



# THE *Minnesota* PREP COACH

Vol. 50 No. 1 Published by the Minnesota State High School Coaches Association September 2011

## DON'T YOU THINK IT'S TIME

As we begin the 2011-2012 school year we will be without many of our coaches who have fallen victim to the vengeance of irate and out of control parents. This trend to non renew coaches is not a new phenomenon for coaches in Minnesota or coaches nation wide. What is frightening is the rapidly escalating number of non renewals that are happening. I think we are also starting to see a movement to non-renew coaches regardless of their past success or their loyalty and commitment to schools, communities and the athletes they work with.

This past spring and summer there has been several instances where coaches have been non-renewed. Some of the non-renewed coaches have asked for a hearing but most have chosen to walk away without fighting the decision. Coaches were given the right to ask for the reasons for their non-renewal and were also given the right to ask for a hearing before the board to answer to the reasons they were given for their non-renewal. The legislation to allow this was passed a number of years ago through the efforts of Representative Dean Urdahl and Senator Steve Dill. Most school districts have complied with the legislation and a few have had to be prodded to follow the statues.

The sad truth is that the hearings have not influenced the actions of school boards or the recommendations of Superintendents. In most instances the school boards have stated prior to the hearing that they will not answer any questions and that there will be no dialogue between the coach, his/her supporters and the board. They have in essence told the coach "go ahead and defend yourself but we will not change any vote based on the evidence you provide". About the only positive that has resulted from the statue is that coaches have not had to leave their jobs amidst a shower or false allegations and defamation of character without the chance to set the record straight.

The question remains, how can we help our coaches

do their job in this wave of parental micromanagement of our schools athletic programs? Coaches understand that they are "at will" employees and that their employment is from year to year. On the other hand I have not ever seen a successful school athletic program that put new coaches in charge of their programs every couple of years. Coaches need time to develop programs and provide consistency for their athletes as they move through the program. This is becoming more and more difficult to do as parents are allowed more and more input into how a program should be run and who should run it.

I believe it is time for Superintendents and school boards to step up and take the lead in providing the opportunity for their coaches to develop their programs without parental interference and attacks. I do not know of any other area in the school systems where parents are allowed to challenge the teachers like they are allowed to challenge coaches. Maybe the fact that Superintendents no longer have tenure has had an impact on the current

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## The Minnesota PREP COACH

Published quarterly by the  
Minnesota State High School  
Coaches Association and distributed,  
without charge, to all members in  
good standing.

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Gregg Martig - St. Cloud Tech

## 2011-2012 Delegates and Sport Association Officers

SECTION	GIRLS SPORTS DELEGATE	BOYS SPORTS DELEGATE	AT LARGE DELEGATE	AT LARGE DELEGATE
1A	Gary Prantner (Byron)	Gordy Klomps (retired)	Jeff Johnson (Chatfield)	
2A	Rick Burns (Lesueur-Henderson)	Rob Stevermer (United SC)	Bruce Belseth (Sleepy Eye)	
3A	Milo Larson (Canby)	Dave Blank (Wabasso)	Todd Tinklenberg (Pipestone)	Donna Johansen
4A	Chris Laird (Heritage)	Jeff Wall (Maranatha)	Tim Herman (Heritage)	(Murray County Central)
5A	Dawn Engebretson (Rockford)	Tom Lawrence (Foley)	Alan Amdahl (Albany)	
6A	Diane Pettis (Sebeka)	Ton Van Erp (Wadena)	Mike Peterson (Perham)	
7A	Dennis Holsman (Hill City)	Derek Parendo (Proctor)		
8A	Janet Golden-Landquist (Nevis)	John Schumacher (Park Rapids)		
1AA	Terry Heiderscheit (Roch. JM)	John Cassellius (Winona)	Rob Schwartz (Winona)	
2AA	Mike Lhotka (Dassel Cokato)	Tim Johnson (Mankato East)	Tink Larson (Waseca)	
3AA	Geri Dirth	Rod Dirth		
4AA	Gerald Keenan (Harding)	Tom Paulson (White Bear Lk)	Tim Ryan (Hill Murray)	Jerry Utech (Harding)
5AA	Randy Glassmann (Maple Grove)	Mark Loahr (Totino Grace)	Mark O'Neill (Champlin Park)	
6AA	Open	Greg Miller (Robbinsdale Arm)	Jim Baker (Retired)	
7AA	Mark Solberg (Cambridge)	Bill Baumann (North Branch)		
8AA	Open	Gregg Martig (St. Cloud Tech)	Rob Nielsen (Det. Lakes)	Bill Magnuson-Fall John Roesch -Spring (Sauk Rapids-Rice)
SPORT ASSOC	PRESIDENT	PRESIDENT ELECT	EXECUTIVE SECRETARY	MEMBERSHIP/TREAS.
AD	Tom Graupmann (Northfield)		Pete Veldman (retired)	
Adapted Athletics	Marcus Onsum (Robbinsdale)			Kelli Waalk (Maple Grove)
Baseball	Bruce Woitas (Sleepy Eye St Mary's)	Todd Smrekar (Cambridge)	John Wilkins (retired)	
Boys Basketball	Brad Strand (Pelican Rapids)		Tom Critchley (retired)	
Girls Basketball	Jen Rademacher (Robbinsdale Cooper)		Jen Johnson (Edina)	
Cross Country	Chris Frye (Chatfield)		Jeff Schmidt (Hutchinson)	Terri Ueland (Thief River)
Football	Jeff Weiland (Orono)		Ron Stolski (Brainerd)	Jim Dotseth Treasurer
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Hockey	Ken Pauley (Benilde-St. Margaret's)		Mike MacMillan (Buffalo)	
B-Lacrosse	Greg Visich (Hill-Murray)			Alex Erickson (Farmington)
G-Lacrosse	Rachel Aiken (Chaska/Chanhassen)			
Alpine Skiing	Derek Nash (Burnsville)			
Nordic Skiing	Dan Josephson (Det.Lakes)			
Soccer	Bill Vance (Totino Grace)	Mark Obarski (Eagan)	Dave Halgren (Ret.)	Keith Randa (Apple Valley) Art Seplak (Jefferson) Treas
Softball	Steve Radniecki (NCE)			Hilary Hansen (Burnsville)
B-Swimming	Mike Steineman (Cretin-Derham Hall)		Shelly Hotzler (JCC)	Kate Steineman (Cretin-DH)
G-Swimming	Jennifer Marshall (Farmington)		Rick Ringeisen (Lakeville)	
Synch. Swim	Signe Hensel (Wayzata)			Kathy Bohnsack (Prior Lake)
Tennis	Robb DeCorsey (Glencoe-Silver Lake)		Rick Englestad (Pine City)	
Track	Kent Viesselman (Cambridge Isanti)			Scott Christensen Treasurer
Volleyball	Jim Lee (Waconia)		Janet Golden-Landquist (Nevis)	Sue Alstrom (Treasurer)
Wrestling	John Barlund (Frazee)	Kurt Habeck (Eastview) Delegate	John Peterson (Elk River)	Roger Gorham (Elk River)
Retired Coaches	Jim Dotseth			

...continued from page 1

state of affairs. The fact that Superintendents don't have tenure and the ever increasing presence of parents in the youth programs and traveling teams has created a very difficult environment for coaches to perform their coaching duties as they see fit. Parents have been allowed to run programs leading up to the high school programs and traveling teams during the off season of high school teams. They are having an increasing unwillingness to step back from the high school programs that they don't run.

The only solution I can see for change rests with the Superintendents and school boards. I believe it is essential for Superintendents and School Boards to trust the Athletic Administrators to oversee the athletic programs and their coaches. If there is a problem it is the responsibility of the AD to work with the coach on a plan for improvement. If it is a parent who wants a coach's job rather than improvement that parent needs to be

told they are not going to get that. I think there are a large number of Athletic Administrators who are experienced in this area and would be willing to work with and advise other less experienced Athletic Administrators in dealing with these issues.

Don't you think its time to stand behind the men and women you have hired to be your coaches? Don't you think its time for you to show loyalty to those men and women who have given so much to your schools, your communities and your students? Don't you think its time to look at the long term rather than the short term thinking of one or two parents who have children that will not be part of the program in a year or two? I do know that in instances where Superintendents and Athletic Administrators have backed their coaches the attempts to run coaches out has failed and the need for hearings and negative publicity in the press has not happened. The formula for how to deal in a positive way with

this ugly subject is out there for others to follow. Don't you think its time to stand behind your coaches? Don't you think its time?

**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.**

## President's Message

By: Becky Leuer - North Branch

Welcome to the 2011-2012 school year. I have always found the start of fall sports and the beginning of the school year a very exciting time. The hopes and dreams of every coach and player, teacher and student, begin their journey. For some it will be joyous and for others challenging but everything starts with the first step. Enjoy the journey!

The news reported that about one third of the school districts in Minnesota will be asking for voter approved levies this fall and more are expected to announce by September 16<sup>th</sup>. Take the time to get actively involved in the efforts of your district. Emphasize the value of education based athletics every chance you get. What separates school sponsored activities from club programs

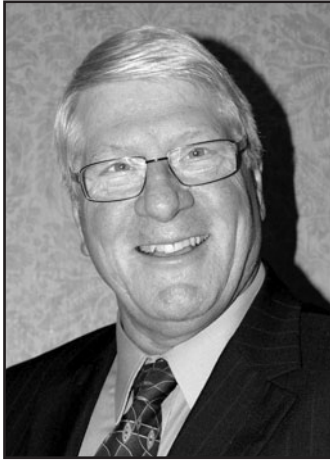
or community based programs is that we support the academic mission of the school. There are academic standards that must be met to be a participant. There is no argument that students who participate in school sponsored activities are more successful both inside and outside the classroom. The research clearly shows this and it is a concept that is supported nation wide. In economically challenging times, this is the most important message we can deliver so take every opportunity you have to deliver this message.

Good luck to all coaches whether your season is fall, winter, or spring.



**VISIT MCDONALD'S AFTER THE GAME**





## Ramblings from the Big Dog

By: John Erickson, MSHSCA EXECUTIVE DIRECTOR DETROIT LAKES

Greetings all! With all the fall sport seasons in full swing I would like to welcome you all back to a new membership year with the MSHSCA. I hope each of you have had the chance to take some time for yourself and your family and recharge your batteries.

The start of each year offers

each of us new opportunities as well as new challenges. I hope you have all taken some time to frame your year and set goals for yourself and your teams. It is always fun to begin a new year and the challenge of putting teams together and providing opportunities for athletes to grow and reach for the championships. We hope that you all have great seasons and can take the time to enjoy the journey.

This has been another year of change and a move toward more efficient membership management. The new on line registration system is getting a real workout and we have been extremely pleased with the system. I know that there are a few of you that have experienced a problem completing the registration and we apologize for that. The problems most often come from a prior entry that is incorrect as we entered it from the mailed in registration forms in the past. If you experience any difficulty in using the system we ask that you call us and we will resolve your problem for you. The upside of this process is that we will have accurate contact information that will help us serve the Sport Association requests for Sport specific emails such as upcoming clinics or deadlines that need to be met. Thank you for patience during the time of transition. Overall the comments have been very favorable and we do appreciate your feedback.

I would like to ask that head coaches help us out in getting your assistant coaches registered. One change that has been made this year is the requirement for each registrant to pay sport association dues along with their MSHSCA dues. This change was discussed and approved at the 2010 fall delegate meeting. The approval came about as schools were experiencing cards being obtained by non coaches purely to avoid paying the gate admission to events. We will be sending each AD a list of card holders claiming affiliation with their school following each of the sport seasons. We know of many instances where assistant coaches are retired educators who continue to substitute teach. It is important to remember that the liability insurance that comes with your MSHSCA membership

does follow you into the classroom.

I would like encourage all of our award winners, championship coaches, coach of the year, and assistant coach of the year recipients to attend the Awards Banquet This Banquet is for you. The MSHSCA commits significant money to make the price of the banquet affordable and present first class awards. It is very discouraging for all of us to put in the effort and time to have coaches choose not to attend. I think it is very important to recognize our award winning coaches and have the opportunity to say thank you. Thank you for all you do for your athletes, your school and your communities.

Another concern that I have is the poor turnout at some of the sport association clinics. Each sport association that sponsors a clinic works very hard to make it the best experience they can for each of their members. Please not when and where your clinics are held and make every attempt to attend. There is a sport association meeting at all the clinics and this is a time for you to be informed on issues as well as have the opportunity to offer input and ask questions.

As we all get back into the flow and hectic pace we live in Mary and I want to thank you for allowing us to serve as your directors. We are very appreciative of support you give us and hope that in some small way we are able to make your coaching experience a good one. We want to wish you the very best this year and every year. Minnesota is very fortunate to have some of the very best coaches in the country.

### MSHSCA 2011-2012 MEETING DATES

**OCTOBER 8:** Finance Committee Meeting  
7:30 a.m. Crown Plaza Hotel, St. Paul

**OCTOBER 8:** Fall Delegate Assembly  
Crown Plaza Hotel, St. Paul, 9:00 a.m.

**OCTOBER 8:** Hall of Fame and Awards Banquet  
Crown Plaza Hotel, 5:30 p.m.

**DECEMBER 3:** 25 Year Club Brunch  
& Award Presentation, Edinburgh Golf Club,  
Brooklyn Center, 10:00 a.m.

**JANUARY 13, 14, 15:** NOCAD Meetings,  
Portland, Oregon

**MARCH 22:** Finance Committee meeting  
Crown Plaza Hotel, St. Paul

**MARCH 23:** Spring Delegate Assembly,  
Mancini's Char House, St. Paul, 9:00 a.m.

**DATE TO BE DETERMINED:**  
Summer Executive Meeting, Detroit Lakes

### PREP COACH DEADLINES TO SUBMIT:

Sept. 1      Dec. 1      Mar. 1      May 1

# FINAL MEMBERSHIP REPORT MARCH 2011

Types of Membership	2009-10	2010-11
Active Class A & AA	6131	6273
Associates	1096	1156
Active Life	591	564
Retired Life	976	984
Honorary	3	3
	<u>8,797</u>	<u>8,980</u>

## *Breakdown of membership by sport association*

Adapted Athletics	23	19
Alpine Skiing	66	68
Athletic Directors	258	228
Baseball	411	400
Boys Basketball	842	788
Girls Basketball	658	736
Cross Country	297	316
Gymnastics	201	210
Nordic Skiing	122	114
Volleyball	631	740
Boys Swimming	169	165
Girls Swimming	210	217
Boys Lacrosse	25	51
Girls Lacrosse	49	47
Football	1023	1105
Boys Hockey	265	259
Golf (boys & girls)	375	371
Soccer *boys & girls)	347	379
Softball	443	509
Synchronized Swimming	11	16
Girls Tennis	181	190
Boys Tennis	136	166
Track & Field	681	686
Wrestling	67	82

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 34 coaches that have joined the MSHSCA and coach a sport that collects their own dues. 3-Badminton, 7-Cheerleading, 11-Dance and 18-Girls Hockey.

## Thanks to Liberty Mutual

Liberty Mutual Insurance has been a friend and benefactor of the Minnesota State High School Coaches Association for a number of years. This includes ads, opportunities for payment to the MSHSCA for requested quotes and a long term contract that recently provided the association with a sizable check.

I was one of the people that requested an insurance quote for our house and automobiles. I was pleasantly surprised to realize the money I saved by changing from my long time insurance to Liberty Mutual.

Early last December we benefited even more. We had a devastating house fire that required major restoration of the building and renewal of much personal property. In April, we were able to move back in to our restored home and continue to revamp and recover back to a state of normalcy.

We were fortunate to have had the opportunity to work with some extremely kind, courteous, understanding and thoughtful employees of the Liberty Mutual Insurance.

My wife and I would like to take this opportunity to express our thanks and appreciation to the agents that we worked with during our tribulation. A heartfelt "thank you" to Mark Peterson and Ellen Vellance for their competence and expertise.

Darien DeRocher, Editor, MN Prep Coach

## 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)



VISIT MCDONALD'S AFTER THE GAME





On behalf of the McDonald's Twin Cities Co-Op, Rosemount owner/operators Kay and Tom Butler, holding check, presented Rosemount High School band members with a \$1,500 check for winning the Minnesota State Fair High School Marching Band Competition.

Ronald McDonald, far left, and Fair mascot Fairchild the Gopher, far right, were on hand for the presentation. Congratulations to Band Director Steve Olsen and the Irish Band, which won for the second consecutive year competing against dozens of schools from Minnesota and western Wisconsin. McDonald's has been a proud sponsor of the event since it started in 2005.



The McDonalds Restaurants of Minnesota and the Minnesota State High School Coaches Association are proud to sponsor a program that emphasizes the word student as part of the term Student-Athlete.

Boys and Girls Golf use the older format and select sectional champions for each class.

Listed below are the results of the Team Academic Program for the spring of 2011. If your sport does not appear, it is due to the fact that it was not submitted.

## **BOYS TRACK AND FIELD**

### **GOLD**

Academy of the Holy Angels  
Albany  
Alexandria  
Andover  
Anoka  
Apple Valley  
Bagley-Fosston  
Bloomington Jefferson  
Blue Earth Area  
Brainerd  
Buffalo  
Byron  
Cambridge-Isanti

Concordia Academy  
Dilworth-Glyndon-Felton  
Eastview  
Edina  
Fairmont  
Faribault  
Foley  
Holy Family Catholic  
Hopkins  
Kasson-Mantorville  
LaCrescent  
Lac qui Parle Valley-Dawson-Boyd  
Lakeville North  
Mankato East  
Math and Science Academy  
Minnesota Valley Lutheran  
Montevideo  
Monticello  
Mora  
Murray County Central  
Pine Island  
Plainview-Elgin-Millville  
Princeton  
Rochester Century  
Rochester Mayo  
Rocori  
St Francis  
Sartell-St Stephen  
Sauk Rapids-Rice  
Tartan  
United South Central  
Wabasha-Kellogg

### **SILVER**

Annandale  
Canby-Minneota-Lincoln HI  
Delano  
Hawley-Ulen-Hitterdal  
Hill-Murray  
Hutchinson  
Mankato Loyola  
Maple Lake  
Maple River  
Minnetonka  
New Prague  
Park of Cottage Grove  
Pillager  
Pine City  
Sauk Centre

## **GIRLS TRACK AND FIELD**

### **GOLD**

Academy of the Holy Angels

Ada-Borup  
Albany  
Albert Lea  
Alexandria  
Anoka  
Apple Valley  
Bagley-Fosston  
Barnesville  
Becker  
Benilde-St Margaret's  
Bemidji  
Belle Plaine  
Blaine  
Blue Earth Area  
Bloomington Jefferson  
Brainerd  
Buffalo  
Braham  
Byron  
Canby-Minneota-Lincoln HI  
Cambridge-Isanti  
Concordia Academy  
Coon Rapids  
Delano  
Detroit Lakes  
Dilworth-Glyndon-Felton  
Dover-Eyota  
Eagan  
Eastview  
Eden Valley-Watkins  
Edina  
Esko  
Fairmont  
Faribault  
Farmington  
Foley  
Forest Lake  
Hermantown  
Hill-Murray  
Holdingford  
Holy Trinity  
Hutchinson  
Irondale  
Kasson-Mantorville  
LaCrescent  
Lac qui Parle Valley-Dawson-Boyd  
Lakeville North  
Lakeville South  
Litchfield  
Mankato East  
Mankato Loyola  
Maple Lake  
Monticello  
Montevideo

Moorhead  
Mora  
Mounds View  
New Prague  
Owatonna  
Park of Cottage Grove  
Park Rapids  
Pequot Lakes  
Pillager  
Pine Island  
Pine City  
Plainview-Elgin-Millville  
Princeton  
Prior Lake  
Rocori  
Rosemount  
Rushford-Peterson  
St Cloud Cathedral  
St Croix Lutheran  
St Louis Park  
St Paul Highland Park  
Sartell-St Stephen  
Sauk Rapids-Rice  
Sauk Centre  
Simley  
Stewartville  
United South Central  
Visitation  
Wabasha-Kellogg  
Waseca  
Waterville-Elysian-Morristown  
Warroad  
Wayzata  
West Marshall - Stephen  
Willmar

**SILVER**

Annandale  
Austin  
Cannon Falls  
Crookston  
Lewiston-Altura  
Maple River  
MN Valley Lutheran  
Osakis  
Red Wing  
United North Central

**SYNCHRONIZED SWIMMING****SILVER**

Bloomington  
Eden Prairie

Edina  
Forest Lake  
Hopkins  
Itasca (Grand Rapids & Greenway)  
Maple Grove/Osseo  
St Louis Park  
Wayzata

**BOYS TENNIS****CLASS A GOLD**

Aitkin  
Becker  
Foley  
St Paul Humboldt  
Thief River Falls

**CLASS A SILVER**

Brooklyn Center  
Minneapolis Washburn  
Pine City  
Providence Academy  
St Cloud Cathedral  
St James  
St Peter  
Waseca

**CLASS AA GOLD**

Apple Valley  
Bemidji  
Bloomington Jefferson  
Brainerd  
Cambridge-Isanti  
Cretin-Derham Hall  
Duluth East  
East Ridge  
Eden Prairie  
Hutchinson  
Lakeville South  
Mahtomedi  
Maple Grove  
Mounds View  
Red Wing  
Sartell-St Stephen  
Woodbury

**CLASS AA SILVER**

Coon Rapids  
Eastview  
Forest Lake  
Hill-Murray  
Mankato West  
Orono

Roseville Area  
Rochester John Marshall  
St Cloud Tech  
St Francis  
Spring Lake Park  
White Bear Lake

**SOFTBALL****GOLD**

Albany  
Brainerd  
Cambridge-Isanti  
Centennial  
Chanhassen  
Chaska  
Chatfield  
Clinton-Graceville-Beardsley  
Delano  
Duluth Central  
East Ridge  
Eastview  
Faribault  
Frazee  
GFW  
Glenville-Emmons  
Hayfield  
Hibbing  
Holdingford  
Holy Family Catholic  
Jackson County Central  
Kenyon-Wanamingo  
Kerkhoven-Murdock-Sunberg  
Lake of the Woods  
Lakeville South  
LeCenter-Cleveland  
Lester Prairie-Holy Trinity  
Litchfield  
Little Falls  
Maple Grove  
Maple River  
Menasha  
Milaca  
Minneapolis Washburn  
Minnehaha Academy  
Moorhead  
Mora  
Morris Area-Chokio-Alberta  
Mounds View  
Murray County Central  
New London-Spicer  
New Prague  
Norman County West



**VISIT MCDONALD'S AFTER THE GAME**



...Academic - continued from page 7

North Branch  
North  
Marshall County Central  
Stephen-Argyle  
Tri-County  
Northfield  
Park Rapids  
Perham  
Pine Island  
Randolph  
Rochester Lourdes  
Rocori  
Rosemount  
Sacred Heart  
Sebeka  
Shakopee  
St Charles  
St Francis  
St Peter  
Stillwater Area  
Tartan  
Totino-Grace  
Tracy Area  
Trinity School  
Wabasha-Kellogg  
Warroad  
Win-E-Mac  
Worthington

### **SOFTBALL**

#### **SILVER**

Academy of the Holy Angels  
Adrian  
Alexandria  
Andover  
Austin  
Battle Lake  
Belgrade-Brooten-Elrosa  
Benilde-St Margaret's  
Big Lake  
Blooming Prairie  
Bloomington Jefferson  
Bloomington Kennedy  
Byron  
Champlin Park  
Chisago Lakes  
Coon Rapids  
Detroit Lakes  
Eagan  
East Central  
East Grand Forks  
Eden Valley-Watkins  
Eveleth-Gilbert

Fairmont  
Forest Lake  
Goodhue  
Hastings  
Hawley  
Henry Sibley  
Henning  
Hill City  
Hopkins  
Howard Lake- Waverly-Winsted  
Hutchinson  
Lakeview  
Lakeville North  
Lewiston-Altura  
Mankato East  
Mankato Loyola  
Mankato West  
Martin County West  
Mesabi East  
Minneapolis South  
Minneapolis Roosevelt  
MN Valley Lutheran  
Mounds Park Academy  
Mountain Lake/ Butterfield-Odin  
Norman County East/ Ulen-  
Hitterdal  
New Life Academy  
New Ulm  
Nicollet  
Orono  
Ortonville  
Osakis  
Osseo  
Owatonna  
Park Center  
Paynesville  
Pelican Rapids  
Pequot Lakes  
Pierz  
Pillager  
Pine City  
Pipestone Area  
Plainview-Elgin-Millville  
Princeton  
Providence Academy  
Red Lake Falls  
Red Wing  
Rochester John Marshall  
Roseau  
Sleepy Eye  
Sleepy Eye St Mary's  
Southwest Star Concept  
Round Lake-Brewster  
Springfield

St Anthony Village  
St Cloud Tech  
St James  
St Louis Park  
St Michael-Albertville  
Silver Bay  
Stewartville  
Triton  
Underwood  
United South Central  
Virginia  
Visitation  
Walker-Hackensack-Akeley  
Watertown-Mayer  
Wayzata  
Windom Area  
Yellow Medicine East  
Zumbrota-Mazeppa

### **BASEBALL**

#### **CLASS A GOLD**

New York Mills  
St John's Prep  
Trinity School at River Ridge  
Wabasso  
West Lutheran

#### **CLASS A SILVER**

Ada-Borup  
Adrian  
Blackduck  
G-F-W  
Legacy Christian Academy  
Martin Luther/Granada-Huntley-  
East Chain  
G-F-W  
Sacred Heart  
St Agnes  
Springfield  
Tracy-Milroy-Balaton  
Windom Area

#### **CLASS AA GOLD**

Albany  
Cannon Falls  
Crookston  
Dassel-Cokato  
Delano  
Litchfield  
Ottertail Central

#### **CLASS AA SILVER**

Byron  
Holy Family Catholic

Jordan  
Kasson-Mantorville  
Mound-Westonka  
Orono  
Roseau  
Zumbrota-Mazeppa

**CLASS AAA GOLD**

Andover  
Bloomington Jefferson  
Eastview  
Eden Prairie  
Hopkins  
St Francis  
South St Paul  
Willmar

**CLASS AAA SILVER**

Burnsville  
Cambridge-Isanti  
Eagan  
Hastings  
Mankato West  
Robbinsdale Armstrong  
Rosemount  
Roseville Area  
St Louis Park  
Stillwater Area  
Totino Grace

**BOYS GOLF****CLASS A**

1 Wabasha-Kellogg  
2 United South Central  
3 Adrian  
4 Legacy Christian  
5 MACCRAY  
6 Barnesville  
7 No Qualifier  
8 Fosston

**CLASS AA**

1 Byron  
2 Jordan  
3 Jackson County Central  
4 St Croix Lutheran  
5 No Qualifier  
6 Melrose  
7 Eveleth-Gilbert  
8 Detroit Lakes

**CLASS AAA**

1 Rochester Mayo  
2 Eden Prairie  
3 Eagan  
4 Cretin-Derham Hall  
5 Maple Grove  
6 Wayzata  
7 Anoka  
8 Alexandria

**GIRLS GOLF****CLASS A**

1 Lewiston-Altura  
2 MN Valley Lutheran  
3 Adrian  
4 Legacy Christian  
5 Osakis  
6 Mahnommen  
7 Mesabi East  
8 Fosston

**CLASS AA**

1 Red Wing  
2 Blue Earth  
3 Litchfield  
4 Fridley  
5 Dassel-Cokato  
6 Albany  
7 Eveleth-Gilbert  
8 Fosston

**CLASS AAA**

1 Owatonna  
2 Waconia  
3 Apple Valley  
4 Cretin-Derham Hall  
5 Irondale  
6 Plymouth Armstrong  
7 St Francis  
8 Alexandria



## MSHSL Board of Director's Report September 1, 2011

By: Mindy Sparby, Belle Plaine High School  
Mark Solberg, Cambridge-Isanti High School

It's great to be back in the swing of things as Fall sports are getting under way!

I want to thank John Schumacher for his time on the MSHSL Board of Directors! Schu represented the coaches and Activities Directors very well! He has now passed the torch to Mark Solberg, AD at Cambridge-Isanti High School. We look forward to Mark's next four years of service on the board!

The MSHSL board of directors just finished up our summer meeting August 16<sup>th</sup>. The summer meeting is a when the board get's together and works through what our board goals should be for the upcoming school year and beyond. We had a great session, and we have a great board to work with!

Here is a brief synopsis of the August 16<sup>th</sup> board meeting.

The new Class AAAAAA football playoff structure was approved. The new class of the largest 32 schools (four sections of eight) becomes effective with the 2012 season. Come playoff time, the teams will be seeded 1-8 in each section and the pairings will be 1 vs. 8, 2 vs. 7, 3 vs. 6, and 4 vs. 5 on the Friday following the Education Minnesota break. Each first-round winner will then be paired, by random draw, with another first-round winner from a different section. The higher-seeded team will host these crossover games that will determine eight section champions the following Friday. Those eight teams will then be seeded 1-4 with a blind draw determining opponents, according to Board policy. The four state quarterfinals would be played the next Friday, likely in the Metrodome. The two Class AAAAAA semifinals will be played on Thursday evening prior to the Friday-Saturday semifinals for the other classes. The championship game would be the fourth and final game played in the evening on the Friday following Thanksgiving.

Four rules changes for the current 2011-12 school year impacting girls' dance team were approved, including a revision that disqualifications will be reserved only for flagrant rules violations.

Media Specialist John Millea briefed the Board about his ongoing discussions with the Minnesota High School Press Association regarding a potential partnership for its annual journalism competition.

Associate Directors Lisa Lissimore and Kevin Merkle briefed the Board about continued planning for marking 100 years of state basketball tournaments in 2012. Current plans include a commemorative publication, special promotions and features by television partner KSTC-TV Channel 45, commemorative merchandise, special League website content, and special programs and displays at the state girls' and boys' basketball tournaments.

The board will meet again on October 6<sup>th</sup>. Best of luck this Fall! If you have any questions or concerns please feel free to contact us!



VISIT MCDONALD'S AFTER THE GAME



# HOOP SCOOP



By: Jen Rademacher  
Robbinsdale Cooper High School  
2011-2012 MGBCA President

We have been through another Minnesota summer, and I hope you are all rested and ready for another exciting school year and season of Minnesota Girls' Basketball.

I am honored to serve as the President of the MGBCA for 2011-12. I want to thank Patty Sorensen for her commitment and leadership as our President this past year and look forward to her continued support and dedication to Minnesota Girls Basketball. Patty did a remarkable job, and I hope to continue the wonderful work she did this past year. We are very fortunate to have an outstanding group of leaders in our association; Patty from Park Center will serve as Past President, Jenny Johnson from Edina is our Executive Director, and Jeff Buffetta from Mountain Iron - Buhl High School is our President-Elect. In addition, Erin Herman from Hill-Murray and I are our Fall Clinic Directors; Pat Barrett is our MSHSL Liaison and Miss Basketball Chairperson; Rich Uttech from Granada-Huntley and Pat Barrett head our Hall of Fame Committee and Banquet. Jenny Johnson and Carla Young chair our All Star Committee. Thank you to our section reps and those of you that also commit your time in assisting on the various committees.

We will be hosting our 33<sup>rd</sup> Annual Fall Coaches' Clinic this year on October 28<sup>th</sup> and 29<sup>th</sup>. Erin and I have been working hard planning the two days with an outstanding group of speakers and topics. Friday the 28<sup>th</sup> will be held at the University of Minnesota. Coach Pam Borton and the Gopher

Coaching Staff will be covering all aspects of the game. We will also have a former member and coach, Carl Peirson talk about his new book that he has written and published about the politics of high school coaching. The session on Saturday the 29<sup>th</sup> we will be at Park Center High School and will feature various speakers including: Iowa Head Coach Lisa Bluder, DePaul University Head Coach Doug Bruno, St. Mary's Head Coach Mandy Pearson, and St. Thomas University Head Coach Ruth Sinn. They are set to cover both offensive and defensive topics, and we are looking forward to another great clinic. You may register online at [mshsca.org/girlsbasketball](http://mshsca.org/girlsbasketball). You may also check our website for full details.

Two years ago we joined with the American Cancer Society and Coaches vs. Cancer in the fight against cancer. Many programs are continuing to be involved and again came up with several unique ways to raise money to fight Cancer. Dawn Baudoin helped get this off the ground and she is going to take the lead on this again this year. Our goal is to get every girls' basketball program in the state involved. Look for more information to come.

Take a look at our website: [www.mshsca.org/girlsbasketball](http://www.mshsca.org/girlsbasketball). The website is a very helpful tool. It provides all the information for the Association leadership, including your Section Representative. You will also find all the forms and deadlines for Ms. Basketball, All-Star and All-State, Academic All-State, Section Academic Championships and Hall of Fame. At our website, you will also find further information on the clinic and registration.

The Association membership form is also accessible from the website. I would encourage all of you and your coaching staffs to

become members of the organization. There are many benefits to membership for you as an individual and for your programs. In order for your players to be eligible for any of the awards that the association sponsors, the head coach must be a member of the girls' basketball association. You can register on line and it is easy and quick to complete by either using our link or going to [www.mshsca.org](http://www.mshsca.org) and find the link for 2011-12.

Our association continues to work productively with the Minnesota State High School League through our MSHSL liaison, Pat Barrett. It is the 100<sup>th</sup> anniversary of the state high school basketball tournament so look for this to be a part of this years girls basketball tournament.

I am looking forward to working with all of you this year. I hope to see you and all of your coaching staff at the Fall Clinic! Remember to contact your section rep first if you have any questions, ideas, and input. If you need further help, please contact me via email at [jennifer\\_rademacher@rdale.org](mailto:jennifer_rademacher@rdale.org) or via telephone at 763-504-8661.

*“So I say keep  
yelling and hustling  
every minute you’re  
in uniform..”*

**- Enos Slaughter**

## Girls Basketball Clinic

October 28<sup>th</sup> & 29<sup>th</sup>

Day 1: Williams Arena, U of M

Day 2: Park Center H.S.

### Register Online for the clinic at

[www.mshsca.org](http://www.mshsca.org)

The 1<sup>st</sup> 100 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.

#: 6 :1 6 92 4:81. 6 477 9 69 6476 24976 . 8. 262 :7194: . 66

If you mailed in your registration last year, your password is probably zzz.

ALL Coaches attending the clinic are encouraged to be members of MSHSCA

Out of state, college and club coaches can join as associate members

The Mail-in form is for Associate members Only

Name \_\_\_\_\_  
 Mailing Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_  
 Name of college or club \_\_\_\_\_  
 E-Mail \_\_\_\_\_

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

Clinic Fee	\$ 100.00	\$110.00 at the door
MSHSCA Membership fee	\$15.00	
\$ ) ( \$ 3000	\$10 (H) \$5 (A)	
TOTAL \$	.00	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)

## GENERAL LIABILITY INSURANCE PROGRAM

As a membership benefit coverage is provided by the Commercial General Liability Policy issued to the National Organization of Coaches Association Directors. This policy will protect the Minnesota State High School Coaches Association and its members from claims made by negligent acts accidentally committed resulting in bodily injury, personal and advertising injury or property damage to others.

### CARRIER

Lexington Insurance Company  
 Excess Surplus Lines ("A" A.M. Best)

### POLICY PERIOD

August 1, 2011 – August 1, 2012

### LIMITS OF INSURANCE

\$1,000,000	Each Occurrence
\$1,000,000	General Aggregate (per Member)
\$1,000,000	Products/Completed Operations
\$1,000,000	Personal & Advertising Injury
\$50,000	Fire Damage
Excluded	Medical Payments

For any additional information please contact Loomis & LaPann, Inc. 18 Exchange St., Glens Falls, NY 12801

Greg Joly, Kevin Joyce, Karen Boller  
 800-566-6479 Fax 518-792-3426

### CAMP COVERAGE

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

In addition, Participant/Accident Coverage is available that will cover coaches and/or participants. Should an accident occur during your camp, clinic or event, this secondary coverage could help offset the loss suffered by families affected by such accidents.

### 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 coaches association. 218-847-6796 [www.mshsca.org](http://www.mshsca.org)

[www.loomislapann.com](http://www.loomislapann.com)  
[gjoly@loomislapann.com](mailto:gjoly@loomislapann.com)  
[kjoyce@loomislapann.com](mailto:kjoyce@loomislapann.com)  
[kboller@loomislapann.com](mailto:kboller@loomislapann.com)

## For All Insurance Questions

General Liability 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/>



VISIT MCDONALD'S AFTER THE GAME



# M MEMBERSHIP PERKS

SHS  
CA

- **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.
- **DAYS INN - Mounds View** - Contact Pravin Patek, 763-786-2465. 2149 Program Avenue Mounds View, MN. \$64.99 12/31/2010
- **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
- **THE NORTHLAND INN** - 7025 Northland Dr Brooklyn Park, MN 55428 - Contact Jodie Fleck 10% off best rate available, mention MSHSCA 09 when making reservation. 800-441-6422
- **ROSEVILLE VISITORS Association DISCOUNTS** - [www.visitroseville.com](http://www.visitroseville.com)
- **SHERATON MINNEAPOLIS WEST HOTEL** - 12201 Ridgedale Dr 952-960-3538 \$82.00 (Weekends) Rest of week is limited availability 12/31/2011

•••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

- |  |   |
|--|---|
| <ol style="list-style-type: none"> <li>1. Executive Director available to work for you on a daily basis.</li> <li>2. Dues include a \$1,000,000 Liability Insurance while coaching.</li> <li>3. Membership card is for admission at many high schools and colleges in Minnesota.</li> <li>4. Teams are eligible to earn Academic Team and Individual honors.</li> <li>5. Provide scholarships for Minnesota High School students.</li> <li>6. NOCAD membership creates revenue marketing that is helpful for the promotion of programs that benefit coaches and their athletes.</li> <li>7. Four issues of <i>The Minnesota Prep Coach</i>, the MSHSCA newsletter which contains information about and for coaches and their association's activities.</li> <li>8. Provides potential for clinics for any sport association that wishes assistance.</li> </ol> | <ol style="list-style-type: none"> <li>9. Up to date clinic schedules and educational opportunities on our website.</li> <li>10. Opportunity to be recognized as a Minnesota Coach of the Year.</li> <li>11. Opportunity to be recognized as a Minnesota Assistant Coach of the Year.</li> <li>12. Delegate representation that allows coaches to remain fully updated on issues.</li> <li>13. Close working relationship with all affiliated sport associations.</li> <li>14. Provides active representation and support on the MSHSL Board of Directors.</li> <li>15. Recognition for state team championships.</li> <li>16. Opportunity for 25 Year Club and Life Membership of the MSHSCA.</li> <li>17. Opportunity to be nominated and selected to the MSHSCA Hall of Fame.</li> <li>18. United support for each other's programs.</li> <li>19. Mass membership email capability.</li> </ol> |
|--|---|

## Thank you coaches for your positive response to our online system.

Out of the 2500+ coaches that have registered throughout the summer, the number of problems have been few!

We have also had a good response to the one-of-a-kind Minnesota coaches t-shirt, "Unleashing Talent".

For those of you that didn't order a t-shirt at the time you registered and have changed your mind, our online system writer is working on getting it added to our edit page. John and Mary



# dugout chat



By: Bruce Waitas  
President Minnesota State High School Baseball Coaches Association  
Sleepy Eye St. Mary's

The 2011 season is well behind us; however, it won't be long and we will be hitting, throwing, etc. again in preparation for the 2012 season! I would like to take this opportunity to look back at the 2011 season, and recall what a great success it was! For the second year, all three state championship games were played at Target Field. The format was different than the previous year; because of the Twins' schedule, we planned to play the championships on Tuesday. All four quarterfinal games were played on Thursday and the semifinals, consolation and third place games took place on Friday. The championship games were scheduled for Tuesday, but they were moved to Wednesday due to weather. We want to once again thank the Minnesota Twins for making this possible! We also offer a special thanks to Kevin Merkle for all his hard work in preparing for this great day. Congratulations to our three state champions: Eden Valley-Watkins, Saint Cloud Cathedral and Burnsville. Three outstanding championship games were played this year, creating great memories for those players and fans at Target Field.

The fall coaches' clinic is quickly approaching; the dates are October 28, 29, and 30, 2011. It will again be held at the Ramada Plaza Hotel in Minneapolis. On Saturday night, our 2011 Hall of Fame inductees will be honored with a special banquet. The eight coaches who will be inducted into the Hall of Fame include:

Chris Biehn - Mankato Loyola  
Jim Hare-Richfield  
John Hellie-Pierz  
Jim Hurley-Moorhead  
Steve Johnson-Blake  
Dennis Kaatz-Wadena-Deer Creek  
Mick McNeely-Mound View  
Jerry Riewer-Staples-Motley

Tickets for the banquet are \$25.00; order forms are available on the baseball coaches' website. Plan to take time to honor these outstanding guys and thank them for all they have given to our great game of baseball.

We will also present our annual awards for contributions to the game of baseball. Our 2011 award winners are as follows:

Dick Siebert Award= Brad Skoglund of Paynesville

Angelo Giuliani Award=Jon Springer of Zumbrota  
Jim Dimick/Retired Coach Award=Mike Loudon of Hastings and Paul Mork of White Bear Lake/Blaine  
Assistant Coach of the Year Award=Steve Wolle of Mankato East and Scott Buntje of Albany

Coach of the Year Award= Brian Raabe of Forest Lake (Class AAA), Bob Karn of Saint Cloud Cathedral (Class AA) and Jim Erzar of Deer River (Class A)

High School Players of the Year= Austin Malinowski of Centennial (Class AAA), Andrew Thome of Saint Cloud Cathedral (Class AA), and Matt Geislinger of Eden Valley-Watkins (Class A)

Field of the Year=Palm Field at St. Anthony Village High School

Our association is seeking nominations for all of the listed awards; you can find the forms on the baseball coaches' website. Please take time to fill them out and send them in.

Our annual showcase, held at the Minnetonka field, was another great success! It was very well attended by college coaches and scouts. We would like to thank John Wilkens and Tink Larson for all of their work putting together our showcase for our juniors. We would also like to thank Terry Ryan from the Twins for coming out to hit the fungos once again.

Our association would like to thank all those who had a part in the Lion's All-Star games that took place in June. The games were played in Chanhassen this year as Chaska's field was recovering from the spring floods. Chanhassen did a great job of hosting this event. What a way for our top seniors to go out!

There was some confusion regarding the bats last season, but that should be taken care of for the 2012 season as all bats must meet the bbcore standard. Also note that, this past spring, the High School League passed the coaches' continuing education requirement. All head coaches will have to take online classes through the Coach's Clipboard which can be found on the league's website. See your AD if you have questions regarding this. In addition, the state passed a law that all coaches at every level are required to take an online class on concussion management; this too can be done through the league's website.

The league did not discuss our double elimination proposal at their August meeting. Kevin Merkle informed me that the board is going to review all tournament formats as a goal for this year. We still hope that our proposal can get some type of action at the October board meeting.

Please take time to join the association! Your membership is important to us and joining the association can be done online this year. The year will only become increasingly busy, so please take the time now to fill out nomination forms and to get your membership in. Hope to see you all at the fall clinic!



## 2011 Minnesota Baseball Coaches Clinic

Co-Sponsored by the MINNESOTA HIGH SCHOOL COACHES ASSOCIATION



October 28, 2011	Friday	Registration from 4:30-5:30	Session I starts at 5:30 High School Coaches Meeting at 8:00am
October 29, 2011	Saturday	Registration continues at 7:30am	Session 4 starts at 9:45 with other sessions following
October 30, 2011	Sunday		9:15am 11:00pm

**SITE:** Ramada Plaza Hotel Same location as last year.  
1330 Industrial Blvd  
Minneapolis, MN  
Phone (612) 331-1900  
Toll Free (877) 774-4315

**SPEAKERS:** Mickey Morandini Former Major League Player-Currently coaching in Phillies Minor Leagues \*\*\*  
Justin Stone Chicago White Sox Academy \*\*\*  
\*\*\*Confirmed Rick Helling Former Major League Pitcher Currently MLS Players Association \*\*\*  
Kyle Pooch Winona State U Division II Runners Up in 2011 \*\*\*  
Paul Blanchard Southwest State U \*\*\*  
Steve Hucke Rochester Community Technical College \*\*\*  
Ron Gardenhire Minnesota Twins

**Cost of the Clinic:** \$60 Pre-Registration (received by October 24, 2011) No refunds!!  
\$70 at the door

**Hotel Rooms:** You must make your own reservations and make sure you mention the baseball clinic and special room rate. A single or double room will run \$85 plus tax. Make reservations by October 13, 2011. Requests will be accepted on space availability and room rate availability.  
\*\*\*

**Clinic Features:** Coaches handouts-on website MSHSBCA.org; free soda product; door prizes for everyone . Free Reebok Item (\$40 value); exhibitors; clinic notebook; FCA breakfast to those who sign-up; social hour on Friday after last session (beverage and chips); and free parking. Clinic schedule available on MSHSBCA.org.

\*\*Your early registration is appreciated and helpful. Bring your staff with you.

Please fill out and mail in with your payment

Name: \_\_\_\_\_ Phone (Home): \_\_\_\_\_

School or Organization: \_\_\_\_\_

Home Address \_\_\_\_\_

Email Address \_\_\_\_\_

Make checks payable to MSHSBCA(\$60 Pre-Registration or \$70 at door). Mail the checks to: John Wilkens P.O. Box 203, St. Michael, MN 55376. wilks@charter.net to check on if registration has been received. You won't be notified.

Pullover/Shirt Size-Circle M L XL XXL XXXL

Do you plan on attending the FCA Breakfast on Sunday morning (Oct. 30) at 7:30 AM? We have to pay for all meals ordered. Coaches who would like to bring wives or children may do so. Just include that number at bottom of the sheet. Do you plan on attending the FCA Breakfast? Yes \_\_\_\_\_ No \_\_\_\_\_



**VISIT MCDONALD'S AFTER THE GAME**



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!!**

# MnIAAA CORNER

By: Tom Graupmann, President, MnIAAA  
Northfield High School

Welcome back to another school year; summer is over and we're all "back in the saddle again!" I hope we will all enjoy the ride and help those whom we serve have a wonderfully positive experience as well.

As coaches, what we do, what we say, and how we role model makes a huge difference for our students. The following is a quote from Robert Fulgham, author of, All I Really Need to Know I Learned in Kindergarten: "Don't worry that children never listen to you. Worry that they are always watching you." Our actions carry a ton of weight with our students. Please never underestimate your influence.

The MnIAAA will be in the transition phase for the next year and a half with the retiring of long time MnIAAA Executive Secretary/Treasurer Pete Veldman. When talking about Pete, it is impossible not to include his wife, Arlene, who has been working together with Pete, serving our organization for the past 18 years! The Veldman's have been instrumental in providing tremendous leadership, including putting the MnIAAA into a very solid financial situation with their tireless work and dedication. This school year, Pete and Arlene will continue in this position and effective July 1, 2012 the newly hired Executive Secretary/Treasurer, Mike Beck, will take the reins. Mike was the long time Athletic Administrator at St. Michael-Albertville. During the 2011-12 school year Mike will work with the Veldmans and will have the opportunity to gain valuable experience and see the entire operation first-hand.

We, as Activities/Athletic Directors, understand the "scramble" involved this year with the Coaches Education Requirements, in addition to the Concussion State Law that have recently gone into effect. We appreciate the "dig in" attitude to complete all these components. I am very fortunate to work with dedicated coaches here in Northfield who understand the importance of all of these items and get them done knowing this is all in the best interest of our students. Thank you all for what you do, how you do it, and for being the model of what our students aspire to become!

# Smooth • Fast • Natural

By, Derek Nash  
Burnsville HS  
MSHSCA Alpine President



A changing of the guard. It is with pleasure that I am introducing two new leaders for the Alpine Ski Coaches Association; Nelson Carlson (St. Thomas Academy assistant coach) and Brad Schaeppi (Blake School assistant coach). They have both stepped forward to take over as co-presidents. They will have the seemingly never-ending guidance of previous presidents as they take on the leadership of our sport association.

There are a few issues in discussion at this time; the post season waiver continues to be proposed, a re-vamping of the seeding procedures for the State Meet, and clinics for association members are a few of the issues that continue to be worked on by our leaders. Your support and input are welcomed, as always.

The post season waiver continues to have support from members, which is great, but need Athletic Directors to be on board. This can not and will not move forward until we have the support of AD's first. The post season waiver would allow kids to keep skiing with contact from the coaches, even if they were the coaches from their club team! Hopefully we can get the support from 5 Athletic Directors!

There has also been talk of wanting to change the seeding for the State Meet, based on section qualifiers. The advisory council is taking this into account and has been working on a few proposals to bring forward. Coaches wanted to see the individual qualifiers be placed earlier in the run order, and also do away with placing our last qualifiers first in the run order.

These and other issues can be discussed at the Association member meeting to be held on Saturday, September 17 at 10:00am -12:00noon at the Northrop campus of Blake School. If you are a member of the Alpine Coaches Association please feel free to attend.

The U.S.S.A. is also moving forward with a very appealing package for racers who may be interested in trying a few extra races during, or after the high school racing season. There may be a three-race package available to High School racers at a discounted rate, where racers would be allowed to compete in races in either the metro area, or out-state. More complete information is available from your local USSA club, or through Caryn Jones, [carynj69@Yahoo.com](mailto:carynj69@Yahoo.com)

I wish you all the best of luck this coming season, See you on the hill.



VISIT MCDONALD'S AFTER THE GAME



**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 35 institutions of higher learning have opted to continue with the Associate Membership Package offered by the MSHSCA during the 2010-2011 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)                          | • Riverland Community College (Austin MN)                     |
| • Augsburg College (Minneapolis MN)                  | • Hibbing Community College (Hibbing MN)                   | • Rochester Community College (Rochester MN)                  |
| • Bemidji State University (Bemidji MN)              | • Itasca Community College (Grand Rapids MN)               | • Southwest MN State University (Marshall MN)                 |
| • Bethany Lutheran College (Mankato MN)              | • Martin Luther College (New Ulm MN)                       | • St Cloud State University (St Cloud MN)                     |
| • Bethel University (St Paul MN)                     | • Mesabi Community College (Virginia MN)                   | • St Cloud Tech College (St Cloud MN)                         |
| • Carleton College (Northfield MN)                   | • Minnesota State University Mankato (Mankato, MN)         | • St John's University (Collegeville MN)                      |
| • Central Lakes College (Brainerd MN)                | • Minnesota State University - Moorhead (Moorhead MN)      | • St Olaf College (Northfield MN)                             |
| • Century College (White Bear Lake MN)               | • MN West Technical and Community College (Worthington MN) | • U of MN - Crookston (Crookston MN)                          |
| • College of St. Benedict (St Joseph MN)             | • Northland Community College (Thief River Falls MN)       | • U of MN - Duluth * Men's Hockey on Availability (Duluth MN) |
| • Concordia College (Moorhead MN)                    | • Northwestern College (St Paul MN)                        | • U of Mn - Morris (Morris MN)                                |
| • Concordia University (St Paul MN)                  | • Ridgewater Community College (Willmar MN)                | • University of St Thomas (St Paul MN)                        |
| • MN State Comm. & Tech College (Fergus Falls MN)    |  | • Vermilion Community College (Ely MN)                        |
| • Gustavus Adolphus College (St Peter 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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## Goal Posts

By: Ron Stolski - Brainerd  
Exec. Director MFCA

Fellow coaches; we are in it now. Our Fall season, with all of its beautiful rhythms, has begun.

You, your staff, team and, to some extent, the school and community are engaging in one of life's finest metaphors.. the game of Football and the life's lessons it can mirror for us all.

Teachers, students, communities. Participation on a team can, we all know, provide the members with many opportunities to experience and learn qualities and habits that will be beneficial to each member as they travel life's marvelous journey. Our Autumn season is too short, but it is long enough to learn life's lessons; long enough to create a lifetime of memories; long enough to share, to give, to grow. Long enough to learn the stuff of life. Long enough to become one heartbeat. As a coach, we have

influence far beyond what we may realize now... what we say, what we model, how we teach, will live in our player's hearts and minds long after they leave us.

They have us in their pocket.

Our Teams, the kids, come in all shapes and sizes, and with different skill sets and abilities. They don't always come with the same motivation or for the same reason(s). Yet, they come. They want to be a part of the TEAM, or the tradition, or just to play ball. Perhaps they want to learn something about themselves.. maybe they are there because their friends are. Maybe they want to meet and make new friends. Whatever the reason, they come. And, for a short time, we have them. "Sometimes, not nearly often enough, we have a chance to be a part of something greater than ourselves, and it begins with a belief that WE can". Our lockerrooms are filled with players who share the vision and dream of being a Skipper, Spartan, Panther, Huskie, et all. We have the privilege and responsibility to teach them and help them learn about themselves, others, and realize their dreams.

Let's coach them all. Research and studies tell us that while, well over a

million kids will play High School Football this Fall, a relatively small percentage will ever go on to play beyond high school, and that an even smaller, minute percentage of those will even have an opportunity to play professionally. Our obligation is to every player on our team... to teach, engage, challenge them to be the 'best they can be'. Let's teach the game within the game. Let's expect them to be good citizens in school and community;; to be the leaders in the classroom and hallways; to respect others and one another. To care for and about family. To give of their time to all who need it. We know, you know, it isn't the Inn. It is the journey. Coaching is a splendid way to spend a life. Let us never forget the impact we may have on those we touch.

And let's remember always...

It is only a game, but what a game. Qualities like hard work, discipline, sacrifice, loyalty, perseverance, joy, disappointment, are better friends now. They have been experienced at close quarters. Remember, too, your Team at the ready, under the Hunters Moon. When your feet were wings, your heart a lion. And go, Football Player. Again.

## 2012 MINNESOTA FOOTBALL COACHES CLINIC

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

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### **2012 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)  
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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**

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**VISIT MCDONALD'S AFTER THE GAME**





# Diamond Cuts

By: Adrian Wagner  
Benilde - St. Margaret's

I'm Steve Radniecki and I am the 2011 president of the Softball Coaches' Association. I am the head softball coach and Activities Director at Norman County East High School in Twin Valley, MN. I am also the Section 8A representative to the Softball Coaches' Association so I get the opportunity to look at the softball situation in Minnesota from several different viewpoints. Whether I am administering my local program, coaching my specific teams or representing the nineteen schools in Section 8A, softball, what I see is a sport that is growing in participants, teams and spectator popularity every year.

Several coaches in our section have done a super job of promoting their programs to their public and softball to the entire section's public as well. In 2011, Kent Christian of BGMR and Ben Hanson of Red Lake Falls, along with the Agassiz Valley Conference organized (and BGMR hosted) the first Section 8A Seniors' game. All seniors of the teams in Section 1A and several of the local 8AA teams were invited to play in the event. It was held in mid-June after the state tournament and was a really fun event for the players and the coaches (I was honored to be one of the coaches selected to coach in the games.) The most special part of the event was the opportunity for the girls to play with some of their long

time opponents and get to know each other much better. The girls also got to keep their jerseys as a keepsake of the event. The jerseys were furnished by the Agassiz Valley Conference. Several college coaches in the area were in attendance and had a chance to visit with the players after the games. Plans for next year include offering an invitation to the Section 8A juniors along with the seniors and hold a juniors vs seniors tournament for the event.

Switching gears, I encourage all of the softball coaches in Minnesota to attend our softball clinic. There are always great presenters and the clinic is always well run. The clinic is a very valuable resource for any softball coach.

Once again this year we will be pushing for a double elimination (after the first round) section softball tournament. The home run fence situation also needs to continue to be addressed as well. Besides the Title 9 implications, our girls deserve to have good facilities to play in simply because they are dedicated athletes and need to have the opportunity to play on descent facilities and be able to promote their program facilities to be able to grow their sport at their school and in their community. Our Executive Secretary, Shelly Hotzler, has been doing a super job leading our association on these issues and running the clinic as well and I hope that as coaches we assist her in any way we can to make high school softball better in Minnesota.

I'm sure I am going to enjoy my year as president and I invite any and all of you to contact me at [stever@nce.k12.mn.us](mailto:stever@nce.k12.mn.us) with any ideas or issues that need our attention as the year goes along. Also, please email me and let me know of any fun things that your section does for your girls so I can share with everyone so we can make softball even better across the entire state.

Enjoy the new school year!

## **Minnesota State High School Coaches Association, Inc. Executive Committee Liaison Assignments 2011-2012**

Shelly Holtzler Past President	B/G Soccer G Swimming	B Swimming Wrestling	Baseball B Hockey
Becky Lever President	Football Adapted Athletics	G Basketball Gymnastics	G/B Golf
Jon Wagner President Elect	B/G Cross Country G Tennis	Nordic Skiing Alpine Skiing	B Tennis B/G Track
Tom Van Erp 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.

# Swim Strokes

By: Jen Marshall

Farmington High School  
jmarshall@farmington.k12.mn.us



It's August and that means the start of fall sports and the smell of chlorine for us pool peeps! Teams statewide are gearing up and preparing for an exciting season of swimming and diving, culminating with the State Meet November 16-18 at the University of Minnesota Aquatic Center. Perhaps the most exciting element for coaches and athletes alike is the lack of major rule changes this year as such changes can be difficult to adjust to.

The Coaches Association is proud to be sponsoring its 8<sup>th</sup> annual True Team competition this season. True Team Section meets will be held Saturday October 15<sup>th</sup> with the Class AA True Team State Meet running Wednesday October 19<sup>th</sup> and the Class A meet competing Thursday October 20<sup>th</sup>. Since its inception in 2004, True Team continues to be a highlight in the middle of the season with more team participation each year. Additionally, the swimmers keep getting faster and the divers keep getting better! All True Team information can be found at [www.pantherboosters.org/true](http://www.pantherboosters.org/true).

On behalf of all the student-athletes you work with, I'd like to extend a thank you. You provide a positive influence on their lives year after year. May this be your best season yet as an educator and coach!

## Delegates Corner

By: Jon Wagner, President Elect, Eveleth-Gilbert School

Now that the 2011-12 school year is upon us, it is time to think about what we need to do to provide the best experience possible for those students and parents who depend on us. Most of us have had a summer (seems like a short one!) to take a break from teaching or administrative duties and focus on family life. Now, being focused and refreshed, we should be prepared to dive into dealing with the joyful stress of teaching, coaching, and directing athletic programs in our communities.

But what can stop us from being the dynamic and visionary leaders we were trained to be? What are the pitfalls of being a leader?

In my experience, I'm learning to follow the following rules for avoiding common pitfalls:

Take time to take care of yourself. You can't do your best when shorting yourself of proper sleep, diet, and exercise. And you need to keep the "home fires burning," as difficult as that may be when you have a very busy life.

Remember that you can – and should – make a difference. Your knowledge and skills are well earned and deserve to be shared, especially in the world of youth athletics where students can be

## FAST TRACKS

By: Pete Tremaine,

President MN Nordic Ski Coaches Association  
Anoka High School

As fall approaches and the hot summer months fade into the distance, many Nordic ski coaches begin to eye the calendar and ponder whether or not we will have measurable snow as early as in 2010. Many of the prospective Nordic skiers are well into their cross country or fall sport season and looking forward to the cooler temperatures that autumn tends to bring. As coaches, we need to decide the direction that we would like to take as far as team and individual qualifying and scoring at the State Meet. The hybrid scoring proposal that the membership agreed upon in the fall of 2009 was voted down by the Minnesota State High School League Board of Directors this past June. That basically sends us back to square one. The membership is encouraged to attend the fall meeting on Saturday October 29<sup>th</sup> at 9:00AM in Mora at the Vasaloppet Center. There have been several different scoring proposals brought forward by various coaches in the membership. We need to look at these and come to some sort of consensus on what would be best for our student athletes. It won't be long before we are talking about snow conditions and what type of wax will work best. Hopefully we will have a great snow season and more reasonable temperatures at the State Meet.

influenced by your positive leadership.

Don't let the nay-sayers have their way. No leader exists with full admiration from all of their constituents. All of us have critics – there will be bumps in the road, but don't let them derail your goals and worthwhile dreams.

As a delegate in the MSHSCA, you have an opportunity to make a difference and contribute to a great organization that exists to support our coaches. Please take the time to be an active leader in your schools and communities, and know that your efforts ultimately serve the best interests of our nation's youth. Look to your officers in the MSHSCA for support when you need it, and know that we have common goals for our school athletic programs. With school budgets down and general morale also declining, our students and parents look to you to be a source of drive and inspiration. So please be willing to step forward and make a difference, in the best ways you know.

In addition, I ask you to think of ways that our organization can more fully serve Minnesota's coaches and officials. We have a deep pool of talent in the MSHSCA, and with more communication and input from you, we will become an even better organization. Please feel free to contact any of the MSHSCA officers to offer your suggestions or make us aware of problems that need to be addressed.

In sum, we hope you have a great Fall, avoid the pitfalls of leadership, and continue to make a difference in the lives of our youth.



VISIT MCDONALD'S AFTER THE GAME



# Mat Chatter

By: John Barlund  
President of MWCA  
Frazee High School



Welcome to the 2011-12 school year and the new wrestling season as well.

I would like to start by thanking our past president, Tom Gruhlke formerly from BOLD, for all his time and contribution, to not only his program, but in representing the MN community very professionally and passionately in his tenure as MWCA President. I was very impressed with Tom's determination and effort he put into his duties. It's no wonder his teams were very well prepared when they stepped on the mat. I look forward to working with him again this year.

Our new president elect is Tom Ellison from Alexandria. I know Tom will do a wonderful job as he is very organized and full of great innovative ideas that will evolve over the course of the next two years. Tom's primary focus this spring will be to organize the MWCA Fall Clinic in Elk River. The date will be Oct. 29<sup>th</sup>. It will be another exciting and educational clinic.

As you begin your preparation for the up-coming wrestling season I wanted to encourage you to take care of a few items before the season gets too close. It is important to become members of the Minnesota Wrestling Coaches Association, as well as, members of the Minnesota State High School Coaches Association. The on line registration will walk you through the process in a couple of minutes. By becoming a member of both, you get insurance coverage for the year, a subscription to both the MSHSCA publication and The Guillotine, and coaches and athletes become eligible for state awards.

Coaches also need to check out the new MSHSL requirements for this season. All Head Coaches will need to complete the CER (Continuing Education Requirement) portion from the state web site. All assistant coaches will need to complete the concussion training module which is embedded in the program as well. To access this information go to [www.mshsl.org](http://www.mshsl.org).

We are all aware of the National Federation of State High School Association's decision to change the weight classes for the 2011-12 season. Minnesota will be following the federation's recommendations and implementing the new weights this season. The NFHS decision was based upon the study of over 200,000 wrestler's weight data. The plan is to more evenly distribute these weight classes throughout the participants involved. Minnesota will follow our previous weight certification process and will be allowing a 2 pound growth allowance after Jan. 1<sup>st</sup>.

Last spring the MWCA Advisory Committee met with the MSHSL and reviewed the State Wrestling Tournament. The format was changed in 2011 by removing competition on Wednesday, completing the team portion on Thursday, and running the individual tournament on Friday/Saturday. Our task was to review the tournament and look at possible changes; however we were given specific parameters that we had to adhere to. The decision to remain with the same structure of the tournament (with some time and location changes) was the best option at this time.

Finally, I would like to thank all the coaches for their input and suggestions. I would encourage you to become an active member of your wrestling conference, section, and class. Wrestling is a demanding sport and it takes hard working people to continue making it the exceptional sport it is. Remember, "Tough times don't last, but tough people do!"

If you would like to contact me you can reach me at: [jbarlund@frazee.k12.mn.us](mailto:jbarlund@frazee.k12.mn.us)

## 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.

# MSHSCA Hall of Fame to Add Five on October 8th

The MSHSCA Hall of Fame Banquet that is scheduled for October 8th will induct five legendary Minnesota prep coaches. The Hall of Fame portion of the many award program is the highlight of the evening. New inductees this year include Michael Dreier (New London-Spicer), Verdon Hasleiet (Elgin-Milville), Dick Norman (Rochester Mayo), Gail Nucech (Hibbing) and William "Chuck" Scanlon (Apple Valley).

The location of the awards banquet is the Crown Plaza St Paul. Information on times, parking, cost of tickets and how to obtain tickets can be found in a separate article in this issue.

Available bios and photos of the new inductees are included below:

## **Michael Dreier (New London-Spicer)**

Dreier is a 1969 grad of Burnsville HS and a 1976 alum of Hamline University where he earned a BA degree in Social Studies, Health and Phy Ed.



As a student at Burnsville HS, he was a three sport athlete participating in football, basketball and baseball. He earned All Conference Honor in baseball.

While in college, he was named the Burnsville Outstanding Educator (1974) as he worked with numerous youth programs. During that period he coached two women slow pitch softball teams to two State Championships with appearances in the national event. Dreier also competed at the Slow Pitch level as the team he played with won

two state titles. During the 1986 season he was named All American as he led the national tournament with a .785 average.

During his Head Girls Basketball coaching tenure at New London-Spicer (1978 to present), his teams have captured a 749-129 won loss record. This phenomenal record earned his team 24 conference titles, 14 state tournament teams with two state titles (1997 and 2002), five runners-up and 2 third place finishes. He was twice named Coach of the Year in 1987 and 1991.

Dreier was diversified in his coaching ability with thirteen as Assistant Football coach and 11 years as Assistant Track and Field. Following his varsity stint at football, he moved to the 7th grade coaching job for a number of years and 7th grade softball coach from 1996 to present.

His expertise earned him a position on the MSHSL Advisory Committee in 1995.

He was rewarded for his coaching talent by being named to the Willmar Tribune Athletic Hall of Fame and the MN Girls Basketball Coaches Association Hall of Fame.

He also coached in two All Star games in 1988 and 1992 and has been a clinician for a number of clinics.

He was a member of the MGBCA from 1978 to present and a Life Member of the MSHSCA.

Michael and his wife, Vonnie have three sons — Tim, Matt and Joey.

## **Verdon Hasleiet (Elgin-Milville)**

Hasleiet is a grad of Peterson HS (1961) and Winona State University (1967.) In college he participated in track and Field for two years and Cross

Country for four years and was chosen as captain his senior year.

He was at Mabel-Canton for five years and was jr high basketball coach and head track and field coach the five years he was at the school. He initiated the Cross Country program the final two years.

The 1972 year Verdon made a move to Elgin-Milville. He was head basketball coach for seven years, Cross Country coach for 26 years and either head or assistant Track and Field coach for 25 years.

During his stint as the basketball coach, his teams won three conference titles. The track and field teams under his tutelage won 18 conference crowns and one state championship. The conference titles included 17 years in a row and included five sectional winners. The Cross Country program had 19 individual champions.

Verdon and his wife, Renee have three children — Brian, Jonathan and Angela. There are nine grandchildren. Two of the three children are involved in education.

A favorite saying of Hasleiet is "The Journey Is More Important Than the Destination."

## **Dick Norman (Rochester Mayo)**

Dick Norman is a 1953 graduate of Granite Falls HS where he participated in football, baseball and track and field. He matriculated to St Olaf College and earned his BA degree in Biology with a



... continues on page 24



VISIT MCDONALD'S AFTER THE GAME



**Hall of Fame. . . continued from page 23**

Phy Ed/ coaching minor. At St Olaf, he was a four year member of the football team and also participated in hockey and track and field. Later, he earned a MS degree in teaching from U of WI-



LaCrosse with major emphasis in biology studies. He did post grad work in Horticulture at the U of MN in 1972-73.

In 1957, he was hired at St Croix Falls to teach science while also serving as football and head track and field coach. In 1959, he was employed by the Department of Defense as a teacher in Kaiserlautern, Germany. While in Germany, Norman had a chance to attend the Olympic Games in Rome, Italy. Following his DOD service time, Dick returned to the United States and located in Harmony where he taught science and Biology and was the head football and head track and field coach. In 1964, he moved to Rochester John Marshall as a science teacher and head track and field coach. Two years later he moved to the newly opened Mayo HS. He was at Mayo for 27 years when he retired.

During his tenure at Mayo, his track teams won six Big Nine championships, two regional titles, two sub-regional crowns, one state track runners-up and two True Team section championships. He was fortunate during his tenure to have Mark Lutz, a five time state individual champion who advanced to compete in the 1976 Olympic Games in Montreal, Canada.

Norman was named Region Track Coach of the Year four times and State Track and Field COTY in 1991. He was inducted in to the Minnesota Track and Field Coaches Hall of Fame in 2005 and was inducted to the Rochester Quarterbacks Club Hall of Fame in 2006. The long time Mayo Invitational Track meet was named the Dick

Norman Invitational Meet in 1995. He instituted work to create a nine lane track and spearheaded the installation of permanent bleachers for the football after a flood devastated both facilities. His work on these projects gained nation wide publicity

Dick has designed a number of items for track usage including a STEELEX spike, a circle to be used for the hammer throw and a LASAM for measuring the distance of shot put throws. This device is used on a large number of Division 1,2 and 3 events along with many of the major track events in the nation.

He and his wife of 52 years, Gloria have four children - Signe, Hal, Eric and Todd. The Normans are also proud grandparents of seven grandchildren.

Dick is proud of his accomplishments and is highly honored to be chosen to be inducted in to the MSHSCA Hall of Fame. He and his family graciously thank the MSHSCA for selecting him for this extreme honor.

### **Gail Nucech (Hibbing)**

Gail attended Greenway High School, Itasca Junior College and Bemidji State College.



She has coached a variety of sports in her career including volleyball, basketball, Softball, track and field and gymnastics.

Volleyball being her most significant sport as a coach.

She retired from teaching in 2005 but continues to coach volleyball.

Four Halls of Fame have preceded this year's induction including:

Bemidji State University  
MN Volleyball Coaches  
Greenway High School  
Minnesota State High School League.

Governor Rudy Perpich proclaimed October 16, 1960 as Gail Nucech Day.

Her honors won and achievements

## MINNESOTA PREP COACH

are lengthy including:

Winningest volleyball coach in MN HS volleyball — 859 wins and 218 losses

Iron Range Champions - 25 times  
Region 7AA and AAA - 23 times

Participation in 23 state tournaments with one state title, one second place, four third place finishes and seven 5th place finishes.

Region 7AA/AAA Coach of the Year several times and a State Coach of the Year recognition.

Mother and daughter participated in 2006 state tournament.

Organized the Hibbing Junior Volleyball Program and had her teams competing at the Nationals from Minneapolis to Texas.

Won the National Girls and Women Sports Day Special Merit Award

Developed and coached the Hibbing Fast Pitch Program.

Serves as a Volleyball Rules Interpreter and is on the Task Force for Coaches re-certification.

She has raced Sled dogs and earned first place in North Star Races and 1st in Minnesota Championship points.

She and her husband, Dennis have one child - Crystal and one grandchild.

### **Chuck Scanlon (Apple Valley)**

Look in the yearbooks of Apple Valley High School, and for the past 33 years you would see Chuck Scanlon's photo next to generations of winning teams ranging from boys soccer to boys and girls hockey to baseball.

Recently, Coach Scanlon became the winningest coach in the history of Minnesota soccer with amazing 541-89-46 record including nine state, 17 section and 20 conference championships.

His team was on a 47 game winning streak which was another state record.

Coach Scanlon is credited with developing one of the top soccer programs in the nation and as a result was named the Division 1 National Coach of the Year by the National Soccer Coaches Association.

Hall of Fame. . . continued from page 24



That is just for soccer. Scanlon has also pioneered the girls hockey program at Apple Valley His team won the nation's first ever Girls

Championship game in 1998. They also won the first televised state championship game in 1998. In 18 years, his hockey teams have compiled 217 victories, three section titles, two state crowns and one third place finish.

Chuck's passion for coaching grew out of his experience as a successful student-athlete. He was an All American goalie at Bemidji State University from 1972 to 1975 and was a member of the 1973 National Championship Hockey Team. His prowess earned him Bemidji State University Hall of Fame honors and recognition as one of their "50 Greats for 50 Years."

What makes Scanlon special his current and former athletes will tell you is his unique and rare ability to guide any team to believe in themselves and achieve greatness.

His pre-game motivational speeches are legendary and his enthusiasm and energy for sports has his summer youth league scrambling for a chance to play for him when they grow up..

Since taking the helm at Apple Valley, Chuck has been named Coach of the Year four times, Section COTY 12 times and ESPN RISE High School National Coach of the Year.

He is a 1970 grad of Richfield High School. He has education degrees from Bemidji State University and the University of Minnesota.

# HALL OF FAME BANQUET TO HONOR 2010-11 COACHES OF THE YEAR

Each year at season's end, most sport associations select one or more Coaches of the Year, sometimes depending on the number of classes in a particular sport program.

For many years, the MSHSCA has included a presentation to the Coaches of the Year as part of the Annual Hall of Fame Awards Banquet. Member coaches that have been chosen by their peers to receive the COTY Award will be presented a plaque for their selection for short and/or long term success.

The banquet will be held on October 8th at The Crown Plaza Hotel in St Paul. Further information on the banquet can be found elsewhere in this issue of The MN Prep Coach. People wishing to share the award experience with the COTY recipients can obtain tickets by contacting Jim Baker by calling (651) 357-2937

Listed below is the list of the 2010-11 recipients:

<b>Girls Soccer</b>			
Class A	Scott Helling	Christy	Benilde-St Margaret's
Class AA	Mark Obarski		Minnehaha Academy
<b>Boys Soccer</b>			
Class A	Dave Platt		Benilde-St Margaret's
Class AA	Casey Holm		North St Paul
<b>Girls Tennis</b>			
Class A	Kevin Coughlin		Staples-Motley
Class AA	Steve Paulsen		Edina
<b>Volleyball</b>			
Class A	Tara Bieber		Wabasha-Kellogg
Class AA	Sue Volkman		Wadena-Deer Creek
Class AAA	Milan Mader		Lakeville North
<b>Boys Cross Country</b>			
Class A	Christian Zimmerman		Minnehaha Academy
Class AA	Bill Miles		Wayzata
<b>Girls Cross Country</b>			
Class A	Kelly Haws		St Cloud Cathedral
Class AA	Gail Grieme		Monticello
<b>Football</b>			
	Ron Stolski		Brainerd
<b>Girls Swimming</b>			
Class A	Rory Fairbanks		Hutchinson
Class AA	Jeff Mace		Edina
Class AA	John Dailey		Edina
<b>Alpine Skiing</b>			
	Derek Nash		Burnsville
<b>Nordic Skiing</b>			
	Chris Torvi		Irondale

<b>Gymnastics</b>		
Class A	Nicole Green	Annandale
Class AA	Shelly Ecklund	Eagan
<b>Boys Basketball</b>		
Class 1A	Vern Capelle	Upsala
Class 2A	Dave Cresap	Perham
Class 3A	Barry Wohler	Orono
Class 4A	Josh Williams	Owatonna
<b>Girls Basketball</b>		
Class 1A	Josh Wieme	Goodhue
Class 2A	Scott Bergman	Sauk Centre
Class 3A	Erin Herman	Hill - Murray
Class 3A	Wendy Kohler	Alexandria
Class 4A	Dave Preller	Woodbury
<b>Hockey</b>		
Class A	Bruce Plante	Hermantown
Class A	Mark DeCenzo	Hibbing
Class AA	Tim Sager	White Bear Lake
<b>Softball</b>		
Class A	Mick Ramey	New Life Academy
Class AA	Steve Ericson	Park Center
Class AAA	Dean Robinson	Hastings
<b>Boys Swimming</b>		
Class A	Tom Uvaas	Fergus Falls
Class AA	Chris Guerrera	Minnetonka
<b>Girls Lacrosse</b>		
	Laura Mark	The Blake School
<b>Boys Track and Field</b>		
Class A	Todd Tinklenberg	Pipestone Area
Class AA	Bruce Kivimaki	Eden Prairie
<b>Girls Track and Field</b>		
Class A	Craig Nelson	Luverne
Class AA	Mark Sotebeer	Roseville Area
<b>Boys Tennis</b>		
Class A	Jeff Mauston	Virginia
Class AA	Justen Seim	Matomedi
<b>Baseball</b>		
Class A	Jim Erzar	Deer River
Class AA	Bob Karn	St Cloud Cathedral
Class AAA	Brian Raabe	Forest Lake

At press time. Adapted Athletics and Boys and Girls Golf had not submitted names of their Coaches of the Year for 2010-11



VISIT MCDONALD'S AFTER THE GAME



# MSHSCA HALL OF FAME

## 1980

Art Avis (Hutchinson)  
Wayne Courtney (Mpls Roosevelt)  
George Haun (Staples)  
George "Baldy" Hayes (Blue Earth)  
Stan Nelson (Anoka)  
Vern Morrison (St. Cloud Tech)  
George Rose (St. Paul Como Park)

## 1981

Ove Berven (Austin)  
Lloyd Holm (St. Louis Park)  
George Saunders (Pine City)  
Earle Teas (Pipestone)  
Clifford Thompson (Eveleth)  
Herb Wolf (Fairmont)

## 1982

Oscar Almquist (Roseau)  
William Broekemeier (Cass Lake)  
Jerry Eckstein (Plainview)  
William Hanson (Willmar)  
John Hermes (Fergus Falls)  
Burt Monson (Mountain Lake)  
Herman Woock (Crosby-Ironton)

## 1983

Al Halley (Mpls Southwest)  
A.J. Kramer (Roseau)  
Ralph Peterson (Plainview)  
Bob Roy (St Louis Park)  
Granville Smith (Park of Cottage Grove)  
Arnold Veglahn (St. James)

## 1984

Verne Hermann (Plainview)  
R. "Butzie" Maetzvold (Hopkins)  
Ralph Skay (Theif River Falls)  
Ab Strommen (St. James)  
Louis Todnem (Mankato West)

## 1985

Fred Kellett (Brainerd)  
Steve Kerzie (Gilbert)  
John Nett (Winona Cotter)  
Milt Osterberg (Worthington)  
Rudy Rauker (Warroad)

## 1986

Bruce Frank (LeSueur)  
Del Mollberg (Detroit Lakes)  
William Ochs (Bloomington Lincoln)  
K.T. Smith (Breckenridge)  
Angelo Taddie (Nashwauk-Keewatin)

## 1987

Duane Baglien (Edina)  
Chester Bisel (Lynd-Butterfield)  
Herb Claffy (Milaca)  
John Rengel (Staples)  
Dick Seltz (Austin)

## 1988

Art Hass (Austin)  
Jim Hastings (Duluth Central)  
Dale Scholl (Redwood Falls)  
Lloyd Stussy (Wells-Easton)  
Don Swanson (Mpls Patrick Henry)

## 1989

Jack Conley (Forest Lake)  
Wayne Dietz (Anoka)  
Roy Hokkanen (Cotton)  
Clyde McDonald (St. Paul Harding)

## 1990

Jerry Bernatz (Chatfield)  
Leo Grossman (Wabasso)  
Dick Lynch (Silver Bay)  
Larry Ross (International Falls)  
Bob Ryan (St. Paul Humboldt)  
Archie Sailer (Frazee)

## 1991

Ralph Boline (Fosston)  
Paul Busch (Roseville Area)  
Harlan Kirkeby (Lewiston)  
Tom Mahoney (Fairmont)  
W. "Max" West (Brownton)

## 1992

John Conzemius (Wadena-D.C.)  
Malcolm "Mac" Dahl (LaCrescent)  
Les Drechsel (Crookston)  
Hugo Goehle (Hills-Bvr Creek)  
Al Wold (Rochester John Marshall)

## 1993

Lloyd Carlson (Win-E-Mac)  
John Davies (Crosby-Ironton)  
Don Fox (Austin)  
Stan Otness (Farmington)  
Bob Turner (St. Paul Como Pk)

## 1994

Kermit Aase (Brainerd)  
Willard Ikola (Edina)  
Angelo Pergol (Cloquet)  
Ron Raveling (Columbia Hts)  
Evar Silvernagel (Rochester)

## 1995

Walter Chapman (Mpls Marshall)  
Bernard Broderick (St. Paul Murray)  
Kerwin Engelhart (Rochester John Marshall)  
Tony Thiel (Battle Lake)  
Dick Lawrence (Eveleth)

## 1996

Malcolm "Mac" Doane (St. Cloud Tech)  
Chuck Elias (Mpls Central)  
Jim Gotta (Moorhead)  
Dave Peterson (Mpls Southwest)  
Bill Selisker (Crosby-Ironton)

## 1997

Edgar Braun (Norwood-Yng Am)  
Stave Canakes (Edina)  
Ron Malcolm (Anoka)  
Steve Lipp (Breckenridge)  
Stan Thorton (St. Paul Highland Pk)

## 1998

Lou Cotroneo (St. Paul Johnson)  
Pete Herges (Albany)  
Albert "Bud" Higgins (Austin)  
Ed Prohofsky (Mpls Marshall-U High)  
Bill Rose (Rothsay)

## 1999

Bill Hare (Greenway of Coleraine)  
Mike Jerabek (Prior Lake)  
Pat Lanin (Hopkins)  
Jerry Snyder (Lake City)  
Richard Traen (Delano)

# MSHSCA HALL OF FAME

## 2000

Noel Bailey (Aitkin)  
Deryl "Skip" Boyum (Northfield)  
Darien DeRocher (Foley)  
Jim Muchlinski (Marshall)  
Harold "Hal" Schroeder (Blue Earth)

## 2001

Guido Kauls (Minnehaha Acad)  
Stephen Kjorness (Wstbrk-Wlnt Grove)  
"Tink" Larson (Waseca)  
Len Olson (Owatonna)  
George Thole (Stillwater)

## 2002

Ken Baumann (Mahnommen)  
Klem Haugen (Austin)  
Jerry Riewer (Staples-Motley)  
Grady Rostberg (Hutchinson)  
Dick Skogg (Duluth East)

## 2003

James Flim (Winona)  
George Larson (Cambridge)  
Bob Hoisington (Mpls Central & S.W.)  
E. James Senske (New Ulm)  
Dean Taylor (Sartell)

## 2004

Elaine Engle (Wilmar)  
Bob Streatar (Grand Rapids)  
Donald Nesheim (St. Peter)  
Hartvick "Shocky" Strand (Moorhead)  
Ken Nelson - Sauk Centre

## 2005

Al Bauman (Little Falls)  
Jerry Daniels (Foston)  
Elmer Luke (Hopkins)  
Bill Simpson (Stillwater)  
Ted Pelzl (NRHEG)

## 2006

Bob Brink (Rocori)  
Brian Kispert (Richfield)  
Bill Kroschel (Park)  
Bob McDonald (Chisholm)  
George Sawyer (Wheaton)

## 2007

Art Downey - Edina  
Gordy Genz - Roseville Area  
Dennis Ranta - Plainview  
Lowell Scearcy - Brainerd  
Del Schiffler - Woodbury

## 2008

Warren Bailey - Pipestone  
Pete Beckermann - USC  
John DeLosier - Roseau  
Gary Hokanson - Roseau  
Stuart Nordquist - International Falls  
Elden Sparby - Badger-Greenbush  
Middle River

## 2009

Myron J. Glass, Rochester Lourdes  
Wyne Heisinger, Heron Lake  
Jerry Peterson, Bloomington Kennedy  
Jerry Simpson, Woodbury  
Glen Thieschafer, Melrose  
Ken VanDenBoom, Caledonia

## 2010

Al Eckman, Austin  
Debbie Driscoll, Mahtomedi  
Warren Keller, Arglye  
Jim Reinhardt, Rushford-Peterson  
Walt Weaver, Apple Valley

# Coaches Hall of Fame

As I am working on the 2011 MSHSCA Hall of Fame Banquet, I can not help but marvel at the love, time and yes even their own money that all of the coaches have put into our Minnesota students. Each and every coach deserves the honors that are bestowed upon them in this tough time of pleasing the public. I would like to mention the Hall of Fame inductees with their number of years of coaching experience: Gail S. Nucheck (Hibbing) - 42 years; Michael Dreier (New London-Spicer) -34 years; William Chuck Scanlon (Apple Valley) - 35 years; Verdon Hasleiet (Elgin-Millville) -34 years; Dick Norman (Rochester Mayo) - 34 years

I am getting excited to honor this group of great people and hope that you, as coaches, will attend to support your profession. We need to give one another a hardy congratulations on a "job" well done.

The banquet will be held at the Crown Plaza St Paul Riverfront Hotel on Saturday, October 8th. Registration and social hour will begin at 5:30. Dinner will be served at 6:30 with the awards program starting at approximately 7:00. I will be mailing directions to the hotel along with your tickets. They do have valet parking @ \$10.00 and ramp parking for \$7.00 for the banquet.

Tickets are still available at \$25.00 before October 1st by contacting me at [jbad154@q.com](mailto:jbad154@q.com) or (651)357-2937.

Jim Baker



VISIT MCDONALD'S AFTER THE GAME



## 25 YEAR CLUB TO INDUCT 47 NEW MEMBERS ON DEC. 3

Most coaches look forward to receiving an award that measures a quarter of a century of service to student athletes.

A total of 47 more coaches have reached that pinnacle and will be honored at the Annual 25 Year Club Party that will be held on December 3, 2011 at the Edinburgh Golf Club in Brooklyn Center.

Those that qualify this year and become eligible for Life Membership in the MSHSCA are listed below:

Mark Abraham	LaCrescent
Mark Aho	Fergus Falls
Rich Aulie	Crosby-Ironton
Len Bierlein	Eastview
Jeff Bordwell	Monticello
Mark Buntjie	Lyle
Bill Carlson	Hutchinson
Jerry Casey	Grand Rapids
Al Cue	Blue Earth Area
Bob Cunniff	Alexandria
Bruce Davis	Montgomery-Lonsdale
Charles Fuller	Faribault
Dick Ghizoni	Hill-Murray
Kent Gomez	Little Falls
Tom Gruhlke	BOLD
Kenneth Grunig	Hancock
Ralph Hagen	Minneota
Steve Hoffman	Minnewaska Area
William Ihrke	Plainview-Elgin-Millville
Jerry Kaczor	Bigfork
Charley Keifenheim	Buffalo
Peggy Larson	Springfield
Richard Liapis	Worthington
John Madsen	Lake Crystal-Wellcome Memorial
Doug Maine	Owatonna
Ron Makela	Royalton
Mike Marek	East Grand Forks
Randy McIntyre	Tracy Area
Greg Miller	Robbinsdale Armstrong
Jim O'Neill	Cretin-Derham Hall
Pesta Sharoin	Swanville
Dave Randgaard	Paynesville
John Rosholt	Watertown-Mayer
Paul Ruud	Glencoe-Silver Lake
Mike Scinto	Mounds Park Academy
David Smart	Ada
Diane Spaeth	Mahnomen
Randy Swanhorst	Crosby-Ironton
John Utter	Robbinsdale Cooper
Doug Van Kley	Edgerton
Richard Varichak	Hibbing
Barry Wallin	Rosemount
Jim Williams	Bloomington Jefferson
Lisa Ziebell	Glenville-Emmons
Joan Zieske-Bultman	Westbrook-Walnut Grove
David Zirbarth	St Thomas Academy

## DIANE PETTIS TO RECEIVE KERZIE AWARD

Steve Kerzie, a long time delegate from Gilbert, was extremely dedicated to his profession and the MSHSCA. Over the many years that he served as a delegate he only missed one meeting due to a storm.

The MSHSCA wanted to realize his dedication and established an award in his name. This award was to be given to a coach with similar dedication.

This year, Diane Pettis of Sebeka was selected to receive the award. The presentation will be a part of the Annual Hall of Fame Banquet scheduled for October 8th at The Crown Plaza Hotel in St Paul. People wishing to or attend and help honor Pettis should check a separate blurb in this issue. Information will include times, how to obtain tickets, etc.

Diane is a 1972 graduate of Bemidji High School and a 1976 grad of Bemidji State University. She earned degrees in K-12 Health and Phy Ed with minors in Biology and Recreation. Her degree also certified her with K-12 coaching certification.

Pettis competed in volleyball and basketball for four years and track and field for three years. She also became a registered volleyball and basketball official and worked a number of events as girls sports were beginning to be recognized by the MSHSL.

In the fall of 1976, Diane accepted a teaching position at Sebeka and is there 35 years later.

Pettis has coached volleyball at all levels while at Sebeka including 26 years as head coach. She was a girls assistant basketball coach for 12 years and head coach for three years. Track and Field also received her expertise as head girls coach for 12 years and boys and girls head coach for three years. Presently, Diane will move in to her 17th year as head softball coach.

During 1976, Diane became active in the Girls Coaches Association serving as a delegate for District 24. Over the years she has served a Region 6A and a member of the BOC for volleyball. She has served on various committees and is currently a member of the MSHSCA Delegate Assembly representing Section 6A.

Diane and her husband Norm live in Sebeka and have one son who is currently on active duty with the US Army.

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*“Some people drink from  
the fountain of knowledge,  
others just gargle.”*

**- Robert Anthony**



# QUICK STICKS

By: Erin Larson, Minnetonka  
President - Girls LaCrosse

## A History of Girls Lacrosse – From One of Its Biggest Fans.

I started playing lacrosse in 1998 as a sophomore in high school, when Coach Jan Holdsworth met my mother at the University of Minnesota and decided she wanted me on her team after scouting one of my basketball games. I played through three straight years of 2<sup>nd</sup> place in state championships, and recall those years with my lax team as some of my best. When I moved back to Minnesota after college and started exploring the idea of coaching, I remember being blown away by how many schools hosted varsity-level girls lacrosse programs and by the level of play our high school players had reached. I was thrilled that a sport I had been recruited into and loved dearly, back in the days of wearing screen-printed Hanes t-shirts as jerseys and driving ourselves to games, had blossomed into a full-fledged, high-level high school sport. As I started working with the girls, first at Blake -under the tutelage of Laura Mark- and then, two years ago, transitioning to Minnetonka, it became clear to me that these girls had little idea of what came before. Many had been coached only by transplants from other areas of the country, and most knew little of the rich history of MN lax. Hailing from the very area from which lax was originally born, I was amazed that the girls believed the following:

The sport went varsity in 2007 with the first MSHSL-sponsored State tournament.

MN lax had never been represented in the national scene.

Virtually no MN players were successful in collegiate lacrosse until just recently.

Of course, none of those “facts” about Minnesota girls lacrosse are true. I spend a lot of time with my girls at Tonka on honoring those who came before, and understanding what a privilege it is to have access to this sport, but I think it’s time that the greater lax community – players and coaches alike – embrace the roots of MN girls lacrosse. And I am doing my best to use the facts, but I joined the game several years later than its inception and then, as a player, didn’t realize the very hard work that went on behind the scenes to make it possible for me to play. So I am relying heavily on those wonderful women who coached and have mentored me since – with special mentions to Deb Wood, former longstanding coach of Blake (took two State Championships from me – TWO!, but still gave me much-needed counsel as late as 2010 in Scottsdale at the WDIA National Tournament), Janet Holdsworth (business partner, mentor, friend), and, albeit later in the sport’s development in MN, Anne Moelk (colleague, coach I emulate whenever possible, friend). Here are some facts, to name a few:

In 1994, there was one team (The Blake School) in Minnesota with six players – thanks to Debra Wood...a combined SLP/Hopkins team started soon after as did EP.

In 1997, Blake’s Jane Manning went off to play DI lacrosse

at Colgate – the first MN player to play DI! And the first All-American were named from this area – Blake’s Jane Manning and Hopkins’ Robin Trangsrud.

The Northcentral Schoolgirls Lacrosse Association (NSLA), created in 2000 as a response to the tremendous increase in participation, served as the organizational structure and operating league responsible for the sport in Minnesota. The NSLA fell under the auspices of US Lacrosse and is affiliated with the Minnesota Lacrosse Association (MLA), the regional chapter of US Lacrosse that governs boys’ lacrosse in Minnesota.

The girls’ lacrosse community, along with five sponsoring Athletic Directors, was pleased to present, in March 2001, the amendment to the Minnesota State High School League (MSHSL) Representative Assembly to make girls’ lacrosse an MSHSL-sponsored *spring field sport*. A favorable ruling occurred on November 15, 2001.

For the 2000 and 2001 seasons, the NSLA successfully administered a girls’ lacrosse state tournament and an all-star game featuring the state’s most talented players showcased in a post-season game for parents, family members, friends, and other fans.

Additionally, in July of 2000 and in 2001, the NSLA took a team of approximately 20 all-stars selected to compete in the Vail Shootout in Vail, CO. These appearances mark the first competitive play at the national level for Minnesota girls’ lacrosse players. I was part of this team and played for Deb Wood and Jan Holdsworth while there.

Minnesota girls lax players have gone on to play at the NCAA DI, DII, DIII and WCLA, including 2010 graduating seniors committed to Northwestern, Villanova, Regis, and many more great lax schools.

I feel blessed to be able to return to MN after playing NCAA DIII lacrosse myself and bring to this generation of high school lax players a passion for the game paired with an understanding of and appreciation for the hard work so many women put towards fighting for this sport in our state. I am not alone in this – I meet many of my old teammates and rivals on the sidelines these days, and it’s incredible to recall the days when we faced off (some of us with wooden sticks, even then) in the state tournament. Off the top of my head I can recall playing with, playing against or coaching against the coaches of Chaska, Eden Prairie, Edina, St. Louis Park, Maple Grove, and Holy Angels, just to name a few. On my own coaching staff at Tonka I work with a former Hopkins teammate, a former player of mine from St. Ben’s, and 2 former opposing players from Bethel and the U of M. My girls give me a look when I hug the opposing team’s coach, but it’s as important a lesson as any for them to see me friendly off the field, but fiercely competitive on the field.

As the sport grows here and more girls find their athletic niche in lacrosse, I hope that we don’t forget those that came before and the wonderful spirit of sportsmanship, competition and love of the game that they created for us. I have had countless conversations with my athletes and their parents about preserving the culture of lacrosse that makes the MN-version of the sport so special – I challenge each of you to make a promise to honor the girls first, our roots here second, and the game third, when making decisions regarding your program.



VISIT MCDONALD'S AFTER THE GAME



# CLEARING THE HURDLES



By: Kent D. Viesselman  
 Minnesota High School Track & Field  
 Coaches Association  
 Cambridge – Isanti High school

I hope all of you have had a wonderful summer. A summer filled with family and friends and hopefully a little rest and relaxation. I have been again reminded this summer of how fortunate we are to have the leadership we have within our state association and specifically as track and field coaches. I wish all of you had the opportunity to observe firsthand how blessed we are to be surrounded by so many people of integrity and outstanding work ethic. I have been truly humbled by this and I can't begin to tell you all how grateful I am to have worked with so many fine people. Thanks for all your hard work this summer everyone. It has not gone unnoticed.

Well, what an exciting year we had last year as a sport and as an association! Our first attempt at running our own clinic seemed to be well received and I thank all of you who worked on this and attended this. Our actual numbers exceeded even our most optimistic expectations. Thank you for this. Your support is vital in maintaining and strengthening our momentum in this endeavor. Last year we had record numbers at our clinic, but we need your help. First, if you attended... spread the word. If you believe in what we are doing and support the track coaches association... attend the clinic. Wisconsin gets in the neighborhood of 1,000 coaches at their clinic. I think we need to be at that level in Minnesota as well. Not for the sake of numbers but because we, as an association, want to be united in becoming the best we can be as track coaches. Attending our clinic is one way to do this. Whether it is a half day or the entire two days... find a way and make it happen. Secondly, help us out and our parent organization by taking care of your membership and registration for the clinic early. If you know you are attending, don't wait. This will allow us to provide the best clinic experience possible. Lastly, give us feedback. Again this is your clinic but we can't know what you want unless you tell us. Feel free to contact me at [kviesselman@cambridge.k12.mn.us](mailto:kviesselman@cambridge.k12.mn.us) and I will try to either address your question/concern or I will direct you to someone who can. I do want to remind that our clinic will be at the same hotel but the hotel now has a different name. It is now Hilton Double Tree Suites in Bloomington. Look on our website at <http://mshsca.org/track/index.htm> for exciting upcoming details on the clinic. I would encourage you to become more familiar with this site.

Besides general information on Minnesota track and field the site also contains section alignments for the True Team section meets for this upcoming spring. There are no major changes in section alignments but obviously school enrollments are not static for every district and therefore, as in the past, every 2 years our alignment committee addresses this issue by making sure that programs are in the appropriate section. Please take

note of this. Again, there are no broad sweeping changes but please examine this so that you and your program are able to make the appropriate adjustments if necessary. Also, if you or someone you know is interested in hosting the True Team State meet in the future we would be happy to give you the criteria necessary to be considered a potential host site for this outstanding event. Please understand that this is not for the current 2011-2012 school year. We simply want to give all who are interested in this the opportunity to be a part of this as we move to the future. Please contact Mark Alcorn of Holdingford at [jmarkalcorn@gmail.com](mailto:jmarkalcorn@gmail.com) for more information. I want to give a special thank you to Rick Allex of Shakopee for organizing the 25<sup>th</sup> year celebration of True Team at the State True Team Meet. Thanks Rick for all you did with this, what you have done in the past for track and field and what you continue to do. You are an outstanding example to all of us in how to be a good teammate. Thank you.

There are some important events coming up. I want to highlight Thursday, October 6<sup>th</sup>. This is the date the fate of our 2<sup>nd</sup> relay proposal will be discussed and determined for the near future by the MSHSL. I believe with my whole heart that this proposal is in the best interests of kids. I believe this is about doing the right thing, not about doing what is best for our sport. If you would like specific reasons for this contact me at my email above or call me and I will be glad to articulate my reasons for this. Please note the following dates. If you have any questions please let me know.

Thursday, Oct 6 <sup>th</sup>	MSHSL Board of Directors meeting
Nov 30 <sup>th</sup> – Dec 4 <sup>th</sup>	USATF Convention St. Louis, MO
Dec 12 – 15 <sup>th</sup>	USTFCCA National Convention San Antonio, TX
Jan 27 <sup>th</sup> – 28 <sup>th</sup>	Minnesota State Track Coaches Association Clinic Hilton Double Tree Suites Bloomington, MN

Thanks again for all you are doing for kids. Know that what you do matters. I have had some coaches share frustrations to me that they do not feel that track and field is given the respect it deserves. This may or may not be true but if you want others to think what you do is important you need to start by treating your profession with the same respect it deserves. If you act like what you do does not matter, why should others think any differently? Today may be the day someone needs you to show them this. Not tell them, show them. Be prepared to be the best you can be today. You are blessed to be a coach and your athletes are blessed to have you. Don't ever forget that. I hope you have a great start to your school year and I look forward to seeing ALL of you at our clinic and on the track.

# Gymnastics Clinic

October 7<sup>th</sup> & 8

Glencoe Silver Lake HS

Register Online for the clinic at

[www.mshsca.org](http://www.mshsca.org)

The 1<sup>st</sup> 50 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.

\*\*\*\*\*

**ALL Coaches attending the gymnastics clinic must be members of MSHSCA**

**Out of state, college and club coaches can join as associate members**

**The Mail-in form is for Associate members Only**

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Name of college or club \_\_\_\_\_

E-Mail \_\_\_\_\_

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

Clinic Fee	\$ 70.00	\$85.00 at the door
MSHSCA Membership fee	\$15.00	
Sport Association fee .....	\$10 (H) \$ 5 (A)	
TOTAL	\$ .00	

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)

# FLIP NOTES



By: Jen Harmoning  
MGGCA President  
Becker High School

The arrival of fall and heading back to school always brings with it lots of excitement. In some contexts, we love new things. New grade levels, new classes and schedules, new teachers/students, and even new schools. Why is it then that new things, changes, at other times can fill us with nerves, anxiety, trepidation, or even negativity?

The 2011-2012 gymnastics season will hold some changes. Sections have changed. Our State Banquet venue will be a change this year. The host site of our fall coaches clinic will also be a change, as well as the fact that the clinic will be held on Friday/Saturday rather than Thursday/Friday. These changes along with others you may be facing in your district are sure to bring about some intense feelings.

I strongly encourage all of you to make an effort to focus on the positive aspects these changes will bring. You will have the opportunity to get to know new coaches or reconnect with old friends in your new competitive sections. We will finally have the occasion to try out a new banquet venue and see how it all works out. Many coaches who were unable to get leave from school or from non-school-related jobs in the past may have an opportunity to attend the coaches clinic this year. A new school will have the chance to share their facilities and give back to our sport in a large and meaningful way. These are good, positive things for the sport of gymnastics in Minnesota.

I wish you all the most wonderful fall. Please remember to update your association membership as you get everything ready for the season. I hope you all get as excited as I do as it moves closer and closer. What a wonderful job we have working with amazing young ladies in the greatest sport on earth!



VISIT MCDONALD'S AFTER THE GAME





## Ice Chips

By: Chris Lonke  
MHCA Communications  
New Prague High School

We are back to school and another State Fair has come and gone. We are also only about sixty days away from the start of the 2011-2012 campaign. Take some time and think about some goals for the season, because it will be here before we know it!

The fall clinic is set for a trip to Duluth and the new Amsoil Arena. The dates are October 28<sup>th</sup> and 29<sup>th</sup>. Our host motel will be The Inn on Lake Superior. Contact The Inn for rooming block under the MHCA and see the enclosed ad in this publication for more fall clinic details. What a perfect year to go to Duluth and be hosted by the defending National Champion UMD Bulldogs.

At last count, we will have 26 new head coaches in boys' hockey. I would like to take this opportunity to encourage us to try and reach out to these coaches with our support. Our fall clinic is a prime opportunity for this interaction, but they may need some information from our section representatives and us before then. So, they know it is the place to be and be seen! We need to hopefully find ways to slow the turnover rates that seem to be on the rise each and every year.

Take care and I look forward to seeing everyone in Duluth!

## Minnesota Hockey Coaches Association Fall Clinic - 2011

**Dates:** October 28<sup>th</sup> and 29<sup>th</sup>



**Site:** The Inn on Lake Superior; Duluth, MN

**Times:** Friday - 8:30am to 6:00pm  
Saturday - 8:30am to 1:00pm



**Lodging:** The Inn on Lake Superior; 350 Canal Park Drive; Duluth, MN 55802; (218) 726-1111  
*Make sure you state "MHCA" when making your reservation. Confirm reservation by October 1, 2011.*



**Clinic Cost:** Advance Registration - \$65.00 – Day of Clinic - \$70.00

**Games:** Friday & Saturday - Duluth vs. Bemidji 

**Questions:** Contact – Mike MacMillan @ 612-247-0507  
Email: [mikejmacmillan@hotmail.com](mailto:mikejmacmillan@hotmail.com)  
Visit MHCA Website: [www.mnhockeyhub.com](http://www.mnhockeyhub.com)



TST Media

### Registration Form

Name: \_\_\_\_\_ School \_\_\_\_\_

Home Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ School/Work Phone: \_\_\_\_\_

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

**Current Status: (circle one) Head/Assistant/Retired**

Number of years coaching high school hockey in Minnesota \_\_\_\_\_

Number of years coaching high school hockey out of Minnesota \_\_\_\_\_

**Cost of Clinic: Pre-Registration: \$65 At the Door: \$70**

**\* USA Hockey Level 3 \* Rules Interpretation Meeting Included**

Send to: Mike MacMillan, Executive Director MHCA  
1806 Elm Street, Buffalo, MN 55313

## FALL CLINIC ATTENDEES URGED TO USE ELECTRONIC MEMBERSHIP

Coaches who plan to attend clinics this summer 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 eliminant a lot of potential confusion regarding the reception of membership cards at the sight of the clinic.

## MINNEOTA, BRECK EDEN PRAIRIE WIN 2010-11 CHALLENGE CUP

Excellence in athletics and the Fine Arts. It is what schools need to win the MSHSL Challenge Cup. Awarded annually to three schools, the Challenge Cup is a statewide year long competition among MSHSL member schools. Points are awarded to schools based on their success in section and state fine arts and athletic tournaments. One school in Class A, Class AA and Class AAA with the most points at the end of the year are awarded the traveling Challenge Cup.

The top five in each of the three classes and their point total is listed:

<b>Class A</b>	
1. Minneota	161.99
2. Springfield	140.84
3. Adrian	106.5
4. Maranatha Chritian Academy	93.5
5. Lanesboro	91.5
<b>Class AA</b>	
1. Breck	340
2. The Blake School	290
3. Rochester Lourdes	286.25
4. Perham	284
5. St Cloud Cathedral	276
<b>Class AAA</b>	
1. Eden Prairie	829
2. Wayzata	707
3. Apple Valley	484.26
4. Edina	444
5. Minnetonka	391



### 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 2011-12 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 mailed in your application, in the past.
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. Print your receipt.

*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

A membership application is not being printed this year. The paper copies have not always been clear and we have had incorrect emails and mailing addresses for cards. By using the online registration, you will be helping us to update our records and information. We will be happy to walk you through the process.

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

*“What a player  
does best,  
he should practice  
least. Practice  
is for problems.”*

- Duke Snider



VISIT MCDONALD'S AFTER THE GAME



# MSHSCA's CORPORATE SPONSORS



## 2011-2012

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.

- McDonald's  
Restaurants of Minnesota
- 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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- Roseville Visitors Association
- Blue 84 - Division of Lakeshirts -  
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- JK Sports, Fergus Falls
- RJY Development Inc - Rochester

# COACHES:

Please support the sponsors who are concerned  
about your athletes and your programs!  
Good luck in 2011-2012  
Thanks for your support



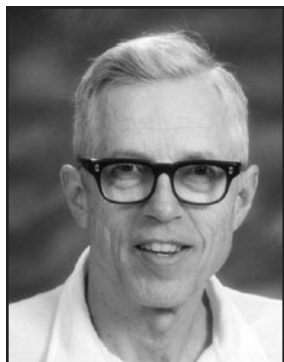
# DOWNEY & JUBA TO RECEIVE HAUN AWARD ON OCTOBER 8th

In honor of George Haun, founder and first president of the MSHSCA, the coaches association has been recognizing people who make significant contributions to the MSHSCA and MN prep sports, in general.

This year, the recipients are Art Downey of Edina and Greg Juba of Park High School of Cottage Grove.

The award is part of the Annual Hall of Fame Banquet that is scheduled to be held on October 8th at The Crown Plaza Hotel of St Paul. People wishing to share the evening with the award recipients may find information elsewhere in a blurb on the banquet elsewhere in this issue of The MN Prep Coach.

## ART DOWNEY (EDINA)



Art Downey participated in football, swimming and baseball at St Paul Central High School.

After graduation he attended the University of Minnesota. He earned both a bachelor and masters degree and was an important member of the Gopher swim program.

Following a two year stint in the Army, he was hired in 1956 as the 1st swim coach at Edina High School and is the only Boys Swimming Coach the school has ever had. A year later, he helped start the Edina Swim Club. This coming season will be the sixth year of his second fifty years of high school coaching.

Edina has been at or near the top in the State Swim Meet most seasons. They have been in the top three 28 times. In a coaching career that touched on seven decades, the record is 483 wins, 141 losses, ten state championships, 61 state champions, 23 state records, 62 All Americans, 15 Honorable Mention All Americans, 63 Academic All Americans, 11 times section Coach of the Year and six times State Coach of the Year. At one time, Edina swimmers held nine of the 11 Minnesota State Records and later had a string of 69 straight dual meets without a loss.

In 2006, the new South View Middle School Aquatic Center in Edina was named the Art Downey Aquatic Center and the Governor of Minnesota declared April 22, 2006 the Art Downey Day.

He was an early Vice President and President of the MN Swimming Coaches Association, an organization that he helped found in the late 1950's. He has served on many state committees and has been inducted to nine Halls of Fame.

He has been the NISCA Minnesota State Delegate since 1980 and has received the NISCA Outstanding Service Award, David H. Robertson Excellence in Coaching Award, Hall of Fame Award and Life Membership Award. In addition, he has been nominated for a National Coach of the Year Award four times and won the award in 2009 and 2011.

## GREG JUBA ( PARK OF COTTAGE GROVE )

The Minnesota Soccer Coaches Association is a well oiled machine. One of the reasons is from the long time efforts from Greg Juba of Park of Cottage Grove High School.

Following his graduation from St John's University (MN), he was hired at Park where he has been a Math instructor, varsity girls soccer (1982 to present), varsity boys basketball (1980 to present), varsity girls golf ( 1991 to present ) and varsity B and g Track and Field (1980-90).

His contributions to soccer are legion including the following:

- \* Executive Board Member ( 1994 to present )
- \* Director of annual soccer coaches clinic (1991 to present)
- \* Liaison to the MSHSL State Tournament (1992 to present)
- \* Director of Cooperative Sponsorships (1993 to present )
- \* Soccer Coaches Advisory Committee (1991 to present )
- \* Chairman of State Tournament Banquet (1995 to present)
- \* Section 3AA Boys and Girls Tournament Manager (2002 to present )

His soccer coaching has rewarded to school district with 385 wins, 147 losses and 46 ties. His teams were sectional champs in 1985, 86, 88, 89, 90 and 92. All of that success saw his soccer team win a state championship in 1990, second place in 1989, semi-finalists in 1988 and 1992 . Included with state participation, his clubs were sectional runners up seven times, conference champs six times and conference runners up on ten occasions.

He was a presenter at the MSHSL dealing with 18 to 16 games for soccer, moving girls soccer to spring and girls golf to fall and start of season on same date-as football.

Juba has received numerous awards including:

- \* District #833 All Star (1995)
  - \* Coach of the Year — Section 3AA — 1988, 89, 91, 92, and 2002
  - \* State COTY in 1989 and 2002
  - \* National Region 5 — 1996, 2000 and 2002
  - \* Minnesota Basketball Coaches Association — Ass't COTY
  - \* MSHSCA — Substitute Delegate for 3AA (1989-2003)
- Greg and his wife, Julie have three sons — Tom (25), Tim (22) and Anthony (14 ).

Juba is one of the elite that is ready to help out whenever he can. A model for younger coaches to follow.



# MSHSCA GEORGE HAUN AWARD RECIPIENTS

- 1986** Bobby Roy - St. Louis Park  
Darien DeRocher - Foley
- 1987** Art Avis - Hutchinson
- 1988** Tom Mahoney - Fairmont
- 1989** Bob Ryan - ST. Paul Humboldt
- 1990** Lloyd Stussy - Wells-Easton
- 1991** Steve Kerzie - Gilbert
- 1992** Jarvis Anderson - Plainview
- 1993** Ab Strommen - St. James
- 1994** Malcolm "Mac" Dahl - LaCrescent
- 1995** Gordy Genz - Roseville Area
- 1996** Jim Deane - Osseo
- 1997** Howard Emerson - Warren
- 1998** Ken Sagedahl - Murray County West
- 1999** Mary DeRocher - Brainerd
- 2000** Bob Hooper - Detroit Lakes  
Chuck Elias - Minneapolis  
Don Swanson - Minneapolis
- 2001** Jeff Pitts - Wells-Easton  
Bill Baumann - North Branch  
Rick Johnson - Wabasso
- 2002** Bruce Johnson - Robbinsdale Armstrong
- 2003** Jim Baker - Richfield  
H.T. Buisman - Aitkin
- 2004** Jay Johnson - Eden Valley Watkins  
Tim Johnson - Mankato East
- 2005** Len Olson - Owatonna  
Graydon "Soup" Stromme - Duluth  
Don Tangen - Glencoe - Silver Lake
- 2006** Dave Halgren - Elk River  
Lowell Searcy - Brainerd
- 2007** Dave Bauer - Park Center  
Dave Hylla - Proctor
- 2008** Becky Leuer - North Branch  
John Eberhart - Pine City
- 2009** Dennis Kalpin, Alexandra  
Gordon Klomps, Zumbrota/Mazeppa
- 2010** Craig Anderson, Pine Island  
Art Downey, Edina

**Blue 84** has designed an exclusive shirt for our Minnesota Coaches at a **great price!** They will send you information on their spirit packages along with your order. The **spirit package** gives you the opportunity to offer your athletes and fans clothing to support your school/sport AND offer a rebate to your program. Yes it's a fundraiser to give you quality clothing and **money in return!**



Shirt Size and color

S/gray \_\_\_ M/gray \_\_\_ L/gray \_\_\_ XL/gray \_\_\_ XXL/gray \_\_\_ XXXL/gray

S/blue \_\_\_ M/blue \_\_\_ L/blue \_\_\_ XL/blue \_\_\_ XXL/blue \_\_\_ XXXL/blue \_\_\_

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_

Please include a check for \$12 per shirt  
(shipping is included in the price) \$ \_\_\_\_\_

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

***“Publicity is like poison;  
it doesn’t hurt unless  
you swallow it..”***


**- Joe Paterno**



**VISIT MCDONALD'S AFTER THE GAME**



# CHIP SHOTS



By: Todd Petterson  
Red Wing H.S.

It is the end of August as I start this article—the weather is great and the new school year is upon us. But as we all know the weather will change. Fall is the season I enjoy the most and I hope each of you are able to get out for the last few rounds before the weather changes.

We have a few issues in front of us this year and maybe the biggest one is the speed of play during matches. It appears that during the past few state tournaments we are not making the turn times and are getting behind with the starting times—so the advisory board is going to discuss ideas on what we can do to help pick up the pace of the rounds. If any of you have ideas on speeding up play, send them to me!

A second topic is the use of range finders. Some coaches feel that it will speed up play and others feel it might slow it down some. Last year I felt it was only a matter of time before range finder use was going to be passed by the MSHSL—but with the slow play issue, I am not so sure now. Currently the MGA junior and the PGA junior tournaments both use them and the pace of play does not appear to be slowed down by their use. More information will follow on range finder use, and if their use is passed by the MSHSL, I will be sending an email to members of the coaches association as soon as possible to alert coaches before the holidays.

Over the past two years I have tried to get coaches/sections to send in the nominees from each section for Coach-of-the-Year. The results have been very mixed. One problem is that the state tournament is after the school year is over, and many coaches do not

respond to emails in the summer. Thus, I have tried to have a vote right away in the fall. The timing is very tight with the start of the school year, the early all-sports presidents meeting in early September, and getting the vote done in time so winners can be told about the award and invited to the banquet. So try to follow through with your vote as quickly as possible after you get an email with the list of section winners. I have been trying to get more recognition for the coaches across the state who deserve the award, and I have tried to get more coaches recognized each year.

Last year the Golf Coaches Association continued the Sunshine Golf Clinic after George Reynolds handed it over to us. We had a very good turnout and have ideas on trying to have it grow even more. A special thank you to George and all he has done for High School golf in the state and if you have thoughts on things you would like to see at the clinics let me know—we are always looking for ideas and want it to grow and provide what the coaches are interested in.

Check out the dates for next year's state meets and state tournament banquets—there has been a timing change for next year and the days of the week which have been the past practice are changing for this school year—more reminders will follow on this. Congrats to all of the state tournament participants and the teams from last year. I hope everyone had a successful end to the season and best wishes for the upcoming year. Also, a special thank you to the coaches who have done such a great job in putting the state tournament banquets together—Tim Kallevig, Michael Frankenfield and Rich Aulie. Also, another thank you to the coaches who do the academic ratings and the stroke average ratings—Steve Heslop and Kerry Bidle. Also, a special thank you to Kerry for handling the ratings for the past few years. Kerry has decided to hand it over to someone else starting next year—thanks again Kerry.

Hope every one has a great fall and keep passing on ideas on the speed of play, state tournament ideas, coaching on the course, clinic ideas, and Coach-of-the-Year and anything else you feel is important to cover. Have a great fall.



By: Jim Lee  
Waconia HS

Haven't had time to eat breakfast or lunch today and thinking back to our 2011 MNVBCA clinic, I REALLY wish some of that endless food that Heidi Hahn and Janet Golden-Landquist prepared for the clinic was sitting in front of me! Of course, our clinic—which was centered at St. Cloud State University again—wasn't just about the food . . .

Our keynote speaker, Oscar Crespo from San Jose State, anchored another star-studded cast of presenters that allowed hundreds of attendees to reflect on their current philosophies and prepare for the upcoming season.

During the clinic, Celeste Gorman from Blaine stepped forward to preside as our President Elect!

Since the clinic wrapped up, some deadlines have crept up on us: The deadline for nominating an All-State athlete has already passed. The athletes whom were submitted need to have their statistical information entered by Monday, October 24 at <http://www.mshsca.org/volleyball/>. In addition, the All-State Academic deadline is Wednesday, October 26<sup>th</sup>.

On Wednesday, November 9<sup>th</sup>, the 2011 State Tournament Banquet will also include an induction of Dan Westby from Marshall and Lonnie Morken from Mabel-Canton into the MNVBCA Hall of Fame!

The 2011 season has kicked off with some tantalizing appetizers for our teams; just remember the main course is on its way! And I hope that everyone tastes the sweetest of all desserts at the end!

## THREE TO RECEIVE OFFICIALS DSA AWARD ON OCTOBER 8TH

During Ken Baumann's term as an officer of the MSHSCA, he proposed that the association establish an award to recognize and honor officials that had served a long time duration working Minnesota prep athletic events.

Baumann cited the significance of the role that officials provided for the proper conduction of any athletic event. He also indicated that it was time that officials receive the recognition they deserve. It is often that officials are criticized and receive a volume of verbal abuse. The award is an indication by the MSHSCA that officials are truly valuable and deserving of positive recognition. As a result, the MSHSCA established an Officials Distinguished Service Award in 1992. Up to the present time, a total of 92 people have received the award.

Three more long time veteran officials will receive the award. New award winners Harold Meissner ( Brandon), Dennis Roisum ( Glencoe) and Mike Sheldon ( Detroit Lakes).

The presentation of the award will take place at the Annual Hall of Fame Banquet scheduled for October 8, 2011. The banquet is going to be held at the Crown Plaza Hotel in St Paul. People to who wish to share the evening with the recipients can check the blurb found elsewhere in this issue of the MN Prep Coach or contact Jim Baker at (651)357-2937

## Fall Delegate Assembly to Convene October 8th

The Fall Delegate Assembly of the Minnesota State High School Coaches Association will convene on Saturday October 8<sup>th</sup> at the Crown Plaza River Front, St. Paul. The meeting will be called to order by President Becky Leuer at 9:00 a.m. All delegates are urged to be in attendance and you cannot be there find a substitute to represent your section and sports.

### PROPOSED AGENDA ITEMS

- A. Roll call of Delegates and Sport Association officers
- B. President Leuer welcome and goals
- C. MSHSL updates and goals for 2011-12 year.  
Dave Stead MSHSL Executive Director
- D. MSHSL Board of Directors report – Mindy Sparby Belle Plaine ,President of the MSHSL Board of Directors and Mark Solberg Cambridge-Isanti
- E. Finance Committee Report Rick Ringeisen – Lakeville North and Jeri Dirth – Apple Valley
- F. Executive Directors Report John Erickson
- G. Delegate responsibilities and review of Delegate handbook
- H. Concerns and questions from Delegates and Sport Associations.
- I. Other Agenda items to be added

All Delegates are invited to stay for lunch following the meeting courtesy of the MSHSCA. You are also invited to stay and attend the Annual Hall of Fame and Awards Banquet the evening of the 8<sup>th</sup>. We have a wonderful group of coaches to honor and your attendance would make a great evening even better.

## 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.

### 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 Red Ink for the year 2011-2012.

### 2011-2012 Life Membership Card

Minnesota State High School Coaches Association  
John Erickson, Director, Detroit Lakes  
Phone: (218) 847-6796 • Email: jomar@lakesnet.net  
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President, Becky Lever - North Branch



**John Doe**  
Cambridge-Isanti H.S.

Asst. Football  
Head Wrestling  
Asst. B/G Track



VISIT MCDONALD'S AFTER THE GAME



# CORNER KICKS



*Ron Kruschwitz*

*North St. Paul Boys (retired)*

*Soccer Communications Officer*

The 21st annual Minnesota High School Soccer Coaches Association fall clinic is in the book and the 2011 season is underway. The clinic was a great success and we want to thank all the vendors for their part in the clinic. A very special thanks to clinic director, Greg Juba (Park of Cottage Grove

Girls) for his time and effort in organizing this event. The MSHSSCA wants to thank Hopkins High School, their Administration, Athletic Department, Food Service and Custodial Crew for their help in hosting the clinic. We were pleased to have John and Mary Erickson from the Minnesota State High School Coaches Association be at the clinic.

There are several items that need coach's attention. The first is that you need to get your membership in to the MSHSCA by Monday October 3<sup>rd</sup>. It is your responsibility to get this done so that your players can receive All-State and All-State Honorable Mention Awards. Any question about your membership status should be conveyed to Dave Halgren (Executive Secretary).

Academic Award entrance forms are due on Wednesday October 12. These forms are on the MSHSSCA website. Crissy Makela (Mankato West Girls) and Len Woeflel (Mankato West Boys) are the co-chairs of the Academic Award Committee. Make sure you check the website for the instructions on submitting your team.

Please visit the website for additional forms for Coaches Years of Service Awards, conference an All-State nomination forms and biographies are on the website for your convenience. Thanks to Deb and Keith Randa (Apple Valley Girls) for their continuing efforts to maintain the website.(MSHSSCA.org)

The Hall of Fame Committee was pleased to announce that Pat Malicki (Woodbury Girls) has been selected as the 2011 inductee into the Hall. The following is President Bill Vance's (Totino-Grace) introduction of Pat.

Anson Dorrance, the famous Coach from North Carolina, has a hanging on his wall that reads, "You cannot build a reputation on what you are going to do." This year's Hall of Fame Inductee has built quite a reputation. In Pat's tenure at Woodbury, he and co-head coach Bill Ebertz have built a dynasty. His career record is 285 wins-53 losses-28 ties. In 19 seasons Pat's teams have won 13 Conference titles, played in 11 state tournaments where they have placed 2<sup>nd</sup> four times and won the title five times. Pat has coached numerous All-State and All-American players. In addition to his success on the field Pat's dedication to our association my not have been noticed by too many because of the humble way he efficiently and effectively accomplishes the business of improving high school soccer in Minnesota. Pat is humble but a powerful example as a coach and teacher. As a section

rep for many years and as a president of our board for three years, Pat has helped to improve the unity of the MSHSSCA and strengthened our relationship with the MSHSL and the NSCAA. Congratulations Pat.

Pat will be formally inducted at the State Tournament Banquet.

The term of President Bill Vance (Totino- Grace Boys) is done at the conclusion of the season. We want to thank Bill for his leadership and dedication to soccer and education. Bill will serve on the board as Past-President and Chair of the Hall of Fame Committee. Mark Obarski (Eagan Girls) will become the President this fall.

At the clinic, Vince Thomas (Eden Prairie Boys) was re-elected as Secretary and Art Seplak (Bloomington Kennedy retired) was also voted to another term as Treasurer. The new President Elect is Steve Hendrickson (Trinity of River Ridge-Boys). He will serve two years in this new position.

There are some items of information about the State Tournament I need to share with you. The State Tournament Banquet will be held on Sunday October 23<sup>rd</sup> at the RiverCentre. The Class A banquet will be at 12:30 and the Class AA will follow at 6:00. The MSHSSCA will hold an Open Forum Meeting for all members between sessions. The meeting is scheduled for 3:45. The MSHSL has announced that Hopkins, Park of Cottage Grove, Roseville and St. Cloud will be sites for the Quarter Final Games. These games will be held on Wednesday Oct. 26, Thursday Oct. 27 and Friday Oct. 28. The State Tournament will be held in the Metro Dome on Monday October 31<sup>st</sup>, Tuesday November 1<sup>st</sup> and concluding on Thursday November 3<sup>rd</sup>.

The MHSSCA wants to invite the members to the Dome for the state tournament. The Association makes the press box available to members during the tournament. Take some time to talk with other soccer coaches, watch the best of Minnesota high school soccer and enjoy some snacks. A reminder your membership card from the MSHSL is your ticket into the press box.

There are two additional dates that you need to know. The first is September 21<sup>st</sup>. That is the first meeting of the new year for the Board. This will take place at 7:00 P.M. at Bloomington Jefferson. If you have any item you wish to have discussed please contact Dave Halgren our Executive Secretary. The second date is the following day, September 22<sup>nd</sup>. This is the day we meet with the MSHSL staff about the sport of soccer. This meeting will take place in the morning.

The entire soccer coaching community and the MSHSSCA wish to express their condolences to the family of Melani Omangi of Owatonna. This young lady was a varsity player last year for Owatonna. Your organization thoughts and prayers go out to her family as well as the Owatonna's girl's soccer team and coaches.

A reminder to all of the coaches. Make sure you get your dues paid and your Coaches Clipboard finished with the State High School League.

By the time you get this, we will be at midseason. I hope each of you have a successful year and always remember, you have the greatest job in the world, working with your kids.

# SERVICE ACES

By: Robb DeCorsey  
MSHSTCA President  
Glencoe Silver Lake  
High School



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

Hello again. I hope this finds all of you off to a great start to the 2011 tennis season!! What amazing late summer weather we have had. This only adds to the enjoyment of the season. We are lucky to be coaching such an outstanding sport, with great kids, and that teaches so many lessons outside the court. The season comes upon us quickly, it doesn't seem that long ago that the boys were fighting through the state tourney, and it will be over before we know it. Even as the season is busy and the time doesn't seem to be there, relish the days you have with your players. I wish all of you continued successes as the season progresses.

Please read the following information and take advantage of the opportunity to promote your athletes and the great sport of tennis.

## MEMBERSHIP:

Tennis coaches don't forget to renew your membership before your season begins. We thank those who joined last year and were a part of the association. We encourage you to join again and we would love to have those who were non-members last year become part of the coaches association. We want our association to grow. This will give us a stronger voice.

*Lifetime members:* You still need to join the sports association to be included in coach of the year and academic honors for your team. An area we really want to grow is getting assistant coaches to join and become involved within our association. Please encourage your assistant coaches to become members.

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.

**RANKINGS:** Please send any ranking information to Michael Cartwright.

If you would like to nominate an outstanding individual/team for the tennis polls, please contact your section representative and/or: Mike Cartwright: [michael.cartwright@moundsvIEWSschools.org](mailto:michael.cartwright@moundsvIEWSschools.org)

**IMPORTANT DATES:** Please mark these important dates on your calendar  
10/1/11 Deadline for becoming MSHSCA Member (girls tennis)

10/3/11 Deadline for submitting Girls Academic Team & Individual Award Applications

10/28/11 - 11/4/11 Girls State Coach of the Year On-line Voting (Members only)

11/1/11 Deadline for MSHSTCA Hall of Fame Nominations

3/2 & 3/3/2012 2012 Coaches Clinic

## ACADEMIC AWARDS

The Tennis Coaches Association recognizes teams who have outstanding GPAs. Teams with GPAs of 3.5-3.74, receive "Silver Academic Team" awards, and teams with GPAs of 3.75-4.0, are recognized as "Gold Academic Teams."

The deadline for academic awards, team and individual, is Monday, October 3rd. You can find the forms on the website, <http://www.mshsca.org/tennis/>, in the left hand column.

Rick Engelstad, MSHSTCA Executive Secretary, will be sending you reminders.

When ready, you can e-mail your forms to Rick: [engelstad@pinecity.k12.mn.us](mailto:engelstad@pinecity.k12.mn.us) or mail them to: Rick Engelstad, Pine City HS, 1400 Main St. South, Pine City, MN 55063

Highlights from Advisory Committee's Meeting on August 10th.

### • Seeding

#### 1. ADVISORY

RECOMMENDATION: Singles Class A & AA - seed singles: top 4 players (recommended to start this fall) Doubles - not now

#### 2. ADVISORY

RECOMMENDATION: Team

Seed Class AA - review after two years (recommended to start this fall)  
Class A - Not now (Will follow current format.)

### • Results:

#### 1. ADVISORY

RECOMMENDATION:

Team/Individual - pull down menu Work with MSHSL to develop a pull down

menu match result page

#### 1. ADVISORY

RECOMMENDATION: Section

Require all sections to record and post actual scores Do this for both team and individuals

- State Tournament

- Scoring consistency Class A and AA in Consolation (Match decided - 3rd set tie-breakers.)

- \* ADVISORY

RECOMMENDATION: Umpires in team consolation championship matches (recommended to start this fall)

- Medals for State

- \* ADVISORY

RECOMMENDATION: Change to 17 medals. (recommended to start this fall)

- Clarification of School Approved Uniform rule

- \* Concern about players wearing clothing that is not school approved

- Online rules: Still working on and developing.

We need to thank our advisory board members: Les Zellmann, Steve Paulson, Ford Rolfsrud, Michael Cartwright, Dave Gunderson, Dave Wareham, Rick Engelstad—they are our direct voice to the MSHSL.

The executive committee also deserves credit for making our association strong:

Rick Engelstad:

[engelstad@pinecity.k12.mn.us](mailto:engelstad@pinecity.k12.mn.us),

Michael Cartwright:

[michael.cartwright@moundsvIEWSschools.org](mailto:michael.cartwright@moundsvIEWSschools.org),

Dave Gunderson:

[dgunderson@virginia.k12.mn.us](mailto:dgunderson@virginia.k12.mn.us)

Les Zellmann:

[lzellmann@stjames.k12.mn.us](mailto:lzellmann@stjames.k12.mn.us)

Robb DeCorsey:

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

I know that some coaches have said they are not receiving e-mails from our executive secretary Rick Engelstad. Please talk to your tech people and make sure that Rick is not on your spam list or restricted e-mail list. Here is Rick's e-mail. [engelstad@pinecity.k12.mn.us](mailto:engelstad@pinecity.k12.mn.us) Rick sends out plenty of important information throughout the year, so we want to make sure you are able to receive that information.

Also check out the Minnesota tennis hub. [mntennishub.com](http://mntennishub.com)



VISIT MCDONALD'S AFTER THE GAME



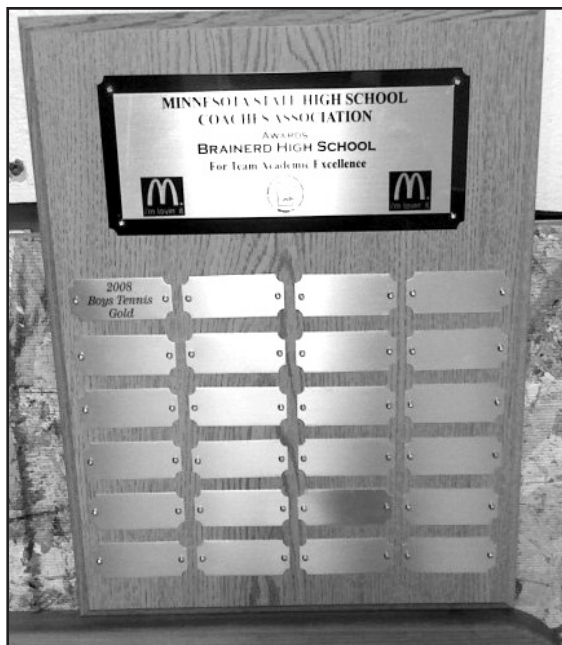
# **ATTENTION COACHES:** **If your team qualifies for an academic** **award please notify your A.D. to look for it!**

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**

# OFFICIALS DISTINGUISHED SERVICE AWARD

## 1992

Don Bertek - Fridley  
 Jake Boomgarden- Luverne  
 Jerry Doebbert- Detroit Lakes  
 Neil Hanson - Austin  
 Jim Kovaleski- Waconia  
 A.P. "Ozzie" Loeffler - Bemidji  
 Duane Mettler- Madison lake

## 1993

Warren Bailey - Pipestone  
 John Bartz - Vadnais Heights  
 Roman Gail - Fergus Falls  
 Steve Kerzie - Gilbert  
 Don McDowell - Park Rapids  
 Otto Siewart - Redwood Falls  
 Jon Springer - Rochester  
 Virg Trewick - St Cloud

## 1994

John Conzemius - Wadena  
 Wayne Dietz - Anoka  
 Chuck Fuller - Owatonna  
 Robert Montbriand - Alexandria  
 Bill Thomas - Moorhead  
 Roy Ward - Maplewood

## 1995

Roger Cercine - Edina  
 Con Eckstrom - Marshall  
 Ray Enz - Minneapolis  
 Dave Leuthard - Chokio  
 Roger Wilson - St Cloud  
 Bruce Wojak - Brooklyn Park

## 1996

Bill Hafner - St Paul  
 Jerry Krieger - St Paul  
 Paul Sannes - Breckenridge  
 Jim Sims - Crookston  
 Darrell Wincek - Crystal

## 1997

Matt Bergan - Hibbing  
 Tony Bratovich - Eveleth  
 Jack Kelly - Windom  
 Bernie Kukar - Edina

## 1998

Jack Coombe - Gilbert  
 Phil Hall -Redwood Falls  
 Jerry Kittelson - Rochester  
 John Matthews - Brainerd

## 1999

Jerry Hegna - Moorhead  
 Mike Madden - Maple Grove  
 Robert Meslow - Mahtomedi  
 John Suomi - Babbitt

## 2000

Brian Boettscher - Mankato  
 Glen Hasselberg - Staples  
 Terry Knauf - Cold Spring  
 Dave Thill - Sauk Rapid  
 Heinrich Von Mende - Maple Grove

## 2001

Don Dravis - Staples  
 Harry Kitts - St Paul  
 Jim Larson - Burnsville  
 Ken Norman - Winsted  
 Lowell Roisum - Wadena  
 Bill Schimmel - Mankato

## 2002

Al Colligan - Mahnommen  
 Don Hanson - Hutchinson  
 Pat Milinovich - Duluth  
 Dean Taylor - Sartell  
 Tom Williams - Thief River Falls

## 2003

Mike Carr - St Cloud  
 Chuck Evert - Battle Lake  
 Derald Severson - Plainview  
 Jim Weinzerl - Park Rapids

## 2004

Dick Goose - Rochester  
 Bill Hare - Cohasset  
 Marsh Nichols - Alexandria  
 Mike Torkelson

## 2005

Ken Baumann - Mahnommen  
 Dan Bergan - Hibbing  
 Dean Jaacks - St Cloud

## 2006

John Klinnert - Underwood  
 Gale Falk - Bemidji  
 Robert C. Hoisington - Minneapolis  
 Jerry Head - Dodge Center  
 Ron Poeschel - St Louis Park

## 2007

Dale Freese - St Cloud  
 Elaine Engle - Willmar  
 Ken Belanger - Zumbrota  
 Armin "Kokie" Miller - Minneapolis

## 2008

Charlie Johnson - Hitterdal  
 Jack Boomgarden - Luverne  
 Pat Whalen - Lake City  
 Buzz Olson- East Grand Forks

## 2009

Jim Erzar - Deer River  
 Bill Fisher - Alexandria  
 John P. Hovick - Fairmont  
 Ron Moog - St. Cloud

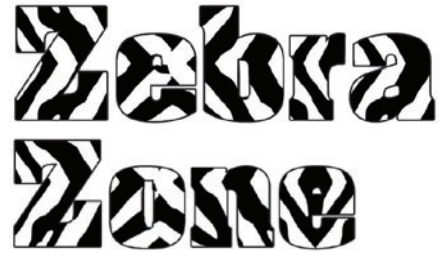
## 2010

Chuck DeCorsey, Fairmont  
 Tom Vucetich, Hibbing  
 Jack Schwan, Ecko  
 Mark Schliesmann Slayton



VISIT MCDONALD'S AFTER THE GAME





# 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

Technology these days has certainly planted itself in the laps of sports officials. With games being taped on most every level plays are scrutinized more than ever. What used to be an enjoyable Saturday morning of "Pop Warner" football is now taped by several of the parents at the game. While the original intent was to have video memories of Junior *playing* his games, it has turned into a tool that parents and coaches will use to critique officials' calls. As in the case in mainstream society today – the officials are reminded of calls in which they are accused of blowing, nary is there a word where the tape proves the officials got it right. Granted, there are exceptions to this, but it is just that – the exception.

Taping these games sometimes proves the insanity level in which players and coaches bring themselves down to. Case in point: Just recently in Sarasota, Florida the Sheriff's investigators are reviewing a video of a brawl at a youth football game in which a referee was accosted by a coach and then tackled by a player – the officials was then attacked while he was on the ground. Attacking an athletic official is a felony in Florida - not sure if that is the case in Minnesota? A video made by someone in the stands shows a coach scuffling with a referee in the end zone before a player comes flying in and levels the official. Others join in the attack after the referee is on the ground. Watching the video clip made me sick. I am not sure what prompted the attack, but nothing can justify what happened. All – *caught on tape.*

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

... continues on page 45

In following up on this story it became even more disturbing. All 3 of the adults that are being charged with attacking the official were coaches. Not bad enough? Two of them had a long list of prior arrests. One had 14 prior arrests, including cocaine possession and fleeing to elude. The other had 12 prior arrests, including cocaine possession, robbery and smuggling contraband into a detention facility. What the heck? I guess we shouldn't complain when schools or the MSHSL want to do background checks on coaches and officials in Minnesota.

Moving on.

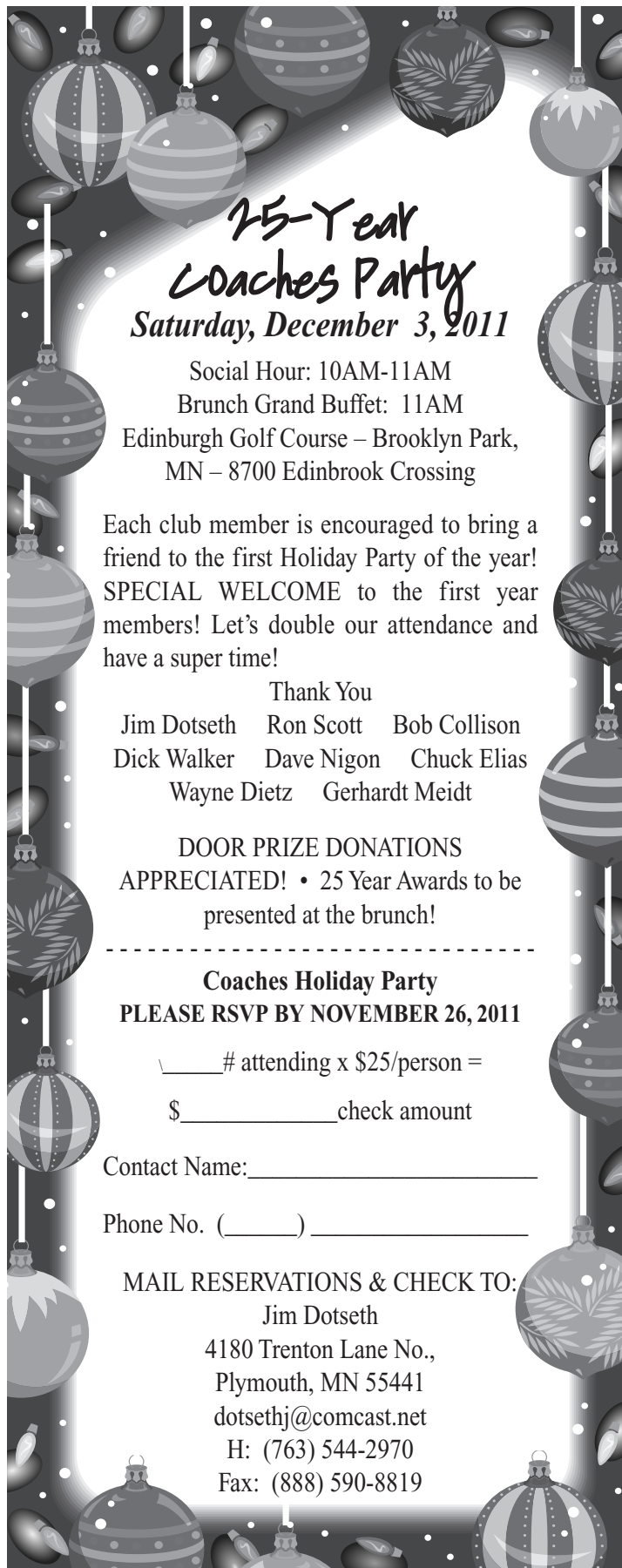
With a new year comes new "Points of Emphasis" for each activity. One that covers the spectrum across all activities is the focus on concussion training and awareness. From an officials' perspective we strive to make the games safe for all participants – it's our primary focus. From visiting with other officials the wide spread opinion is that we are pleased with the direction that the State High School League is taking. The directive in place that does not allow a participant to return to action until first approved by an Appropriate Health Care Professional (AHCP) is good for all involved – including officials. In today's world liability is always a concern. With the AHCP involved officials are more comfortable when a player may return to action.

On a side note - It is hard to believe it's been 10 years since the 9/11 attacks. I'm sure there will be plenty of opportunities to stop and reflect. On behalf of all officials I'd like to say thank you to all of our Veterans and current military families for all you have done and for all you do.

One last laugh – in visiting with a fellow official recently I asked him how his game football went Friday night. He said it went fine, but that his leather belt broke just 5 plays into the game. We both chuckled and I inquired as to how that went the rest of the game. He said he was able to saunter to the sideline between plays and he approached a small bodied student manager. *"Hey young man, do you have any extra belts?"* He nervously replied that indeed he did. *"Have any that'll fit a fat guy?"* Again the student manager replied that he thought he could find one. In the next break in the action the official made it back to the young man holding the belt. The official thanked him and began to thread the belt through his pant loops. The belt was long enough to go around him nearly twice! *"That's a little long kid, but thanks again,"* the official noted as he hustled off. *"Yeah, I guess you are just a little fat!"* was the young mans response!

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

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



**25-Year  
Coaches Party**  
**Saturday, December 3, 2011**

Social Hour: 10AM-11AM  
Brunch Grand Buffet: 11AM  
Edinburgh Golf Course – Brooklyn Park,  
MN – 8700 Edinbrook Crossing

Each club member is encouraged to bring a friend to the first Holiday Party of the year! SPECIAL WELCOME to the first year members! Let's double our attendance and have a super time!

Thank You  
Jim Dotseth Ron Scott Bob Collison  
Dick Walker Dave Nigon Chuck Elias  
Wayne Dietz Gerhardt Meidt

DOOR PRIZE DONATIONS  
APPRECIATED! • 25 Year Awards to be  
presented at the brunch!

---

**Coaches Holiday Party**  
**PLEASE RSVP BY NOVEMBER 26, 2011**

\_\_\_\_\_ # attending x \$25/person =  
\$ \_\_\_\_\_ check amount

Contact Name: \_\_\_\_\_

Phone No. (\_\_\_\_\_) \_\_\_\_\_

MAIL RESERVATIONS & CHECK TO:  
Jim Dotseth  
4180 Trenton Lane No.,  
Plymouth, MN 55441  
dotsethj@comcast.net  
H: (763) 544-2970  
Fax: (888) 590-8819



**VISIT MCDONALD'S AFTER THE GAME**



# THANK YOU NOTES FROM 2011 SCHOLARSHIP WINNERS

Dear Minnesota State High School Coaches Association:  
Thank you so much for awarding me the Kathy Fredrickson Scholarship. This money will help me greatly as I further my education at the University of Wisconsin – Superior where I plan on majoring in Biology and Math. I have loved playing sports in high school and can't wait to continue playing basketball and soccer in college. Thank you again for this very generous scholarship and honor!

Sincerely,  
Katelyn Adams

Cougar football and track and field team during my college years. By being a student athlete, I can be proud that there is a part of my life that makes me feel a part of something great. This scholarship is very meaningful to me as my father has been a coach and athletic director at Cambridge-Isanti high school for thirty years. The majority of my mentors are coaches and they have taught me lessons and skills that will help me in live.

Sincerely,  
Nick Solberg

Dear Minnesota State High School Coaches Association:  
I can't say a big enough thank you for generously awarding me the Betsy Farness scholarship. It has been a joy and privilege to compete and excel in sports during my high school career and I can't wait to step it up to the next level at college. I look forward to pursuing my passion for basketball as I continue my education. I am determined to continue working hard and I thank you for honoring the commitment I've made. And hey, if you're in my neck of the woods next year, feel free to stop in for a Northwestern College ball game. Go Eagles!

Sincerely,  
Chanel Madson

Dear MSHSCA,

I am truly honored to be a recipient of the 2010-2011 Steve Kerzie Scholarship Award. Thank you to the Coaches Association and all of it's members. My Dad was a coach for 218 years, football, hockey and baseball and I have learned from him and my mom to have the utmost respect for all coaches.

I feel that participating in 3 sports in high school has prepared me for success in college. I plan to play college baseball, so I know time will be precious and high school athletics have prepared me well to budget my time. My time in high school has been a blur, it has gone quickly, but I have some memories that will be with me for a lifetime. Being part of athletic teams all of my high school years has been a highlight. There are many great memories of bus rides, getting ready before games, new equipment, exuberance after winning and the sheer disappointment of defeat – all life lessons learned with athletics.

Thanks again for this tremendous honor and be assured, I will work towards a successful future with this start that you have given me.

Sincerely,  
Robbie Glass

Dear MSHSCA,  
I cannot thank you enough for selecting me as the recipient of the McDonald's scholarship. It is truly a wonderful to be recognized for my academic and athletic accomplishments. With your generous financial aid, I will be able to attend Luther College in Decorah, Iowa and play on the soccer team. I hope you continue your scholarship so that others can benefit like I have. Thank you again for supporting me and making a difference in my future.

Sincerely,  
Ben Harney

Dear Scholarship Committee:

I am writing to thank you for presenting me with your generous \$1,000 Minnesota State High School Coaches Association Scholarship sponsored by the MSHSCA and McDonald's. I was very honored and appreciative to learn that I was selected as one of the few recipients of your scholarship.

This fall I will attend Gustavus Adolphus College and major in nursing. Upon graduation in 2015, I plan to pursue a career in a medical hospital as a Registered Nurse. Later on, I hope to return to Gustavus to attain a Master's Degree and advance to a higher nursing position, such as a Nurse Anesthetist. I see myself in the future as a knowledgeable and respected nurse, solving problems and helping people each day. The MSHSCA Scholarship will help finance a bright future for me, as well as for my potential patients

Dear Mr. Erickson:  
I am very honored that the Minnesota State High School Coaches Association would select me for the Darien DeRocher scholarship. I would like to thank all of the coaches of Minnesota for this generosity towards my future endeavors. It surprises me how much money it takes for college and this is very much appreciated.

This scholarship will go towards helping me at the University of Minnesota Morris. At UMM, I plan on pursuing their Pre-Engineering program with a Bachelor of Arts in a Science or Mathematics field. I will also be on the

that rely on well trained qualified nurses.

The financial assistance you provided will be of great help to me in paying for educational expenses. I will work very hard to achieve my goal of maintaining a 3.2 or higher GPA, and becoming involved in student organizations and activities at Gustavus. Thanks for selecting me as one of the MSHSCA Scholarship recipients.

Sincerely,  
Kaylee Maxon

Minnesota State High School Coaches Association:

I would like to express my deepest gratitude for choosing me to be the recipient of your scholarship. I am currently planning on attending the University of Wisconsin-La Crosse to major in physical therapy. Sports have played an important role in my life throughout high school and will continue to do so in the future. Again I sincerely thank you for your support.

Sincerely,  
Alexis Mehr

Dear Mr. Erickson,

Thank your for awarding me the Howard E. Emerson Memorial Scholarship from the Minnesota State High School Coaches Association scholarship program. It is an honor to receive this award in memory of someone who so generously devoted his time to serve others.

I will be attending the College of Science and Engineering at the University of Minnesota this fall. It means so much to me that your organization is helping me get started at a time in my life where I need it the most. My Goals for college are very high. I hope to begin undergraduate research right away. Your generous award will provide me this opportunity, so I can focus on my studies and research. I am planning to major in biomedical engineering, and with some hard work and discipline will move on to get a graduate degree or go to medical school.

I have had many wonderful coaches over the years who have taught me to not only set goals but set a plan to reach those goals. I need every bit of help I can get and I respect and appreciate the help the MSHSCA has offered.

Sincerely,  
Donald Mattia

Dear MSHSCA and Gatorade:

Thank you very much for the college scholarship. You should know that it means much to me both financially and as an academic/athletic honor.

Over my high school years and even before that, I came to understand how well both athletic and academic achievement work together. Both are not simply the product of natural gift, but are mutually reinforcing in the discipline that each fosters. A varsity sport in every season helped me maintain a strict organization in the rest of my life.

That this scholarship comes from a coaching organization is important to me. At St. Louis Park I was blessed to have varsity coaches in soccer, basketball and track who are great credits to the coaching profession. They excelled in their individual sports, spent many more hours than one could believe possible mentoring their student athletes, and nurtured a team relationship that was truly family-like. I will never forget what my high school coaches gave me.

I will carry the physical and mental skills developed in high school into Division 1 running at Butler University, knowing that my experience in high school has prepared me well for what will come.

I am grateful for this scholarship, MSHSCA and Gatorade.

Sincerely,  
Mara Olson

MN State High School Coaches Association and Gatorade:

I am honored to be one of the recipients of the Coaches Association's Scholarships. Thank you for your generous support. I am glad to have the opportunity to thank you personally for your generosity. Without scholarships there would be many students unable to pursue the career they've dreamed of.

My future plans include pursuing a degree in Biochemistry and then continuing with my education to become a Pediatric Oncologist. I not only have a passion for medicine, but also enjoy working with children. I hope to instill in them a passion for winning any battle they come across just as coaches helped me throughout my high school experience.

Sincerely,  
Connor Hedstrom

**The following articles were not submitted for this issue of the MN Prep Coach.**

*"Adapted Updates" (Adapted Athletics)*

*"Bounce Shots" (Boys Lacrosse)*

*"Simply Breathtaking"  
(Synchronized Swimming)*

**Hopefully we will have contributions for upcoming issues in December, March and May.**



**VISIT MCDONALD'S AFTER THE GAME**



# CHAMPIONSHIP COACHES TO RECEIVE AWARD AT HALL OF FAME BANQUET

A portion of the Annual Hall of Fame Banquet is dedicated to recognizing the previous year's championship coaches. Each championship coach will receive a plaque in recognition of their banner year. The Hall of Fame Banquet is set for October 8th at The Crown Plaza Hotel in St Paul. (Information including times, cost and number to call for room reservations can be found in a blurb in another area of this issue.) The award is given to member coaches. Championship coaches that were not members in 2010-11 will not be included in the list that follows:

## Girls True Team Swimming

Class A	Tom Cannon	Monticello
Class AA	Elizabeth Hansen	Wayzata

## Girls Swimming (MSHSL)

Class A	Rory Fairbanks	Hutchinson
Class AA	Jeff Mace	Edina

## Girls Tennis

Class A	Steve Taci	Rochester Lourdes
Class AA	Steve Paulsen	Edina

## Boys Soccer

Class A	Youssef Darkabi	Prairie Seeds
Class AA	Keith Randa	Apple Valley

## Girls Soccer

Class A	Holly Sutton	Rogers
Class AA	Tony Bidwell	Eden Prairie

## Boys Cross Country

Class A	Jeff Morris	Perham
Class AA	Bill Miles	Wayzata

## Girls Cross Country

Class A	John Olson	Adrian
Class AA	Jeff Lindlief	Eden Prairie

## Adapted Soccer

PI	Marcus Onsum	Robbinsdale-Hopkins
CI	Ted Johnson	Anoka-Hennepin

## Volleyball

Class A	Tara Bieber	Wabasha-Kellogg
Class AA	Sue Volkmann	Wadena-Deer Creek
Class AAA	Milan Mader	Lakeville North

## Football

9 Man	Jeff Gronner	Cromwell
Class 1A	Denny Lux	New Ulm Cathedral
Class 2A	Brent Schroeder	Caledonia
Class 3A	Mike Kessler	Rochester Lourdes
Class 4A	Jeff Ferguson	Totino Grace
Class 5A	Brad Anderson	Wayzata

## Alpine Skiing

Boys	Tom Carlson	St Thomas Academy
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## Nordic Skiing

Boys	Bonnie Fuller-Kask	Duluth East
Girls	Bonnie Fuller-Kask	Duluth East

## Boys Swimming True Team

Class A	John Barnes	St Thomas Academy
Class AA	Chris Guerrero	Minnetonka

## Boys Swimming -MSHSL

Class A	Tom Uvaas	Fergus Falls
Class AA	Chris Guerrero	Minnetonka

## Gymnastics

Class A	Charles Fleck	Perham
Class AA	Melissa Bernhard	Northfield

## Wrestling

Class A	John Barland	Frazee
Class AA	William Short	Simley
Class AAA	James Jackson	Apple Valley

## Girls Basketball

Class 1A	Jim Hammond	Maranatha	Christian Academy
Class 2A	Tim Malone	Braham	
Class 3A	Faith Patterson-Johnson	DeLaSalle	
Class 4A	Brian Cosgriff	Hopkins	

## Boys Basketball

Class 1A	Lance Larson	Springfield
Class 2A	Dave Cresao	Perham
Class 3A	Barry Wohler	Orono
Class 4A	Ken Novak, Jr.	Hopkins

## Boys Hockey

Class A	Tom Vanelli; Greg Vanelli	St Thomas Academy
Class AA	Lee Smith	Eden Prairie

## Adapted Floor Hockey

CI	William Newell	Anoka-Hennepin
PI	Marcus Onsum	Robbinsdale-Hopkins

## Adapted Bowling

CI	Carol Feldman	Alexandria
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## Adapted Softball

CI	Ted Johnson	Anoka-Hennepin
PI	Macus Onsum	Robbinsdale-Hopkins

## Boys Tennis

Class A	Winfield Stephens	Breck
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**.Championship Coaches continued from page 49**

## Boys Lacrosse

Colin Mulcahy Benilde-St Margaret's

## Softball

Class A Mick Ramey New Life Academy

Class AA Steve Ericson Park Center

Class AAA Dean Robinson Hastings

## Girls Track and Field True Team

Class AA Chris Beach Totino-Grace

Class AAA Nick Lovas Hopkins

## Girls Track and Field -MSHSL

Class A Doug Carlson Bagley-Fosston

Jeff Portugue St Peter

Keith Hanson St Peter

Class AA Nick Lovas Hopkins

## Boys Track and Field True Team

Class A Kent Viesselman United South Central

Class AA Chris Beach Totino-Grace

Class AAA Jay Hatleli Rosemount

## Boys Track and Field - MSHSL

Class A Carl Fruechte

Caledonia/Spring Grove

Class AA Scott Christensen Stillwater Area

## Girls Golf

Class A Julie Hennessy Lewiston-Altura

Class AA Mark Herzog Red Wing

Class AAA Mick Schumacher Wayzata

## Boys Golf

Class A Peter Hedstrom Springfield

Class AA Bob Gorden Detroit Lakes

Class AAA Allan Christopherson Wayzata

## Baseball

Class A Mick Tomsche Eden Valley-Watkins

Class AA Bob Karn St Cloud Cathedral

Class AAA Mick Scholl Burnsville

## Synchronized Swimming

Signe Hensel Wayzata

# The Wadena Story

It is now over a year since the June 17th EF4 tornado ripped through the communities of Wadena, Deer Creek, and Bluffton. Cleanup is done, trees are being replanted, the rebuilding of the High School and town is in progress, but this will be a work in progress for a long time to come. I was unable to attend the summer executive meetings held the next week in Detroit Lakes due to the massive amount of work that needed to be done just to begin to assess the loss.

Following the summer executive meeting John Erickson called to tell me about the discussion regarding the Wadena area's tornadoes and what the MSHSCA board was going to do to help WDC coaches directly impacted by the tornado. The executive board decided that the MSHSCA was going to send \$100 to each of the coaches who lost their homes or had homes severely damaged in the storm. Now a \$100 isn't going to replace or repair a house, but that wasn't the intent of the gift. For the affected coaches it was a night out for dinner, a paid night in a hotel, or groceries to replace what was in the refrigerator. The gift demonstrates the caring and compassion of coaches that they display beyond the field, rink, or the court. I speak for the four WDC coaches who received this gift; THANK YOU coaches of Minnesota for thinking of us and helping out in our time of disaster.

The Coaches Caring for Coaches Fund was voted on and

passed at the fall 2010 MSHSCA delegate meeting. This fund will continue to provide a gift to MN coaches who have been affected by a natural disaster such as the Wadena, Deer Creek and Bluffton tornadoes and the Rushford flood. As members of our association you can now contribute \$5 to this fund when you fill out your annual membership application. It is an easy check off and all designated funds go into a separate account. The gifts are dispersed as needed by the finance committee and the MSHSCA Vice President.

Tom VanErp  
Wadena-Deer Creek High School  
MSHSCA Vice President

*"There are few secrets in  
football. So execute."*

**- Hank Stram**



**VISIT MCDONALD'S AFTER THE GAME**



# Assistant Coaches to Receive Plaque on October 8th

A good share of the time, assistant coaches do not get proper credit that they do for the success of an athletic program.

The Minnesota State High School Coaches Association understands their significance and as a result, provides deserved recognition with a presentation of a plaque to assistant coaches as named by their respective sport associations.

The award will be a part of the Annual Hall of Fame Awards Banquet that is scheduled for October 8, 2011 at The Crown Plaza Hotel in St Paul.

Assistant coaches named for the 2010-11 school year are listed below. It needs to be mentioned that some programs do not select ACOTY's. In some cases, ACOTY's were selected that were not members of the MSHSCA and thus are not included in the award program.

Girls Soccer		
Class AA	Dominic Isaac	Stillwater
Boys Soccer		
Class AA	Brian Lehman	Eagan
Girls Tennis		
Class A	Peggy Larson	River Valley (Springfield)
Class AA	Jacob Olson	Delano
Girls Cross Country		
	Larry Haws	St Cloud Cathedral
Boys Cross Country		
	Kristofor Sauer	Minnehaha Academy
Volleyball		
Class A	Jackie Noyes	Minneota
Class AA	Dennis Hystead	Fergus Falls
Class AA	Pat Sobatta	Stewartville
Class AAA	Christine Grave	Wayzata
Football	Mick Goudy	Rogers
B & G Swimming		
	Tom Mosser	Minnetonka
Gregg Rappe	Farmington	
	Pete Travis	Hutchinson
Alpine Skiing		
	Joel Hendrick	Minneapolis
Nordic Skiing		
	Doug White	Roseville Area
Gymnastics		
Class A	Russ Green	Annandale

Class AA Julie Castellano Park of Cottage Grove

## Boys Basketball

Rod Eidelbes	Grand Rapids
Daryl Jankila	Robbinsdale Cooper
Tom Paulson	White Bear Lake
Randy Tabatt	Little Falls

## Girls Basetball

Class AA Nate Dahlman	Braham
Class AAAA John Rieser	Osseo

## Hockey

Class A Craig Peterson	Hermantown
Class AA Chris Anderson	White Bear Lake

## Girls Lacrosse

Brian Gould	Stillwater Area
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## Track and Field

Class A Todd Texley	Pipestone Area
Class AA Bill Miles	Wayzata

## Boys Tennis

Class A Dennis Howard	Pine City
Class A Jesse Peterson	Becker
Class AA Eric Hanson	Monticello
Class AA Tom Matson	Edina

## Baseball

Steve Wolle	Mankato East
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At press time, Adapted Athletics, Boys Lacrosse, Synchronized Swimming and Boys and Girls Golf either had not submitted names for Assistant Coach of the Year or submitted names of coaches who were not members of the MSHSCA.

### COACHES CARING PROGRAM

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

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

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

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

# BANK SHOTS



By: Brad Strand,  
MBCA President  
Pelican Rapids HS

leadership of our organization the past year. Our association has an awesome executive director, Tom Critchley Sr.. Tom has great passion for the game of basketball and the student-athletes who compete. Please let Tom know you appreciate all he does for each of us throughout the year to promote basketball.

It was great to see so many of you this summer in gyms throughout the state working with your athletes to improve your teams. Basketball coaches in the state of Minnesota work extremely hard and the evidence is seen in the number of players who have the opportunity to continue to play basketball beyond high school. Thanks to all of you for making this commitment to improve the level of basketball that is being played in the state. Hopefully all of you had a chance to relax over the 4<sup>th</sup> of July and the month of August.

The MBCA Fall Clinic is scheduled October 28<sup>th</sup> and 29<sup>th</sup>. The Hyatt Regency Hotel in Minneapolis will once again be the site for the clinic. More details, including hotel reservation information, clinicians, a registration form, and an event schedule is included in this issue of the Prep Coach and is also posted on the MBCA website. Please take the time to visit our website (<http://www.mshsca.org/boysbasketball/>). Information available to you on the website also includes a timeline to assist you with deadlines and all forms such as academic all-state, all-star nomination, and hall of fame nomination.

It is important you are a member of the MBCA for you and your athletes to be considered for various awards. Please join both the MSHSCA and the MBCA and encourage your assistant coaches and lower level coaches to do the same. There are many great benefits. As part of your MBCA membership you will also become a member of the National High School Basketball Coaches Association. Our state is one of the founding states in the organization. Coaches will be receiving more information about the organization in the near future. Member coaches are encouraged to visit the website (<http://nhsbca.org>) for such things as coaching resources, job openings, events, special offers from suppliers, etc. We will communicate how to log in to the member section at the Fall Clinic.

The 2012 state tournament for boys will see a change in the A and AA divisions as both classes, per the recommendation of the Basketball Advisory Committee, will join AAA and AAAA in being seeded. The MSHSL Board

Greeting  
Coaches,

I am very honored to represent all of you this year as your MBCA president. I would like to take this time to thank Steve Grove for his excellent

of Directors will make the decision if the seeding will be 1 – 8 or top 4 and draw 4 at their October meeting. The Basketball Advisory committee has recommended 1-8 seeding.

The MSHSL Board of Directors has set as one of their goals to review policies in regard to section and state tournaments as well as seeding and other related issues. MSHSL policy now states that sections may seed by coaches vote (face to face or electronic) or via a points system. All sections that seed by points will now be required to seed by using the QRF. See the minnesota-scores.net website for the reasoning presented by the MSHSL. Information regarding the seeded 64 team State Tournament (4A) was provided to the Board at their August meeting and it is probable further discussion with possible action will occur at the October board meeting. More information will be available at our Fall Clinic.

The Spalding Legacy is now the official ball of the MBCA and the ball that will be used in the 2012 State Tournament. Spalding has discontinued producing the ZK Pro. The Legacy is a revised version of the ZK Pro with a moisture management system and deeper channels as key components. Dealers are knowledgeable of this and should have the Legacy in their stores and/or warehouses at this time. The MBCA values their long and beneficial relationship with Spalding.

Two MN coaches have received special honors at the national level. Congratulations to Ken Novak Jr., Hopkins, on being named the ESPN RISE National Boys Basketball Coach of the Year and to Dave Cresap, Perham, for being named the Max Preps National Male Sport Coach of the Year. Both will be excellent speakers at our Fall Clinic and will provide insight, which will be valuable for all of us to hear.

Congratulations to the new members of the MBCA Hall of Fame: Howard Bahn – Kimball, Dan Brink – St. Paul Central/St. Paul Como Park, Perry Doney – Hector/Wood Lake/Canby, Don Tangen – Glencoe Silver Lake, and Larry Weum – Robbinsdale Armstrong. They will be inducted at the Hall of Fame banquet, which will be held October 30<sup>th</sup> at 12:00 at the Hyatt Regency.

Congratulations to the new members of the MBCA Hall of Honor: Gary Addington – Hibbing/Rochester (Coach/Administrator), Bill Haben – Shakopee/Benilde (Coach), Jeff Munneke – Minnesota Timberwolves (Friend of Basketball), Barry Wortel – Mankato (Media) and Jimmy Robinson – St. Paul (Official).

I wish everybody the best of luck as the season approaches and hopefully each of you will have the opportunity to bring your team to the Target Center/Williams Arena and participate in the 100<sup>th</sup> Minnesota State Basketball Tournament. I look forward to seeing all of you at our Fall Clinic. It is an excellent time to connect and socialize with each other. We need to continue to support each other since we understand the common pressures we all face everyday.



VISIT MCDONALD'S AFTER THE GAME



## FIVE NAMED FOR INDUCTION TO MBCA HALL OF FAME

The Minnesota Basketball Coaches Association has named five men who will be inducted into the MBCA Hall of Fame this October. The purpose of the MBCA Hall of Fame is to give special recognition to the people of Minnesota who have made significant contributions to promote high school basketball in the state via their achievements and service.

The 2011 inductees are:

**Howard Bahn** – Kimball

**Dan Brink** – St. Paul Central/St. Paul Como Park

**Perry Doney** – Hector/Wood Lake/Canby

**Don Tangen** – Glencoe-Silver Lake

**Larry Weum** – Robbinsdale Armstrong.

The induction ceremonies will be held at the MBCA Hall of Fame Banquet on **Sunday, October 30<sup>th</sup>, 12:00 p.m.**, at the Hyatt Regency Hotel in Minneapolis.

**Howard Bahn** became the head boys basketball coach at Kimball in 1976 and spent the next 20 seasons as the leader of the Cubs program prior to retiring in 1996. Howard's career began as a head basketball coach, assistant football coach, and assistant track coach at Lutheran East H.S., Cleveland, OH, in 1966. During his 10 year tenure at Lutheran East, his teams won six conference titles and four District championships. Coach Bahn led his Kimball teams to five Central Minnesota Conference titles, a District 20 championship and a Region 5 runner-up finish. Bahn was named Central Minnesota Conference Coach of the Year in 1993 and District 20 Coach of the Year in 1984 and 1994. Sixteen of his athletes went on to play college basketball and one played professionally. He also served as an assistant football coach and assistant baseball coach at Kimball. Howard retired after 30 seasons of coaching with an overall record of 388-231.

**Dan Brink** spent the first six years of his coaching career, 1971-'77, as the head coach at Monroe H.S. in St. Paul.

In 1977, he moved to St. Paul Central and within two years won conference and region titles with a subsequent State Tournament runner-up finish and the Minutemen were on their way. During his 16 seasons at Central, the Minutemen won 12 conference titles, earned 7 Region championships resulting in State Tournament appearances, and compiled a 312-78 record. Coach Brink left Central in 1993 to assume the position of Defensive Coordinator at St. Thomas University where he helped lead the Tommies to the DIII Final Four in 1994. He returned to the high school ranks in 2002 when he assumed the head coaching position at Como Park H.S. and in his first year led the Cougars to a Region title and third place finish in the State Tournament. His sixth and final season prior to his retirement resulted in a second State Tournament appearance for Como Park and was the 9<sup>th</sup> time a Brink-led team earned that milestone. Dan was recognized by his peers as Section Coach of the Year six times and conference COY 10 times. He was also named WCCO State Coach of the Year and is a member of the Central Athletic Hall of Fame. Coach Brink retired in 2008 with an overall record of 426-246.

**Perry Doney's** coaching career began in 1932 in South Shores, SD. He spent ten years coaching in South Dakota before his career took a three year hiatus as he spent 1942-45 on the West Coast during WWII. His legendary career as a coach of four sports began at Canby H.S. in 1945. In 1948, he moved to Wood Lake where he spent the next 17 years as the head coach for basketball, football, baseball, and track. His 1964 Wood Lake Warriors football team was the first team in Minnesota to go through a 10 game season undefeated, averaging an amazing 58.3 ppg while only giving up 93 during the course of the season. His Warrior basketball teams were legendary for upsetting a #1 ranked Marshall team three times in tournament play and he coached three 1,000 point scorers in the "50's and

employed a "match-up zone" at a time when the term was yet to be defined. Coach Doney's Wood Lake teams were 240-116, a winning percentage of 68%, during his 17 seasons there. Perry returned to his hometown of Hector and led them to their first ever District 12 title in 1968. He finished his basketball coaching career at Hector after the 1970 season. Doney was a Merit Award recipient of the MBCA and is a charter member of the Northern State Athletic Hall of Fame. Coach Doney passed away in 1989.

**Don Tangen** has coached basketball at Glencoe/Glencoe-Silver Lake for 34 years and just completed the 40<sup>th</sup> season of a coaching career that began at Murdock H.S. in 1977. His Glencoe-Silver Lake teams won Wright County Conference titles in 1994 and 1995 and Coach Tangen led seven Glencoe/GSL teams to Section titles and State Tournament appearances during three different decades. Don's coaching achievements earned him recognition from his peers as he was the recipient of multiple Conference Coach of the Year and Section Coach of the Year honors. Coach Tangen was selected and participated as a coach in the 2001 MBCA All Star Series. Don is a member of the 400 win club and has compiled an overall record of 495-405. He is a lifetime member of the Minnesota State High School Coaches Association and served as President of the MSHSCA in 2009. Coach Tangen has also coached football at Murdock, Glencoe, and Glencoe-Silver Lake for 40 seasons.

**Larry Weum** coached basketball at Robbinsdale Armstrong H.S. for 27 years; 17 as the head coach, and 10 as an assistant coach. Coach Weum's basketball coaching career began at Sandberg Jr. High in 1970. In addition to his 27 years at Armstrong he also spent two years, 1982-84, as the head basketball coach at North Hennepin CC. In his second year at the helm of the Armstrong program, Coach Weum led the Falcons to a second place State tournament finish, a feat which was

# L OF FAME

matched again the following season. His Armstrong squads won three Lake/Classic Lake Conference titles and earned State Tournament appearances with three Section championships. In an eleven year period, Falcon teams advanced to the Section finals eight times. Larry served as a Section Representative for 6AA. He was selected and participated as an MBCA All Star Series Coach in 1998. Coach Weum retired from teaching and coaching in 2001 with an overall mark of 302-145 as head coach at Armstrong.

## 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.



## FALL CLINIC Oct. 28-29, 2011

### HYATT REGENCY HOTEL

1300 Nicollet Mall, Minneapolis  
1-888-421-1442 (Reservations)

ONLINE (preferred): [https://resweb.passkey.com/Resweb.do?mode=welcome\\_ei\\_new&eventID=4100487](https://resweb.passkey.com/Resweb.do?mode=welcome_ei_new&eventID=4100487)

Mention the MBCA Clinic for special group room rate!

### MBCA CLINIC ITINERARY

#### Friday, Oct. 28

7:30-8:45	Registration-Visit Exhibitors
8:50-9:00	General Announcements
9:00-9:40	Don Meyer, Northern State, retired Visit Exhibits
9:55-10:40	Don Meyer, Northern State, retired Visit Exhibits
10:55-11:40	Tubby Smith, University of Minnesota Visit Exhibits
11:50-1:30	MBCA AWARDS LUNCHEON Visit Exhibits
1:40-2:25	Group A: Carl Pierson, Coach/Author Group B: Alan Stein (@StayFit Gym) Visit Exhibits
2:40-3:25	Group B: Carl Pierson, Coach/Author Group A: Alan Stein (@StayFit Gym) Visit Exhibits and TBA
4:00 - 4:30	Class Meetings (A, AA, AAA, AAAA)

#### Dinner Break Followed by Evening Sessions

6:45-7:35	Vance Walberg, U-Mass (@StayFit Gym)
7:50-8:40	Vance Walberg, U-Mass (@StayFit Gym)
9:00 p.m.	MBCA Social @ Hyatt Regency Hotel

#### Saturday, Oct. 31

8:00-9:00	Registration/Coffee & Rolls
9:00-9:50	Lynn Frederick - Brookings, SD H.S.
10:00-10:50	Dave Cresap - Perham H.S.
11:00-11:50	Ken Novak Jr. - Hopkins H.S.

ALL COACHES FROM ALL LEVELS ARE INVITED TO ATTEND THE ANNUAL FALL CLINIC. ALL COACHES REGISTERED WILL RECEIVE A SPALDING/MBCA GIFT.

Name(s) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

School \_\_\_\_\_

School Phone/email \_\_\_\_\_

_____	Pre Registrations @ \$100	\$ _____
_____	Hall of Fame @ \$10	\$ _____
_____	Additional Hall of Fame @ \$25	\$ _____
TOTAL Enclosed		\$ _____

Make checks Payable to: **MBCA Clinic**  
**DEADLINE: TUESDAY, October 18 (\$120 after)**  
Remit to: Tom Critchley - MBCA Clinic  
2660 Mackubin St.; Roseville, MN 55113 (651) 484-5325  
Registration is \$120 at the door. (Clip and Mail to address above)



VISIT MCDONALD'S AFTER THE GAME



# CONSIDERATIONS FOR HYDRATION AND NUTRITION FOR ATHLETES

*Provided by; Stacy Ingraham, Ph.D. Exercise Physiologist, University of Minnesota*

## 1. Facts to be aware of:

a. There is no science that supports that humans need 8 glasses of water a day.

b. The actual science stated that in a day, through food and fluids we consume 8 glasses of water a day.

c. In general, we only need 48 ounces of fluid a day, which includes fluid found in food.

d. Athletes do not need more fluids than the general public, except during practice and competition.

e. The water industry has convinced the public that consuming water in ridiculous amounts is specifically related to health and wellness.

f. There are more hyponatremic (water intoxication) events in sports in the U.S. than dehydration events in sport, when compared to other countries. The consequences of hyponatremia are often times more severe than dehydration.

## 2. For Athletes

a. They do not need to over-hydrate during the day.

b. If they are consuming fluids throughout the day, they should only consume fluids with a sodium gradient to help in the absorption, such as Propel.

c. Athletes involved in sports that involve short burst of speed or power;

i. Athletes that are very fast or very powerful are generally more endowed with Type IIX fibers. These fibers specifically have lower intracellular sodium concentrations.

ii. If this athlete over-hydrates with a non-sodium fluid, they will suffer from severe muscle cramping more often when compared to an endurance athlete.

d. Vitamin waters are a complete waste of money, and most do not have sodium to help in the absorption of the fluid.

e. Drinking only water throughout the day is a terrible idea for athletes.

*f. Energy drinks such as 5-hour energy, Red Bull, Amp, Monster can contribute to significant and catastrophic cardiac events in athletes. These drinks are banned in several countries because of the link to cardiac death. Children should NEVER be given these drinks. There is evidence that they can contribute to heart valve damage. These drinks can alter thermoregulation, fine motor skills and cause heart arrhythmias. Energy drinks do not actually give the exact amount of caffeine in the drink and the amount is often 4-5 times the amount allowed by the FDA in soda drinks. There is no controlled research on adrenaline release in high stakes contest with the intake of energy drinks. The clinical results however related to death are pretty impressive.*

## 3. Sport Performance

a. Sport performance can be enhanced with a carbohydrate (CHO) solution, such as Gatorade.

b. In most sports, the athlete will be able to delay the onset of fatigue with a CHO drink, prior to the game, during substitutions and half-time. This has been supported by a vast amount of scientific research. Gatorade or PowerAde are a valuable product for delaying the onset of fatigue.

c. For athletes, if body weight (weight gain) is a concern (which will affect speed), fluid replacement can be with G2 which is a lower caloric drink with moderate levels of CHO and it still has the sodium gradient. This can be used at half-time. Propel will work for substitutions. If weight is not an issue, then Gatorade or PowerAde will work during substitutions. Performance is always enhanced with a CHO drink, so if calories are an issue, think about reducing calories away from the competition.

d. Half-time suggestions for reloading carbohydrates for soccer, football, lacrosse, and basketball would include;

i. Cliff bars

ii. Luna bars  
iii. Power bars  
iv. Fig newtons  
v. Gel packs

## 4. Nutrition Considerations Related to Performance & Recovery

a. The most important recovery time is the first 15 minutes upon completion of the game.

b. High glycemic index foods are best within the first 15 minutes after a game and are critical to recovery for the next game or practice.

i. Gatorade Recovery is best

ii. Gatorade

iii. PowerAde

iv. Candy bar

v. Gummy bears

vi. Fig Newtons

c. All meals should be high in carbohydrates. In addition, the evening meal should have a full serving of protein (red meat or lean meat are best for athletes).

d. Dairy products should be avoided for 3 hours prior to any game.

e. Fruit juices or sauces with acid (tomato sauce) should not be consumed for up to 5 hours prior to competition.

f. Do not drink orange juice prior to competition or use orange slices during competition.

g. High fiber foods should not be consumed for up to 5 hours prior to competition.

h. French toast is one of the best pre-game meals because of a perfect combination of protein and carbohydrate.

## 5. The Myth of Carbo-Loading

a. Athletes should be consuming approximately 55-65% carbohydrates daily in their diet.

b. The idea of pre-game carbo-loading came from marathon research that was based on carbohydrate depletion for 5 days prior to the loading.

c. Since most athletes consume a diet fairly high in carbohydrates or at least they should be doing this daily (55-65% CHO, 15-17% protein, remaining in fat intake), there is no need to carbo-load.

d. Carbo-loading the night before a meet or game could increase body weight significantly which would then decrease performance.

e. The idea of having a pre-game meal together is a great social event. As soon as you add the word LOAD, the implication is that the athletes need to load up. Additional weight gain is has a negative correlation with sport performance in a majority of sporting events.

f. Generally, athletes will be faster if they are lighter on competition day, not heavier.

#### **Heat and Humidity Consideration**

a. The colder the fluid, the quicker the fluid is absorbed. This is so important. Keep the drinks on ice or partially frozen if possible.

b. Body fat is an insulator. The more body fat the athlete has, the more difficult it is to dissipate heat.

c. Keeping head hair wet will contribute to cooling off.

d. Taking a cold shower prior to a game can aid in decreasing the core body temperature.

e. Wearing an ice vest while on the sidelines will lower the core body temperature.

f. Putting ice on the back of the neck will help lower the core body temperature.

g. Wearing sun screen will prevent sweat evaporation which is how the body cools itself. Do not wear sun screen while participating in a sport. Exposure to vitamin D (sun) raises testosterone levels which is a positive correlation to sport performance and bone health. You cannot absorb vitamin D if you are wearing sun screen.

h. The number one cause of heat related illnesses is sleep deprivation.

i. High school athletes, specifically males going through growth spurts require 9-10 hours of sleep. Anything less than 8 hours will compromise their ability to thermo-regulate.

#### **6. The recipe for a catastrophic heat illness;**

a. O-lineman or D-lineman in football who obviously have excessive fat mass

b. Less than 8 hours of sleep

c. Drinking water all day long

## **COACHES CARING PROGRAM**

*By Rick Ringeisen - Lakeville South*

Coaching is a complex and demanding career that requires you to put others first. Coaching often means that you are looking out for the best interest of your athletes, your team, your school, and your community. As a coach you serve your community in many different ways and you are considered a leader. This means that in troubled times your community often looks to you to reach out and lead the way.

Coaches also provide each other with support and guidance. In the summer of 2010 it became obvious to the Coaches Association leadership that there were Minnesota coaches who were in need of assistance. Severe weather had once again caused damage across the State of Minnesota. Tornadoes ripped through communities leaving destroyed property behind. When the sky cleared communities took stock of the damage and started the clean up. At the heart of many of these clean up efforts were coaches and teams working alongside friends and neighbors to put homes, businesses, schools and lives back together.

In June of 2010, many of the executive officers drove through the community of Wadena on their way to the summer association business meeting. We were awestruck by the damage to the community. The school was in shambles, homes and businesses were scattered in bits and pieces across the countryside and the school busses were battered by the awesome power of the tornadoes. Everywhere we looked, people were working together to clean up and bring order back. As we looked to the left and to the right our hearts began to break for the pain that the community of Wadena was enduring.

That evening as the members of the executive committee began to gather we all discussed the damage in Wadena. With Detroit Lakes being so close to Wadena, John (The Big Dog) Erickson was able to provide the rest of us with information about how the Wadena coaches were dealing with the aftermath. John Erickson informed us that many of the coach's homes were damaged and in some cases a total loss. He also told us how the Wadena coaches were community leaders and put in long hours to do all they could for their community.

At that point the conversation turned and we all wanted to reach out to help the Wadena coaches. John Schumacher brought up the idea of collecting donations to assist the Wadena coaches in their recovery. Jim Baker pointed out that this is not the first time something like this has happened and it would not be the last. Jim talked about the flooding in Rushford in 2009 and how the coaches and athletes cancelled practice to pitch in to help the community clean up. Jim set the thinking gears of the group in motion and at that moment it was decided that the topic would be discussed the next day at the business meeting.

The next day when we met there was a flurry of ideas and serious discussion. In the end, the Coaches Association leadership created the "Coaches Caring" program. It was suggested that a box to check off for a \$5.00 donation for the "Coaches Caring" program be added to membership application and the funds would be discussed and dispersed through the Coaches Association Finance Committee. The sum of money to be disbursed would be \$100.00 to each coach who was in need of assistance. The sum of \$100.00, while not capable of making up for everything that may have been lost, would let our coaching colleagues know that we care about them and their families. The sum would also help cover expenses at a difficult time. Perhaps the money would be used to pay for a tank of gas, a family dinner where the coach's family would be able to sit together and cherish the fact that they have survived and are rebuilding their lives. I encourage all of you to check the "Coaches Caring Program" box and donate the small sum of \$5.00 to help a truly worthy cause: your fellow coaching colleagues in their time of need.

d. Long hair or dreadlocks

e. Excessive caffeine (energy drinks such as Red Bull, Amp, etc.)

f. Creatine use

g. Helmet on head

h. Temperatures above 85°F

References can be supplied upon

request.

Constant, F. & Jequier, E. (2010). Water as an essential nutrient: the physiological basis of hydration. *European Journal of Clinical Nutrition*. 64, 115-123.

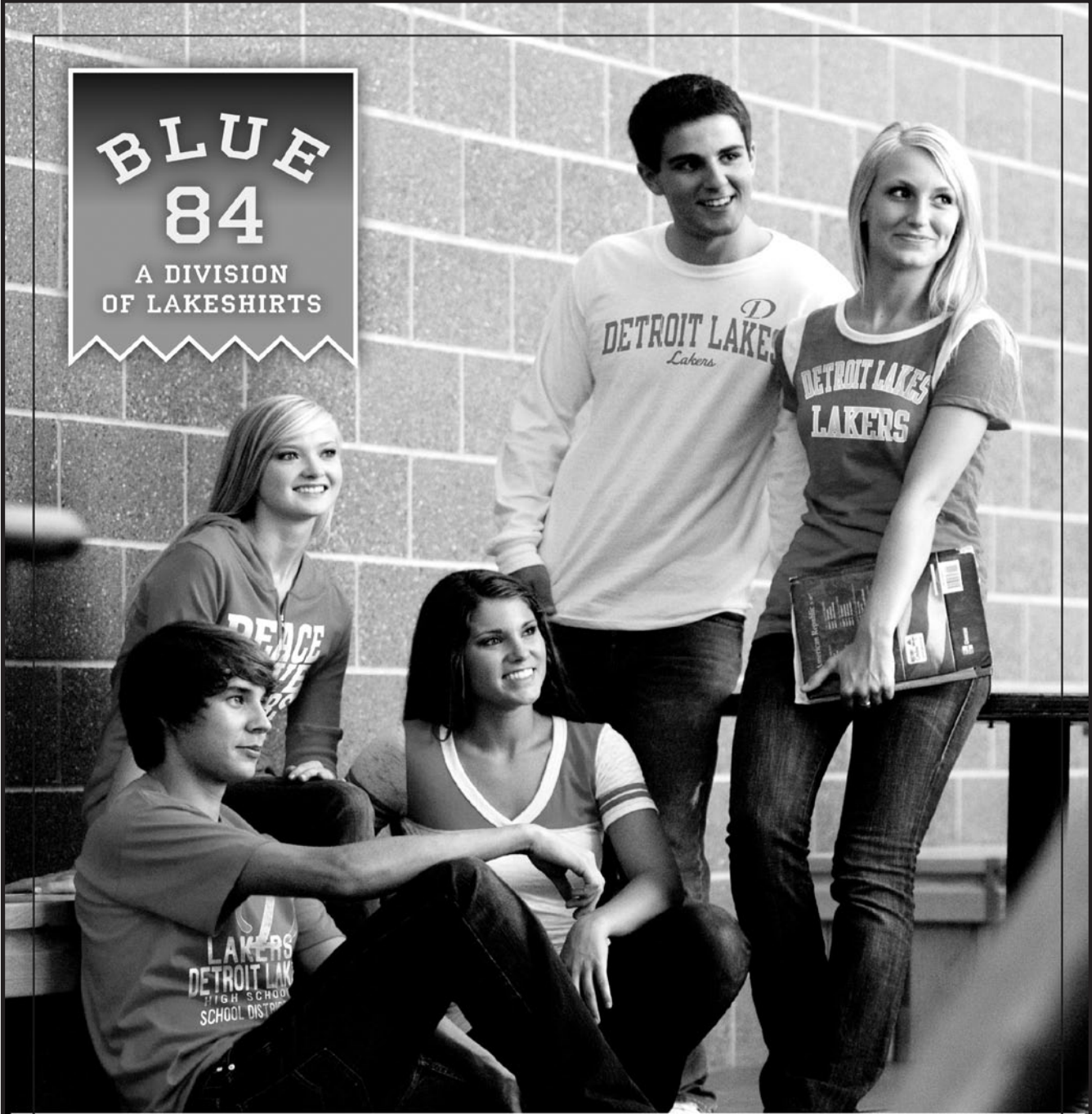


**VISIT MCDONALD'S AFTER THE GAME**



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