every year bring changes. Recently another significant change has been proposed, passed, and being implemented; that change will most likely affect every team in Minnesota. The "U" system has been adopted by the YLM and MBSLA.

While I am not advocating for or against the new format, I wanted to make sure everyone is clear about the possible outcomes for the spring season for the High School programs. The "U" system is a way to organize and set up leagues in the spring and summer that separate players by age rather than grades. Currently, Minnesota is using the 7/8 grade and 9/10 grade levels for the spring. Most programs in the state have Varsity, JV, and a 9/10 team. The "U" system will have a U15, U13, and a U11 program that will run in the summer and spring.

The overlap of teams for the 9/10 and U15 is the 9th graders. Some programs will be able to have both teams and some will only have one team. Each program should decide what is best for their players and join that corresponding league. I have looked into the birthdates and examples of possible team rosters for the two formats in several programs. I saw a few issues that could arise. As I discuss the potential problems there are subcommittees that are working on how to handle these problems.

The potential issue I see is whether programs will operate a U15 team with 9th graders or U15 team without 9th graders. If a program decides to have a U15 team with 9th graders, they could potentially play a U15 team from a different program that is all 8th graders. This team would have their 9th graders on their 9/10 team. There is also a problem in which a program could have all 10th graders on a 9/10 team because their 9th graders are playing on a U15 team. The 10th grade team would be playing other 9/10 teams that have mostly 9th graders. These two circumstances create an uneven league in both the 9/10 and U15 team.

While it is up to programs to decide what is best for their programs, I am suggesting that if you decide to have a team in the 9/10 league and a team in the U15 league,

compose your U15 team of 8th graders only. If all the programs that have two teams follow this suggestion, then the league will be more even in the skill level of teams. I worry about teams that only have a 9/10 or only have a U15. The lack of either team could lead to 8th graders or older, less skilled 9th graders not being on a team due to age restrictions.

Every program of all leagues for each sport goes through changes. Minnesota Hockey is seeing rule changes. College football will be changing their championship formats. Changes are not bad, but do require thought to alter beliefs. We face them to hopefully improve our sport. There will be some difficulties with these changes. If you have any questions please contact me and I can give you as much information as I know.

Good luck this spring. Please take the time to think through how all players will be affected by the changes in your program. All players want to improve.

---

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

**- Bob Uecker**

## MnIAAA CORNER

By: Bryan Wormley  
President MNIAA - Nevis High School

Coached, helped, volunteered, etc. this fall had some sort of success. How each of you defines success is different and is something that all of us need to remember before, during and after every season. Hardware and wins are nice, but often it is just making the team, running a play correctly, holding onto the ball, making it through the parent meeting, making your goal for your fundraiser, filling the gym or weight room all summer, increasing the number of athletes in your program, it is limitless where we can find success.

Often we lose perspective of the Big Picture, how decisions and coaching moves affect other teams/levels within the program, at our schools and in our communities. It is easy to lose ourselves as coaches in the teams that we are coaching and not consider all of the ramifications of our decisions or moves. In this profession we are constantly judging or evaluating talent, I have always advised the coaches that I have worked with to let the students play their way to their role or level of play. Yes, this is easier said than done in some circumstances but when possible allow the students to show their skills and talents in scrimmage and game situations. Peers and parents in my experience are able to handle any movement or lack of movement if they have been given these opportunities. There will always be the situations where players and parents still do not see the big picture that we as coaches are seeing and have tried to show to them. So it is imperative that we offer as many levels of play and support those levels so athletes get level appropriate playing time. An issue that is always a concern is displacement, which can happen when a transfer moves in, but most often it is when a coach moves players either up or down levels of play and away from their grade level peers and into another group of peers. Don't get me wrong, I believe in letting the talent flow and it usually settles into the appropriate level, but we must understand how each move will affect our programs, schools and communities. As we all know, all things are connected and there is always a cause and effect. In these and in all situations I always advise and live by the following...take the high road and do the right thing, if you find yourself unsure of what that decision might be, ask your fellow active and seasoned coaches as experience helps and counts in so many ways.

This past August I was talking with our head football coach just outside our locker room. The team had just

completed their first day of practice, Coach and I are talking about numbers of players and dates and times to schedule our concussion base line tests. As we were talking and standing there a very small freshman stood about 15 feet away from us and said nothing, but it sure seemed like he wanted to talk to Coach. His sister who was waiting to pick him up after practice stood another 15 feet beyond him. Coach turned and said Smith (we will call him Smith) what can I do for you? (We are a 9 man program and our varsity is made up of all of our 9-12 grade football players) Smith quickly looked down and shuffled his feet while mumbling .."Coach I can't do this ". Coach asked him why? Smith said" you worked us pretty hard today, I can't do this, this isn't for me". Coach then said, "Smith you are a member of this team and we need you, I'll see you tomorrow ". Smith didn't move and quietly said ..."coach I'm trying to quit, I'm not a football player". Coach said "you come tomorrow and see how it goes". Smith then said, after about 4 more back and forths" well ok, I'll come tomorrow ", coach turned back to me and our conversation with at big grin. Our team had a lot of success this fall; we went undefeated in the regular season and won our section championship and a trip to state. But in all of the hoopla on the Fargo dome turf that afternoon I got a grin on my face as I saw Smith, the smallest player on our team that was almost always the last to get in, who did come back tomorrow, celebrate with his team and his coach, that's a successful season.

***"If people concentrated on the really important things in life, there'd be a shortage of fishing poles."***

**- Doug Larson**

# CORNER KICKS



*Ron Kruschwitz*

*North St. Paul Boys (retired)*

*Soccer Communications Officer*

The fall sports season has ended and there is snow on the ground. We have completed another successful state tournament and have played the Eastbay/MSHSSCA Senior Classic.

The Classic was played in the Mall of America Field on November 7.

This year we were privileged to have Eastbay as our sponsor. We want to thank Dave Jensen, Marty Iten and Paul Carpenter from Eastbay for their new role in the Classic. The girl's game was won by the Black team 3-2 over the White team. The White team beat the Black team in the boy's game 6-1. As is our custom, there are two athletes chosen from each team as Outstanding Players of the Game. They are listed below.

Girls Black

Jenna Roering-Centennial

Anne Arnason-Benild-  
St. Margaret's

Girls White

Kiana Nickel-Wayzata

Ali Leslie-Blake

Boys Black

Alan Schembri-Wismayer-Lourdes

Ismaila Jome-Prairie Seeds

Boys White

VJ Hachaba

Coon Rapids

Joshua Rouse

Cambridge-Isanti

In addition, one player is selected by a committee to be honored as the Player of the Game. These outstanding athletes were chosen:

Girls Black

Simone Kolander-Lakeville North

Girls White

Lauren Miller-St. Louis Park

Boys Black

Jake Sherman-Benilde St. Margaret's

Boys White

Patrick Roth-Stillwater

As with any endeavor of this caliber, there are many people that are due thanks. During the years we have played the Classic in the Dome, Chris Laird and I have enjoyed many of the same people working with us.

Special thanks go to Greg Juba (Park Girls) for the Dome arrangements, Art Seplak (Bloomington Girls Retired) for his help with the financial part of the Classic, Berry Arrowsmith (Blaine Boys) for serving as College Coaches Coordinator, Keith Randa (Apple Valley Girls) for helping with team pictures and other photos. A special thanks to

Rob Murphy (Tartan Boys) and his crew for the filming of the game. We added Tartan Assistant Girls Coach Josh Granlund as the play by play announcer for the film crew. These people served as the field crew, Ira Gurewitz, John Litecky, Brad Brubaker and Meghann Witcher and we appreciate their efforts. Dr. Dave Olson and Julie Miller served as the medical team for the 5<sup>th</sup> year. Very special thanks to Whitney Russell (Tartan Senior) for spectacular singing of our National Anthem. There are four very important and critical people that make this classic a success. These four coaches served as team managers and work two additional days in the preparation of the game. They do the uniforming and information gathering at practice and help the teams at the game. They are Crissy Makela (Mankato West Girls) Len Woeflel (Makato West Boys), Ted Hill (Minnewaska Soccer Program) and the new guy on the block this year Jason Arnebeck (Park Boys). Thanks from all of us at the MSHSSCA. Thanks to all of you who make this game what it is-a showcase of high school soccer.

In the organization of a game like this, there are people who are not part of the soccer association, but play a pivotal role in its success. The following people deserve our thanks. Christina Hester (Principal at Skyview Middle School in Oakdale), Sue Akervik (Athletic Director at Skyview Middle School) and members of the girls team at Skyview for being the on field personnel. These are the kids I coach in fall. A special thanks to my other coach Heather Katz at Skyview for all her help with out 2012 soccer season.

As all of you who coach know how important your spouse is in your success. A very special thanks to my wife Peggy, who spends hours on the phone, checking documents and keeping me on task.. Thanks again Peg.

I want to share two personal sidelights from the Classic. Dr. David Olson, part of our medical staff is an ex student of mine and a very good friend. One of this years referees for the Classic was Shane Johnson a three year player for me at North St. Paul High School. This is one of the great rewards we get for spending time with kids.

There was great excitement in the dome as 4 teams were crowned 2012 State Soccer Champions. The Boys A Champions came from Rochester Lourdes coached by Tom Kean. The Boys AA title was won by Eastview and coach Scott Gustafson. On the girl's side, Benilde-St Margaret's under the direction of Scott-Helling Christy won the A

Girls title. Coach Tony Peszneker and his Wayzata Girls won their second Girls AA title. We congratulate all of the teams in the tournament and the winners.

Each year the MSHSSCA gives Coach of the Year and Assistant Coach of the Year Awards. Here are the 2012 recipients.

. . . continues on page 55

## GIRLS

Class A	COY	Scott Larson-Hermantown
Class A	ACOFY	Kathy Meagher-East Grand Forks
Class AA	COY	Ben LeVahn-Maplegrove
Class AA	ACOFY	Tom Hanson-Rochester Mayo

## BOYS

Class A	COY	Eric Erickson-St Paul Como Park
Class A	ACOFY	Chris Vance-Totino-Grace
Class AA	COY	Phil Johnson-Stillwater
Class AA	ACOFY	Tom Brenny –Hastings.

A complete list of all the section winners in each category is available from our website. The website at MSHSSCA.Org has been updated by our webmasters Deb and Keith Randa. (Apple Valley Girls). This site is your source for all the information pertaining to our association and you as a member.

The MSHSSCA awards its most prestigious soccer student award Ms. and Mr. Soccer to a player in each Class. These are winners for the 2012 season.

Ms. Soccer Class A Girls	Laurel Ramer	MF
	Kasson-Mantorville	
Mr. Soccer Class A Boys	Ismaila Jome	A
	Prairie Seeds	
Ms. Soccer Class AA Girls	Jenna Roering	A
	Centennial	
Mr. Soccer Class AA Boys	Elliot Cassutt	A
	Minneapolis South	

These awards were given at the State Tournament Banquet. The winners were presented with a plaque, a large permanent trophy to display at their school for one year and a warm-up set provided by Eastbay.

In the large picture of athletics, academics are a very important part of the success of team and students in Minnesota. We have many of the best student athletes in our sport. Our organization gives out Gold and Silver Awards each year. To receive the Gold Award the team must have accumulative GPA of 3.75 and up. The Silver Award team must have a GPA from 3.50-3.74. These team awards are on another page in this issue. A special thanks to Crissy Makela (Mankato West Girls) and Len Woefel (Mankato Boys) for their commitment in doing the job of Academic Coordinators for the MSHSSCA.

Please make your athletes award of the Mike Warter Scholarship Award. The Deadline for this is December 21, 2012. This scholarship award is given by the MSHSSCA to honor Mike Warter (Eagan Girls) coach who passed away in 2000. A scholarship in the amount of 1000 dollars will be given to one girl and one boy from the MSHSSCA. The application and information concerning the scholarship is available on the Website. Art Seplak and the scholarship

committee will be announcing the winners in early 2012.

A very special friend to soccer, Mr. Ron Sellnow, passed away on October 23, 2012. Ron was the long time State High School Soccer Tournament Director. I asked Ira Gurewitz, a long time friend of Ron and an active member of the MSHSSCA to write a tribute to Ron.

On Wednesday October 23, 2012 the Minnesota High School Soccer and Hockey communities, lost a dear friend, when Ron Sellnow passed away of cancer.

Ron was a retired teacher, coach, and Athletic Director as well as a long time Soccer and Hockey Section and State Tournament Manager.

Ron was a person who always smiled, joked, and always remembered things that were important to and about the hundreds of people he met and worked with along the way. If ever you needed someone to mentor you, give you advice or just someone to talk to, Ron was always there to share of himself. As a teacher and coach, Ron made sure not only to help his students and athletes become the best they could be, but more importantly, well rounded individuals. He showed them how to be disciplined and respectful, sportsmanlike and great role models for others. No one could ever say a bad word about "Sell" as he was nicknamed. His memory will live on because of all the hard work and dedication that he put into helping make the Minnesota High School Sports scene, one of the best in the country. Ron, will be sorely missed by all of those whose lives he touched.

Thanks Ira for sharing your thoughts. We will miss Ron but his legacy will be apparent in many of the sporting events he managed. Our thoughts and prayers are with the Sellnow family.

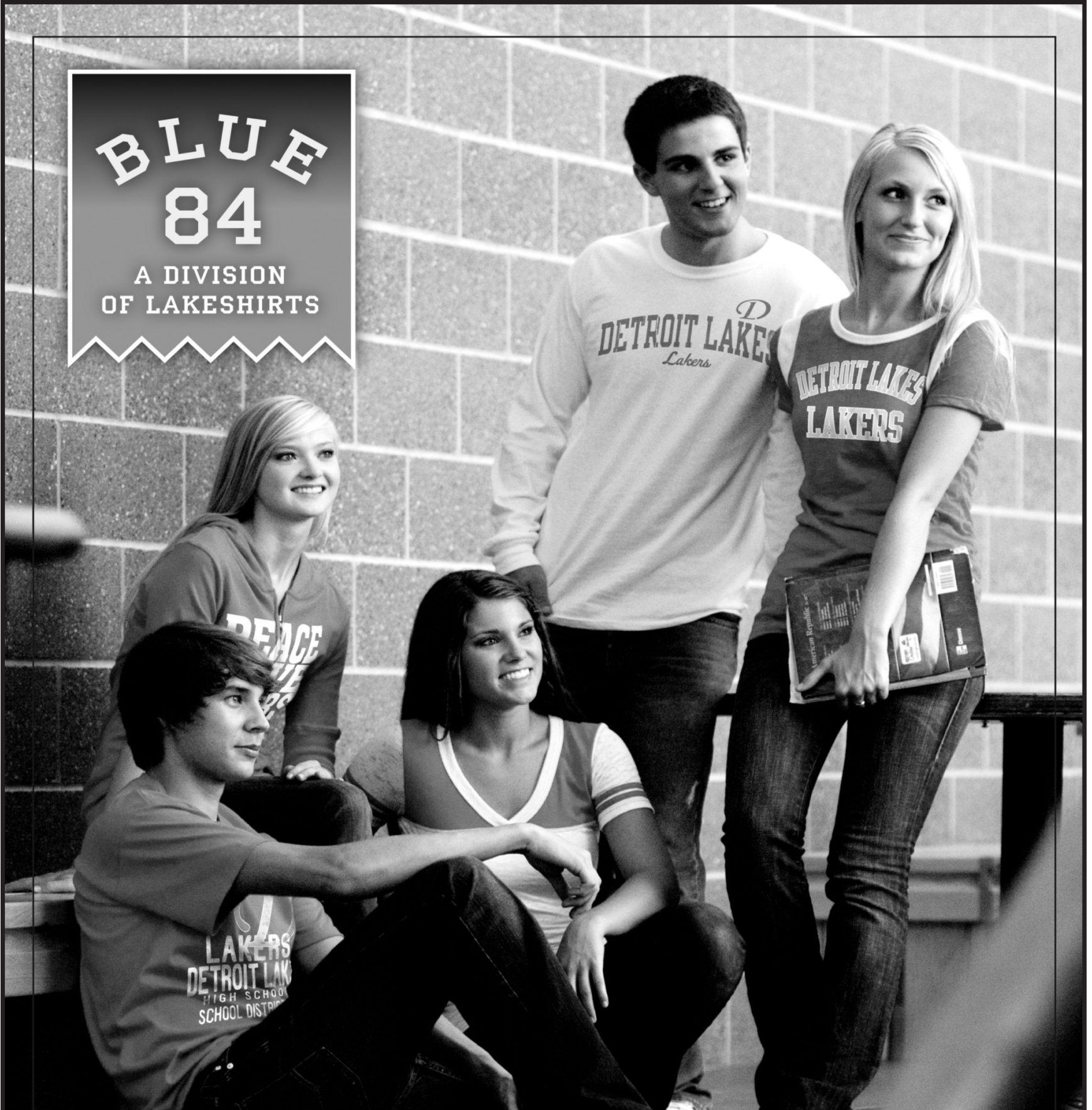
I want to Phil Johnson (Stillwater Boys) who retired at the end of the season the best of luck. He has represented soccer and high school sports with his dedication to soccer and the values he brings to his athletes. We wish only the best for you in what you will be doing in retirement. Phil, we have been honored to call you our friend.

It is time to end this article. We meet in January at Eagan High School. If you need information or want to share a concern, contact President Mark Obarski at Eagan High School or our Executive Secretary Dave Halgren. Contact information for them is on the website.

Once again I want to wish each of you a Merry Christmas and the best of the coming year 2012. Remember you have the best job in the whole world, coaching and molding kids. We are all blessed.

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