



THE *Minnesota* PREP COACH

Vol. 47 No. 3 Published by the Minnesota State High School Coaches Association March 2010

FOUR CANDIDATES VIE FOR MSHSCA VP POSITION

The position of MSHSCA Vice President is a battle between the north and the south. There are two candidates from each segment of the state. The candidates listed alphabetically include Dawn Baudoin (Grand Meadow), Derek Parendo (Proctor), Teresa Van Epps (Jackson County Central) and Jon Wagner (Eveleth-Gilbert).

The election process begins with the reception of this newsletter and concludes on May 1, 2010. Votes are to be cast using the MSHSCA Website which is www.mshsca.org.

Bios and photos of each of the candidates follow and are listed alphabetically.

DAWN BAUDOIN GRAND MEADOW



Dawn is a high school graduate from Grand Meadow. Following high school, she attended St. Cloud State University where she earned a B.S degree in Health and Physical Education in 1983.

She was a member of the SCSU women's basketball for two years, one year on the softball team and one year on the track and field team. While finishing college, she coached 8th grade to varsity level basketball, volleyball and softball at St Cloud Tech High School. Baudoin moved back home in 1984 and began coaching Varsity Basketball in Grand Meadow.

After teaching part time in Grand Meadow and LeRoy for a few years she became full time and has been at Grand Meadow for 22 years.

Dawn has coached varsity basketball for 18 years, volleyball for eight years and softball for ten years, as well as, several years of volleyball and softball at the junior high level. She is currently President of the MN Girls Basketball Coaches Association. She has served as Section Rep for Girls

Basketball for several years and was a long time member of the MN Girls Association prior to the merger. She was twice voted as Section 1A Coach of the Year in Basketball and once as Section 1A Softball Coach of the Year.

Dawn has been a recipient of the Breaking Barriers Award for Women's Sports and the Marie Berg Award. She has been voted twice as Section 1A Basketball Coach of the Year and once as Section 1A Softball Coach of the Year.

She has a son, Nick, who resides in Chicago.

DEREK PARENDO PROCTOR



Derek earned his BS degree from the University of MN-Duluth in 1997. He followed that up with his Masters, as well as, an administrative licensure from St Mary's in Winona, MN. He is currently a science teacher and coach at Proctor High School.

He has coached at all levels since he was 18 years old. Following graduation from Proctor, he

... continues on page 5

Featured In This Issue

25 Year Club Photo	28
Winter Team Academics	34-35

Clinic & Banquet Registrations

Football Banquet Info	30
Football Clinic	33
Golf Clinic	42

The Minnesota PREP COACH

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

EDITOR - Darien DeRocher

Address all news communications
and photos to:

Darien DeRocher
7101 Browns Ln

Brainerd MN 56401-6040

Phone (218) 825-8466

Fax (218) 825-8466

e-mail: mdder@q.com

MSHSCA OFFICERS AND COMMITTEE CHAIRPERSONS

PRESIDENT:

Don Tangen - Glencoe-Silver Lake

PRESIDENT-ELECT:

Shelly Hotzler - Jackson County Central

VICE PRESIDENT:

Becky Leuer - North Branch

PAST PRESIDENT:

Dave Johnson - The Marshall School
(Duluth)

HALL OF FAME COORDINATORS

Jim & Janet Baker - Richfield

OFFICIALS DSA

John Schumacher, Park Rapids

All Daily Communications should be addressed to:

EXECUTIVE DIRECTOR:

John Erickson

MSHSCA

PO Box 519 • Detroit Lakes, MN

56502

Fax (218) 847-5493

(H) (218) 847-6796

Email: jomar@lakesnet.net

ADMINISTRATIVE ASS'T:

Mary Erickson, Detroit Lakes

MSHSL BOARD OF DIRECTORS:

Mindy Sparby - NHREG

John Schumacher, Park Rapids

2009-2010 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	Donna Johansen (Murray Ct.)	Rob Stevermer (United SC)	Bruce Belseth (Sleepy Eye)	
3A	Milo Larson (Canby)	Dave Blank (Wabasso)	Todd Tinklenberg (Pipestone)	
4A	Chris Laird (Heritage)	Jeff Wall (Maranatha)	Tim Herman (Heritage)	
5A	Dawn Engebretson (Rockford)	Tom Lawrence (Foley)	Jay Johnson (Eden Valley Wat)	Al Amdahl (Albany)
6A	Diane Pettis (Sebeka)	Ton Van Erp (Wadena)	Mike Peterson (Perham)	
7A	Dennis Holsman (Hill City)	Open	Dan Stifter (Aitkin)	
8A	Janet Golden-Landquist (Nevis)	John Schumacher (Park Rpds.)		
1AA	Terry Heiderscheit (Roch. JM)	John Cassellius (Winona)	Rob Schwartz (Winona)	
2AA	Mike Lhotka (Dassel Cokato)	Tim Johnson (Mankato East)		
3AA	Jerry Utecht (St. Paul / Harding)	Open	Gerry Keenan (Harding)	Gordy Genz (retired)
4AA	Mark O'Neill (Champion Park)	Tom Paulson (White Bear Lk)	Tim Ryan (Hill Murray)	
5AA	Randy Glassmann (Maple Grove)	Mark Loahr (Totino Grace)	Chad Kuehne (Coon Rapids)	
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 Ruesch -Spring (Sauk Rapids-Rice)
SPORT ASSOC	PRESIDENT	PRESIDENT ELECT	EXECUTIVE SECRETARY	MEMBERSHIP/TREAS.
AD	Mark Solberg (Cambridge-Isanti)		Pete Veldman (retired)	
Adapted Athletics	Doug Anderson (Maple Grove)			Kelli Waalk (Maple Grove)
Baseball	Pat Collins (Chisago Lakes)	Bruce Woitas (Sleepy Eye)	John Wilkins (retired)	
Boys Basketball	Matt Addington (Kenyon)		Tom Critchley (retired)	
Girls Basketball	Dawn Baudoin (Grand Meadow)		Jen Johnson (Edina)	
Cross Country	Dave Chatelaine (Owatonna)			Dave Bauer (Brooklyn Cen- ter)
Football	Jon Johnson (Litchfield)		Ron Stolski (Brainerd)	Jim Dotseth Treasurer
Golf	Todd Petterson (Red Wing)			
Gymnastics	Wendy Rooney (Cambridge-Isanti)		Shelly Eklund (Rosemount)	
Hockey	Jerry Hayes (Apple Valley)		Mike MacMillan (Buffalo)	
B-Lacrosse	Greg Visich (Hill-Murray)			
G-Lacrosse	Sarah Bourne (Columbia Heights)			
Alpine Skiing	Derek Nash (Burnsville)		Dave Halgren (Ret.)	Keith Randa (Apple Valley)
Nordic Skiing	Mike Hecker (Anoka)		Shelly Hotzler (Jackson Cty Cent)	
Soccer	Bill Vance (Totino Grace)	Kathy Mason (Big Lake)(Co. Pres)		Rick Ringeisen (Treas)
Softball	Kim Bowen (Big Lake)			
B-Swimming	Nathan Linscheid (Bl Jeff)			
G-Swimming	Chris Aarseth (Mpls. Edison)			
Synch. Swim	Signe Hensel (Wayzata)		Kathy Bohnsack (Prior Lake)	
Tennis	Scott Engelstad (Bemidji)		Rick Englestad (Pine City)	
Track	Dave Wieber (Faribault)		Scott Christensen Treasurer	
Volleyball	Jim Lee (Waconia)		Janet Golden-Landquist (Nevis)	Sue Alstrom (Treasurer)
Wrestling	Kurt Habeck (Eastview)		John Peterson (Elk River)	Roger Gorham (Elk River)



GATORADE...Official Sport Drink of the MSHSCA

President's Message

By: Don Tangen - President MSHSCA
Glencoe-Silver Lake

Winter seasons are concluded. I would like to congratulate all the coaches who guided their teams or individuals into the state tourney in their respective sports. We all know that state tournaments are an exceptionally positive experience. Match is the mouth that spring sports begin to gear up. Hopefully the Minnesota wether cooperates with everyone's schedules this spring. For me personally, spring goes by very quickly. I also feel that the winter sports helps the Minnesota winter go by quickly as well.

Winning and participating in state tournaments are obvious measures of success. Over the years I have observed numerous other successes. I have observed teams near the end of their regular season, whose won-loss record was titled heavily towards the loss side, play with total intensity from the opening play to the final buzzer. They played with positive emotion and intelligence. That coach was successful. What was accomplished was truly amazing. I have seen teams who early in their respective seasons were struggling. I then would see the same team at tournament time. Even if they did not qualify for that state tourney, they competed with the state tourney qualifiers at an even level, losing only the finest of margins. That coach was successful. These success stories go on and on at the high school level. There are infinitely many. My point is there hopefully will be a time when fans and media members will recognize successful coaches, teams and athletes in addition to the winning teams and athletes. Those of us in the coaching profession understand these successes. We all know of hundreds of successful coaches and athletes who are not participating in their respective state tournament. The real essence of high school sports is the value of the team and how individuals can contribute to the positive atmosphere of the team. These athletes and coaches are winners.

I also have observed in numerous different sporting events the great involvement of coaches' families. I have witnessed spouses, parents, children, and a host of extended family members how are mentally and often physically involved in many aspects of the team and the individual members of that team. Coaching is a profession that requires a huge commitment of time and energy. I find that involvement to be most impressive. It is most satisfying and helpful to the coaches in our profession.

We have all witnessed situations in which the emotions of parents become a negative factors in the development of a team. this can become a definite interference. Early in my career a principal told me all parents are selfish for their own children. We all want the best for our kids. I believe the factor that separates parents who do things that are more acceptable to the team from those who create conflicts, are those parents who understand that the coach has to be equally "selfish" for each of the members of his/her team. These parents tend to have things in perspective. People who I consider really good coaches work with all their athletes. They are interested in the lives and thoughts of all the members of the team from the most gifted to those who are less gifted. All athletes can add something positive to a team. The really good coaches recognize the little things that an individual can offer.

As one can see, the opportunity to serve as President of the Minnesota State High School Coaches Association has been and continues to be a most rewarding opportunity for me. I have had the opportunity to work with many outstanding people. I am more thankful now than ever for all the really good coaches, teachers and parents that I have encountered during my career. Hopefully the remainder of the 2009-2010 school year is successful.

**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.**

2008-09 AWARD OMISSION

The awards ceremony at the Annual Hall of Fame had an exclusion that the MSHSCA is saddened to report.

Dave Nelson, Alpine Skiing coach at Edina High School, should have been awarded a Championship plaque.

The Executive Director wishes to issue a very sincere apology for the error of omission. Coach Nelson will receive his award. It is just unfortunate that it was not done at the proper time. John Erickson sincerely wishes that Coach Nelson understands.



VISIT MCDONALD'S AFTER THE GAME





Ramblings from the Big Dog

By: John Erickson, MSHSCA EXECUTIVE DIRECTOR DETROIT LAKES

Greetings Minnesota high school coaches! I would like to continue updating you on what has become a mission for me and that is the lack of support for the coaches of Minnesota high school coaches. Following the publication of the

September and December Prep Coach editions I have heard from numerous coaches around the state. I have heard the stories that are shared by numerous coaches and the non-renewal of their coaching contracts. There is one common theme that seems to run through all of the stories and that is the lack of support by schools and administrators. One other common theme appears to be that the vast majority of the non-renewals are parent driven.

I brought this issue to the round table discussion at our annual NOCAD meeting (National Organization of Coaches Association Directors). The issues and concerns that are being heard from the coaches of Minnesota are also being heard across the USA. The information shared at the round table discussion indicated that 1. No state has tenure for coaches. 2. No state has a continuing contract for coaches. The contract language for coaches varies but it all translates to the fact that coaching contracts are all so form of "at will contracts". I am sure that most of this is not news to those of you who have followed the issues that have surfaced from this arrangement in the past. This does not mean that we should ignore the issue, throw up our hands and just accept it as the way it is. We need to continue to work toward some sort of due process for coaches and find ways for schools and school administrators to be able to stand behind their coaches without fear of attack on them for doing so.

One bit of irony that has evolved from the pursuit of protection for coaches are the number of complaints I have received regarding out of control sideline behavior by coaches. I know that I am not a great example of how we should all behave on the sidelines but I can tell you that how you conduct yourself as a coach and as a presence on the sidelines is observed and evaluated by all of those in attendance. I would ask that you all take inventory of your coaching styles and how you present yourself and your program to the public. We all want to be respected as professional coaches and I would just like to challenge you to present yourself, your teams and your programs in ways

that can be a source of pride for your players, your schools and your supporters.

We did receive some great news and we did receive some bad news at the NOCAD meeting. First let me share the good news. Effective with our next membership year August 1, 2010 through July 31 2011 your liability coverage that is part of your membership dues will cover you in the classroom if there is no other insurance coverage. The bad news is that Gatorade, a long time corporate sponsor for the MSHSCA, has declined further support of the states they previously gave to. We are disappointed with this decision but we remain grateful for all they have done for us in the past. The Executive Board will begin discussion on how to pursue a replacement in lieu of raising dues.

Our online registration system continues to evolve into a great tool not only for the MSHSCA but the individual sport associations as well. We have had more and more sport associations opt to use the on line registration for their clinics and it has proven to be a great tool. I want to encourage you all mark your calendar to register on line for the 2010-2011 membership year at the end of this school year. Remember the membership year is from August 1 until July 31 the following year. After July 31 you are not covered by the liability insurance until you renew your membership. It is our intention to have all registration done on line by next year. You still will have the option of paying by check or cash if you so desire simply by indicating that intention at the time your register. You will then print the receipt and send it in along with your payment.

Please take the time to vote on line for the VP position on the Executive Board. Coaches I cannot stress enough how important your Executive Board is and will continue to be as we try to address the many "challenging" proposals to change how we administer our athletic programs in our schools. We all understand that these are extremely difficult financial times for schools but this is a time were we need to take a long look at changes not knee jerk reactions to the times. I believe coaches have always campaigned for the best possible programs for their schools and I look forward to continuing that effort. Coaches stay informed, stay involved and bring passion in the support of your athletes and programs.

The Spring Delegate Assembly of the MSHSCA will convene on March 26th. If you have concerns or issues you would like to see brought to the Assembly contact your Delegate who is listed in this Prep Coach.



GATORADE...Official Sport Drink of the MSHSCA

MSHSCA VP POSITION . . . continued from page 1

immediately joined the the Proctor football staff until he moved to Virginia in 1997. While at Virginia, he was assistant coach on the varsity football squad along with being the 8th grade basketball coach, Parendo returned to Proctor in 2000 where he added head girls basketball to his coaching assignments. He coached girls basketball for five years and was Junior Legion baseball coach for two years. Currently, he is the C team basketball coach and head football coach. He served as assistant football coach under Dave Hylla until his untimely death in the summer of 2008. He became the head football coach for the Rails in 2008. While working under Coach Hylla, he received the Butch Nash Outstanding Assistant Coach of the Year Award from the MN Football Coaches Association.

In addition to coaching, he is a certified official in basketball, football, baseball and softball. He maintains that serving as an official provides him with insights into greater understanding of this perspective in contrast with the coaching realm.

He and his wife of 11 years, Kami, are active residents of the community of Proctor along with their two daughters, Samantha (8) and Sophia (5). Living and working in Proctor gives him insights and understanding into the multiple roles of a family man, teacher and coach in a small community.

TERESA VAN EPPS JACKSON COUNTY CENTRAL



Teresa earned her AA in Graphic design from RCTC in Rochester and followed with a BS in Elementary Education at Buena Vista University in Storm Lake, Iowa.

Van Epps has 13 years of teaching and coaching experience. The first ten years were spent in Kenyon-Wanamingo and the past three at Jackson County Central. During her career, she has coached volleyball, track and field, softball and basketball. Her most notable has been in volleyball where she has spent the past ten years developing young student-athletes. Teresa's top coaching priorities are providing opportunities for student-athletes, team unity, passing on the passion for the game and discipline.

Van Epps is an active member of the school community, volunteering for adult and youth programs, such as softball, basketball, volleyball and Community Education events.

JON WAGNER EVELETH-GILBERT



Wagner's educational background includes the earning of a Bachelor and Masters degrees in Engineering from Michigan Tech University where he taught graduate level classes in engineering, economics and health. He also taught at the college level at Hibbing Community College where he was the

department head and lead instructor in the mining program.

Jon began his coaching career in 1981 at Aurora-Hoyt Lakes, now Mesabi East. He resurrected the cross country program which had been cut for budgetary reasons. He then coached cross country, girls basketball and boys and girls track and field. Throughout the following years, he coached in various capacities at Apple Valley, Pardeeville (WI) and Rio-Falls River (WI). He served as President of the Pardeeville Girls Youth Basketball Association in the 1990's where he also continued to coach girls basketball, cross country and track and field. In 1995 he began his association with USATF cross country and track and field.

Wagner, age 54, is a longtime cross country and track coach, currently at Eveleth-Gilbert in northern Minnesota. He is Past President of the MN CC Coaches Association and has been the Section 7A Rep for Cross Country since 2001. He has garnered Section 7A Boys CC Coach of the Year honors five times since arriving in Eveleth in 1999. His boys teams have qualified for the state meet on seven occasions and won the Class A title in 2004. In addition to his coaching duties, Jon was the Athletic Director for four years from 2004 through 2008.

Officiating has been part of Jon's passion, as well as, coaching. he has been a registered basketball official since 1976 and has officiated soccer, football, softball, baseball, track and field and cross country. He is a member of the Range Coaches and Officials

Jon's interest in leading the MSHCA is due to the respect he has for the excellent fellow coaches he has known throughout the state of Minnesota. Jon stated, "I believe coaches and officials represent the "cream of the crop" when it comes to people who truly care about our athletic programs and the positive effects they have on our youth. Society is lacking integrity in many areas but our coaches are the ones fighting the good fight. I hope that I can help strengthen the influence our coaches association has among our schools."

Jon and his wife Sheila have 11 children with four left at home. The couple enjoy running and hiking with the children and look forward to spoiling their three grandchildren.

MEMBERSHIP, PLEASE BE PROACTIVE AND CAST A VOTE FOR THE CANDIDATE OF YOUR CHOICE !



VISIT MCDONALD'S AFTER THE GAME



FAST TRACKS

By: Mike Hecker, President MNSCA
Andover H.S.

Were did the Season go???

Here we are, in mid March. The equipment and uniforms are checked in, banquets have been held and some of us are within a week or so of the Spring Sports Season.

This past season seemed like a Roller-coaster ride. We started in November with dry-land training then moved into December with even more dry-land training. Meets were either being postponed or canceled and even our man-made areas were having trouble opening up due to weather. The new travel limitations had the majority of us scrambling for waivers for our holiday camps to traditional snowy areas in Wisconsin and the U.P. We finally got snow, just in the nick of time for the Giant's Ridge Invite.

We seemed to be set for the remainder of the season, then the rains came, trails closed, and we were wondering were we were going to ski next. Luckily we got a dusting of snow, and due to amazing work by the groomers throughout the state most, if not all, trails reopened for our end of season Invites, Conference, and Section meets.

To end the season we had "picture perfect" weather. The morning of the State Meet I could see the end, however like a roller coaster we had one last little bump (timing) before we could disembark.

All in all it appeared to be a successful season. So were do we go from here? What are the challenges ahead of us? This is what I see from the feedback from our membership.

Timing at the State Meet: Yes, we are all painfully aware of what happened. Every effort is being made to correct this for next year.

Format: This is an issue that it seems like everyone has an opinion. Since the move to Pursuit (two races with a break in-between) several changes that were unanticipated needed to be made at the State Meet. I have heard from opposite extremes on this issue. From "isn't a mass start race a beautiful event to watch" to "Pursuit with a Break" is no longer a valid format (this format is not being used at the Olympics or on the World Cup Circuit, instead it has been replaced by Continuous Pursuit, an event that would be very difficult to hold with 120 athletes).

Travel Limitations: We are hoping for some loosening of the travel policy. We are the only sport that relies on Mother Nature (in some cases solely) to compete and train. This year was a great example. The Duluth area early on had no snow but 30 miles east, Buhl, WI, had great snow due to Lake effect. The Hayward area got snow early and in many cases

is hundreds of miles closer that traveling to the North Shore or Northern Minnesota for our teams.

Scoring: We are bringing forward to the High School a change on we score our State Meet. Currently from our Section meet we qualify one team and the top 8 athletes who are not part of the team. At State only the Teams that qualified are eligible for a team title. Our proposed change is that we score our State Meet exactly like we score our Section meet, every athlete would count towards a team title. Interesting, if we would have scored our meet this way, there would have been significant changes in the girls team results.

As we move forward, we MUST remember to be an Association of compromise. Some advocate mass starts because of the excitement, while others advocate the ease in timing and relative safety of the interval start. We must always remember what is best for our athletes, not for ourselves or spectators.

Our Spring meeting will be held Saturday April 17th beginning promptly at 9:00 a.m. This will be a "working session" that we can view proposals that will be brought forward to our membership for a vote in the fall.

One exciting piece I would like to share with everyone is an all-time high in membership. We are currently 120 plus members. This speaks to the strength of our Association and the involvement of our membership. Also in difficult times we have added four teams to our ranks. Let's hope next year will be a continuation of this trend.



Ice Chips

By: Chris Lonke
MHCA Communications
New Prague High School

When everyone is reading this March edition of the MSHSCA newsletter our State Tournament has just wrapped up. In May, I will have a full review of the section champions and another great State Tourney.

I know a couple things that can definitely be reviewed for good reason. First, thank you to all Executive Board members and Section Representatives for all their extra efforts to make our game great.

A special thanks to Fox Sports North, MN Hockey Hub and Myfoxhockey.com for their very special and unique coverage of Boys Hockey in the State of Hockey.

Have a great start to Spring and wash up those golf clubs.



GATORADE...Official Sport Drink of the MSHSCA

Over Hill and Dale

By: Dave Chatelaine,
President of the Minnesota
Cross Country Coaches Association
Owatonna H.S.

It was nice to see many of you at the Track coaches' clinic at the end of January. Our annual Cross Country rap session was held during this clinic and we had 35 of our coaches attend.

Hopefully you all received a copy of the discussion items from this meeting that our secretary Jeff Schmidt emailed.

We had a good discussion about several different things. It was nice to see former U of M coach Roy Griak at our rap session and hear his words of praise for our coaches.

Our Cross Country coaches association will be coordinating a social for athletes and coaches on the Friday afternoon before the state meet. We will have this in the field house at St. Olaf. I have volunteered to coordinate this event for next fall. If any of you are interested in helping out, please contact me. We plan on having the social from 3:30 to 5:00 PM. During that time we will have snacks, music, a tee shirt exchange and hope to have a speaker at 4:00 PM. We also

may have some sort of recognition for section champions and academic award winners. This event will replace the spaghetti dinner that Dave Bauer coordinated for several years. As you know, the spaghetti dinner at the state meet was discontinued due to a decrease in number of participants and an increase in cost. We hope the social will provide an opportunity to bring athletes and coaches together for friendship and celebration of our sport.

Another item to note that was discussed at our rap session is the date of our summer clinic. We decided to have the clinic during the month of July because it seems to be easier to secure speakers during this part of the summer instead of August and many of our coaches seem to take their family vacations during the first two weeks of August. Kevin Morehead is our clinic coordinator and it will be held at Champlin Park High School. More details will be published in the next Prep Coach.

Our MSHSCA President Elect Shelly Hotzler and Vice President Becky Leuer have put together a proposal for a "Junior Showcase" during the summer that would involve multi-sports in All Star competitions.

They are conducting a poll with each sports association for feedback. This event would not begin until the summer of 2012. Please contact me if you are interested in some type of Junior Showcase Cross Country meet. We will discuss this at our coaches meeting during the summer clinic.

My term as President will end in August. Chris Frye, our Vice-President will begin his term as President. We need someone to be our new Vice-President. We are also looking for someone to be our Treasurer, as our present Treasurer Dave Bauer will be retiring in less than two years. Please consider working at one of these positions. You can contact me if you are interested and if you have questions about the duties of either position.

With the later sunsets and longer days, it is a sure sign that spring is approaching. We just need to get rid of the snow. Many of you are looking forward to coaching during the spring sports season. I wish you and your teams the best of luck. Thanks again for all you do to provide quality experiences for our students and support the great sport of Cross Country.

Life and Retired Life Members

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

Need new Life Card?

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

Delegates Corner Synchronized Swimming

**Have chosen not to
submit an article for
this issue of
The MN Prep Coach**



VISIT MCDONALD'S AFTER THE GAME



HOOP SCOOP



By: Dawn Baudoin
Grand Meadow School
2009-10 MGBCA President

Our favorite time of the year has arrived! "March Madness" is here. Congratulations to each of you on another year of working with some of the finest athletes; Minnesota high school basketball players. I want to congratulate and thank each of you for the time you have given these student athletes.

The Girls' Basketball State Tournament will be held at Williams Arena and the Target Center March 17-20th. We again anticipate some tremendous play, exciting games, and lasting memories. Remember to visit the Coaches suite upstairs at the Target Center, you will be allowed to bring

one guest. Bring your Coaches Association membership card with you.

This year you will be able to vote for All-State in one of two ways, you can continue to vote off the list at the Target Center, or you may go to our website and vote online. There will be no email voting this year.

We will again be seeding the Class AAA and AAAA tournaments. This will be done on the high school link www.mshsl.org/seeding, with each head coach ranking the other seven qualifying teams. Directions and information are on the High School League Site.

Mark your calendars for the 2010 Minnesota Girls Basketball Coaches Association All-Star Series. Dates are Friday April 16th and Saturday April 17th. The first game Friday evening is 6 p.m. with the second game to follow 20 minutes after conclusion. On Saturday game 1 start is 1:00 p.m. and

again the second game to start 20 minutes after. This is a great opportunity to see 40 of the outstanding seniors compete at one site. We encourage all of you attend to support our senior All-Stars. In conjunction with this event, the 2010 Girls Basketball Coaches' Association Hall of Fame Banquet will be on Saturday the 17th.

Finally, thank you for everything you do for Minnesota Girls Basketball and good luck to each of you. The Executive Committee continues to look for your input to our Basketball Coaches Association. The next Section Meeting will be held Friday March 19th with place and time to follow. Please feel free to contact any of the officers of the organization or your section rep with ideas, concerns, or needs. You can find all this contact information on our website. www.mshsca.org/girlsbasketball

Smooth • Fast • Natural

By, Derek Nash
Burnsville Alpine
MSHSCA Alpine President

Yet another ski season has come and gone. The usual challenges were present this season for many teams, and for others it was again a great season with fantastic results. Weather played a big role in our season, again. With the late arrival snow, followed by excellent conditions all year long, this winter has seemed to come and go very quickly.

We must congratulate our Champions for this season. Our State Champions were crowned on February 10 at Giants Ridge under blue skies and cold temperatures, a nice contrast compared to last year. For the Girls, the Lakeville South Cougars won again for their third Team State Championship. The Boys Champions are the Cadets from Saint Thomas Academy. Lakeville South is coached by Mark Moltzan with assistants Ashley Mitchell and Zach Wymann. St. Thomas is coached by Tom Carlson with assistants Nelson Carlson and Matt Mattice. Individual winners came from the championship winning teams; Nikki Larson, Lakeville South became the first three-time individual champion, and Dylan Thomas, St.

Thomas Academy is the individual champion for the boys.

Also we congratulate our coaches on a great season. There is a wealth of excellent coaches in our small sport, and many are deserving of being recognized for their hard work. Coaches, parents and/or athletes were able to nominate a coach as the coach of the year, or as assistant coach of the year. The Nominees for assistant coach of the year were: Nelson Carlson from St. Thomas Academy, Kevin Shields from Edina, Luke Opel from Apple Valley and Kale Westby from Burnsville. Our winner, as voted on by coaches' association members, is Luke Opel, from Apple Valley. There were 5 nominees for coach of the year; Kurt Nelson; (Holy Angels), Caryn Jones (Jefferson), Dave Nelson (Edina), Tom Carlson (St. Thomas), and Steve Lindemer (Minnetonka). Members of the Coaches' Association voted and our 2009-2010 Coach of the year is Caryn Jones. Congratulations to our honored coaches.

The off season brings many opportunities to make changes in our sport. The Alpine Advisory council, along with the coaches' association will be working with the MSHSL to make potential changes. Some things we will be working on include; looking into changes at the state meet, changing seeding procedures coming from sections to state, using video tape at races for jury decisions, to name a few. There are other issues

... continues on page 9



GATORADE...Official Sport Drink of the MSHSCA

BANK SHOTS



By: Matt Addington
MBCA President
Kenyon-Wanamingo High School
maddington@kw.k12.mn.us

March Madness. It's finally here again. It's OUR time of year and what we seem to focus on for so much of the season. It's funny how much emphasis we put on the "end" of the season with our players. We prepare, plan and scheme tirelessly for this time of year only to have a select few that will conclude their seasons with a big win. It's what makes this the most exciting time of the year. We can all start over with a clean slate, 0-0 record and newfound energy. But we also must thrive on the pressure of having only one shot, one game to prove whether you're worthy of advancing. Regardless of where your team finishes in the post-season, I hope that you and your players can find reward in this past season. It is a long one, but rewarding for so many reasons outside of winning and losing. It's why we do what we do-to have the opportunity influence and share these experiences with young people. Enjoy your "second season" and remember what a

great time of year it is!

Being on the verge of the state tournament again there are a few reminders to coaches. We are again seeding the tournament in classes 3A and 4A. The procedure calls for seeding 1-4 with a random draw among seeds 5-8. The seeding takes place after section play is complete. The MSHSL has worked with basketball advisory council in the past year to make this process as efficient and successful as possible including a conference call for participating coaches. State tournament games will be played at the Target Center and Williams Arena, Concordia University will be used for Saturdays third place games. The Cambria Room at the Target Center will once again serve as our hospitality room and is a great place to catch up with coaches from all over the state while enjoying some great basketball. Your MSHSCA card must be presented to gain access. We thank the Timberwolves for their support of our association and of high school basketball in Minnesota. Congratulations to all the coaches and teams that made it to State.

The Minnesota Basketball Coaches Association participated in the Coaches vs Cancer initiative again this season during the weeks of January 25-30 and February 1-6. After leading the five-state area last year in dollars raised, Minnesota hoped to repeat with successful showing this year in battling this

dreaded disease. Though we don't have the final totals yet, some outstanding efforts were turned in from North Branch/Chisago Lakes-\$9,000+, St. James \$4715, Cambridge-Isanti \$3,000, Southwest Star Concept \$1714, and Ellsworth \$1534. Thanks to all those who participated.

This season's All-Star series is set for the weekend of April 9th and 10th. The games will be played at St. Cloud State University on April 9th with game times set for 7:00 p.m. and 8:45 p.m., and at Macalester College on April 10th with game times slated for 2:15 p.m. and 4:00 p.m. Congratulations to the coaches Randy Carlson, Belle Plaine; Jeff Evens, Bloomington Jefferson; Greg Miller, Robbinsdale Armstrong; and Rich Newman, Barnum who were selected to coach in the 2010 All-Star series. We've got some great talent in our state and this is a great opportunity to get out see some great games with great players and great coaches. I encourage you to check it out if you have the chance.

Thank you again for allowing me to represent you all this year as the MBCA President. It's been a pleasure to work with so many great people and connect with many new folks in this profession that we are immersed in. If there is anything I can do to help you out or questions I might be able to answer, please don't hesitate to email me at: maddington@kw.k12.mn.us. _____

Smooth • Fast • Natural . . . continued from page 8

out there and not every issue will be covered each year. I urge you to contact your advisory council, and / or association president to voice your concerns. If things remain changed or unchanged to your liking, get involved with the coaches association!

At the conclusion of this season, the Alpine Coaches' Association has only one person in the leadership group (president, Derek Nash, Burnsville). We need people to step up and fill in some positions.

We have 4 positions that can be filled by people who would be voted in by our members; Vice-President, Secretary, Treasurer, and Webmaster. Job descriptions are not set, as there is only one person at the time being, but I know that we can work together to create clear job duties for each title. Get involved people!

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.



VISIT MCDONALD'S AFTER THE GAME



MEMBERSHIP PERKS

MEMBERSHIP PERKS

- **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 3/31/2010
- **AMERICINN - Ham Lake** - Contact Al Patel, 763-755-2100. 13440 Highway 65 NE, Ham Lake, MN. \$59-\$99 Includes Breakfast. 4/1/2011
- **BEST WESTERN NORMANDY DOWNTOWN - MINNEAPOLIS** - 1-800-372-3131 Ask for the "Coaches" rate and receive 15% off our Best Available Rate. Contact Timothy Holden with questions. 12/31/2010
- **CROWNE PLAZA MINNEAPOLIS NORTH** - 2200 Freeway Boulevard, Brooklyn Center, MN 55430 - On site restaurant and lounge. Contact Tyler Damlo 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
- **RAMADA PLAZA - Minneapolis** - \$75.00 - (612) 331-1900
- **LAQUINTA INN & SUITES - Brooklyn Park** - Contact Chad Marek, 763-971-8000. 7011 Northland Circle, Brooklyn Park, MN. \$57-\$77 Deluxe breakfast included. 3/1/2010
- **MINNESOTA ZOO - Apple Valley Corporate Rates** - 20% OFF on all admissions. 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
- **SHERATON MINNEAPOLIS WEST HOTEL** - 12201 Ridgedale Dr 952-960-3538 \$82.00 (Weekends) Rest of week is limited availability 12/31/2010

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



GATORADE...Official Sport Drink of the MSHSCA

ADAPTED UPDATES

By: Doug Anderson - President Mn Adapted Coaches Assn.
Maple Grove

I would like to congratulate our regular season Adapted Floor Hockey Division Champions. In the PI North Division, Anoka-Hennepin coached by Sue Opat, PI South Division, Dakota United coached by Brett Sadek, CI North Division, Anoka ñHennepin coached by Ted Johnson and Bill Newell and in the CI South Division, Owatonna coached Lynn Broberg were all crowned Division champions. All four of these teams will be favorites to reach the finals of the State Adapted Floor Hockey Tourney in their respective divisions. As our adapted floor hockey regular season has come to a close all of our teams in both divisions are getting ready for play offs and the State Adapted Floor Hockey Tournament on March 19th and 20th at Bloomington Jefferson High School. Last years' State Champions, Dakota United in the CI division and Robbinsdale in the PI division, will both be back to defend their titles. Congratulations to all of the adapted floor hockey coaches on another great season

Adapted softball and adapted bowling are next on the agenda. Our adapted softball rules meetings are scheduled for Wednesday, March 10th at Maple Grove Senior High School and Wednesday, March 17th at Bloomington Kennedy High School. Both meetings start at 7:15pm. The Rules meetings are required for both coaches and officials and are critical to understanding and discussing the different rule situations and changes. We want all coaches and the officials on the same page as our season begins. The Minnesota State High School League Adapted Softball Tournament is June 4th and 5th at Coon Rapids High School. The MSHSL Adapted Bowling State Tourney is May 21st at the Brunswick Eden Prairie Lanes in Eden Prairie. Good luck to all teams, players and coaches!

One of my on going goals is to try to encourage all of our coaches and assistant coaches to become members of our adapted coaches association. We are only as strong as our united voice and that comes from being a member. If you have not joined the adapted coaches association, please join. If you have, thank you!

Have a great spring season!! _____

“The eight laws of learning are explanation, demonstration, imitation, repetition, repetition, repetition and repetition.”

- John Wooden

Have You Moved or Changed Your Email?

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

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



VISIT MCDONALD'S AFTER THE GAME



MnIAAA CORNER

By: Mark Solberg, Activities Director - Cambridge-Isanti Public Schools
President of the Minnesota Interscholastic Athletic Administrators Association

In my career as an athlete, teacher, coach, and activities director, I have learned many things from my administrators, coaches, colleagues, and now fellow activities directors. I firmly believe that athletics in our schools are an integral part of educating students to provide experiences that will help our young men and women grow physically, mentally, socially, and emotionally. Experiences in athletics help contribute to our student's knowledge, skill and emotional growth, thereby making our students better people and citizens. The subjects taught in athletics across Minnesota are class, honesty, respect, pride, discipline, compassion, responsibility, and teamwork.

Some of the lessons taught in our athletic programs across the great state of Minnesota are: 1. great plays and great players help win games, but teams win championships; 2. do the little things correctly in athletics and that will help lead to success; 3. be at practice and games every day and be early; 4. do what is right; 5. treat your teammates the way you want to be treated; 6. enjoy each and every day; 7. attempt to improve every day; 8. hope is a choice; 9. compete hard and compete with class; 10. to win with grace and lose with dignity; 11. confidence is arrogance under control; 12. and to never, never, never, ever quit.

"Never, never, never, ever quit!"

These are words we have all heard proclaimed by coaches. I can vividly remember big comebacks as an athlete and coach in sports following hearing or stating those words. Those comebacks have helped lead to big wins, conference championships, section championships, and state titles. My mentors in coaching at Cambridge-Isanti High School - George Larson, Jerry Carlson, Dean Allen, and Dick Humphrey - taught us that as long as we had time, outs, or strikes, we still had a chance. Also sadly, there were times that big leads slipped away. Years ago Winston Churchill gave a famous speech at a college graduation. The words above were his entire speech. I am guessing that all who read this article have either heard or

repeated these words many times over. One of the real lessons that athletics teach us is that we should battle and compete until the match, meet, or game is over.

The biggest impact on my life has been my parents, Cy and Betty Jo Solberg from Tyler, Minnesota. From my mother, I have learned to treat people with the utmost of respect, to make people feel important, to keep my cool, and to deflect praise to others.

The biggest impact on my life of hearing the words "never, never, never, ever quit" was stated by my Dad, Cy Solberg from Tyler, Minnesota. My father is a sports minded Lutheran pastor originally from Hatton, North Dakota and has worked most of his career in southwest Minnesota. My oldest two sons Matt and Sam, 10 and 8 at the time, visited my Dad at St. Mary's hospital in Rochester, following a life and death colon cancer surgery in 1998. Following surgery my Dad while in pain, confused, drowsy, and while still under the effects of anesthetic uttered those words to us... "never, never, never, ever quit!" These were words that he had learned from his Dad and his coaches years ago. He continues to fight this battle as a twelve year cancer survivor at 79 years young. He preaches, visits, attends many ball games and concerts across Minnesota and South Dakota, and during golf season plays up to 36 holes of golf per day. He prides himself on being one of the first to play golf at the Tyler course in the spring, and the last to put his clubs away late in the fall.

As the school year marches on and we compete in the winter playoffs and spring sports - let us teach the life lesson to "never, never, never, ever quit!"

"Success without honor is like an unseasoned dish; it will satisfy your hunger, but it won't taste good."

- Joe Paterno



GATORADE...Official Sport Drink of the MSHSCA

MSHSCA's

CORPORATE

SPONSORS

2009-10



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.

- Gatorade
- McDonald's
Restaurants of Minnesota
- Computer Professionals
Unlimited, Inc. - Morris
- Airware America - Elbow Lake
- Liberty Mutual
- Wells Fargo Bank - Detroit Lakes
- Trophies Plus - Templeton, IA
- R.L. Wendorff Insurance - Fulda
- Don Swanson Awards Inc. - Elk River
- Forum Communications Printing -
Detroit Lakes
- Velocity Sports Performance - Champlin
- All Star Fundraising - Minneapolis
- Matt Hedstrom Agency - Detroit Lakes
- Roseville Visitors Association
- The Breakdown - Becker
- JK Sports, Fergus Falls
- Beach's Awards, Wayzata
- Cosmos Enterprises, Inc (Elbow Lake)
- RJY Development Inc - Rochester
- Amerivision - Larry Mollins - Perham
- T.J. Potter Trucking/Becker Warehouse
(Becker, MN)
- Educational Resources of MN
(Springfield)
- Precision Printing - Detroit Lakes

COACHES:

Please support the sponsors who are concerned
about your athletes and your programs!

Good luck in 2009-10

Thanks for your support



VISIT MCDONALD'S AFTER THE GAME



Minnesota State High School Coaches Association

HALL OF FAME

CRITERIA FOR THE SELECTION OF CANDIDATES

1. 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.
2. 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.
3. They shall have demonstrated the characteristics of leadership, the ability to motivate and inspire, and to guide and counsel young athletes.

ELIGIBILITY REQUIREMENTS

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

SEND NOMINATIONS TO:

Jim Baker
 8185 E. Courthouse Blvd. Ct.
 Inner Grove Heights, MN 55076



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: _____

Nominated by: _____ Date: _____

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



GATORADE...Official Sport Drink of the MSHSCA

Bounce Shots

By Greg Visich
President, MSHSBLCA
Hill-Murray H.S.



The days are getting longer, the temperatures rising, and the lingering threat of a March snowstorm can only mean one thing...we are approaching the start of another lacrosse season!

The MSHSBLCA Board of Directors reviewed and updated two of our documents this winter: the MSHSBLCA By-laws and the End of Year Player Awards procedure. In addition, we created an End of Year Coach Awards procedure.

The boys lacrosse coaches association has adopted all of these procedures by a majority vote. I wanted to take a few minutes to highlight some the changes for 2010.

MSHSBLCA By-laws: Only minor updates were needed to the original 2007 document. The most notable changes included: reducing the number of annual meeting from 4 to 2 and allowing our association to vote via email. Our annual meetings will now be held in March prior to the official start date of the season, and the second meeting at the conclusion of the season in June.

End of Year Player Awards Procedure: The most significant modifications to this procedure include the option for a coach to appeal a player's status with regard to eligibility of All-State honors as well as adding a flex player to the All-Section teams. Each Section will now provide up to 25 players. For

the All-American and Academic All-American awards, players must be US Lacrosse members by May 30th to be considered. Due to the growth of lacrosse in Minnesota, this year will be awarding 10 US Lacrosse All-Americans and 5 US Lacrosse Academic All-Americans.

End of Year Coach Awards Procedure: This newly created procedure outlines the requirements for a coach to be considered for Coach of the Year, Assistant Coach of the Year, and US Lacrosse Man of the Year.

The MSHSL would like to remind all coaches of their new 2010 policies and procedures for coaches and student athletes. Please take a few moments to familiarize yourself with the following:

- Update of the Summer Coaching Waiver contact dates
- New travel restriction guidelines
- New limits with regard to scrimmages

As always, please check with your Athletic Director for clarification of these rules as they pertain to your plans for the season. Remember, violations can result in sanctions against you and your student-athletes.

The 2009-2010 MSHSL Rules Interpretation Meeting for Boys Lacrosse is scheduled for **Tuesday, March 23rd at 7:00 PM** at Roseville High School. Attendance of the Rules Interpretation Meeting is required by the MSHSL. Immediately following this meeting, the Coaches Association will conduct our annual preseason meeting. This meeting will be a great opportunity to meet and greet all of the new coaches joining our association.

The MSHSBLCA Board of Directors wishes you good luck in the season ahead.

MSHSCA 2009-2010 MEETING DATES

- March 26** Spring Delegate Assembly, Mancini's Char House, St. Paul, 9:00 am
- May 1** Spring Executive meeting if needed (Site to be determined)
- June 22, 23, 24, 2010** Summer Executive Meeting, Detroit Lakes

PREP COACH DEADLINES TO SUBMIT ARTICLES

September 1 December 1 March 1 May 1



VISIT MCDONALD'S AFTER THE GAME



FLIP NOTES



By: Wendy Rooney
President MGGCA
Cambridge-Isanti H.S.

The 2009 – 2010 gymnastics season ended with style, crowning state champions Perham (class A) and Northfield (class AA).

State individual titles went to the following gymnasts:

Vault Class A: Carly Peterson (Perham)

Vault Class AA: Natalia Merrifield (Bloomington Jefferson)

Bars Class A: Jenna Schmitz (Perham)

Bars Class AA: Jena Jondahl (Elk River/Zimmerman)

Beam Class A: Amy Crawford (Detroit Lakes)

Beam Class AA: Sabrina Hoover (Rogers)

Floor Class A: Katelyn Rittenour (Becker)

Floor Class AA: Jena Jondahl (Elk River/Zimmerman)

All-Around Class A: Jenna Schmitz (Perham)

All-Around Class AA: Sabrina Hoover (Rogers)

The state banquet was a huge success. A big thanks goes out to Deana Walsh for her all of the hard work she put into making sure everything went perfectly. At the banquet we were pleased to honor 2 new inductees into

our Hall of Fame. Honored for 2010 were Duane Hoecherl (Judge) and Jim Smith. All-State Elite honors are awarded to the top 5 all-arounds in both class A and class AA. The awards went to the following gymnasts: Kelsi Vomacka (Perham – A), Jenna Woelfel (Annandale – A), Mikaela Eickschen (Perham – A), Jenna Schmitz (Perham – A), Amy Crawford (Detroit Lakes – A), Sabrina Hoover (Rogers – AA), Natalia Merrifield (Bloomington Jefferson – AA), Kayla Widmar (Lakeville South – AA), Julie Wolter (Eagan – AA) and Jena Jondahl (Elk River/Zimmerman – AA). Congratulations to our State Coaches of the Year! Assistant Coach of the Year honors went to Brian Steen (Martin County Area Magic – A) and Charlie Wilson (Cambridge-Isanti – AA). Head Coach of the Year honors went to Deana Walsh (Simley – A) and Tom Smith (Owatonna – AA).

We are proud to have crowned many gold and silver award winners this season. Class AA saw 26 teams earning the silver award and 21 teams earning the gold. Class A saw 23 silver teams and 24 gold. Big congratulations to Brainerd (Class AA), Big Lake and Minneapolis Roosevelt (tied for Class A) for being the State Academic Champions.

Another season is now in the books. I hope everyone enjoys a fun and relaxing spring!

MEMBERSHIP REPORT March 2010

<u>Types of Membership</u>	<u>March '10</u>	<u>2008-09</u>
Active Class A & AA	5701	5632
Associates	1096	1134
Active Life	584	530
Retired Life	973	977
<u>Honorary</u>	<u>3</u>	<u>3</u>
	8,357	8,276

Breakdown of membership by sport association (2008-09 totals in parenthesis)

Adapted Athletics (23) 21	Boys Lacrosse (23) 20	Alpine Skiing (70) 65
Girls Lacrosse (36) 30	Athletic Directors (259) 258	Football (936) 1,023
Baseball (409) 373	Boys Hockey (263) 244	Boys Basketball (735) 822
Golf (boys & girls) (358) 304	Girls Basketball (621) 647	Soccer (boys & girls) (376) 347
Cross Country (284) 297	Softball (434) 381	Gymnastics (197) 199
Synchronized Swimming (18) 10	Nordic Skiing (127) 121	Girls Tennis (169) 181
Volleyball (655) 631	Boys Tennis (125) 112	Boys Swimming (151) 169
Track & Field (557) 527	Girls Swimming (178) 210	Wrestling (65) 64

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.



GATORADE...Official Sport Drink of the MSHSCA

2009-2010 UNIFIED DUES APPLICATION FORM

Minnesota State High School Coaches Association, Inc.



PO Box 519, Detroit Lakes, MN 56502
JOHN ERICKSON, EXECUTIVE DIRECTOR
 (218) 847-6796 (H) - (218) 847-5493(FAX)
 www.mshsca.org jomar@lakesnet.net

* The membership and insurance year runs from Aug. 1st to July 31st

NAME (Print) _____
 (Last) (First) (Middle Initial)

SCHOOL _____

HOME MAILING ADDRESS _____

CITY _____ ZIP CODE _____

COMPETITIVE SECTION NO. _____ HOME PHONE # () _____

E-MAIL ADDRESS _____

DUES PAYABLE: Check One

() ANNUAL DUES PAYING MEMBER - \$30.00
 Eligible: MN Secondary, Jr. High,
 Elementary Coaches & ADs

() ASSOCIATE MEMBERS - \$15.00
 Eligible: Out of State Coaches and
 All College Coaches - MN Officials

() LIFE MEMBER (with insurance) \$10.00
 Eligible: 25 year coaches that have
 applied for and received a life card

() RETIRED LIFE MEMBER - \$5.00
 Optional: Helps defray cost of
 Minnesota Prep Coach

NUMBER OF YEARS COACHING, INCLUDING 2009-10 SCHOOL YEAR _____
 (This includes Minnesota and all states.)

SPORT ASSOCIATION DUES

(Must join parent organization before you can join individual Sport Association)
 (Please circle your coaching assignments, Head, Asst, Jr. High, Middle School or Elementary)

ADAPTED ATHLETICS (H) or (A).....\$10 (CI).....\$10 (PI)
 ATHLETIC ADMINISTRATORS \$40
 BASEBALL (Mar. 7 deadline)..... \$10(H); \$5(A)
 BOYS BASKETBALL (Dec. 1 deadline)..... \$10(H); \$5(A)
 GIRLS BASKETBALL (Dec.1 deadline) \$15(H); \$10(A)
 CROSS COUNTRY (Oct. 1 deadline) (B)(G)(B/G) \$15(H); \$5(A)
 FOOTBALL (Oct. 1 deadline) \$20(H); \$10(A)
 Retired Life \$25
 GOLF (April 15 deadline).....\$10 (B); \$10 (G); \$10 (B/G)
 GYMNASTICS (Jan. 15 Deadline) \$10 (H); \$5 (A)
 BOYS HOCKEY (March 1 deadline) \$25 (H); \$15 (A)
 Retired Life \$15
 BOYS LACROSSE (May 15 deadline) \$10(H); \$5(A)
 GIRLS LACROSSE (May 15 deadline) \$10(H); \$5(A)

NORDIC SKIING (Dec. 15 deadline)..... \$10
 ALPINE SKIING (Jan. 15 deadline) \$10(H); \$6(A)
 BOYS SOCCER (Oct. 1 deadline)..... \$10(H); \$5(A)
 GIRLS SOCCER (Oct. 1 deadline) \$10(H); \$5(A)
 SOFTBALL (May 15 deadline)..... \$10(H); \$5(A)
 BOYS SWIMMING (Jan. 30 deadline)..... \$10(H); \$5(A)
 GIRLS SWIMMING (Oct. 1 deadline)..... \$10(H); \$5(A)
 SYNCHRONIZED SWIMMING \$10(H); \$5(A)
 BOYS TENNIS (Mar. 15 deadline)..... \$10(H); \$5(A)
 GIRLS TENNIS (Oct. 1 deadline)..... \$10(H); \$5(A)
 TRACK & FIELD (Mar. 15 deadline) (B)(G)(B/G) ... \$20(H); \$10(A)
 VOLLEYBALL (Oct. 15 deadline)..... \$10(H); \$5(A)
 WRESTLING (Jan. 31 deadline)..... (H) or (A) \$27

ANNUAL MSHSCA DUES..... \$30.00
 (INCLUDES \$1,000,000 LIABILITY INSURANCE)

LIFE MEMBER DUES, actively coaching..... \$10.00
 (INCLUDES \$1,000,000 LIABILITY INSURANCE)

SPORT ASS'N DUES \$ _____

SPORT ASS'N DUES \$ _____

Head or Ass't

Head, Ass't or Ret'd

TOTAL \$ _____

TOTAL \$ _____



VISIT MCDONALD'S AFTER THE GAME



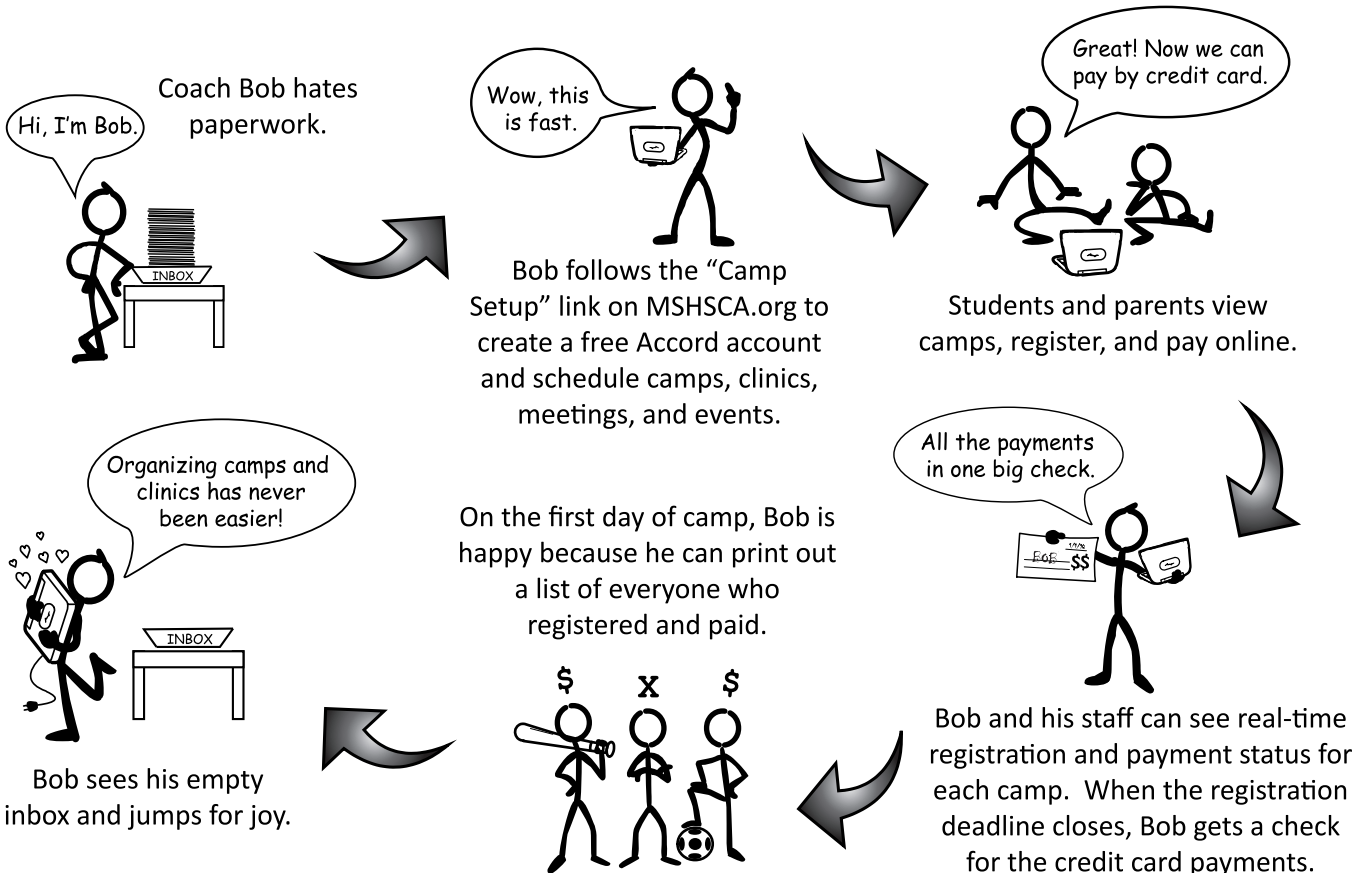
New MSHSCA Member Benefit



We're excited to announce a new benefit for MSHSCA members! For the past two years, we've used an online program to collect member registrations. This spring, we will be extending this functionality to our member coaches as a free and easy way to simplify your sport camp programs. You can reserve your free account by following the "camp setup" link at www.mshsca.org. You and your staff will be able to schedule camps, clinics, and meetings, monitor registrations, and collect payments online.

- Supplement your current registration and payment process with online functionality.
- Collect payments by credit card or check.
- Provide t-shirts to campers at little or no cost.
- Add detailed camp information (descriptions, requirements, material lists, coach bios, directions, etc.).
- Customize registration forms for different sports.
- Promote camps, clinics, meetings, and events.
- Easily monitor real-time registration and payment status.
- Upload medical authorization forms and permission slips.

To learn more and reserve your free account, follow the "Camp Setup" link at www.MSHSCA.org



GATORADE...Official Sport Drink of the MSHSCA

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 37 institutions of higher learning have opted to continue with the Associate Membership Package offered by the MSHSCA during the 2008-09 school year.

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

• Anoka Ramsey Community College (Coon Rapids MN)	• Hamline University (St Paul MN)	• 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)	• Macalester College (St Paul MN)	• St Cloud State University (St Cloud MN)
• Bethel University (St Paul MN)	• Martin Luther College (New Ulm MN)	• St Cloud Tech College (St Cloud MN)
• Carleton College (Northfield MN)	• Mesabi Community College (Virginia MN)	• St John's University (Collegeville MN)
• Central Lakes College (Brainerd MN)	• Minnesota State University Mankato (Mankato, MN)	• St Olaf College (Northfield MN)
• Century College (White Bear Lake MN)	• Minnesota State University - Moorhead (Moorhead MN)	• St Mary's University (Winona MN)
• College of St. Benedict (St Joseph MN)	• MN West Technical and Community College (Worthington MN)	• U of MN - Crookston (Crookston MN)
• Concordia College (Moorhead MN)	• Northland Community College (Thief River Falls MN)	• U of MN - Duluth Men's Hockey on Availability (Duluth MN)
• Concordia University (St Paul MN)	• Northwestern College (St Paul MN)	• U of Mn - Morris (Morris MN)
• Crown College (St Bonifacius 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)		

Another example of the MSHSCA at work for the membership!



DIG THIS

By: Jim Lee
Waconia HS

Time to use the hand sanitizer!

Clean our hands of all the work we've done outside of volleyball and get ready for the upcoming season!

Knowing that many of you hand over purchase orders to acquire volleyballs during the spring, please keep in mind the 2010 change to the varsity level game ball. As stipulated by the MSHSL:

Volleyball Game Ball

The mandatory use of a three colored panel ball in the colors of blue/white/grey was recently adopted by the League's Board of Directors for the 2010 volleyball season. This volleyball must be used at all varsity level competitions and must be blue/white/grey. The state tournament ball is the **Baden – Perfection 15-0 with the blue/white/grey pattern.**

Baden displays two different vb types on their website that would meet the MSHSL requirements:

The Lexum 15-0 (which will have a name change) and the Baden Perfection (which will be discontinued)

Clarification: All game balls will be called "Perfection 15-0" which is actually the Baden Lexum

15-0 with a name change to: **Baden Perfection 15-0.**

To strive for our squad's "perfection" before the 2010 opening date of practice on August 16th, I highly recommend you attend the MNVBCA clinic at St. Cloud State on Wednesday, July 28th and Thursday, July 29th with the All-Star match also being conducted on Wednesday night. With the legend of the terrific tailgating session that began last year, we're sparking up the grills and offering brats and burgers between the clinic's last session on Wednesday and the first serve of the All-Star match that evening!

After the All-Star match, head on over to our new hotel site at the St. Cloud Holiday Inn Suites (320-253-9000) where the Coaches' Social will allow the coaches to relax and exchange perceptions on the previous or the upcoming seasons. If you are determined to work off the food from the tailgating, swim some laps in the pool, play some basketball, challenge other coaches to a volleyball match, or head up to the 24-hour workout room. Of course, there are still many other items to keep you busy: ping pong, whirlpool, sauna, an on-site café, or video games. And if you still need more to keep you occupied, there will be a live blues band at the on-site night club!

So come on over/up/down to St. Cloud State this summer and get that hands-on experience that will assist you for the upcoming season!



VISIT MCDONALD'S AFTER THE GAME



CLEARING THE HURDLES

Dave Wieber
Minnesota High School
Track & Field Coaches Association
Faribault H.S.



The weather forecast looks great, the sun is shining, and the snow is melting...it must be Track Season!! Hopefully the beautiful weather will hold and we will have a warm, dry spring to practice and compete in. As we move into the start of the season, make sure that you have verified your roster online with the MSHSL by March 26th and have gone through the rules interpretation procedure, either online or at a rules interpretation meeting.

The Track Coaches Association Advisory Committee met with Jody Redman, our MSHSL Liaison, in February. In that meeting we discussed having some officials come to the Coaches Association meeting at the annual January Clinic to discuss rules changes and to answer questions from coaches. Jody Redman would also like to be part of that meeting to improve communications and to answer questions that coaches may have.

There was also a significant discussion regarding the uniform rule and how to be more proactive about how it is enforced. In order to prevent athletes from being disqualified for participating in an illegal uniform, there will now be a Meet Referee in the clerk tent who will check uniforms before the athletes leave the clerk tent. If they are found to have an illegal uniform, they will have the opportunity to change it before they report to the track. Hopefully this will help alleviate the problem. Remember that field event athletes do not go to the clerk tent, so be sure to help your athletes know the uniform rule before they go to their events.

One of the suggestions at the Coaches Association meeting at the Clinic this year was to propose that two relays automatically qualify to the State Meet from each section instead of just one. At first, Jody didn't think it would have much of a chance to be passed. However, after spending several hours with one of our members researching the cost of adding a second relay, it seems that we may have a reasonable case to present. We plan to go forward with this proposal.

The appeals process was also discussed and Jody said that a new form is being put together that will clarify the process. In addition, she said that she will work with us to improve communication with the Coaches Representative at the state meet.

One other item that we spent some significant time talking about was the process by which athletes qualify for participation in section meets. Jody said that the MSHSL is looking at putting together a process that would be uniform for all of the sections, rather than the current situation in which the process is different from one section to the next. We are working with her to develop a survey which will go out to section meet managers to gather the information about the process each section is currently using so that we can make an informed recommendation as to how we would like to see it done. If you have concerns or information to share on this issue, please contact myself or one of the other members of the Advisory Committee.

True Team Section Meets should be scheduled for the week of May 10-14, with the State Meets scheduled for May 21-22 at Stillwater High School. Both of these meets count towards your limit of 14 contest dates. I encourage all of you to participate in the True Team series of meets. It will be a very rewarding experience for both you and your athletes and is the center of many schools team building program. Each year the number of participating teams continues to grow, let's work together to get everyone involved!

I wish you all good luck and hope you have rewarding and successful seasons!

“Never be afraid to do something new.

Remember, amateurs built the ark; professionals built the titanic.”

- Anonymous



GATORADE...Official Sport Drink of the MSHSCA

MSHSL BOARD OF DIRECTORS REPORT

By: Mindy Sparby-NRHEG and John Schumacher - Park Rapids

The MSHSL Board of Directors met on February 4th, and there were a few action items and many discussion items.

The Board passed the adoption of the three panel volleyball. Beginning with the 2010 season all varsity girls' volleyball matches must be played using the three-color paneled ball from any manufacturer. This type of ball has become standard at the collegiate, international and independent amateur levels. This type of ball is easier to track by both players and officials.

The board also passed the rotation of the quarterfinal football matchups beginning with the 2010 season. The matchups will change annually within the current South (1-4) and North (Sections 5-8) structure. Instead of a repeating two-year cycle at home sites, quarterfinal football pairings will change on an annual basis, but still within the South-North structure to minimize potential travel distances. The home and home schedule is moot now that all quarterfinal football games are played at neutral sites.

The League staff will be reviewing the current policy that dictates how activities are conducted in classes and will return with some proposed changes that would better reflect actual practice.

The Board also asked the League staff to bring back some options that could impact the classification process as it relates to schools that appeal their competitive placement based on the number of students enrolled who qualify for free and reduced lunch. A suggestion from some Board members is that the smaller class administrative region to which the appealing school is proposed to compete be given an opportunity to review and comment before action is taken. Another option that may be considered is limitations on activities for which "opting down" is permitted. The process has a lesser impact on activities conducted in four or more classes than those conducted only in two classes.


There was a presentation given by Kevin Merkel on "super regional" basketball. The concept would involve a new level of competition between the section finals and the state tournament and would bring just four teams from each class to the Twin Cities for the state

tournament. The greatest challenge would be finding regional sites that could commit the required dates at their facilities. More research is being done, and more information will be provided in the future.

The Representative Assembly will meet on March 19th and vote on four amendments:

- Baseball/Softball Summer Waiver
- Football – Start of Season
- Dance – Start of Season
- Soccer – Number of Contest

We would like to wish Winter sports the best of luck as you being your Tournaments, and best of luck to all the spring sports as you start to prepare for you seasons! If you have any questions, please do not hesitate to contact us.



Printed by Gatorade Sports Science Institute
has moved to a website that offers articles
on every topic and sport specific!

For articles and podcasts on
Hydration, Nutrition, Training &
performance and
Medical conditions & sports injuries

Visit www.gssiweb.com

The site also offers a subscription to
GSSI Updates that you will receive
as e-newsletters at your email address



VISIT MCDONALD'S AFTER THE GAME



SERVICE ACES

By: Scott Engelstad
 MSHSTCA President
 Bemidji High School
 sengel@paulbunyan.net



What does below zero temps, a foot or more of snow on the ground, and March 1st have in common? Well, in the North it means that the boys tennis season is only four weeks away! I hope that in your part of the state the tennis possibilities are looking more positive. Yet we all know spring will get here sooner or later and that means it's about time to hit the courts. Best of luck to all boys coaches from your MSHSTCA staff!

With the spring tennis season approaching, it's time for all boys coaches, head and assistant, to make sure they are current with their membership. You, along with all our girls tennis members, are the meat and potatoes of this organization. Your involvement, your voice, is critical in the growth of the tennis coaches association and high school tennis in Minnesota. Please go to <http://www.mshsca.org/> to register today.

I'm a bit sad that we are not having our annual tennis clinic this year. It's always such a great time to get together with the rest of you! But as you know we are partnering with the USTA and others to support a new event called Tennis Festival of the North. There will be something for everyone at this event. It runs from April 9-11 at Eden Prairie High School in Eden Prairie, MN. The Festival will have both on and off court sessions, a vendor show, a fan interactive area, prizes and more. Highlighting the event is an exhibition by 18-time Grand Slam singles champion **Martina Navratilova** and three-time Grand Slam singles championships and 1996 Olympic Gold Medalist **Lindsay Davenport**! Some of the nation's greatest tennis minds will be at the clinic portion of the event including **Luke Jensen, David Wheaton, Ajay Pant, Joe Dinoffer, Wayne Elderton** and more! See <http://www.tennisfestivalofthenorth.com/> for more information on programming.

There will be a MSHSTCA meeting during this event and we hope you can attend. It will be Saturday from 4:30-6:30 p.m. at Eden Prairie High School.

We will plan to be on track to have our clinic once again next March. The festival would be an every other

year endeavor. So, even though it's early, mark your calendars and look forward to our clinic returning in 2011.

Rick Engelstad, MSHSTCA Executive Secretary, does a great job of keeping our website updated with important information for all of us. Please bookmark the site, <http://www.mshsca.org/tennis/>, and check it often for updates. Your participation is very important, whether it's voting online for coach of the year, contacting our rankings coordinator to help with that process, or just to give us input about where you think tennis in MN should be heading. We want to know what you are thinking!

Again, best wishes for a great upcoming season to all boys coaches!

Minnesota State High School Coaches Association, Inc. Executive Committee Liaison Assignments 2008-2009

Dave Johnson Past President	B/G Soccer Baseball Wrestling	B Swimming G Swimming B Hockey
Don Tangen President	Football G/B Golf Gymnastics	G Basketball Adapted Athletics
Shelly Hotzler President Elect.	B/G Cross Country B Tennis Alpine Skiing	Nordic Skiing G Tennis B/G Track
Becky Leuer Vice President	Volleyball Softball B/G Lacrosse	Synch. Swimming B Basketball

Sports Associattions - If you with assistance form the MSHSCA for any reason, please contact your Liasion person listed above.



GATORADE...Official Sport Drink of the MSHSCA

GRAND SLAM CHAMPION LINDSAY DAVENPORT HEADLINES TENNIS FESTIVAL OF THE NORTH



**TENNIS FESTIVAL
OF THE NORTH**

By Lisa Mushett

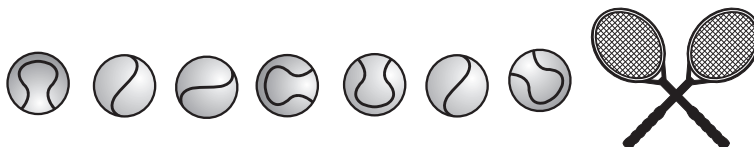
Save the date as three-time Grand Slam singles champion and 1996 Olympic gold medalist **Lindsay Davenport** headlines the inaugural **Tennis Festival of the North April 9-11, 2010, at Eden Prairie High School in Eden Prairie, Minn.** The Festival features both on-court and off-court sessions, a vendor fair, equipment demos, an exhibition featuring Davenport, prizes and much, much more.

Davenport, of Palos Verdes, Calif., is one of only four women since 1975 (the others being Chris Evert, Steffi Graf and Martina Navratilova) who has been year-end No. 1 at least four times in her career, achieving the top ranking in 1998, 2001, 2004 and 2005. She finished her career with a singles record of 753-194 and won 55 singles titles. She claimed her first Grand Slam singles title in 1998 at the US Open. She followed that by taking Wimbledon in 1999 and the Australian Open in 2000. She also won three Grand Slam doubles championships, including the French Open in 1996, the US Open in 1997 and Wimbledon in 1999. Davenport has won over \$22 million in her career and was ranked 29th by *TENNIS Magazine* in its list of the greatest 40 players in tennis history. Currently retired and an analyst for Tennis Channel, Davenport is married to former All-America tennis player Jon Leach and has two children – son Jagger (2) and daughter Lauren (5 months).

Davenport will be one of many players and teaching professionals taking part in the three-day extravaganza with some proceeds benefitting the Fred Wells Tennis & Education Center, InnerCity Tennis and St. Paul Urban Tennis. Others participating in both on-and-off court sessions include 1993 French Open doubles champion and current Syracuse University women's tennis coach **Luke Jensen**; Wimbledon semifinalist and Minnesota native **David Wheaton**; former touring professional and USTA High Performance coach **Martin Blackman**; former WTA champion and Minnesota native **Ginger Helgeson-Nielsen**; current Northwestern women's tennis coach **Claire Pollard**; Tennis Corporation of America Director of Tennis **Ajay Pant**; On-Court, Off-Court President **Joe Dinoffer** and many, many more.

The Minnesota High School Coaches Annual Meeting will also be a part of the Tennis Festival of the North on Saturday afternoon prior to the exhibition at 4:30 p.m. All high school coaches are encouraged to attend and bring their teams for the weekend festivities.

Tickets go on sale for this exciting event January 1. For more information, to register for the Coaches Annual Meeting or to order tickets, please visit www.tennisfestivalofthenorth.com.



VISIT MCDONALD'S AFTER THE GAME



CORNER KICKS



*Ron Kruschwitz
North St. Paul Boys (retired)
Soccer Communications Officer*

It is winter season tournament time and spring is getting closer.

Many of our athletes are competing in the winter sports and they need our support. The MSHSSCA has had a great year with many awards being given to coaches and athletes.

For those of you considering uniform purchases, be aware of the two rule changes that will go into play during the fall of 2012. The rule states that the home team will be required to wear solid white jerseys and socks. Previously the wording was "white or light" jerseys and socks. The National Federation of High Schools Rules Committee made this change to better differentiate between home and visiting teams. The second change comes in goalie jerseys. In 2012 the goalkeepers will be required to have a number on the back of their jerseys and the front of their jerseys or shorts that is different than any other number used by other players on the team. Keep this in mind as you choose your uniforms.

The Mark Wartner Memorial Scholarship winner has been announced by Art Seplak (Blooming Kennedy Girls Retired). This year the award given to honor the late Eagan Girls Coach was presented to Logan Williamson of Bloomington Jefferson. Logan was a captain her senior year, has been all-conference honorable mention in 2008 and 2009 and was selected team MVP for the 09 season. Logan will be attending St. Scholastica this fall.

The NSCAA organization hands out awards to both coaches and athletes. The following Minnesota girls were awarded both All-American honors and All-Midwest. These Minnesota high school girls were given the following awards;

All-American
Kassey Kallman 12 Woodbury Pat Malicki/Bill Ebertz

All-Midwest Regional Players

Corinne Buie	12	Edina	Simon Whitehead
Catie Sessions	12	Woodbury Pat	Malicki/Bill Ebertz
Lauren DiGregorio	12	Burnsville	Jeff Dennehy
Caitlin Graboski	12	Woodbury Pat	Malicki/Bill Ebertz
Julie Sierks	12	Edina	Simon Whitehead
Maddie Jobe	12	Benilde-St. Scott	Helling

Margaret's

The honors for boy's soccer players are as follows:

All-American

Paul Yonga 12 Totino-Grace Bill Vance

All-Midwest Region

Eric Miller 12 Woodbury Joe Quintavalle

Carlos Contreras 12 White Bear Ben Vulu

Dave Rosenthal 12 Apple Valley Chuck

Scanlon

Bijan Jibari 12 Apple Valley Chuck

Scanlon

Edgardo Becarra 12 Mpls. S.W. Jamie Plaisance

Frederick Neher 12 Mahtomedi Paul Beggin

The NSCAA also ranks teams in the nation. Apple Valley was the number 5 team in the poll. Boys teams from 5 schools were ranked in region IV. They were: 1-Apple Valley (Chuck Scanlon) 5-Wayzata (Dominic Duenas) 7-Woodbury (Joe Quintavalle) 11-Mahtomedi (Paul Beggin) and 13-Totino-Grace (Bill Vance).

The most exciting news of the NACAA was the awarding of the National Coach of the Year Award. This years convention was held in Philadelphia and attracted 4100 soccer coaches. In addition, 3000-4000 high school and colleges and parents were in attendance. The Minnesota State High School Coaches Association has had one boy and two girl's coaches awarded this honor. This year two of our boy's coaches were recipients of this award. For one state to be given two Coaches of the Year Awards is unprecedented. This year it happened to two of our MSHSSCA members. Paul Begin (Mahtomedi) was given the NSCAA Division II Coach of the Year Award and Chuck Scanlon (Apple Valley) was awarded the Division I honor.

There are some items on the High School League

... continues on page 25



GATORADE...Official Sport Drink of the MSHSCA

Agenda of which we need to be aware as soccer coaches. There is a proposal that would bring soccer back to a 16 game season. The MSSHSCA is polling its members and trying to get an idea as to where we stand on the issue. One of the items from the League proposal was to implement this in the 2010 season. The MSSCHA board feels that this is totally unworkable because so many of the teams have already set their 2010 fall schedule. This will be discussed again at our meeting at Bloomington Jefferson on March 3. It will also be an agenda item at MSHL meeting on March 19.

Bill Vance (Totino-Grace Boys) is our new president and any questions you have regarding the MSHSSCA can be addressed to him.

In addition, Dave Halgren, our Executive Secretary, can be contacted if you have questions. As always, the best source of information is on our website, MSHSSCA.Org. Much of our committees, dates, clinic information and other items of interest are on this site.

I have listed some important dates for you to put on your calendar for the 2010 season. Our annual clinic will be held Friday August 13. Information about the clinic will be printed in the May issue of the Prep Coach. Soccer season practice will commence on Monday August 16 and you can have your first scrimmage on Saturday August 21. Soccer season regular games will follow on Thursday August 26. Section playoffs will start on Monday October 11 and must be completed by Friday October 22. The MSHSSCA All-state and tournament banquet will be held on Sunday October 24. State tournament quarterfinals will be held Wednesday (27), Thursday (28) and Friday (29) of October. The rest of the tournament will be played in the Dome on Monday November 1, Tuesday November 2 and Thursday November 2. The season will end with the MSHSSCA-Soccer Express Senior Classic at the Dome on Wednesday November 10. Please put items on your agenda. They will be posted on the website and will also be part of your clinic packet. Thanks to Greg Juba (Park of Cottage Grove Girls) for the information and dates.

That takes care of the most important information we have to offer you. Again check the website, get in contact with your section rep and kept current on the issues. Remember you have the best job in the world, working with young people.

USE YOUR MEMBERSHIP CARD

Your 2009-10 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. Only one school here indicated they do not honor the card, that school is Esko. 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 purple print for the year 2009-10.

2009-2010 Life Membership Card

Minnesota State High School Coaches Association
John Erickson, Director, Detroit Lakes
Phone: (218) 847-6796 • Email: jomar@lakesnet.net
Website: www.mshsca.org
President, Don Tangen, Glencoe - Silver Lake



John Doe
Cambridge-Isanti H.S.

Asst. Football
Head Wrestling
Asst. B/G Track



VISIT MCDONALD'S AFTER THE GAME





Softball...

A Five Star Sport

By: Shelly Hotzler

Finally spring is here....can't believe after a long winter it's here. We are coming off a successful clinic again this year with Cindy Bristow being our key speaker and Jen Walter from St.Scholastica being our other. Both were very well received. We have decided to do the Hall of Fame and Coach of the Year Recognition Banquet the evening before the All Star Series. So it will be the 13th of June. Watch for details on our website.

The Hall of Fame inductees this year areBrit Stroup(Hall) former Hopkins player from 1989-1993, Heather Evenson of Brooklyn Center HS 1989-1992, Kristen Schmidt from Park of Cottage Grove, Jessie Peters from Park of Cottage Grove, Jen Walter coach and player from Wadena, Ben Miller former coach of Sauk Rapids Rice, Pam Hennen former coach of Park Center HS, and Charlie Whitbred former coach of Park of Cottage Grove. This should be a great evening! Hope you all can make it.

Again Good Luck this spring! _____



Trophies Plus Specializes in High School Awards

Chenille, Certificates, Medals, Ribbons, Trophies, Plaques. All customized in your school needs

800-397-9993

Website: www.trophiesplus.com • Email: trophyman@trophiesplus.com

Budget Crunch?

Check us out - Lowest prices in the USA!

**Chenille Letters and Champ Patches • Custom & Stock Medals
Custom Certificates • Trophies, Plaques, Ribbons**

All awards can be customized to your school needs
at some of the lowest prices in the USA.



GATORADE...Official Sport Drink of the MSHSCA

PERFORMANCE PLAYBOOK

**Gatorade
Sports
Science
Institute**

gssiweb.org

Hydration: Critical to Athletic Performance

DAVID R. LAMB, Ph.D., is a Professor Emeritus of exercise physiology at The Ohio State University.

High school athletes train hard, they play to win, and they sweat through it all. In the intensity of a practice or game, athletes don't realize the amount of sweat they lose, and that puts them head to head with a nasty competitor – dehydration. It's crucial to beat dehydration so that athletes can play at their best, even in the final minutes of the game.

Sweat losses of as little as 2% of body weight (less than 3 pounds in a 150-pound athlete) can impair performance by accelerating the onset of fatigue. This is important because some athletes can lose 5 to 8 pounds of sweat or more during practice or competition. So it's easy for athletes to become dehydrated if they don't drink enough to replace what is lost in sweat.

Research shows that sports drinks outperform water because sports drinks:

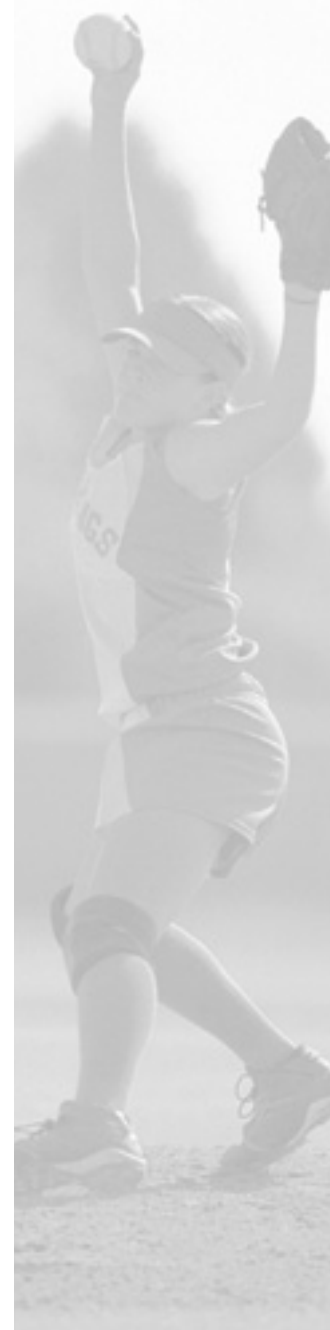
- **Encourage voluntary drinking when athletes are hot and thirsty.** Sports drinks with a light flavor and small amount of sodium encourage athletes to drink, and drinking fluids is the only defense against dehydration.
- **Stimulate rapid fluid absorption.** A well-formulated sports drink, like Gatorade, speeds the delivery of fluid, carbohydrate, and electrolytes into the bloodstream.
- **Help keep athletes in the game.** Sports drinks can help athletes avoid dehydration and other heat-related problems, such as early fatigue, muscle cramps, lightheadedness, and heat exhaustion.
- **Aid performance.** Carbohydrate in sports drinks helps athletes perform better. As one of many examples, research has shown that hydrating with a sports drink significantly improved basketball-shooting skill and on-court sprinting performance when compared with a flavored-water placebo.
- **Speed recovery.** The carbohydrates and electrolytes in sports drinks help refuel muscles and speed rehydration. This is

especially important during tournaments and other situations when recovery times are limited.

With a game plan to help your athletes drink the right fluids at the right times, you're giving them the strategy for a high-powered performance that matches their will to win.

The National Athletic Trainers' Association "Fluid Replacement for Athletes" Position Statement

- Educate athletes on the effects of dehydration on physical performance.
- Inform athletes how to monitor hydration status.
- Encourage coaches to mandate rehydration during practices and competitions, just as they require other drills and conditioning activities.
- During events that require a high rate of fluid intake to sustain hydration, the carbohydrate concentration in a sports drink should be kept low (e.g., less than 7%) to optimize stomach emptying and fluid absorption.
- A proper hydration protocol considers each sport's unique features. If rehydration opportunities are frequent (e.g., baseball, football, track, and field), the athlete can consume smaller volumes at a convenient pace based on sweat rate and environmental conditions. If rehydration must occur at specific times (e.g., soccer, lacrosse, distance running), the athlete may need to drink greater volumes at each opportunity for rehydration.



VISIT MCDONALD'S AFTER THE GAME



HALL OF FAME

RETIRED FOOTBALL COACHES INVITED TO “RENEW OLD FRIENDSHIPS” AT THE MFCA CLINIC, MARCH 25-27

By John Gross

Chairperson-Retired Football Coaches Committee

The annual Minnesota Football Coaches Clinic co-sponsored by the Minnesota Football Coaches Association and the University of Minnesota will be headquartered at the Double Tree Hotel in Minneapolis March 25-27. All retired head and assistant football coaches who are members of the Association are invited to come to the clinic this year and partake in the festivities free of charge.

A special RENEWING OLD FRIENDSHIPS social gathering of retired football coaches will be part of the clinic from 3-5 pm on FRIDAY, MARCH 26. This will be followed by the “Brewster Bash” from 5-6, and the very popular “Legends of Coaching” Panel from 6-7 hosted by Executive Director, Ron Stolski. This year's legends will include George Thole of Stillwater and George Larson from Cambridge. You won't want to miss this event!

That's still not all! From 7-9, retired coaches can enjoy listening to the Gopher Guest Speaker, Troy Calhoun, Head Coach at the Air Force Academy followed by Gophers Head Coach, Tim Brewster. This will be topped off by the legendary Don Swanson Tailgate Party featuring the incomparable Dick Jonkowski at around 9 pm.

In order to be admitted free of charge to these festivities, retired football coaches need to RSVP to Retired Committee Chairperson, John Gross no later than Tuesday, March 23 using

any one of these three methods: (1) E-Mail: jgross_900@msn.com (2) Phone: (507) 451-9533 (3) Postcard or note: John Gross, 6745 Third Avenue SE, Medford, MN 55049. Then, when you come to the clinic, all you will need to do is stop at the registration booth and pick up your “Retired Coaches” name badge which is your free pass into all of these activities. (We will need to have your name ahead of time!)

If you would like to stay at the Double Tree, you will need to call for reservations at (952) 542-8600 and ask for the Minnesota Football Coaches Association special rate. You might also consider attending the annual Hall of Fame Induction Banquet which will be held at the Hotel on the evening of Saturday, March 27.

We hope as many retired football coaches as possible will make plans to attend. It is our intention to make this an annual part of the Minnesota Football Coaches Clinic!

25 YEAR CLUB INDUCTEES FROM DECEMBER PARTY



GATORADE...Official Sport Drink of the MSHSCA

2009-10 WINTER STATE CHAMPIONS

Four winter sports finished their state championships by the time the March issue of The MN Prep Coach's deadline for print was reached.

The MSHSCA would like to take this opportunity to congratulate the championship teams and their coaches for a job very well done.

The sports, the champions and their head coaches are listed below. The MSHSCA recognizes teams of member coaches:

ALPINE SKIING

(Boys) St Thomas Academy	Tom Carlson
(Girls) Lakeville South	Mark Moltzan

BOYS SWIMMING (TRUE TEAM)

(A) St. Thomas Academy	John Barnes
(AA) Edina	Art Downey

NORDIC SKIING

(Boys) Ely	Paula Anderson
(Girls) Stillwater Area	Kris Hansen

BOYS SWIMMING (MSHSL)

(A) Breck/Blake	Kris Rosenberg
(AA) Edina	Art Downey

GIRLS GYMNASTICS

(A) Perham	Charlie Fleck
(AA) North Field	Melizza Cummins

The remaining winter sports not included above will be recognized in the May issue of the Prep Coach.

SPRING CLINIC ATTENDEES URGED TO USE ELECTRONIC MEMBERSHIP

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



VISIT MCDONALD'S AFTER THE GAME



Forty-Sixth Annual FOOTBALL HALL OF FAME BANQUET

MINNESOTA FOOTBALL COACHES ASSOCIATION

Saturday, March 27, 2010



5:00-6:00 PM - Social Hour • 6:00 PM - Dinner

Ticket Price: \$30.00

Purchases tickets on-line:

HYPERLINK

<http://www.mnfootballcoaches.com>

www.mnfootballcoaches.com

Place: Doubletree Hotel

Minneapolis Park Place

1500 Park Place Boulevard

Minneapolis, MN 55416

Phone: 952-542-8600

**Reservations must be in by
TUESDAY, MARCH 23**

Banquet Chair:

Dave Nelson

Minnetonka High School

18301 Highway 7

Minnetonka, MN 55345

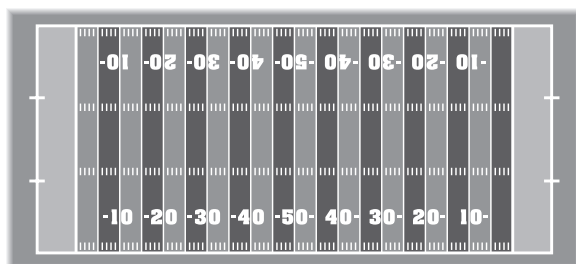


HYPERLINK

“mailto:dave.nelson@minnetonka.k12.mn.us”

dave.nelson@minnetonka.k12.mn.us

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



Banquet Highlights:

2010 Hall of Fame Inductees

High School Division

David Dose, Glencoe-Silver Lake

Dennis Hale, Worthington

Jim Reinhardt, Rushford-Peterson

Citation Division

Jim Dotseth, Minneapolis



Conference Coaches of the Year

Section Coaches of the Year

Class Coaches of the Year

State Coach of the Year

Assistant Coach of the Year

Power of Influence Award

Distinguished Service Award

2010 Butch Nash Outstanding

Assistant Coach Award Winners

Jay Anderson, Totino Grace

Roger Erickson, Lake of the Woods

Chad Gustafson, New London-Spicer

Terence Kent, Kittson County Central

Paul Lemke, Glencoe-Silver Lake

Tim Olson, Thief River Falls

Scott Palmer, Buffalo

Scott Swansson, Woodbury



Conference and Section Coaches of the Year:

You must be present at the banquet to receive your Conference or Section Coach of the Year Award.

In order to allow time for the plaques to be engraved, **WE MUST HAVE YOUR R.S.V.P. BY FRIDAY, MARCH 12.**



GATORADE...Official Sport Drink of the MSHSCA

A new way to purchase athletic supplies and services... THAT HAS EVERYONE CHEERING.



KEITH RICHARDSON 864-998-4795
NOCAD Executive Director
scathcoaches@prtcnet.com

JOHN ERICKSON 218-847-6796
NOCAD President
jomar@lakesnet.net

Featured NJPA Contract Awarded vendors for NOCAD:



JOHN GAYHART 817-456-0074
johngayhart@mondousa.com
www.mondousa.com



888-209-0065
BRENDA, Ext. 1 • **SARAH**, Ext. 2
www.atlastrack-tennis.com



SCHOOL HEALTH 866-323-5465
www.schoolhealth.com



SCOTT SCHROEDER 800-4-SAMSON, Ext. 20
sales@samsonequipment.com
www.samsonequipment.com



ERIK RIOS 800-527-7510, Ext. 7310
erios@sportsupplygroup.com
www.bsnsports.com/njpa



RICK DELVIN 800-782-1500, Ext. 47001
rick.delvin@willscot.com
www.willscot.com/trade-associations/njpa.htm

Join over 25,000 'cheering' members who are saving time and money using our nationally leveraged pricing

National Joint Powers Alliance (NJPA) is a municipal contracting agency. NJPA serves all education, government and non-profit agencies throughout the nation, by offering them inter-governmental purchasing contracts. These contracts improve the procurement process by:

- saving you time and resources;
- providing you access to competitively bid contracts, procured by a municipal contracting agency at volume prices.;
- ensuring you the choice that you deserve;
- establishing a legal paper trail between NJPA and the member...justifying contract access.

We know you'll be a fan. Join today.



National Joint Powers Alliance®

GORDY THOMPSON

Contract Manager

TEL 218-894-5489 FAX 218-894-3045

gordy.thompson@njpacoop.org • www.njpacoop.org

Make your purchase now with...

NATIONAL COOPERATIVE LEASING
CHRIS CANAVATI 320-763-7600
chris@leaseservicingcenter.com



Call and ask how you can save time and money with these and other NJPA awarded vendors.

Creating an Alliance Between Buyers and Suppliers.



VISIT MCDONALD'S AFTER THE GAME





Goal Posts

*Terry Turek, Director of Publications
Le Sueur-Henderson High School*

The MFCA would like to express our hopes that your spring is successful and has your program headed in the right direction.

The Awards Committee met and selected the recipients for various MFCA honors, including Class Coaches of the Year, Butch Nash award winners, Distinguished Service award winner and the All Star coaches were finalized. These coaches will be honored at the annual Hall of Fame banquet. The MFCA Hall of Fame banquet is being held on Saturday, March 27th at the Double Tree Hotel in Minneapolis. The program includes the induction of new Hall of Fame honorees, the naming of class coaches of the year, assistant coach of the year, Butch Nash award winners, Distinguished Service award winner, and conference and section coaches awards. Service awards are presented to coaches who have won 200, 250 and 300 games and to those who have coached for 30, 35, and 40 years. Any coaches who have reached those milestones should contact the MFCA Secretary-Treasurer Jim Dotseth as soon as possible, so that the appropriate award can be ordered in time. The social hour begins at 5:00 pm with the dinner at 6:00 pm and the honors program to follow. Anyone wishing to purchase tickets or in need of more information should contact Dave Nelson at Minnetonka high school.

The MFCA is working in conjunction with the U of M staff to produce a football clinic this spring. The University has committed to a

cooperative effort and the MFCA looks forward to this endeavor. The clinic will be held at the Double Tree Hotel on Mar. 25th, 26th, and 27th. Coaches should note that due to the popularity of the clinic that the Double Tree may have few, if any vacancies, so please plan accordingly. Coaches should go to the MFCA website at www.mnfootballcoaches.com and click on the clinic link to get other hotel information.

The conference representatives will meet at the Double Tree Hotel at 8:00 am on Friday, Mar. 26th in Room #2. The meeting is open to all MFCA members, whether they are head coaches or assistants. Coaches may contact Jim Dotseth for more information or check the website.

The Executive Committee has also been busy, with several new initiatives.

The committee is looking for input from members. Several initiatives have become a reality, under the leadership of Executive Director Ron Stolski. The Coach to Coach program, utilizing retired coaches expertise; a Camp Outreach program that provides football camp opportunities, through the sponsorship of the Minnesota Vikings; an increased number of corporate sponsorships, and a scholarship program under the direction of Will Wackman of Spring Lake Park. And the coaching clinic, being run in conjunction with the U of M staff, at the Double Tree is a top priority of the association.

Regarding MSHSL news, "section scheduling" has been brought up again, with a small number of advocates attempting to move forward with this idea. The MFCA has been against this proposal and currently maintains that stance. But whatever an individual coaches beliefs are on football related issues, coaches are advised to go through the association so that the matter receives a fair and

comprehensive attention.

The process of organizing the summer magazine has begun. Coaches with any practical ideas that they feel will help with the magazine should contact me. Conference representatives have already begun sending in their articles. I would like to urge any of you who haven't sent in your article to please do so as soon as possible and remember that we need pictures, and that hard print versions are best. And please remember that it is a coach's magazine, so make mention of any coach's accomplishments. Any changes in address should be sent to me, especially in regard to retired members, as they are sometimes the hardest to "track down". And please let me know of any head coaching changes for next season.

The MFCA web page, on the MSHSCA website, is a very good way to get many of the MFCA forms and to check on information pertaining to Minnesota high school football. When time allows, the web pages will be expanded. Flint Motschenbacher and Rob Nielsen of Detroit Lakes have been doing a great job of keeping the website a useful tool for the organization. Coaches are also encouraged to send in any football records, regarding individuals or their team, from their program to be added to the association's database.

Have a great beginning to the spring sports season and please contact the MFCA with questions concerning MFCA matters. Contact information is listed below.

46th Annual Football Hall of Fame Banquet located on page 30.

2010 MN Football Coaches Clinic located on page 33.



GATORADE...Official Sport Drink of the MSHSCA

2010 MINNESOTA FOOTBALL COACHES CLINIC

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

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



Doubletree Hotel in St. Louis Park

March 25-27, 2010



FEATURED IN 2010

Coach Brewster and staff
Troy Calhoun, Air Force Academy
"Friday Night Lights" coach Gary Gaines; Ralph
Munger, Rockford, MI & Gary Swenson, Valley, IA.
Staffs: U. of St. Thomas; MSU-Mankato;
Dale Lennon & Southern Illinois Staff
More Speakers & Breakouts
"Don Swanson" Tailgate Party & AWARDS!

2010 CLINIC COMMITTEE

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

Register on line at: www.mnfootballclinic.com



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

"Adolescence is the time in life when a youngster is well informed about anything he doesn't have to study."

- Unknown



VISIT MCDONALD'S AFTER THE GAME



SPORT TEAM ACADEMIC RESULTS



Rosemount Marching Band: The Fair's Finest

Congratulations to Rosemount, winner of the 2009 Minnesota State Fair High School Marching Band Competition, sponsored by McDonald's restaurants in the Twin Cities. Steve Kopel, owner/operator of the McDonald's restaurant in Rosemount, presented the school with a check for \$1,600 on behalf of the McDonald's Twin Cities Co-Op. Ronald McDonald (next to Kopel) and Fairchild the State Fair Gopher joined students for the presentation. McDonald's has been a proud sponsor of the competition since it began the program in 2005. Dozens of Minnesota high school bands are judged as they perform during the first ten days of the Fair's 2 p.m. parade. Congratulations to Band Director Steve Olsen and his students!



The MSHSCA and McDonald's feel very strongly about the term student-athlete. As a result, they have been the proud sponsors of a team academic award program for many years.

Listed below are the results of three winter sports that completed their season prior to the publishing of the March issue of The MN Prep Coach. The remaining winter sports will be included in the May issue.

ALPINE SKIING

BOYS GOLD

Waconia

BOYS SILVER

Apple Valley

Chisago Lakes

Eden Prairie

Minnehaha Academy

Rochester Lourdes

St Thomas Academy

GIRLS GOLD

Centennial

Cretin-Derham Hall

Minneapolis Washburn

Minnehaha Academy

Rochester Century

Visitation

GIRLS SILVER

Chisago Lakes

Eden Prairie

Edina

Lakeville North

Mound-Westonka/Holy

Family Catholic

Orono

Rochester Mayo

Rosemount

Waconia

NORDIC SKIING

BOYS GOLD

Anoka

Bemidji

Bloomington Jefferson

Duluth Central

Duluth East

Duluth Marshall

Eden Prairie

Edina

Holy Family Catholic

Hopkins

Irondale

Lakeville North

Mahtomedi

Math and Science Academy

Maple Grove

Minnehaha Academy

Osseo

Orono

Robbinsdale Armstrong

St Cloud Apollo

St Louis Park

St Paul Central

St Paul Como

St Paul Highland Park

Willmar

Winona/Winona Cotter

BOYS SILVER

Andover

Bloomington Kennedy

Elk River

Ely

Lakeville South

Little Falls

Mahtomedi

Mesabi East/Virginia

Minneapolis Southwest

Mound-Westonka

Mounds Park Academy

Mounds View

Park Center

Prior Lake

Roseville Area

Spring Lake Park/St

Anthony

Stillwater

Tartan

Wayzata

GIRLS GOLD

Andover

Benilde-St Margaret's

Bloomington Jefferson

... continues on page 27



GATORADE...Official Sport Drink of the MSHSCA

Brainerd	GIRLS SILVER	Buffalo	North Branch
Chaska/Chanhassen	Anoka	Centennial	Perham
Duluth East	Bemidji	Chisago Lakes	Red Wing
Duluth Marshall	Coon Rapids	Cretin-Derham Hall	RushCity/PineCity/ Hinckley-Finlayson
Eden Prairie	Duluth Central	Farmington	Stewartville
Edina	Orono	Hastings	Watertown-Mayer
Elk River	St Cloud Apollo	Hopkins	Willmar
Ely	Spring Lake Park/ St Anthony	Irondale	Worthington
Holy Family Catholic	Two Harbors	Lakeville North	
Hopkins		Minneapolis Southwest	
Irondale		North St Paul	A SILVER
Lakeville North	GIRLS GYMNASTICS	Prior Lake	Annandale
Lakeville South	AA GOLD	Rosemount	Breck
Little Falls	Alexandria	St Cloud Apollo	Caledonia/Houston/Spring Grove
Mahtomedi	Brainerd	St Cloud Tech	East Ridge
Maple Grove	Cambridge-Isanti	St Francis	Frazee
Minneapolis Southwest	Eagan	St Michael-Albertville	Howard Lake-Waverly
Minnehaha Academy	Eastview	St Louis Park	Little Falls
Mounds Park Academy	Edina	St Paul Central	Long Prairie-Grey Eagle
Mound-Westonka	Faribault	St Paul Johnson	Luverne
Mounds View	Forest Lake	Stillwater	Martin County
Osseo	Mahtomedi	Tartan	Morris Area
Park Center	Minneapolis South		New London-Spicer
Prior Lake	Monticello	A GOLD	New Prague
Robbinsdale Armstrong	Moorhead	Austin	Ortonville
Roseville Area	Northfield	Benson	Paynesville/ Eden Valley-Watkins
St Cloud Cathedral/Sartell-	Park of Cottage Grove	Becker	Pine Island
St Stephen	Richfield	Big Lake	Pipestone
St Louis Park	Rochester Century	Dassel-Cokato	Redwood Valley
St Paul Central	Rochester Mayo	Delano	St Anthony
St Paul Como Park	Roseville Area	Detroit Lakes	St James
SPA	St Paul Highland Park	Fergus Falls	Sartell-St Stephen
Stillwater	Wayzata	Glencoe-Silver Lake	Simley
Tartan	White Bear Lake	Jackson County Central	Windom Area
Wayzata		LaCrescent	
Willmar	AA SILVER	Litchfield	
Winona/Winona Cotter	Apple Valley	Marshall	
	Bemidji	Melrose	
	Blaine	Minneapolis Roosevelt	
	Bloomington Jefferson	Mound-Westonka	



VISIT MCDONALD'S AFTER THE GAME



dugout chat



By: Todd Smrekar
2nd Vice President Minnesota State
High School Baseball Coaches
Association
Cambridge-Isanti High School

A fresh coat of snow greeted me this morning, and when I looked at my field I wondered if that drift along the right field wall will require shoveling and snow blowing again this year to help melt it. The season all baseball coaches yearn for all year is just around the corner.

There is less than a month to go until we get cranked up. I have less than a month to see if all of those off season lineups I sketched in my notepad come to fruition, or if my pitching rotation shakes out as I hope, or if the drills I picked up at off-season clinics will work for me as well as they worked for the clinicians.

There are many things happening within our association as we enter the 2010 season. The first "hot button" issue is to exempt baseball from the black out period from July 1st to July 7th, which was passed in 2009. Thanks to the work of many baseball supporters from border to border, current, and former head baseball coaches, we breezed through the first phase of the exemption process, 13-3. The next step for this process will be the Representative Assembly meeting on March 19th. We need 32 of the 48 voters to pass the final phase. This would not have been possible without the hard work of the

executive board, particularly our President Pat Collins and 1st Vice President Bruce Woitas. They have worked hard to make this exemption a reality. Let's hope for a positive outcome on March 19th. As Pat Collins has said repeatedly, "If it isn't broke, why fix it." We'll keep you posted.

Other items that you should be aware of include the new bat rule coming our way in 2012. The change will require that all non-wood bats meet the Batted Ball Coefficient of Restitution (BBCOR) performance standard, which is the standard used by the NCAA. The new rule also states that non-wood bats must be labeled with a rectangular certification mark "a minimum of a half-inch on each side and located on the barrel of the bat in any contrasting color." The new standard ensures that performances by non-wood bats are more comparable to those of wood bats. It is also expected to minimize risk, improve play, and increase teaching opportunities. Bats purchased this year will not be usable in two years. With regard to the promotion of our sport, coaches were surveyed in February to determine the interest level in publishing a book outlining the season, the sections, the conferences, and the top players. It was clear that this was not cost effective. However, it is important that everyone knows we are continuing to explore ways to best promote our sport and our athletes. If you have ideas, please contact one of us on the executive board.

Other tasks to be aware of as the season approaches and gets under

way include the forms that are available on our coaches association website. You can go to www.mshsbca.org and click on forms tab and they are listed. Some of the dates to remember include May 14th for the Lionis All-Star Series and June 1st for the All-State and All-Academic All-State (both team and individual).

At the time of writing this article, the MSHSL and the Twins are in final negotiations that would move the State Baseball Championship games to Target Field on Saturday, June 19th.

Quarterfinals, Semifinals and the Consolation Series will continue to play at same times and sites as the present schedule indicates. Tentative game times at Target Field would be Noon, 3:00 and 6:00. If finalized, this will be something that we will really promote, so that we can make this a special event at Target Field. It would be great to get as many teams and coaches from all levels to celebrate and promote our great sport. Look for more information if and when negotiations and details are finalized.

Before I know it, I will be firing up the Craftsman tractor and dragging the field as the snow will finally be gone, hopefully without having to use my snowblower. The crack of the bat and the pop of the leather will fill our glorious Minnesota spring air. What a fantastic time of the year!

See you at the park!



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
 Kevin Joyce kjoyce@loomislapann.com
 Karen Boller 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/>

*“Big shots are only little
 shots who keep shooting”*

- Christopher Morely

*“If you ever dream of
 beating me . . .
 you better wake up
 and apologize.”*

- Muhammed Ali

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, 2009 – August 1, 2010

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

www.loomislapann.com
 gjoly@loomislapann.com
 kjoyce@loomislapann.com
 kboller@loomislapann.com



VISIT MCDONALD'S AFTER THE GAME



COACHES' EDUCATION CLASSES

To register, view schedules, etc., go to www.mshsl.org/mshsl/coachedes/login.asp and register for the a coach's clipboard and all of the information about upcoming classes is there. You can also register online via credit card.

If coaches have questions, please call the League (763) 560-2262.

In-Person Coaches' Education Class Schedule

Date	Location	Instructor
June 21st, 2010	Regional Site TBD	TBD
	Regional Site TBD	TBD
	Regional Site TBD	TBD
	Regional Site TBD	TBD
August 2, 2010	Regional Site TBD	TBD
	Regional Site TBD	TBD
	Regional Site TBD	TBD
	Regional Site TBD	TBD

Instructors

Name	Phone	Email
Jim Baker	Cell: 651-357-2937	jbad154@hotmail.com
Mary Eigner	Cell: 612-819-2808	mary@minn-e-rink.com
Tom Graupmann	Cell: 612-282-4105	tom.graupmann@nfld.k12.mn.us
David Hartmann	Work: 320-762-7754	dhartman@alexandria.k12.mn.us
Dan Johnson	Work: 952-988-4692	dan.johnson@hopkinsschools.org
Becky Leuer	651-674-7082	becky.leuer@gmail.com
Diane Morin	Cell: 651-328-1420	dmorin@proctor.k12.mn.us
Brad O'Donnell	Cell: 507-340-3902	bodonnell@macsmn.com

Pay Online with Credit Card

- Pay using your Credit Card thru Authorize.net's secure payment gateway.
- Your information is 100% secure and is not stored after authorization.
- Your payment will show up as MSHSL on your statement.
- No need to mail anything to us.
- Registration is processed within seconds.





Make Your Quote Count



See for yourself how much money you could save with Liberty Mutual. And the best part – you receive knowledgeable support, immediate claims assistance and the latest information to help keep you and your family safe.

**Start Saving Today!
Contact me to learn more and receive a FREE no-obligation quote.**

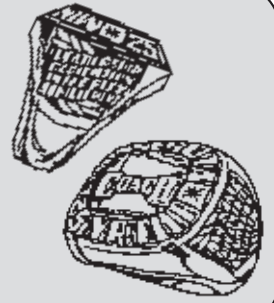
Dave Gunderson
Phone: (763) 543-4344 Ext. 55219
David.Gunderson@LibertyMutual.com

701 Xenia Avenue S - Suite 400
Minneapolis, MN 55416
Be sure to mention this promotion when calling!

¹Purchase not required. Only one donation will be made per household.
Coverage provided and underwritten by Liberty Mutual Insurance Company and its affiliates, 175 Berkeley St., Boston, MA. ©2008 Liberty Mutual Insurance Company. All rights reserved.



25 YEAR CLUB RING



Ring Options

Man's 10K Ring.....\$449.00
Price based on 350 per ounce gold.
(Optional) 6 pt. Diamonds.....ea. \$76.00

PRFCIUM is a bright silver colored jewelers alloy that is hard,
durable and non-tarnishing.....\$224.00

ENGRAVING:
Initials Inside Ring.....\$3.75
Full Name Inside Ring.....\$6.75

White Gold.....ea. \$10.50
Resize Smaller 1 Size Max.....ea. \$28.00
Resize Larger 1 Size Max.....ea \$32.50
Refurbish Ring (Include New Box).....ea. \$20.50
Drop Ship.....mailing ea. \$9.15

Ring Order Form

Name _____
Address _____

Phone _____
Finger Size _____

Ring _____
Stones _____
Options _____

Sub total _____
Add 6.5% State Tax _____
Total _____

SEND ORDER AND CHECK TO

Pat Furlong
5044 Edgewater Drive
Mound, Minnesota 55364
Phone 952-472-6738



VISIT MCDONALD'S AFTER THE GAME



Notes from the Wrestling Room

By: Kurt Habeck
President of MWCA
Eastview H.S.



The regular season is complete, practices are getting shorter, and darkness is being overtaken by daylight. These are all signs that let us know the end of the season is near. It should also motivate us as we prepare our student athletes to go out and accomplish the goals they have dreamed about. As we enter the post season, I encourage all coaches to be positive role models, to celebrate the successes, and continue to teach lessons after disappointments.

There was one topic discussed at the wrestling advisory meeting at the MSHSL office in January that I wanted to follow-up on. The league office has officially approved teams using multiple individuals in the same weight class at individual tournaments during the regular season. Teams may now enter up to THREE extra individuals into an individual tournament without it counting as an extra event on their schedule. This rule will help eliminate byes, provide more opportunities for kids to wrestle varsity, and will improve the overall quality of tournaments. This is a very positive, common sense solution to a problem that has plagued many tournaments.

The Minnesota 9th Grade and Under League recently concluded its 19th season. Over 100 teams participated in season schedules, regional qualifiers, and state team and individual tournaments. Thanks to Dan Vandermyde and all of the other board of directors for their leadership and for another successful season.

The 2010 State Wrestling Tournament schedule is on-line at the league website. **New this year, a mandatory pre-tournament coaches meeting will be held from 12:45 to 1:00pm on Wednesday, March 3, in sections 121 and 122.** Registration packets will be distributed at the meeting. The head coach or an assistant coach from each qualifying school must attend the meeting. At the meeting the following items will be discussed:

general rules and policies, weigh-in and skin check procedures, and locker room and competition floor access.

Coach's passes, both floor access and non-floor access, will be distributed as they have in the past. If a situation arises where there are multiple wrestlers from the same team competing simultaneously and not enough coaches with floor passes are available, coaches are encouraged to communicate with Craig Perry and/or Byron Olson. They have made a commitment to manage those exceptions and follow the National Federations guidelines of allowing each wrestler to have 2 coaches in their corner.

The MWCA is excited to announce that the annual State Wrestling Tournament Brunch on Saturday morning is returning to the River Centre.

Coaches, as you attend your end of the season conference and section meetings, I encourage you to have discussions about how we can improve high school wrestling in the state of Minnesota. Topics to discuss may include improvements to the state tournament, seeding the individual tournament, and/or prevention of skin conditions. Be sure to share your thoughts with your assigned section representative who can then bring it to the next section reps meeting, which will take place the morning of March 3rd, at the state wrestling tournament.

Let the tournaments begin! _____

“An ounce of action is worth a ton of theory”

- Friedrich Engels



GATORADE...Official Sport Drink of the MSHSCA

“Never let your head hang down. Never give up and sit down and grieve. Find another way. And don’t pray when it rains if you don’t pray when the sun shines.”

- Satchel Paige

TIPS FOR PUTTING GATORADE ON YOUR SIDELINES

GETTING GATORADE TO THE FIELD EVERY DAY is easy if you ask your athletic trainer to handle it, or appoint a Gatorade crew or Hydration Manager. It can be a great way for a student who can’t play the game to join the team.

PURCHASING GATORADE FOR THE SEASON may be a stretch for your team’s budget. But with the cost of safe hydration under \$6.00 a player for the entire season, parents’ organizations and booster clubs can come to the rescue by holding “hydration fundraisers.”

UNTIL YOU CAN PUT GATORADE ON YOUR SIDELINES ask your players to bring their own. Tell them how Gatorade can help them stay in the game.

GATORADE DOES WHAT WATER ALONE JUST CAN’T



For more information, log on to www.gatorade.com/coaches and visit the Coaches’ Corner.



VISIT MCDONALD’S AFTER THE GAME



THE SUNSHINE GOLF CLINICS



Hopkins High School 2400 Lindbergh Drive, Minnetonka, Mn. 55305
Saturday March 20, 2010 Or Saturday March 27, 2010
at Staples -Motley High School



Clinic is open to golf coaches of Senior High, Junior High, and Middle School Boys and Girls teams.

INSTRUCTORS: Local PGA and LPGA professionals, area golf experts and experts on rules and sports psychology.

CLINIC HOURS: 9:00 am to 3:00 pm. Registration 8:15 am. Includes rules. REGISTRATION FEE \$45.00 includes clinic, coffee & breakfast rolls, and noon lunch

CLINIC CONTENT: Full swing drills, short game, grip and set up, error correction, rules, practice suggestions, and coaching techniques SWING ANALYSIS Take a few swings to help your own game.

COACHES MEETING A STATE COACHES MEETING will be held during the noon Lunch.

RULES: THIS IS A RULES CERTIFICATION YEAR. TAKE CARE OF YOUR RULES CERTIFICATION AT THE CLINIC.

SUNSHINE GOLF CLINIC 2010

Dear Golf Coach,

Welcome to the 2010 Sunshine Golf Clinics. One clinic will be held on Saturday, March 20, 2010 at Hopkins High School. The second clinic will be on March 27 2010 at Staples-MotleyHigh School..

PGA and LPGA golf professionals will be featured as clinic presenters. Ball striking and short game fundamentals are the main themes of the clinic. Course management and sportpsychology are also included.

A session will be held for first year coaches.

Each clinic will have a swing area. You can receive an analysis of your swing .PGA and LPGA Professionals will be available at each swing area.

2010 IS A RULES CERTIFICATION YEAR. BECOME RULES CERTIFIED AT THE CLINIC.

The STATE COACHES MEETING will be held at each clinic during the lunch time.

GOLF CLUBS WILL BE GIVEN AWAY FOR YOUR SCHOOL.

Enclosed are the registration forms for your school. Please send them to the appropriate coaches in your district with a copy of this cover letter. MAKE AS MANY COPIES AS YOUR SCHOOL NEEDS.

Come and have some fun, see old friends, improve your golf swing, and be prepared to lead your team to a great 2010 season REMEMBER: The clinics are designed for COACHES ONLY. This is not a golf team membership event.

MARK THE DATE AND LOCATION ON YOUR CALENDAR NOW! SEND IN YOUR REGISTRATION A.S.A.P.

- March 20, 2010 Hopkins High School
- March 27, 2010 Staples-Motley High School

Looking forward to seeing you at the clinic.

George Reynolds, Coordinator - Sunshine Golf Clinics
 georeynolds72@Gmail.com

Return this portion with your \$45:00 fee payable to **The Sunshine Golf Clinic**

Name _____

Address _____ State _____ Zip _____

Tel. _____

School Name _____

Position _____ I will attend at:

Return all registrations to;

George Reynolds

3320 Alabama Ave, So, St, Louis Park, MN. 55416

Phone 952- 929-1402

Em: georeynolds72@Gmail.com

Hopkins
 March 20, 2010

Staples-Motley
 March 27, 2010



MAKE AS MANY COPIES AS YOUR SCHOOL NEEDS



GATORADE...Official Sport Drink of the MSHSCA

BREAKDOWN

SportsUSA

We're proud to promote Minnesota high school athletics again this season! Visit our website for the latest information on our Summer Showcases and preview publications.

WWW.BREAKDOWNSPORTSUSA.COM

PROMOTING HIGH SCHOOL ATHLETICS SINCE 2001

“Always’ and ‘never’ are two words you should always remember never to use.”

- Wendell Johnson



VISIT MCDONALD'S AFTER THE GAME



Swim Strokes

By: Nate Linscheid

Bloomington Jefferson Boys Swimming and Diving

President – Boys Swimming and

Diving Coaches Assn.

nlsinschei@bloomington.k12.mn.us



Imagine swimming across Lake Superior – the long way. This would be an epic feat of physical endurance and mental resilience (with a touch of insanity). Over the past three months many boys swimmers have done the equivalent of this feat at their local pools. With practices averaging between three to five miles a day for about seventy days of practice, swimmers show these qualities of endurance and resilience. But after months of breaking down their bodies, the boys swimmers of Minnesota have been resting during a phase called taper to build them back up again to have the best performances of their lives at either their final dual meet, a junior varsity championship meet, a section meet, or the state meet.

Last year at this time there was a great deal of anticipation regarding the incoming state entrants and the fast times they would have. They did not disappoint, and this year is no different – except that the suits the boys will be wearing will be more traditional. The full body suit has been banned, so that means suits may go no higher than the waist and no lower than the top of the kneecap. But even with this rule change, swimmers keep getting faster and faster.

Building up to the state meet this year was the sixth annual Coaches Association True Team Section and State meets. These meets are designed to allow every entrant to score and therefore the outcome has more to do with the depth of a team as opposed to just the top few swimmers of a team. Repeating for the sixth time in class A was St. Thomas Academy with Simley coming in as runner-up. In a repeat of last year's AA meet, Edina won with Minnetonka coming in second. Congratulations go out to all the participants in the true team meets and thank you for participating.

After the state meet this weekend, there will be a couple more events to keep on your calendars. Our annual all-state banquet will be held on April 9th at the

Prom Center in Oakdale. It's a great way to honor the top eight finishers from the state meets – girls and boys – as well as honor coaches, officials, and support staff who make the sport of swimming in Minnesota as great as it is.

That same weekend the Coaches Association will be hosting the annual Upper Midwest Swimming and Diving Clinic at the Ramada Plaza in Minneapolis. It's the same location as before, just a different name (formerly the Minneapolis Gateway and the Sheraton Four Points). This year's featured speakers will be Paul Silver of the Marlins of Raleigh Swim Club and Ryan Wochomurka from the University of Louisville. More information regarding both the clinic and banquet can be found on the MSHSCA website – link to sport associations and then to swimming and diving and then banquet or clinic.

Finally I just want to thank every coach for taking time out of your busy work schedule and family time to work with these swimmers. Your guidance both in and out of the pool makes a difference in their lives beyond the times they swim. The endurance and resilience they learn from our sport will carry over to the other aspects in their lives and make them better people.

*“Failure is the path of
least persistence.”*

- Unknown



GATORADE...Official Sport Drink of the MSHSCA

ATTENTION COACHES:

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

The MSHSCA has introduced a new Academic Awards program

Many schools are receiving plaques and plates similar to the one pictured for 2009-2010 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**



VISIT MCDONALD'S AFTER THE GAME



CHIP SHOTS



By: Todd Petterson
Red Wing H.S.

aChipshots

As I walked out of school this afternoon I noticed just how deep the snow was. My thoughts turned to having a longer than normal indoor season. But I then remembered that we had a later start to this school year and the season was also moved back as well. Experience tells me that the snow will eventually melt and it will not be long until spring finally comes-but maybe slightly later than normal this year! A reminder that the start date for this year is moved back to March 22nd - maybe with this winter's weather and the infamous 'tourney snowstorm' that is a good thing.

Signs are all around us that the season will soon be upon us. The Sunshine Golf Clinic dates are Saturday, March 20th in Hopkins and the following Saturday, March 27th at the Staples-Motley High School. Life PGA member George Reynolds is again putting together a nice group of PGA and LPGA professionals. If you need additional information on these clinics contact me, and I will make sure you get the information. Mark those dates on your calendars now-the two clinic sites are also considered as rules meetings sites again this year-this fact did not show up on an earlier list of rules meetings locations. All head

coaches must be in attendance at one of the rules sites during the years we have the rules meetings. Check out the other available rules meetings schedule at the MSHSL website if the Sunshine Clinic site does not work with your schedule-the dates, times and locations are listed there.

The golf advisory board had a meeting in early December 2009 to discuss the current list of topics that came up in the last year. One thing we recognized was a need for a better way of communication among all of the coaches in the state. Last year, for example, when fall and summer golf was being discussed, I felt we needed all coaches in the state to have input-not just the coaches who had joined the golf coaches association during that year. Putting a meaningful survey together that would reach all golf coaches on short notice was difficult. We felt we needed to be able to contact all of the golf coaches in the state in an easier way. The advisory board thought there might be a couple of examples a year when this would be a great resource to have and we are planning on using it this year.

There are three coaches heading this project-one from each class: AAA-Craig Nasvik, AA-Bob Gorden and A-Milo Larson each of these coaches are looking for a coach from each section that will gather the names and contacts of the coaches in their section-we will then compile the list into a database of coaches in the state. If you are contacted for your name and contact information by a coach in your area of the state please try to get that

MINNESOTA PREP COACH information off right away. Also, as you see other golf coaches at school meetings, golf meets, etc. see if they have forwarded their information. I have sent out emails to the coaches which join the golf coaches association but there are also times we need to reach every coach in the state; it really would be nice if these two lists were the same. We are following the lead of other sports in creating this large data base of names and contacts.

In writing the last paragraph I want you to realize that we are not selling or giving out the data base of names/contacts to anyone and we intend to use it for our own purposes only. This creates a somewhat difficult situation in what I can/should forward on to coaches. Last fall, for example, I had a coach upset with me for forwarding some information on the fall golf tournaments-it was a school day for them but I also knew it was not a school day for other schools. I knew the PGA was already forwarding information for golf tournaments and my thinking in forwarding it was 'what if some schools are excluded by my not forwarding it?'-so I did send it on. The coach was very understanding— especially when they found out I was not letting my own players find out about the tournaments. I would like some feedback on what I should forward and what I should not-do you have any guideline thoughts on this?

At one time I thought a good idea might be to start a monthly, while in season (or as needed at other times) newsletter. I know the chipshots comes

... continues on page 41



GATORADE...Official Sport Drink of the MSHSCA

out three times a year but might coaches want to start a dialog on topics on which they have questions? —for example: what fundraisers do you find that are successful, or what are your favorite drills-for putting, chipping, etc, how do you handle the cutting down of a squad, the qualifying, etc.

As I get product ideas how should I pass on the information? Someone just showed me a really neat idea of custom team headcovers and golf towels with the teams mascot along with either the players name or school also embroidered-you might be able to see this at the Sunshine Golf Clinics. A while back someone contacted me on a great deal on an off-season instruction/exercise program—it was a great deal from someone who had gone through the Titleist golf training program. I know of someone that would like to start a short game golf school-we all know of how many strokes can be saved by improving the short game and our golfers all seem to get instruction on the long game-but the short game is where the strokes come off of a score!! A year ago I got information on the Grand Cayman golf ball which flies very close to one half the normal distance-for those with limited practice facilities might this might be a great thing to have and still get in some worthwhile practice? A few weeks ago I got some information on a booklet which helps you track players' improvement or before that I got information on coaching software. How would you like me to get this information out to the membership? If I just forward it on,

in many cases it would go directly into junkfoldersóif you have ideas let me know, and I will try to pass along the ideas as they arrive.

A special thank you goes out to Tim Kallevig, Mike Frankenfield, and Rich Aulie for running the upcoming state tournament banquets and to Steve Heslop and Kerry Bidle for running the academic and weekly team and individual ratings. Remember to frequent the mshsl.org and mshsca.org websites. At the mshsca.org we have the dates, information and forms to submit the academic awards and the weekly ratings awards-join the golf association and get the information in on time-remember in order for your athletes to get the awards the coach must be a member of the Golf Coaches Association.

It really will not be that long until the snow starts melting faster, and we are out hitting over the stubborn snow drifts from one green patch toward another. Also, I try to reply to each email right away, but if you do not get a response within 24 hours during a week day, resend the message; I maybe had a lot to respond to that day or it might have gotten lost in a message folder. I really try to respond right away. Keep up the good work with your athletes and have a great season!

Another sign the season is around the corner; my Birdie Marketing fundraising information arrived a short while ago. A number of schools used the Birdie Marketing golf card fundraiser last season and eight golf programs had their schools' names drawn. Each

winning program received an additional check for \$500. The odds continue to be very good that you might have your school's name drawn. Also, Birdie Marketing gives a lot back to golf in the state. The Golf Coaches Association fully endorses this as a fundraiser.

“Over the past 14 years Birdie Marketing has provided over 200 different high school golf programs, either through direct donations or proceeds from selling our product, over 1 million dollars. We also have helped the local golf community as well, over 200 different golf professionals or facilities have received over \$100,000 in royalties. The Minnesota section of the PGA to date has received over \$135,000 from Birdie Marketing (for junior golf, scholarships, and general administrative cost.). We currently are partnered with your association and the Minnesota Public Golf Association. All told Birdie Marketing has either helped or directly helped over 300 associations, teams or charities raise over 2 million.” Their contact number Birdie Marketing, Inc. (763)753-6988. _____

**The Sunshine Golf
Clinic is located
on Page 42.**



VISIT MCDONALD'S AFTER THE GAME



Educational Resources of MN, LLC

Professional Development for Educators



Earn Graduate Credit FROM HOME!

Check out our
NEW
website!

What's
NEW!

Check for new classes coming soon.



Looking for a fun way to
connect with your students?
Try a Thought, Joke or
Random Fact of the Day!



Video testimonials!

"I felt like I got more out
of these courses than
any others I have taken. They
had lessons that we as teachers/
coaches deal with everyday in
school. I would recommend
these courses to anyone!

Tim Seaton, Verndale, MN

Read **100's**
of testimonials on our website!

Course offerings include video and independent study.

Affordable, applicable, and practical.

Get the results you're looking for!

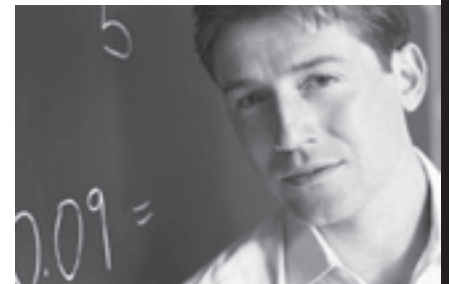
Our courses are designed for educators at all levels; K-12.

Looking for a Master's Degree Program?

Visit our website to see how our courses can be applied towards a Master of Arts in Teaching through distance education by Morningside College!

Benefits of Our Courses:

- Study in the convenience of your own home
- No on-line or internet requirements
- Enroll at any time
- Take up to 4 months to complete the course
- AFFORDABLE
- SAVE \$\$ with group discounts
- Earn graduate level credit through Augsburg College, Sioux Falls, SD accredited by the National Council for the Accreditation of Teacher Education (NCATE) and the Higher Learning Commission of the North Central Association (NCA) or Morningside College, Sioux City, IA accredited by the Higher Learning Commission of the North Central Association (NCA).



For more information or to REGISTER ONLINE visit:

www.BeAGreatTeacher.com

Presented By:



Educational Resources of MN, LLC

Professional Development for Educators

1-800-278-8126

PO Box 147

Springfield, MN 56087

info@beagreatteacher.com



GATORADE...Official Sport Drink of the MSHSCA

2010 MN State Coaches Association Scholarship Form

Student Athlete _____

First

Last

Permanent Address _____

Street

City

Zip

Parent(s) Guardian(s) _____

Address _____

Street

City

Zip

Date of Birth _____

Gender: Male Female

Varsity Sports Senior Year _____

High School Attended _____

Activities Administrator _____

Name

Phone

Class Rank _____ of _____

GPA _____ on scale of _____

ACT Score _____

SAT Score _____

College/University School of Attendance _____

Street

City

Zip

Application must include:

- 1. Official H.S. Transcript**
- 2. One page letter outlying the role athletics has played in your life**
- 3. all application material must be postmarked by March 28th**

Mail application to: Gregg Martig
3118 Partridge Circle • St. Cloud, MN 56301



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



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 (____) _____



GATORADE...Official Sport Drink of the MSHSCA



By: Terry Eiter
Detroit Lakes

“Mentoring”

A few weeks ago I agreed to volunteer to officiate some youth basketball games at a local tournament. Regardless of the sport, it's something that all registered officials should do if they are able to. Often times at these tournaments they pair up registered officials with non-registered officials. It's good “business” to work with non-certified officials for several reasons. At some point in a registered officials' career you were at the point where you needed some mentoring – it's good to return the favor. It's also an opportune time to teach and clarify some areas of the profession that may not be clear to a newer official. There are times that a newer official may be sitting at a higher level game and have the opportunity to clarify to those around them why the officials made a certain call – or not. Sports officials need all the advocates we can get – this is just another opportunity to collect more. Perhaps one of the best situations is to partner up coaches with registered officials. It gives them a new perspective and also provides an opportunity to “listen” to each other.

“Hey rabbit ears!”

At some point every official has been in the situation where a fan has let the official know that they disagreed with a no call or a call that was made. I am confident that most officials have learned to tune out most of what is said and ignore the comments. Comments from coaches

are “filtered” through some God given talent that officials have been given. Some we hear, acknowledge and respond to. Some may be heard, but ignored and some may be ignored altogether. Not only in officiating, this is a skill most officials have mastered both on the court and off the court. Most people have probably seen the television commercial for adult beverages where the football official on the sideline is being berated by the coach. It cuts away to him sitting on the coach being berated – only this time by his wife who is throwing a tantrum because he does nothing around the house and can't even “tell her that he loves her.” This really does happen folks – not in my house of course, but other officials have told me of the phenomena.

On the other hand there are times when a fan or coach will make a comment and I'd like to stop the game, walk over to them and shake their hand and say, “Hey, ya know what? You are right – that was a lousy call. Man did I blow that – don't know what I was thinking!” Admitting mistakes to coaches is something officials need to do as well. I've done it several times. By far the majority of coaches react in a positive way and appreciate that you were honest and had the integrity to admit you missed a call. Every now and this situation seems to provide coaches with an additional opportunity to reassure you how lousy you are and that you'd better not blow the next one – unless, of course it goes in their favor!

Officiate Minnesota Summit

A once in a lifetime opportunity will be available for Minnesota officials this summer. The MSHSL and NASO (National Association of Sports Officials) will be co-sponsoring “Officiate Minnesota – Educating, Celebrating and Recognizing Sports Officials.” Possible General Session Topics include:

- Management vs. Manipulation
- Communication Skills
- Judgment
- Character and Integrity in Officiating
- Career Development/Advancement
- Legal Issues for Individual Officials
- Challenges to Officiating
- How to use Video to improve as an official
- What it takes to go from Good to Great
- Sport specific Mechanics and Positioning

There are also some sport specific sessions that will be offered in Wrestling, Football, Basketball, Hockey, Baseball/Softball, Volleyball, Soccer, Track and Field.

There will also be a “Leadership Training Seminar” consisting of:

1. General Sessions – possible topics of Legal and Insurance Issues
2. Break Out Sessions – possible topics of Assigning software, the 3 R's (Recruitment, Retention, Retirement), other Legal and Insurance topics
3. General Sessions – possible Round Table discussions or sharing of “Best Practices.”

The final program is yet to be determined and more information will come in the next issue. Stay tuned, but mark your calendars for this great opportunity – the dates are July 24-27 in Minneapolis.

Until next time....remember to keep the game fun.

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



VISIT MCDONALD'S AFTER THE GAME





By Rachel Aiken (Chaska) and Sarah Bourne
(Columbia Heights)

Be Prepared to Present Your Players for All-State Awards

Coaches: this year's All- State, Player of the Year, Coach of the Year and Assistant Coach of the Year will follow a similar format from last year. Round one of the All- State Player Nominations is due **Wednesday, May 19**. This round is where you nominate one player on an opposing team you've played against. The second and final round of All- State Nominations including your nominations for Player, Coach and Assistant Coach of the year are due **Wednesday, May 26**.

Voting for this year's awards will take place **on Monday June 7th at 6:30pm at Cretin Durham Hall High School**. You must be present to vote and a current member of the MSHSCA. More information will follow as our season gets started.

Be sure to take accurate statistics on your players! Stats are a concrete, quantitative way to judge a player's ability. Without the benefit of stats, coaches who do not see your team play have next to no way of determining the impact of your player.

Advice on taking statistics (from the MSHSCA-Girls Lacrosse Handbook)

For Goalies:

We want to know how many shots were taken. (**Total Shots**)

We want to know how many shots the goalie stopped. (**Total Saves**)

Keep a count of how many shots hit the pipe or went wide. This is a testament to your goalie's position in the net.

We want to know how many goals were scored on the goalie. (**Goals Against**)

Total Shots does not usually equal **Total Saves** plus **Goals Against**.

For Field Players: Any player on the field can achieve these stats.

We want to know how many loose ground balls each

player picked up and controlled. (**Ground Ball Pick-up**)

We want to know how many passes each player intercepted. (**Interceptions**)

We want to know how many times each player gained control of the ball from a player of the opposite team, usually by checking the opponent and controlling the ball, sometimes by picking up the ball from the ground. (**Turnovers**)

We want to know how many times each player took a shot on goal. (**Shots**).

We want to know how many goals each player scored. (**Goals**)

We want to know how many times a player passed the ball to a player on her team who then scored a goal. This must be on the same movement or play to goal. (**Assists**)

For Centers:

We want to know how many times the center controlled the draw. This mean that either the center drew the ball to herself and controlled it or she drew the ball to a teammate in her offensive end and that teammate controlled it. If the ball goes into the center's defensive end and a teammate controls it, that teammate has made an interception. (**Draw Control**).

To Recap:

Goalie Stats: Shots, Saves, Goals Against

Field Player Stats: Ground Ball Controls, Turnovers, Shots, Goals, Assists

Centers: Draw Control

Also, check out our new website at www.mngirlslaxcoaches.com

Please create a profile. Members with profiles may post items. Also, it is an easy to contact you and for you to keep your e-mail address current.



GATORADE...Official Sport Drink of the MSHSCA

PERFORMANCE PLAYBOOK



gssiweb.org

Keep Your Motor Running

JACQUELINE BERNING, Ph.D., R.D., is an associate professor at the University of Colorado-Colorado Springs and the sports dietitian for the Denver Broncos and Cleveland Indians.

Many high school student athletes skip meals before they train or work out, especially if the workout happens to be in the early morning. Skipping meals or not eating before a workout can impair athletic performance, and not eating after a workout or competition leaves the athlete running on empty. Make nutrition a priority for your athletes before, during, and after exercise.

The Pre-Exercise Meal

The pre-event meal serves two purposes. First it keeps athletes from feeling hungry and sluggish before and during the game, and second, it helps to maintain optimal levels of energy (blood glucose) for the exercising muscles during training and competition.

Eating before exercise can be challenging for athletes. While they need fuel to perform, they will not want to exercise on a full stomach. Food that remains in the stomach during training or competition may cause indigestion, nausea and, possibly, vomiting. A good recommendation is to eat a meal 2 to 4 hours before exercise. If an athlete is nervous about his or her performance, the digestive process may take even longer.

The ideal pre-exercise meal should be primarily carbohydrates, moderate in protein and low in fat. Carbohydrates are digested rapidly. Protein and fat take longer to digest. Pre-exercise meals high in fat (like a lot of options at school and fast food restaurants) can cause stomach upset, gas, and bloating.

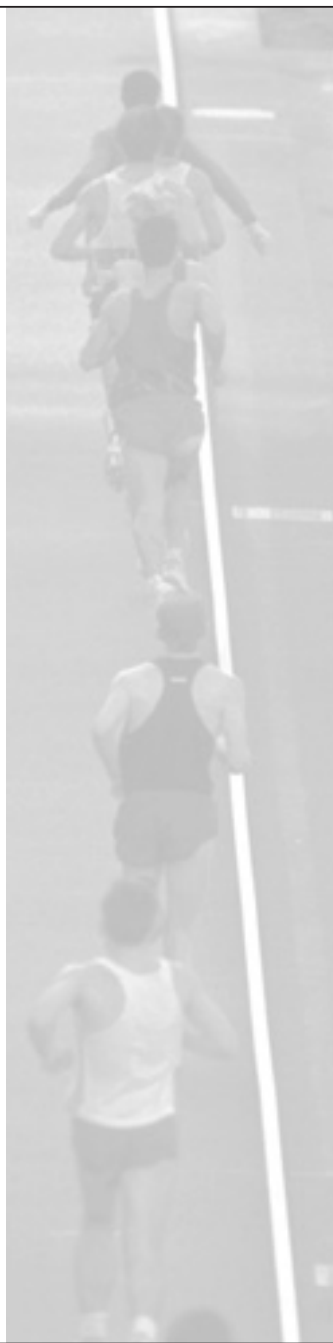
Hydration During Exercise

The importance of nutrition does not stop with the pre-exercise meal. During practice or competition, remind athletes to drink sports drinks to avoid dehydration and to provide energy for working muscles.

Recovery Nutrition

Eating for peak performance also includes making wise food choices post-exercise. Failing to eat or drink after a competition will have a negative effect on performance. This is especially true for sports that have repeated competition, such as tournament play found in sports like volleyball, basketball, soccer, swimming, and tennis. Athletes who fail to refuel or rehydrate after these activities will not have the optimal level of energy for the next day. A carbohydrate-rich snack consumed within the first 30 minutes after competition or practice will allow the body to recover faster than when eating past 30 minutes. Muscles are most receptive to recovery during the first 30 minutes after competition. Athletes should follow these tips:

- To completely restore muscle energy, eat within 30 minutes after exercise and then eat small meals at 2 hours and again at 4 hours.
- If you can't take solid foods 30 minutes after exercise or they are not available, try drinking a sports drink or eating an energy bar. Then eat more solid foods 2 and 4 hours later.
- Be sure to hydrate after a workout or game. Weigh yourself, and drink 20 to 24 ounces of fluid for each pound lost during the competition.
- Choose high-carbohydrate, moderate protein foods, like the examples shown.



GET IN THE HABIT: KNOW WHAT TO EAT AND WHEN TO EAT IT

Keep a snack supply in a backpack or locker to prevent exercising on empty. The same kind of high-carbohydrate, power-packed foods are recommended for BOTH before and after an event or competition:

4 or more hours before AND 4 hours after

- Grilled chicken/rice/fruit
- Turkey sandwich/raw carrots
- Spaghetti with meat sauce
- Trail mix with nuts/raisins
- Grilled chicken sandwich
- Energy bar/sports drinks
- String cheese/grapes/crackers

2 to 3 hours before AND 2 hours after

- Cereal/low-fat milk
- Fresh fruit
- Bagel with peanut butter
- Sports drink
- Baked potato
- Energy bar
- Fruit smoothie

1 hour or less before AND 30 minutes after

- 1/2 whole-grain bagel
- Yogurt
- Energy bar
- Graham crackers
- Sports drink
- Pretzels
- Raisins



VISIT MCDONALD'S AFTER THE GAME



Renew or join online!

Memberships run from August 1st – July 31st

In an attempt to become paperless, we are strongly advising coaches to use our online registration system. It gives you the option to pay by credit card, money order or check. You will get a printable receipt for taxes or reimbursement.

1. Begin at www.mshsca.org
2. Use the link for 2009-10 membership
3. New members use the right had side of the next screen, to join for the first time.
4. Coaches that are renewing their membership, use the left had side of the screen and the password zzz
5. Follow the steps to the last screen where you will have a chance to choose the method of payment.

Please note: if you choose to pay by check or money order, your card will be sent when payment is received. As in all online use of a credit card, there is a bank service charge for each transaction.

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

If you would like to use the Postal Service, the application is available on our web site and can be downloaded.

As of 8-26-09, Life members are still not able to use the online registration. It's a "bug" that hasn't been worked out yet! We are sorry for the inconvenience.

John & Mary



TROPHIES • PLAQUES
RIBBONS



DON SWANSON
AWARDS INC

RICK KNUTSON

Office: (763) 263-9012
Cell: (763) 360-8076
email: rckknuts@AOL.com

22361 165th Street • Elk River, MN 55330

WE OFFER TROPHIES, AWARDS, MEDALS, ETC.

We are ready to roll and
look forward to doing
business with you!

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.



VISIT MCDONALD'S AFTER THE GAME



MSHSCA
PO Box 519
Detroit Lakes, MN 56502

PRESORTED
STANDARD
U.S. POSTAGE PAID
Detroit Lakes, Minn.
56501
Permit No. 149



©2009 S-V, Inc. GATORADE, LIGHTNING BOLT DESIGN are registered trademarks of S-V, Inc.



GATORADE...Official Sport Drink of the MSHSCA