



# THE *Minnesota* PREP COACH

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## COACHING - BEYOND THE X'S AND O'S

State Champions have been named in all of the fall sports. While the schools who have reached their ultimate goal celebrate others look back and try to figure out what they could have improved on or done differently. Those who cheer for their towns teams will engage in their own evaluation of what each sports Coach did or did not do in this past season. Sadly there will be coaches who will be asked to step aside while at the same time others will be declared to be great at what they do. The evaluations that are used to determine the future of a coach is usually very short sighted and very incomplete. A coach is much more than the person in charge of the X's and O's. A coach is a very valuable asset to every school and community because of all they do that is beyond the X's and O's.

Coaches are expected to be leaders beyond the gyms and fields. Coaches almost always answer the call to lead. Make a list of all the coaches in your school and under each of their names list all of the other calls to leadership the coaches answer to. The roles of leadership filled by coaches most often include leadership positions on faculty committees, curriculum committees as well as leading student groups in various school non athletic activities.

The leadership talents of coaches go far beyond the boundaries of the schools they are employed in. Coaches can be observed in leadership roles in their communities and churches. Coaches give time to numerous volunteer projects that are often difficult to find volunteers for. There are coaches who serve on city councils, county commissions, volunteer fire fighters and various other city and county needs. The value of a coach's presence in a community should never be taken for granted and the leadership they bring to the positions they help fill should never be underestimated. After you have completed your list of all of the "other things" coaches do, cross out the coach's name over the top and ask who would do all these "other things" if the coach was not there. In most schools and communities

would experience a tremendous void if the coaches were not there doing all the other things beyond the X's and O's,

Coaches are all part of much bigger family by belonging to their state coaches association. Collectively these associations reach out to their peers and athletes in numerous ways. The many ways that sport associations reach out to others generally goes unpublicized. Coaches usually want it that way. The many ways that coaches reach out to others is just another example of what makes coaches more than just X and O people. The MSHSCA awards \$9,000 in scholarships annually. Many of the Sport Associations award additional scholarships bringing the total to nearly \$15,000 annually. The Boys and Girls Basketball Coaches Associations are involved in the Coaches against Cancer program and last year raised over \$80,000 to help fight cancer. Most of the Sport Associations have budgeted money to be able to help out when coaches or their families go through challenges that confront us all whether it be a natural disaster or a personal tragedy. Coaches show their concerns and compassion in many ways.

There is no doubt that coaches do live in glass houses. The  
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## The Minnesota PREP COACH

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## 2010-2011 Delegates and Sport Association Officers

SECTION	GIRLS SPORTS DELEGATE	BOYS SPORTS DELEGATE	AT LARGE DELEGATE	AT LARGE DELEGATE
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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)		
6A	Diane Pettis (Sebeka)	Ton Van Erp (Wadena)	Mike Peterson (Perham)	
7A	Dennis Holsman (Hill City)	Derek Parendo (Proctor)	Dan Stifter (Aitkin)	
8A	Janet Golden-Landquist (Nevis)	John Schumacher (Park Rpd.s.)		
1AA	Rod Schwartz (Winona)	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 Roesch -Spring (Sauk Rapids-Rice)
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G-Lacrosse	Rachel Aiken (Chaska/Chanhassen)			
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Nordic Skiing	Mike Hecker (Andover)			
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G-Swimming	Chris Aarseth (Mpls. Edison)			
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## Beyond the X's and O's . . . continued from page 1

sad truth, however, is that in the end coaches only seemed to be judged and evaluated on their wins and losses. Granted coaches are employed to coach and there are expectations placed on them to bring success to the schools they are employed by. It is important to remember that coaches provide so much more to their athletes, schools and

communities than just the X's and O's. Called to coach is indeed a special calling. It is not meant for the X and O only person. It is a call reserved for those who do really make a difference in the lives of their athletes, their schools and their communities. To all of our Minnesota Coaches: Thank you for all you do ñ thank your for truly making a difference!

# President's Message

By: Shelly Hotzler, Jackson County Central

Winter sports are off and running...gyms are full...rinks are hopping! Good luck to all the coaches on a successful winter season. Congratulations to our Fall coaches on a great season, and congratulations to all of our Fall sport champions!

As the Holidays roll in it is a good time of year for coaches to think about some community service with their teams. It is a good way to teach kids lessons of giving and sharing time. I know people appreciate

seeing the young athletes taking the time to give.

I would like to hear some stories about teams giving back; feel free to email them to me at [shelly\\_hotzler@jccschools.com](mailto:shelly_hotzler@jccschools.com).

Remember to get your memberships renewed; the benefits from the membership are great. Take the time to look over them in this issue.

As we get late into December, I just would like to wish all a Happy and Safe Holiday Season.

**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.**

**SYNCHRONIZED SWIMMING HAS  
OPTED NOT TO SUBMIT AN  
ARTICLE FOR THIS ISSUE.**

*The Officers,  
Chairpersons and the  
Editor of the Minnesota  
Prep Coach would like to  
wish the MSHSCA  
Membership the very best  
Holiday Season and Good  
Luck in 2011!*



VISIT MCDONALD'S AFTER THE GAME





## Ramblings from the Big Dog

By: John Erickson, MSHSCA EXECUTIVE DIRECTOR DETROIT LAKES

My wife Mary and I would like to wish each of you all the best as the holiday season draws near. It has been a very busy and eventful summer and fall as we enter into the 2010-11 year and the 75th anniversary of the MSHSCA. Each year the

MSHSCA begins with a summer meeting of the Executive Board of the MSHSCA along with those who serve in the various leadership capacities of the MSHSCA. The summer meeting is a time when we reflect on the past year and prepare for the New Year ahead. This year's meeting was especially significant in bringing forward new programs and ideas that were described in the September Prep Coach and have not been approved by the MSHSCA Delegates at the Fall Delegate Assembly. The first proposal was to create and fund the iCoaches caring about Coaches program in response to the natural disasters that have hit Minnesota in the past few years such as the Rushford-Peterson flood, the Wadena tornado and then the fall flooding that took place in southern Minnesota this fall. The Delegates voted to transfer \$1,000 to a separate escrow account to start the coaches fund. The delegates also approved adding a voluntary \$5 dues check off to the membership application to be placed in the escrow for future natural disasters.

A second proposal developed at the summer meeting was to name a number of the MSHSCA annual scholarships in the name of those men and women who have been responsible for the development and growth of the MSHSCA and the MSHSCAGS. The delegates approved naming three scholarships for each male and female selections after association leaders. The male scholarships will be named after Darien DeRocher, long time Executive Director of the MSHSCA, Steve Kerzie, long time dedicated and committed delegate and Howard Emerson who was the clinic director for the MSHSCA during the entire time the MSHSCA provided clinics. The female scholarships will be named after Betsy Farness, long time Executive Director of the MSHCAGS, Kathy Fredrickson long time officer and leader in the MSHSCAGS and Vel Teichrow, the first director of the MSHSCAGS. It is hoped that the scholarships will be presented by either the men or

women the scholarships are named after or members of their family. There will be two scholarships for male and females that can be named at a latter date.

Jim Baker, Hall of Fame Chairman, reported on the Hall of Fame and Awards banquet. There were a total of 41 award winners that never responded to the two mailings requesting plaque information and RSVP request regarding banquet attendance. The Hall of Fame and Awards Banquet was a huge success this year but the failure of award winners to respond to the requests made of them is not acceptable. The Delegates provided input on how to handle this in the future. Starting next year any award winner who does not respond to the letters will not be awarded a plaque or have their name placed in the banquet program. The MSHSCA understands that there will always be some who have conflicts with the date selected for the banquet but we need to have that information so that we can get the plaque orders correct and arrange for the award to be picked up by a either a delegate or another award winner.

The planning is well under way for upcoming clinics. Track and Field will be held at the end of January and coaches may sign up for the clinic either on line or by sending in the registration in this Prep Coach. The Softball Clinic will be held the first Saturday in February. You may also register for this clinic on line as well as return the registration from the Prep coach. Each on line registrant will receive a specially designed T-Shirt from our new corporate sponsor Blue 84. Coaches your participation and attendance at your sport association clinic has never been more important. Your attendance helps your Sport Association in carrying out many of their programs such as the all star games and true team meets etc. Please make every effort to be at your clinic.

In the September Prep Coach I introduced our new Corporate Partner, Blue 84. This new partnership will provide many wonderful opportunities for our membership. In addition to the T-shirts Blue 84 is providing for clinics they are also providing four scholarships that will be awarded next spring. Details of this will be in the March Prep Coach.

The MSHSCA has also renewed our partnership with Liberty Mutual Insurance. The revenue produced from this partnership will be funneled directly into the Coaches Caring About Coaches program. The MSHSCA is very excited about the opportunities that these corporate partnerships will provide for our all of our membership.



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*“They say I’m the only  
catcher they have ever seen  
whose looks improved when  
he put on a mask.”*

- Yogi Berra

**Minnesota State High School  
Coaches Association, Inc.  
Executive  
Committee Liaison  
Assignments  
2010-2011**

<b>Don Tangen</b> Past President Glencoe-Silver Lake	B/G Soccer Baseball Wrestling	B Swimming G Swimming B Hockey
<b>Shelly Hotzler</b> President Jackson Co. Central	Football G/B Golf Gymnastics	G Basketball Adapted Athletics
<b>Becky Leuer</b> President Elect. North Branch	B/G Cross Country B Tennis Alpine Skiing	Nordic Skiing G Tennis B/G Track
<b>Jon Wagner</b> Vice President Eveleth-Gilbert	Volleyball Softball B/G Lacrosse	Synch. Swimming B Basketball

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

## YOUR MSHSCA MEMBERSHIP

The 2010-2011 membership year is quickly coming to an end. It is important to understand the policies that govern membership in the MSHSCA. Every year we hear from coaches who have questions about their memberships and the privileges that come with membership.

1. The membership year runs from August 1st each year to July 31st of the following year. The insurance coverage that is such an important part of your membership is in effect from August 1st to July 31st each year. If you do not renew your membership by August 1st your will not be insured until you do renew your membership. For life members you must resister for the new year and pay \$10 to renew you insurance.
2. **YOU MUST BE COACHING IN ORDER TO QUALIFY FOR MEMBERSHIP.** If you used to coach but no longer coach you are not entitled to a membership card and all such applications will be verified thought the Athletic Directors from you school. Coaches who hold life membership cards will always be members based on their years of service and application for life membership completed while they were still coaching. Membership cards were never intended to be placed in the hands of non coaches and as per the requests of the AD’s we will work hard at identifying applicants who are not coaching and deny their membership request.
3. Admission to games by using your membership card is a privilege granted to card holders by the individual school districts policy. There are schools who limit admission to the card holder only and other schools who admit the card holder and one guest. Please respect the policy of the schools as you attend the games in their schools. Occasionally there are non-school venues who do not honor the card. Please contact the home school AD if you encounter this problem and ask how you can gain admission with your membership card.
4. One new addition to your membership this year is the classroom coverage under your liability policy. Your liability insurance will follow you into the classroom if no other insurance is provided. The MSHSCA will work closely with the MnIAAA in reviewing and granting privileges with your membership card.



**VISIT MCDONALD’S  
AFTER THE GAME**



# CLEARING THE HURDLES



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

Hello everyone. As I look out my window at a beautiful snow covered landscape, track and field season seems a long ways off and yet I think we all realize that it is right around the corner. The event that always seems to get me back in my “track” frame of mind is the track coaches clinic in January (Jan 28<sup>th</sup> and 29<sup>th</sup> this year), which is now less that two months away. I also think that it is important to remember and thank Del Mottaz for all of his hard work with past clinics. Much of what has helped mold and shape me as a track and field coach I learned at the clinics Del directed. By this time, you all should have received information about the new format of this year’s clinic. If you have not, please contact me at [kviesselman@cambridge.k12.mn.us](mailto:kviesselman@cambridge.k12.mn.us) or Craig Nelson at [c.nelson@isd2184.net](mailto:c.nelson@isd2184.net) and we will do our best to get you the information you need. To say we are excited about this new challenge would be a massive understatement. We believe it is something that will meet the needs of our coaches and while there will invariably be some “bumps” along the way we are excited about this amazing opportunity for all of you. We do ask that you be as patient as possible with this new process. As with most new things, it will be a little organic in the initial stages but we will do our very best to keep you informed of anything new that arises in the process. I do want to mention that you can access clinic information online at <http://mshsca.org/track/index.htm>. We would ask that you consider a stay at the hotel in which the clinic is being held. You can also access hotel reservations at the above link as well. One of our primary objectives with the format of this clinic was to provide better networking opportunities between coaches. As many of you have coached for a number of years will attest, some of the greatest conversations and ideas often come from informal discussions from your peers. Thanks for considering this.

One of the most interesting developments during this time of year is how much I learn about the athletes on my team. Specifically the ones that are not out for a winter sport. I have many students that will come and talk to me about how they will train and how important being in shape is for the upcoming season but I don’t see some of these athletes preparing for the season. Then I have others who rarely talk about what they will or won’t do but I see them in the morning running on the road on my way to work or working out on their own in the weight room after school. It reminds me of a comment my college basketball coach used to say all

the time to our team. “Don’t tell me, show me”. I think that is an incredibly underrated statement in all aspects of our life. I happen to be a dad as well as a track coach and it never ceases to amaze me how much my kids pick up by my actions...much more than my words. It is a powerful reminder to me on a daily basis of how I should try to live and it brings to mind something I believe needs to be addressed. I have been so blessed by track and field and the number of people that have said thanks to me for helping out with track “stuff”. They have often stated how important they believe the true team concept is and what it has done for them, their program and their kids. Please understand that I am not trying to be critical or ungrateful for your thoughtful words. I honestly appreciate these kind words but I want to revisit what I previously stated. If you claim that the sport of track and true team specifically is important to you, please get involved. I know that we are all busy but if the true team series is important to you, I mean really important, then “don’t tell me, show me”. The commitment is not as large as one would think - maybe two or three meetings a year and lunch is usually provided. You will learn a ton about track and field and it is a great chance to “give back” in a small way.

In closing, I just want to remind all of you that we coach the most popular sport in our state if you look at participation numbers in the most recent MSHSL Bulletin. It is also the most popular sport in the nation by participation numbers as well. There is good reason for that. There is no bench. Everyone can find success and find it in a lot of ways. We are unbelievably fortunate to be coaching the sport we are coaching and the people in your community are incredibly fortunate to have you coaching their son or daughter. Please keep this in mind as you prepare for your season. Start getting fired up for an incredible clinic and an exciting season. They are both right around the corner.

I hope you all have a great Christmas and Happy New Year!

- **Track Clinic Registration on page 7**
- **Track Clinic Schedule on page 8.**



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# Track & Field Coaches save time and \$\$\$ Register before the Clinic!

All Coaches are encouraged to register for membership and the clinic online at  
[www.mshsca.org](http://www.mshsca.org)

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

**\*\*Life members will be counted as we receive their mail-in registration.**

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

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

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

### ALREADY A MEMBER?

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

### ATTENDING THE CLINIC ONLY?

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

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

\*\*\*\*\*

### 2011 Track & Field Clinic Mail In Registration

January 28<sup>th</sup> & 29<sup>th</sup>, 2011

Bloomington Sheraton Hotel (former Radisson South)

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

Name \_\_\_\_\_  
 Mailing Address \_\_\_\_\_ City \_\_\_\_\_  
 State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_ # of Years you have coached \_\_\_\_\_  
 Preferred E-Mail \_\_\_\_\_  
 High School Where you Coach \_\_\_\_\_ Competitive Section # \_\_\_\_\_ A AA

**HEAD COACH**

Clinic Fee	\$ 90.00	\$110.00 at the door
MSHSCA Membership Fee*	\$ 30.00	
Sport Association Fee	<u>\$20.00</u>	
TOTAL	\$ 140.00	Checks payable to MSHSCA

**Assistant Coach**

Clinic Fee	\$ 90.00	\$110.00 at the door
MSHSCA Membership Fee*	\$ 30.00	
Sport Association Fee	<u>\$10.00</u>	
TOTAL	\$ 130.00	Checks payable to MSHSCA

**\*\*\*\*\*Life Member Coach must mail in their registration** ..... **Size of T-shirt** \_\_\_\_\_

Clinic Fee	\$90.00	\$110.00 at the door
MSHSCA Insurance Fee	\$10.00	
Sport Association Fee Head \$20. Assistant \$10	\$ _____	
TOTAL	\$ _____	Checks payable to MSHSCA

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

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

Hotel Reservations can be made at: [www.starwoodmeeting.com/Book/trackfield](http://www.starwoodmeeting.com/Book/trackfield)



**VISIT MCDONALD'S AFTER THE GAME**



# TRACK AND FIELD CLINIC SCHEDULE

Thursday	Topic - speaker	Room
7:30 PM	<b>Pre - social for all registered coaches and True Team Meet Manager's meeting</b>	
Friday		
8:00- 9:00 AM	Motivation - Suzy Favor Hamilton Putting together a plan for success for hurdles - Gary Winckler Training 400 runners for the 800 - Mark Alcorn (Holdingford) High jump - Bill Martell(Elk River) Teaching the triple jump in reverse - Jason Karn(Buffalo) Throws specific training - Lynden Reder(U of M)	
9: 30-10: 30	Advice for young coaches - Kent R. Viesselman ( USC) Speed training - Bruce Whiting(BW T & F) VO2 max & lactate tolerance codes - S.Christensen(Sullwater) Training polevaulters to vault higher - Lucky Huber ( USD) The Long jump from start to finish - Tom Paulsen ( WBL) Rotational shot put - Lynden Reder ( U of M)	
11:00 - 12: 00	Rationale for 4 Class True Team - Jim Beccroft Hurdling 101 for Middle & High School - Al Stoakes ( Luverne) Year-round distance training - Troy Engle (US Military Acad) Biomotor development - Torriorn Arnie ( UWRFP) Developing strength & speed for sprint/jumps - Huber(USD) Throws panel discussion	
1: 00 - 2: 00	Building a successful program Part I - Craig Nelson(Luverne) Sprint relays: A philosophy - Bruce Melin (Sartell) Why the mile is such problem child - Scott Christensen Training theory for the horizontals - Rob Graham ( Eagan) High jump - Larry Jacobson (Wascata) Discuss - Jerry Eggermont	
2: 30 - 3: 30	Setting a True Team lineup - Bob Bonk (Fairmont) Program considerations for the long hurdles - Gary Winckler Transitioning from CC to Track - Troy Engle ( US Military Acad) How to ID athletes for the horizontals - Torriorn Arnie (UWRFP) Pole vault: What we do - Stacy Nelson (St. Francis) Dev. the H. S. Discus thrower - Rick Ringheisen ( Lakeville South)	
4:30	Minnesota State Track and Field Coaches Association Meeting with Banquet immediately following <b>Keynote speaker: Suzy Favor</b>	
TBD	Clinic Social following Banquet	

Saturday	Topic - speaker	Room
7:30	<b>"Fun Run" with Suzy Favor Hamilton</b>	
9: 00 - 10: 00	Building a successful program Part II - Craig Nelson(Luverne) Coaching the 300 hurdles - Graham(Eagan) & Jacobs (Brainerd) Coaching the Middle distance athlete - Engle ( US Military Acad) Natural Learning in long jump - Instruct. by feel - Karn(Buffalo) Developing the High jump approach - Bruce Whiting The Glide - sequence, skills and drills - Ty Kytra(Blaine)	
10:30 - 11: 30	A Unique Approach to Captaiincy/Leadership - Viesselman(USC) Sprint hurdles - Gary Winckler The Mystery of "Ferritin" - Jeff Kellerman(Sartell) Basic Biomechanics of the horizontals - Torriorn Arnie(UWRFP) PV: Progression, Drills and Troubleshoooting - M. Johnson(Foley) Strength and Conditioning for track athletes - Peter Miller(UWRFP)	
11: 30 - 12: 30	<b>FCA Coaches Lunch</b>	
12: 30 - 1: 30	92 "nuggers" - Bob Bonk(Fairmont) Sprint Mechanics - Rob Nick(Blaine) Our curiosity with Speed - Scott Christensen Triple jump - Bill Martell (Elk River) Pole vault - Rod Fuchs (Sauk Rapids) Throws for Beginning coaches - Ty Kytra ( Blaine)	
2: 00 - 3: 00	Veteran coaches panel/advice for young coaches Fundamentals of sprinting - Gary Winckler Training the complete distance runner - Engle (US Military Acad) Making an annual plan - Torriorn Arnie (UWRFP) High jump - Ross Anderson (Sartell) Mastering the Rotational shot put technique - Ron Backes ( U of M)	
3: 30 - 4: 30	Building a Track program - Tony Einertsen(Austin) Developing the high school hurdler - Pete Robinet(Sauk Rapids) What is really inside their head? - Scott Christensen Recruiting the High school triple jumper - Tom Paulsen (WBL) Pole vault panel discussion Keys to Throwing Discus - Ron Backes ( U of M) CC Rap Session - Chris Frye ( Chatfield)	



# BANK SHOTS



By: Steve Grove,  
MBCA President  
Willmar HS

Hopefully all of your practices to this point have been going smoothly as you are preparing for the upcoming season.

Once again Ron Larson put together another spectacular Fall Clinic. The wide variety of clinicians offered a lot of valuable information. Hopefully you were able to find a drill that will enhance what you are already using or heard something that reaffirms your own philosophy. A special thank you to our new host, the Hyatt Regency. The

staff was very accommodating and helpful.

Congratulations again to all of the new members of the Hall of Fame and our inaugural members of the Hall of Honor. Coaches are faced with many types of situations during the season. Hearing Don Shelby's message on how important basketball has been to his life was very inspiring and reminds us on why we have become involved in this great game. Congratulations to Coach Bob Brink on all of his accomplishment and contributions to the coaching profession in his storied career.

65 people a day are diagnosed with cancer and 9,000 people are expected to die from cancer this year. With these somber numbers it is imperative that we do what we can in the fight against cancer. Coaches and Athletes v Cancer Weeks are Jan.25-30 and Feb 1-5.

Some fundraising ideas could be add a \$1 to your ticket price, paper airplane toss, chili feed. Through the efforts of

Minnesota Basketball Coaches and teams, over a \$100,000 was raised for the fight against cancer. More ideas can be found on the MBCA homepage.

The Minnesota Basketball Hub is now up and running. The MBCA has endorsed this site as "one-stop reporting" which has been a concern for many coaches across the state. Please take advantage of this site and send rosters, schedules, stats, scores to [preps@startribune.com](mailto:preps@startribune.com) which will then be sent to the Hub. Please check out the "Hub" [www.mnbasketballhub.com](http://www.mnbasketballhub.com).

There are a variety of awards for players, teams and coaches that are sponsored by the MBCA. Please remember to visit our website through out the season and adhere to the dates listed in the timeline for all of the individual and team recognition awards.

Your membership in the MBCA is required for consideration for nominated athletes and coaches.

It is always an exciting time of the year when you are trying to put your team together, and with this endeavor I wish you all the best during the upcoming season. Also I would like to wish you all Happy Holidays.

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](http://www.gssiweb.com)

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

## 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



# HOOP SCOOP



By: Patty Sorensen  
Park Center IB World School  
2010-2011 MGBCA President

By the time you read this your 2010-2011 season is underway. I hope that all of you have a season filled with many good experiences that will build lasting memories for you and your athletes. Thank you for your dedication and the endless hours you put in for the young women of Minnesota!

The Fall Clinic was held at the University of Minnesota and Park Center Senior High School at the end of October. Jen Rademacher and Erin Herman served as our Clinic Co-Chairs and organized another outstanding clinic. Thank you to Jen and Erin for all the time and effort they put in to planning the clinic. The feedback has been very positive. We partnered again this year with Pam Borton and the Gopher Staff on Friday and followed up with Ruth Sinn, St. Thomas University, Lisa Stone, University of Wisconsin and Terri Mitchell, Marquette University at Park Center High School on Saturday.

There are a few MSHSL updates:

- Travel policies have been lifted and the decisions have been left to the school districts.
- The summer coaching waver period is July 3-9, 2011.
- The State Tournament will be held at the Target Center and Williams Arena, March 16-19, 2011.
- The Class 3A and 4A Tournaments will be seeded using the same process as last year.
- We will again seed 4 teams and blind draw for the remaining spots via a telephone conference call from the MSHSL Office prior to the tournament.

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

Remember to check our website, [www.mshsca.org/girlsbasketball](http://www.mshsca.org/girlsbasketball) periodically. All nomination forms for all the Association awards are found there and must be submitted electronically.

- Miss Basketball nominations are due December 10, 2010; forms will be available on line from 11/29-12/10/2010;
- All-Star/All-State are due January 14, 2011, forms will be available on line from 1/1-1/14/2011
- Team and Individual Academic are due February 11, 2011, forms will be available on line from 1/28-2/11/2011.
- Section Coach of the Year voting is due February 18, 2011
- Hall of Fame Nominations forms are due March 11, 2011
- The All-Star Series will be played on Saturday and Sunday, April 15-16, 2011.

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



## Ice Chips

By: Chris Lonke  
MHCA Communications  
New Prague High School

The 2010-2011 season is in full motion and MHCA wishes all teams well in their journey the next few months. The hockey hub is the place to follow all of the action this winter.

Our fall clinic traveled to Bemidji this October. We had great presentations from the Bemidji and UMD staffs. The game between the two teams was excellent Friday night with UMD winning in OT. The highlight though was seeing the new rink and entire event center in Bemidji. It is first class and definitely check it out if you haven't already.

During the fall membership meeting the 2011 Hall of Fame class was presented and approved along with the other MHCA awards. We have another great class and award winners to be honored this March at the State Tournament.

### Hall of Fame

Bob Frerker  
George Karn  
Cliff Kauppi  
Ron Sellnow  
Lou Nanne

### Cliff Thompson Award

Jeff Whisler

### Oscar Almquist Award

Wally O'Dell

### Dave Peterson Award

Steve "Moose" Younghans

### Bruce Johnson Award

Sheldon Weston

Everyone a wonderful, safe winter and hockey season!



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# FAST TRACKS

By: Pete Tremaine, MNSCA  
Anoka High School

It's been a long time since we started the Nordic ski season with snow on the ground. The athletes are excited (little or no dry land), the ski shops are excited and the coaches are scrambling to get kids fitted with equipment so they can get them on snow. As I am writing this on Thanksgiving morning, it is six degrees Fahrenheit with a fresh blanket of snow. The northern portion of the State has an outstanding snow base for the last week of November. Now the fun begins!

The challenge we face as coaches each year is learning how to juggle. Should we train/teach skate or classic, training our experienced skiers vs. teaching all the newbie's, finding time to wax skis, adjusting weekly plans based on the snow conditions and site availability. It's always a challenge, but that's why we enjoy Nordic skiing. I had a three-sport athlete tell me the other day that Nordic skiing is the hardest thing they had ever done. Being a skier and multisport athlete myself, I believe they are right. You have to be athletically fit, have good technique and then hit your wax just right. This is a sport that really requires the 4 D's; desire, drive, discipline and determination in order to be successful. You also need to be able to adjust to a multitude of weather conditions.

Many of our coaches are indicating a spike in Nordic ski involvement this year. This can be overwhelming at times and difficult to manage, but it is truly a compliment to you and your staff. With all the negatives in the news every day, it's nice to see kids getting excited about something positive. Don't be afraid to ask for help (former skiers, parents and community members are often willing to help if asked).

One bit of Association news; the hybrid scoring proposal that selected and approved at our fall meeting in 2009 is currently tabled. The MSHSL Executive Committee has indicated that they will act on the proposal in the next few weeks.

Lastly, I would like to thank Dave Johnson (Duluth Marshall) and all of the Mora-Vasa folks for an outstanding vendor show at our annual fall meeting. The event was a tremendous success. Enjoy the early snow and have a terrific season!

# FLIP NOTES



By: Nicole Green  
President MGGCA  
Annandale High School

Greetings coaches! The start of the season is well underway. Most of you will have a meet soon, if you have not already. I wish you all the best of luck on a healthy, successful season. At our November section rep meeting, the first snowstorm of the season slowed down our travel but we still went forth with the meeting. Key highlights from the meeting are as follows:

- \* All State/All State Honorable mention awards were discussed and the vote was to remain the same this season because of all the new rules changes and will be revisited this spring upon review of the season. We will be looking into a survey to hear from all coaches regarding the issue pending name and score changes.
- \* All State Elite Award: We discussed and voted to revise the verbiage for athlete violations to be stated as follows: Nominated athletes must be in good standings with the rules set by the MSHSL and have no violations from the Sunday following the State Meet through the conclusion of the following State meet.

I would like to congratulate Debbie Driscoll on being inducted into the MSHSCA Hall of Fame. Class A True Team will be held this year in Fairmont hosted by Martin County Area. The season timeline has been updated. Please check out our website at [www.mggca.org](http://www.mggca.org) for important season deadlines.

Please be supportive of all judges/officials. With new rules changes we want to make sure we educate parents and gymnasts. Please respect the final decisions and show good sportsmanship with all results.

Once again, I wish you all the best of luck for a fun, exciting, and healthy season!



VISIT MCDONALD'S AFTER THE GAME



# MEMBERSHIP PERKS

MINNESOTA  
PREP  
COACHES  
ASSOCIATION

- **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
- **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](http://www.minneapolisbrooklyncenter.embassysuites.com)
- **RAMADA PLAZA - Minneapolis** - \$75.00 - (612) 331-1900
- **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](http://www.visitroseville.com)
- **SHERATON MINNEAPOLIS WEST HOTEL** - 12201 Ridgedale Dr 952-960-3538 \$82.00 (Weekends) Rest of week is limited availability 12/31/2010

••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

- |  |  |
|--|--|
| 1. Executive Director available to work for you on a daily basis.  | 9. Up to date clinic schedules and educational opportunities on our website.       |
| 2. Dues include a \$1,000,000 Liability Insurance while coaching.  | 10. Opportunity to be recognized as a Minnesota Coach of the Year.                 |
| 3. Membership card is for admission at many high schools and colleges in Minnesota.  | 11. Opportunity to be recognized as a Minnesota Assistant Coach of the Year.       |
| 4. Teams are eligible to earn Academic Team and Individual honors.   | 12. Delegate representation that allows coaches to remain fully updated on issues. |
| 5. Provide scholarships for Minnesota High School students.  | 13. Close working relationship with all affiliated sport associations.             |
| 6. NOCAD membership creates revenue marketing that is helpful for the promotion of programs that benefit coaches and their athletes.                           | 14. Provides active representation and support on the MSHSL Board of Directors.    |
| 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. | 15. Recognition for state team championships.                                      |
| 8. Provides potential for clinics for any sport association that wishes assistance.  | 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.  |



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# Smooth • Fast • Natural

By, Derek Nash  
Burnsville Alpine  
MSHSCA Alpine President

The cool weather has brought a great start to the ski season! Dry-land practices are done, and most teams are at the hills with great snow conditions. This has become a rarity for ski racing which has kids and coaches in a great mood everywhere. I wish the best of luck to all for the season. There are a few things to be aware of for the upcoming season.

The MSHSL and the Alpine Advisory council have made a recommendation for how Slalom courses are to be set for the season. The debate has been whether or not to set courses using single pole slalom, as per the USSA recommendation, and updated rule, OR to remain in the traditional, two poles, break the plane course set.

As of the time of this publishing, the MSHSL has not made a change as to how the sections or State Meet will be set. I know that several conferences will be setting single pole slalom for Varsity races this year and that is just fine, but as a Coach, you must know what will be happening at Sections and State, which will be consistent through the state. More details will follow.

Other events include all of the local Ski Area Invitational events. Hopefully your team has been entered into one or more of the additional events. I do know that there has been some difficulty for some teams to enter a couple of events, but luckily there are more than one to chose from. Here is a list of the Invitational

events that are happening this year, in chronological order: Wild Mountain Invitational, December 17, Buck Hill Invitational, January 7, Giants Ridge Invitational, January 15, and Welch Village Invitational, January 21. Have fun at these events.

The USSA coaches' education clinics continue to be available to High School Coaches. Please feel welcomed to attend these clinics. Check on their website to confirm clinic dates and locations. The clinics are a great way to get educated on current ski teaching practices and also set up the possibility to attend higher level clinics at a later date. The Coaches Association will support your attendance at the USSA clinics and is also working on setting up a higher level clinic later in the season.

Finally, as I mentioned at the Metro area rules interpretation meeting, I will be stepping down as the Alpine Coaches' Association President and we will need new candidates to volunteer and then hold an election after our State Tournament. The Alpine Advisory Council is also looking for two new members. Jon McAlpin, Orono High School, is not renewing his services and will need a replacement at the end of the season. Jon has been on the Advisory Council for years and his services and talents will be missed. Steve Lindemer, Minnetonka High School, also needs a replacement as he is no longer coaching at the High School Level. Steve will also be missed. These positions are voluntary and help shape the present and future of High School Ski Racing.

See you on the hills!

## MSHSCA 2010-2011 MEETING DATES

- January 15, 16, 17** NOCAD Meetings; Wilmington, NC  
**March 24** Finance Committe Meeting (Site to be determined)  
**March 25** Spring Delegate Assembly, Mancini's Char House; St. Paul; 9:00 am  
**May 5** Spring Executive meeting if needed (site to be determined)  
**June 21, 22, 23, 2011** Summer Executive Meeting; Detroit Lakes

## PREP COACH DEADLINES TO SUBMIT ARTICLES

September 1

December 1

March 1

May 1



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# MSHSCA's

# CORPORATE SPONSORS

# 2010-2011



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  
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- Airware America - Elbow Lake
- Liberty Mutual
- Wells Fargo Bank - Detroit Lakes
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- Don Swanson Awards Inc. - Elk River
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- 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 2010-2011

Thanks for your support



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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!!**



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# Bounce Shots



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

## “Bounce Shots”

The start of the New Year brings much anticipation for the new lacrosse season. Players and coaches alike are certain to be counting down the days until the start of our 5th season as a sanctioned varsity sport. We continue to see steady growth of our sport in the State and look forward to welcoming at least two new teams into the League.

The winter lacrosse season is in full swing and we'd like to remind everyone of the MSHSL off-season contact rules. All coaches associated with a varsity high school program (head, assistant, volunteer, 9/10 or B-squad) are prohibited from coaching or organizing lacrosse activities for current 9th-12th grade student-athletes from their high school. It is extremely important that we uphold the MSHSL rules for the sake of our players, the Team we coach, and the schools we represent. If you are uncertain about the scope or spirit of the MSHSL coaching rules, please contact your Athletic Director for clarification. Visit the MSHSL website to download a copy of the “Official Handbook.”

There are several dates you should be aware of as you begin to plan and schedule your season:

- March 28, 2011: Official start of the season
- April 7, 2011: 1st available competition date
- May 23, 2011: Sections begin
- June 7-10, 2011: State Tournament

As coaches, player safety should always be your primary focus when taking the field in practice or competition. The MSHSL has implemented an initiative to generate greater awareness with regard to preventing and identifying concussion in sports. Research conducted by the CDC (Centers for Disease Control) indicates\*:

- Athletes who have ever had a concussion are at increased risk for another concussion.
- Children and teens are more likely to get a concussion and take longer to recover than adults.
- Most concussions occur without loss of consciousness.
- TBI (traumatic brain injury) can cause a wide range of functional short- or long-term changes affecting thinking, sensation, language, or emotions.
- TBI can also cause epilepsy and increase the risk for conditions such as Alzheimer's disease, Parkinson's

disease, and other brain disorders that become more prevalent with age.

In preparation for the upcoming season, coaches, parents, players and officials are encouraged to complete the on-line course “Concussion in Sports – What You Need to Know.” This online course is offered free of charge by the National Federation of State High School Associations (NFHS). NFHS Coach Education courses are available at [www.nfhslearn.com](http://www.nfhslearn.com). Coaches are also reminded to review 2011 NFHS Boy Lacrosse rules changes.

The Coaches Association will be holding a preseason meeting in March 2011. We will notify all head coaches in February of the date and location. This meeting will be a great opportunity to meet and greet new coaches as they join the league. Please be sure to join the Boys Lacrosse Coaches Association by visiting [www.mshsca.org](http://www.mshsca.org).

The MSHSBLCA Board of Directors wishes you all a very happy and healthy 2011.

## Delegates Corner

By: Becky Leuer, President Elec.  
North Branch

The fall seasons are wrapped up and winter is underway. Congratulations to those school districts who passed or renewed levies during the November elections. For many, the winter will be spent making decisions on what to keep and what to cut as budgets are prepared for the 2011-2012 school year. As delegates, do what you can to get the word out about the value of activities in the educational process. Community members need to know there is nothing “extra” about extra-curricular activities. Take some time to write a letter to the editor, send messages to school board members, and to your fellow coaches in the schools you represent. “Same message, many messengers” is a phrase that has been repeated often in some communities. There is no better time than now to get the word out about the benefits of athletics and fine arts activities in our schools. If each of you wrote one letter to the editor, our message would be heard throughout the state. It is important to support our colleagues who work in school districts facing uncertain times. “A candle loses nothing by lighting another candle,” Fr James Keller. Thanks to each of you for representing the members of our coaches association. If you would like to get more involved or know someone who would, let us know. See you in March!



**VISIT MCDONALD'S AFTER THE GAME**



# MnIAAA CORNER

By: Larry Traetow  
President MnIAAA  
Jackson County Central Schools

For years I have been reading books and articles about leaders who have changed or made their marks in sports history. In reading these books and articles I wanted to figure out what made their lives great and what I might be able to do to make mine a little better.

Just recently I finished a book entitled "The Richest Man in Town". It is not about a person involved in sports but about a simple man who ran a cash register at Wal-mart. This is a story about a man who went to work everyday with a smile, worked hard, and was good to people. In this book which is a true story the person shows us how to be a better person. At the end of the book the author shares with us the things he personally learned from this store clerk. The three things that he learned from his friend were (1) Relationships matter most in life. (2) Try to do a little more. (3) Only you can make you happy. I believe that these are also three very important qualities that we as athletic administrators and coaches carry with us on a daily basis. It is my hope that each and every one of us will help bring out the best in athletics and in one another.

This has been a busy fall for the MnIAAA. We completed our new AD workshop, had our region rep meeting, and are

making plans for the annual spring conference.

Our new AD workshop was a huge success with 20 new administrators coming on board. The crew spent a Sunday taking leadership training classes along with meeting to give them ideas on what to expect taking on their new positions. The next day we all went to the MSHSL offices so they could have a better understanding of the MSHSL role within their jobs.

In mid October we held our semi-annual region representative meeting at the MSHSL offices. We had many reports and significant discussion items. Of course one of the major discussion topics was that of football scheduling and its impact on conferences throughout the state. Everyone agreed that finding football games to fill schedules has become a major obstacle.

Our spring conference will be held at the Kelly Inn Convention Center in St. Cloud on March 30, 31 and April 1. Tom Graupmann of Northfield has set up a great program for this year's conference. This will be a great learning opportunity for all of those in attendance.

Best wishes to all for a safe and joyous Holiday Season!!!!

## MEMBERSHIP REPORT DECEMBER 2010

<u>Types of Membership</u>	<u>2009-10</u>	<u>2010-11</u>
Active Class A & AA	6131	5003
Associates	1096	1144
Active Life	591	548
Retired Life	976	984
Honorary	<u>3</u>	<u>3</u>
	8,797	7,682

### Breakdown of membership by sport association (2009-10 totals in parenthesis)

Adapted Athletics (23) 16	Boys Lacrosse (25) 13
Alpine Skiing (66) 57	Girls Lacrosse (49) 14
Athletic Directors (258) 224	Football (1023) 1082
Baseball (411) 351	Boys Hockey (265) 187
Boys Basketball (842) 660	Golf (boys & girls) (375) 229
Girls Basketball (658) 634	Soccer (boys & girls) (347) 379
Cross Country (297) 316	Softball (443) 283
Gymnastics (201) 177	Synchronized Swimming (11) 4
Nordic Skiing (122) 86	Girls Tennis (181) 177
Volleyball (631) 740	Boys Tennis (136) 111
Boys Swimming (169) 134	Track & Field (681) 473
Girls Swimming (210) 215	Wrestling (67) 73

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

We have 34 coaches that have joined the MSHSCA and coach a sport that collects their own dues.  
3-Badminton, 5-Cheerleading, 10-Dance and 16-Girls Hockey.



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2010-2011 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 2010-11 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).....\$20(H); \$10(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 ..... \$ \_\_\_\_\_**  
 Head or Ass't

**SPORT ASS'N DUES ..... \$ \_\_\_\_\_**  
 Head, Ass't or Ret'd

**TOTAL ..... \$ \_\_\_\_\_**

**TOTAL ..... \$ \_\_\_\_\_**



VISIT MCDONALD'S AFTER THE GAME



# Get Rewarded for Your Feedback

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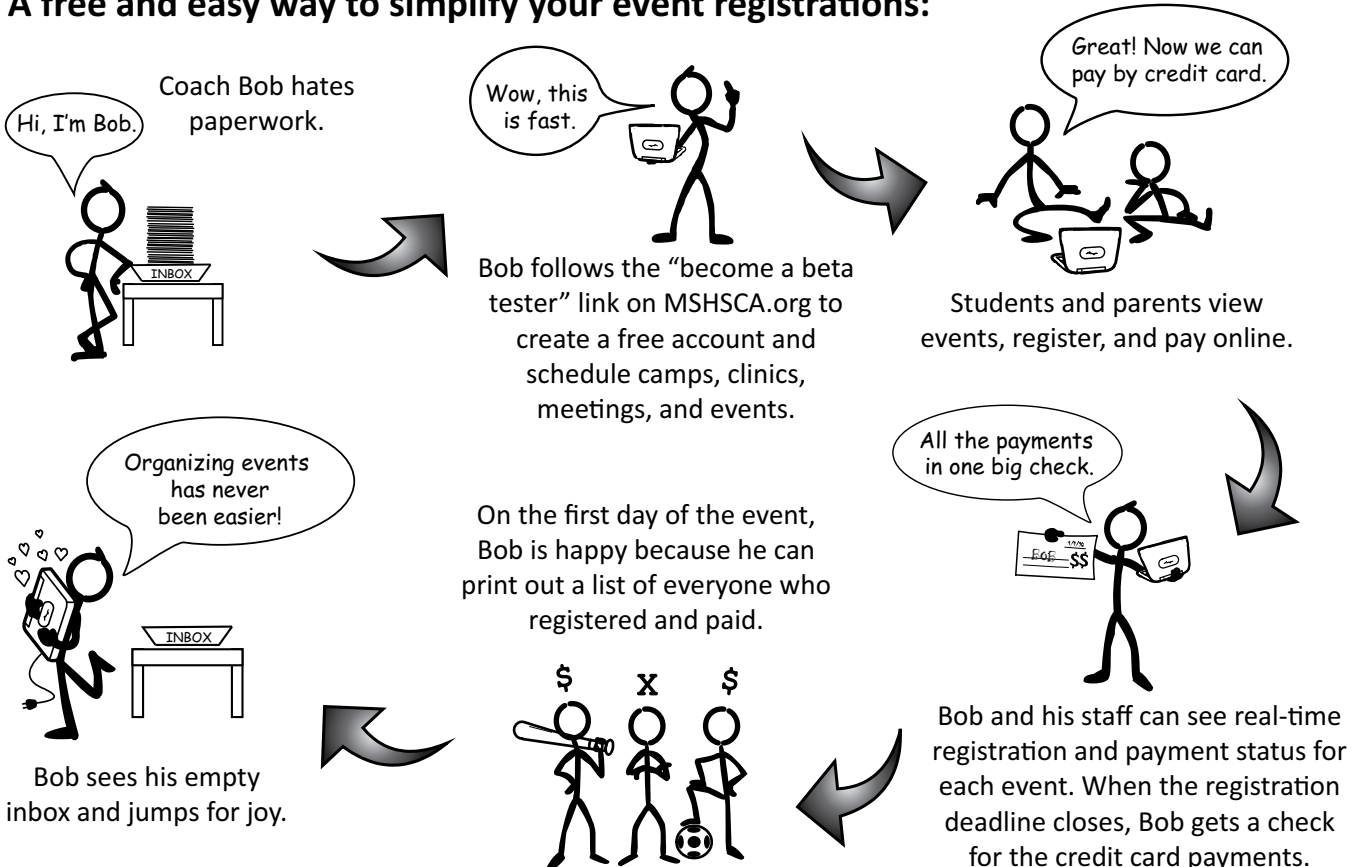


We're just weeks away from MSHSCA's newest member benefit: our free online event management system. You can schedule camps, classes, clinics, and meetings; monitor registrations; and even collect payments online! To help test the site and collect feedback, we are looking for Coaches, Community Ed Directors, and ADs to participate in our beta testing program. As a beta tester, you will have an important say in the development of the site. Plus, you'll receive a \$25 gift card as a special thank you for your help. Space is limited, so register soon. Here's how it works:

1. Join the beta testing program by following the "become a beta tester" link at [www.mshsca.org](http://www.mshsca.org).
2. You'll be given access to a sneak preview of the site. Take a look around and share your feedback via a short survey.
3. Host at least one event (such as a camp, class, or clinic) using the system. After your event, we'll follow up with one more survey and a phone call to get your final thoughts.
4. As a special thank you, you'll receive a \$25 gift card!

**To register as a beta tester and receive your \$25 gift card, click the "become a beta tester" link at [www.MSHSCA.org](http://www.MSHSCA.org)**

## A free and easy way to simplify your event registrations:



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**MINNESOTA COLLEGES & UNIVERSITIES  
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The importance of a close working relationship between college and university coaches and high school coaches in Minnesota remains obvious as 35 institutions of higher learning have opted to continue with the Associate Membership Package offered by the MSHSCA during the 2010-2011 school year.

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

- |  |  |   |
|--|--|---|
| • Anoka Ramsey<br>Community College (Coon Rapids MN) | • Hamline University ( St Paul MN )                          | • Riverland Community College (Austin MN)                     |
| • Augsburg College (Minneapolis MN)                  | • Hibbing Community College ( Hibbing MN )                   | • Rochester Community College ( Rochester MN )                |
| • Bemidji State University ( Bemidji MN )            | • Itasca Community College ( Grand Rapids MN )               | • Southwest MN State University ( Marshall MN )               |
| • Bethany Lutheran College ( Mankato MN )            | • Martin Luther College ( New Ulm MN )                       | • St Cloud State University ( St Cloud MN )                   |
| • Bethel University ( St Paul MN )                   | • Mesabi Community College ( Virginia MN )                   | • St Cloud Tech College ( St Cloud MN )                       |
| • Carleton College ( Northfield MN )                 | • Minnesota State University Mankato ( Mankato, MN )         | • St John's University ( Collegeville MN )                    |
| • Central Lakes College ( Brainerd MN )              | • Minnesota State University - Moorhead ( Moorhead MN )      | • St Olaf College ( Northfield MN )                           |
| • Century College ( White Bear Lake MN )             | • MN West Technical and Community College ( Worthington MN ) | • St Mary's University ( Winona MN )                          |
| • College of St. Benedict ( St Joseph MN )           | • Northland Community College ( Thief River Falls MN )       | • U of MN - Crookston ( Crookston MN )                        |
| • Concordia College ( Moorhead MN )                  | • Northwestern College ( St Paul MN )                        | • U of MN - Duluth Men's Hockey on Availability ( Duluth MN ) |
| • Concordia University ( St Paul MN )                | • Ridgewater Community College ( Willmar MN )                | • U of Mn - Morris ( Morris MN )                              |
| • MN State Comm. & Tech College ( Fergus Falls MN )  |  | • University of St Thomas ( St Paul MN )                      |
| • Gustavus Adolphus College ( St Peter MN )          |  | • Vermilion Community College ( Ely MN )                      |

Another example of the MSHSCA at work for the membership!



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**VISIT MCDONALD'S AFTER THE GAME**





## DIG THIS

By: Jim Lee  
Waconia HS

When we enter this world, we are the perfect specimen. No fears, no doubts. Our parents believe that we are perfect in every way, and everyone who sees us remarks, “oh, how cute!” The perfect way to enter this world.

Yet when we began crawling, walking, and talking amongst others within this world, that picture of perfection we initially generated was somehow lost.

During the 2010 State Volleyball Tournament, that previous picture of perfection was able to be re-lived once again by many individuals.

During the MNVBCA State Tournament Banquet, Monika Getchell of Maple Grove and Ron Wendorff of Windom were recognized for their remarkable careers in the sport of volleyball by becoming the 2010 inductees into the Volleyball Hall of Fame. Throughout her illustrious career, Monika has competed in the first MSHSL State Volleyball Tournament, entered the University of Minnesota Gophers Volleyball Hall of Fame, and contributed many years to a myriad of summer volleyball camps. Ron began his career with fellow Hall of Famer Franz Boelter and has continued the success they began with state tournament runs at Windom in 2000, 2007, and finished the 2008 campaign with a state championship. Perfect role models for our coaching peers? Monika and Ron are pretty close . . .

During the MNVBCA State Tournament Banquet, our 2010 Ms. Volleyball accolade was awarded to setter Kellie McNeil of Lakeville North who—when you watch her play—personifies the perfection we all search for in the setting position: precision accuracy, unbelievable vertical, undetectable hands, and unwavering leadership. Perfection at the setting position? Kellie McNeil is pretty close . . .

Likewise, her team—Lakeville North High School—won the Class AAA State Championship over Wayzata and giving the perfect reward to their coach, Milan Mader, who experienced his first state championship after 14 previous state trips. Earlier in the season, Coach Mader had experienced his 800th win in his 35 years as a volleyball coach and become only the 2<sup>nd</sup> coach in our state’s volleyball history to experience such an achievement. Perfection throughout a coaching career? Milan is pretty close . . .

The Class A State Championship was awarded to Wabasha-Kellogg. Wabasha had only one loss all season—a close one to 2009 defending champion Minneota—and capped a wonderful season with their win over Martin County West in the Class A Championship. Perfection for an entire season? Wabasha-Kellogg was pretty close . . .

Placing 5th in the 2009 State Tournament and led by five

seniors whose goal throughout the off-season was to prepare for a slightly higher finish than 5th place in 2010, the Wadena-Deer Creek volleyball team was preparing for another state trip. In June, that goal was pushed aside. Their school and the houses/farms of three team members and the coach were demolished by an F4 tornado. Their high school volleyball season conducted home matches at the elementary school with high school classes taught at the nearby tech school. Whereas many people look at the negative in such situations, the Wadena-Deer Creek volleyball squad became the pillar of positive power that allowed their community to rally behind them a couple times each week. This positive power became the beacon of hope as they finished the regular season undefeated and won their section to earn the right to drive down I-94 to the Xcel Center for another chance at a state title. That chance and the goal that was, rightly so, gently pushed aside in June become reality as the Class AA State Championship was earned by Wadena-Deer Creek. Perfection for an entire community, for an entire team, for an entire season? Wadena-Deer Creek achieved perfection going 33-0 and achieving the 2010 Class AA State Volleyball Championship.

Perfection is something few of us strive to obtain due to the hard work and perseverance needed to gain anything relatively close to a state of being perfect. But, in the case of Wadena-Deer Creek’s 2010 season, perfection truly is the opportunity to view an imperfect situation perfectly.

## Life and Retired Life Members

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

### Need new Life Card?

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



**GATORADE...Official Sport Drink of the MSHSCA**



By: Lauren DeZellar Eastview  
High School

Over the past few years, top college lacrosse programs from around the country have started to tap into the talent of Minnesota girl's lacrosse players. While coaching this summer at the All Star Express Tournament in Washington D.C, I witnessed the newfound heavy recruitment of Minnesota girl's players. All around the tournament, there was a high frequency buzz of college coaches' interest in watching the "Minnesota team" play. Lacrosse has come a long way since I was a high school player at Eden Prairie in 2004.

Back in the "old school days" of girl's lacrosse, when Minnesota only had 11 MSHSL sanctioned girls varsity teams and 21 club teams in the state, being recruited to play lacrosse at the NCAA college level was a slim to none chance. The problem in the past was that there were not enough quality coaches in Minnesota who knew the game well enough or who had played lacrosse themselves. The other issue was that girls in Minnesota were not getting enough exposure to the college game. The only way for Minnesota girls to get recruited or to see a higher level of lacrosse was to play in the Women's Division National Tournament.

Lacrosse in Minnesota is growing at such a fast pace now that we have finally made it on the map for recruitment. In 2010, with 59 MSHSL sanctioned teams and eight club teams in the state, there is plenty of new talent to choose from. Going out east to play in recruiting tournaments has become the norm. There are also more top college coaches coming to Minnesota to run camps such as Duke, Northwestern,

University of North Carolina, and Longwood just to name a few.

With the growth of the sport brings more girls playing at the NCAA levels which have brought a new element to the game. Women that have played lacrosse in college are coming back to Minnesota and coaching high school teams. Therefore, there are more highly qualified coaches in Minnesota who understand the game. This is also enhancing the officiating and has had a domino effect on the sport as a whole.

Now, as I begin my second year as the varsity coach at Eastview High School, and having had NCAA experience, I have had the opportunity to be on the flip side of the recruitment process. Now it can be overwhelming for high school girls from Minnesota because there are so many teams who are heavily recruiting them. I have put together a step by step process to help high school coaches assist their players in the recruitment process.

Help your player brainstorm career interests and schools they are interested in. Do they want to play at the Club-WDIA or NCAA level? Many of the college teams have lacrosse websites that give players all the information they need to know about the program. Find out a team's overall record, the conference are they in, or whether the program is old or new to help with the decision making.

The player should fill out the online recruiting questionnaire on the college's lacrosse website then contact the coach by phone or a follow up email. Plan to stay on an overnight visit. The player should check in with the college coach weekly or monthly or tell the coach if they are not interested.

The player should send the college coach game film by creating a DVD or an online recruiting site such as Activerecruiting.com and Lacrosserecruits.com. They should also create a lacrosse resume by listing all of the camps they participated in, travel teams

they've played on, team and conference awards, years lettered, and stats, etc. The player should tell the college coach what tournaments they are playing in and give them a regular season game schedule.

High School coaches should help inform players about travel teams they can try out for. Good recruiting tournaments are the Women's Division National Tournament, All-Star Express, Stars and Stripes Tournament, and President's Cup.

Write a letter of recommendation for your player or send the college coach an email about your player.

Make sure the student's GPA, ACT or SAT scores align with the colleges they are looking at. Remind players to take ACT tests before their senior year and to turn in applications early.

The player should ask the college coach about scholarships. Most DI schools offer athletic scholarships. DII and DIII schools do not offer athletic scholarships but many offer community service, academic and merit based scholarships.

Ask the coach what type of training is expected. Is there fall or winter off-season training and weight lifting. Ask how many days a week are practices and games, etc? Find out what the perks are for being a college athlete. Does the college provide transportation, team equipment (Sticks, goggles, cleats, practice gear, clothing), and team meals after games, etc.

You can help your players by making a tab on your high school website for recruiting links and resources. Remind your players it's up to them to be advocates for themselves if they want to play lacrosse in college. It's about selling themselves and showing the coach why they should be recruited to play at their school. Be proactive, be professional, and be responsive.



VISIT MCDONALD'S AFTER THE GAME





# Diamond Cuts

By: Adrian Wagner  
Benilde - St. Margaret's

Maybe with the early snow this year, that will mean for a little less snow in March, and then hopefully none at all in April. That's a little optimistic, but a softball coach can dream a little can't he?

Christmas is still a few weeks away, and winter sports haven't even gotten into full swing as of yet for the most part, but I'm sure I'm not the only coach in the state who is already working ahead some on the coming season.

And if you are planning a trip down South over spring break as we are, or just trying to line up some open gym times, or helping to facilitate some other off-season opportunities for players in your program, or filling a spot or two on your 2011 coaching staff or game schedule, or doing a little inventory and ordering this or that or tracking down a stray uniform, there certainly are plenty of things to do to get ready for the first day of tryouts on March 14.

Hopefully many of you will attend the 2011 coaches clinic in early February. With a number of different things factoring into the final decision, this year's clinic will be a whole lot different than other years. Personally, I think these changes will result in a better overall clinic with more coaches as a whole attending.

The biggest change will be in location. This year's clinic will be held at Richfield High School after a handful of years in St. Cloud.

The clinic will also be condensed into one day. That day will be Saturday, Feb. 5. There will be a number of split sessions throughout the day, with registration beginning at 8 a.m. Things should be all wrapped up with everyone's heads and notebooks full of at least a few new things by 4 p.m.

As always a number of different topics will be addressed in all facets of the game: pitching, hitting, defense, base running. Some of the specific sessions already in the books include: Pitching Basics; Infield skills and Drills for practice; Basic Slapping - Drills for Slapping; Pitching - The Importance of an Effective Wrist Snap; Catching techniques; Catching drills and how to incorporate them into practice; Baserunnig basics- Drills to incorporate into practice; Outfield basics - Drills for indoor practice; 30-40 minute pitching workouts/ incorporating them into practice. A few additional sessions will likely be added as well.

Some returning and new faces will be headlining this year's coaches clinic. The list includes:

Jessica Allister, University of Minnesota head coach.

The Jessica Allister era of Minnesota softball began on Aug. 10 when director of athletics Joel Maturi named the former Oregon assistant and All-American catcher from Stanford the sixth head coach in Minnesota history.

Piper Marten, University of Minnesota pitching coach. Minnesota alum Piper Marten enters her fifth season with the Gophers as pitching coach and her first under new head coach Jessica Allister.

Jessica Merchant, University of Minnesota assistant coach. Jessica Merchant begins her first season as an assistant coach with the Golden Gophers softball program after serving four years at UMass in the same capacity.

Jen Walter, College of St. Scholastica head coach. Six-time UMAC Coach of the Year Jen Walter guided the Saints to the UMAC Regular Season and Postseason Championship for the second consecutive year in 2010. She has had eight winning seasons including five with 30-plus victories. Last season, she became the second-fastest coach in CSS history to reach the 300-win milestone. Now entering her 12th season at the helm of the program in 2011, Walter has the Saints becoming a perennial force in NCAA Division III softball.

Shane Bouman, Iowa Lakes Community College head coach. Bouman comes to Iowa Lakes following three seasons with the Iowa Hawkeyes, where he was a pitching coach and recruiting coordinator. During his stint at Iowa, the Hawkeyes posted a 109-59 record and qualified for the NCAA Tournament in two of his three seasons.

Paula U'Ren, St. Cloud State University head coach. U'Ren has an impressive 468-262 overall career mark after 13 seasons as coach at St. Cloud State. In U'Ren's tenure the Huskies have qualified for the NCAA Regional Tournament six times and have won the North Central Conference playoff championship three times (including the 2003 and 2004 NCC titles).

Registration information for the 2011 Minnesota Fastpitch Coaches Association clinic will be available sometime in early December. Everything you will need can be accessed at [www.mnhssca.org/](http://www.mnhssca.org/)

If you still have issues finding it or have additional information about the clinic or anything else, don't hesitate to drop me a line at [adrianwagner@comcast.net](mailto:adrianwagner@comcast.net)



## **WINTER CLINIC ATTENDEES URGED TO USE ELECTRONIC MEMBERSHIP**

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

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

# **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](http://WWW.BREAKDOWNSPORTSUSA.COM)

PROMOTING HIGH SCHOOL ATHLETICS SINCE 2001



**VISIT MCDONALD'S AFTER THE GAME**



# Swim Strokes

By: Chris Aarseth - President  
Girls' Swimming & Diving Coaches Association  
Minneapolis Edison High School  
caarseth@mpls.k12.mn.us



We have now completed another great Girls' Swim and Dive Season. Congratulations to Edina in Class AA and Hutchinson in Class A for their MSHSL State Championships. I'd also like to send congratulations to our academic state champs, from Class A Princeton at 0.926 and Class AA Elk River at 0.879.

This past season teams across the state put an ample amount of time in the water, whether it be swimming or diving. During that time swimmers, divers, managers, coaches, and parents became accustomed to the smell chlorine so much that it became a major attribute in their life. From mid August to mid November coaches and athletes broke barriers and built bridges through the passion of swimming and diving. How often we tend to forget to do the little things in the pool that help the team succeed. Or, we forget to work on the little things that help us improve as people. Can you imagine starting the season without the direction of a coach? Without someone providing structure and discipline? Without someone making you do the things you hated or without setting standards and providing goals that were high, yet attainable? Can you imagine competing without that "coach" who probably knew more about you than you knew about yourself?

Coaches have always seen not what their athletes are, but what they could become. They instill a part of their heart into their athlete's. They take all the pieces along with different personalities and built them into a working team. A coach can be a teacher, business owner, mentor, or anyone who guides someone else or a team to reach their potential. This has been one of the great undertakings of all of you coaches across the state. Minnesota has some great coaches helping kids achieve their goals. Hats off to all of you!!!

Please make sure you visit our website [www.mshsca.org/swimming](http://www.mshsca.org/swimming) for upcoming information on our all state banquet and coaching clinic. This year's balloting for State Coach of the Year and Athletes of the Year will be paperless! Again THANK YOU for a successful season and have a safe, happy holiday season.

# SERVICE AWARDS

Section Representing	Coach of the Year	Assistant Coach of the Year
1A	Doug Davis of Northfield	Alexa Dolan-Peterson of Austin
1AA	Jennifer Marshall (Farmington), Ken Hubert (Faribault), Paul Bachman (Rochester John Marshall)	Joe Velaski (Farmington)
2A	Jake Schwiétring, St. Louis Park	Amanda Forsberg, St. Louis Park
2AA	Dan Schneider, Lakeville North	Katey Schneider, Lakeville North
3A	Rory Fairbanks (Hutchinson)	Pete Travis (Hutchinson)
3AA	Marty Hoven - Woodbury High School	Jerry Rupp - Hastings High School
4A	Susan Lee Hill Murray	Amy Knutson Richfield
4AA	Chip Fechter: Centennial	Meagan Beadle:Tartan
5A	Tom Cannon and Kristin Otterson (co-coaches) Monticello Magic	Shayne Kusler Sauk Rapids Rice Storm
5AA	Elizabeth Hansen (Wayzata), Lindsey Schiffler (Robbinsdale Armstrong), Katie Suedbeck (Osseo)	Jen Steenerson (Robbinsdale Cooper)
6A	Nathan Meyer Melrose High School	Sandy Rasmussen Melrose High School
6AA	Kelly Boston Eden Prairie	Andrea Barbera Eden Prairie
7A	Tara Kasell - Two Harbors	Heather Oberg - Two Harbors
7AA	Joe Thiel , Champlin Park	Jamie Bertram, Andover
8A	Todd Fritze Park Rapids	Ami Westberg PR
8AA	Dan Eckberg-St Cloud Tech	Doug Bloom-Elk River



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<u>Diving Coach of the Year</u>	<u>Swimmer of the Year</u>	<u>Diver of the Year</u>	<u>GPA Above 3.75</u>	<u>GPA 3.5-3.74</u>	<u>Class Rank Winner</u>
Tie between Mary Lager of Saint Peter and Dan Dupay of Northfield	Danielle Nack of Mankato West	Alissa Lager of Saint Peter	None	Northfield 3.67, Saint Peter 3.546, Mankato East 3.520, New Prague 3.510, Mankato West 3.500	Northfield High School 0.812
Charlie Fuller (Faribault)	Caitlin Fujan (Rochester John Marshall)	Chelsea Borwege (Faribault)	NONE	Winona (3.507), Faribault, Rochester Century (3.509), Rochester John Marshall (3.654)	Winona (0.756)
Brian Wright, Breck	Abby Erdmann, Breck	Tori Raihle, Spring Lake Park	None	Breck 3.536, Blake 3.598, Spring Lake Park 3.642	Columbia Heights 0.869
Daniel Croaston, Bloomington Jefferson & Kennedy	Anna Elling, Burnsville	Kelly Jeans, Bloomington Kennedy	None	Eastview 3.759, Apple Valley 3.666, Lakeville North 3.654, Lakeville South 3.642, Prior Lake 3.636, Kennedy 3.588	Bloomington Kennedy .805
Tammy Pudlick (St. Michael - Albertville)	Marissa Warren (Litchfield)	Krista Erickson (St. Michael - Albertville)	Dassel - Cokato 3.826, Willmar 3.752	Litchfield 3.740, Hutchinson 3.558, Marshall 3.533, Waconia 3.527, Orono 3.513	Hutchinson .777
Rick Light - Woodbury High School	Samantha Fox - Cretin Derham Hall	Jenna Karrow - East Ridge High School	Highland Park/St. Paul Academy 3.964, Woodbury High School 3.792	Henry Sibley High School 3.541, East Ridge High School 3.737, Cretin-Derham Hall 3.726, Eagan High School 3.656, Rosemount High School 3.644	East Ridge High School 0.794
Terri Von Felden Richfield	Maddie Lee Hill Murray	Kelsey Metz Richfield	none	Richfield 3.745, Hill-Murray 3.518 Academy of the Holy Angels 3.744	Richfield .825
Carrie Madline: Stillwater	Hannah Bowen: Stillwater	Alivia Bavier: Centennial	None	Stillwater: 3.520, White Bear Lake: 3.609, Roseville: 3.580, Centennial: 3.658	White Bear Lake: .754
Casondra Mrozek, Sauk Rapids Rice	Brogan Lee, Chisago Lakes High School	Michole Timm, Sauk Rapids Rice	Princeton High School 3.869	Big Lake H.S. 3.690, Milaca H.S. 3.744, Becker H.S. 3.745 (3.7445), Foley H.S. 3.522	Princeton High School, 92.68%
Mark Dusbabek (Wayzata)	Breanna Loeschke (Irondale)	Val Wollman (Wayzata)	Wayzata 3.75	Park Center 3.50, Robbinsdale Armstrong 3.57, Metro United 3.58, Irondale 3.52	Park Center .776
Nicole Thull Sartell High School	Marisa Wood: Sartell High School	Emily McIntire: Sartell High School	Sartell High School, Rocori High School	Holdingford High School, Melrose High School, Minnewaska-Morris	.863 St. Cloud Apollo High School
John Dailey Edina	Rachel Bootsma Eden Prairie	Yasmeeen Almog Edina	None	Mpls South, Eden Prairie, Southwest, Hopkins, Edina	Hopkins .782
Matt Ropponen - Grand Rapids, Kathy Ronning - Two Harbors	Solveig Viren - Grand Rapids	Rebecca Ronning - Two Harbors	NONE	Two Harbors 3.66	Two Harbors 0.841
Deb Welch, Forest Lake	Abby Duncan, Champlin Park	Jessica Ramberg, Forest Lake	None	Cambridge-Isanti, Duluth East, Champlin Park, Andover, Forest Lake	Cambridge-Isanti .843
Ryan Ohnstad Bemidji, Bobbi Jo Koons DL	Heidi Busack Fergus	Kyley Foster DL	none	PR.Fosston, Fergus DL, Crookston, Bemidji	Park Rapids .834
Richard Lugenbeal-Buffalo	Courtney Grunewald-Elk River	Olivia Evanson-Maple Grove, Katy Etterman-Brainerd	Maple Grove-3.886, Elk River-3.780, Buffalo-3.760	none	Elk River-.879



**VISIT MCDONALD'S AFTER THE GAME**



# HALL O

## Hall of Fame Inductees:



Al Eckmann



Debbie Driscoll



Jim Reinhardt



Walt Weaver



Warren Keller

## Championship Coaches



## Coaches of the Year



## Championship Coaches & Coaches of the Year



## Assistant Coach of the Year



Photos courtesy of Ashley Ritter, St. Cloud University



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# F FAME

## Past President Award



**Don Tangen**  
(Glencoe-Silver Lake)

## George Haun Award



**Craig Anderson**



**Jim Dotseth**

## Distinguished Service Awards



**Chuck DeCorsey**  
(Bloomington)



**Jack Schwan**  
(Elko)

## The Kerzie Award for outstanding leadership as a Delegate to the MSHSCA.



**Donna Johansen**



**Mark Schleisman**  
(Slayton)



**Tom Vucetich**  
(Hibbing)

## 25 Year Award



These 11 coaches received their 25 year plaque at the annual Christmas brunch held on December 4th.



**VISIT MCDONALD'S AFTER THE GAME**



# dugout chatter



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

As I get ready to write this article for the December issue of The MN Prep Coach, I look outside and see our first major snow fall of the winter and think that baseball is still so far away. However, how the time will fly, and soon we will be thinking about the start of the 2011 baseball season.

I want to thank Pat Collins for his fine work as our president during the past two years. Pat has done an outstanding job for all of baseball and I'm proud that I have the opportunity to take over the fungo and follow in his footsteps. What a big job that will be! Thanks Pat for your great leadership and I know you are only an e-mail or phone call away.

Our association is lucky to have great people serve our coaches including Todd Smrekar who moves up to serve as our 1st vice president. Todd has done a great job and I look forward to working with him over the next few years. We also welcome Alan Amdahl from Albany who was voted as our 2nd vice president at our fall coaches' clinic. I look forward to getting to know Alan and working with him. We have a great advisory board in place for our association that is so many doing so much for our kids in our programs.

The fall clinic was held at the end of October was another big success and I would like to thank John Wilkens for all of his work in making that clinic so successful. John does a wonderful job for us on the clinic as well as so many other projects and activities. I can only imagine how many hours he gives to our association. Thanks John for all that you do. The highlight of our fall clinic was our Hall of Fame Banquet on Saturday night which was a great night for all who took the time to attend. I would like to recognize our award winners this fall.

Hall of Fame inductees joining our current Hall of Fame members were: (pictures on page 37)

Frank Aunan, Dennis Boe, Gary Halek, Craig Kusick, Glenn Lachapelle, Neil Pierce, Ken Staples and Bob Stark. Congratulations on this great honor! Our association also gave the following awards: Dick Siebert Award: Pat Held; Jim Dimick/Retired Coaches Award: David Anderson and Denny Lofboom; Angelo Giuliani Award: Bob Laufenburger; The Class AAA Coach of the Year: Mick Scholl; The Class

AA Coach of the Year: Dan Paulson; The Class A Coach of the Year: Mike Tomsche; Assistant Coaches of the Year: Jeff Anderson and Chad Shelstad; The Field of the Year: Luverne Redbird Field. Congratulations to all our award winners!

The association is in need of nominations for the above awards; please take time and nominate the coaches in your area who would be deserving of one of these awards. We must make sure we take the time to also nominate our kids for our association awards: All State, Lions All Star game, etc. We must do our job as coaches, and it is critical that we meet the deadlines that are set. We had a few problems this past year and we owe it to our kids to stay on top of this process so we do not have issues in the future. Todd Smrekar put out a survey that addressed some of these issues and how we can improve the process; thanks for all who took the time to take the survey. Additionally, we, as coaches, need to inform our kids that those chosen to play in the Lions All Star game that they need to be there for the entire three days and we also want all coaches who have a player playing to be there for the first day. Coaches will be introduced with their player.

Baseball Bats: last year we were informed of the new bat standard for 2012 that requires all bats to meet the BBCORE standard. That rule change is still in effect. In early July, the National Federation Board of Directors approved a change which forbids the use of composite bats for the 2011 season. For more complete information on this, check with your AD or go to: [www.nfhs.org/baseball.aspx](http://www.nfhs.org/baseball.aspx). We hope this rule change will not have a negative impact on our great game of baseball.

Post-Season Update: We are also working with the softball association and the High School League on the steps we need to take to get our double-elimination back in our section tournaments as opposed to what we had handed to us this past season. I ask for your support as we work toward this goal. It is good to have softball on base with us and we hope to have more information to share with you soon on this matter. The High School League has worked it out with the Twins to keep our championship day at Target Field; however due to scheduling, our championship day will be Tuesday, June 21st with the 1st and 2nd rounds on the Thursday and Friday. Our board felt we needed to do all we could to keep this great venue for our kids. We thank the Twins for making this happen!

Showcase for Juniors: Once again this July our association will host the showcase for juniors in the state. This past July, 73 college coaches and pro scouts were in attendance to check out our top juniors. Look for the nomination form in the spring for this coming July. I would like to thank Tink Larson for all his work on this and making it possible at a low cost for our kids. This is a great



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opportunity for our juniors! Tink also does a great job with our web-site and he thanks all who gets information to him. Keep up the good work Tink!

In closing, I encourage all of our coaches to join the association; all the information to do so can be found on the web site. I hope most will take part in the clinics that are offered this winter. At the St. Olaf clinic in January, we will

also have a short association meeting to update you on what's taking place in the association. The U of M will have their clinic in February and many others are out there for us to attend.

It may be December, but it won't be long and we will be hitting those fungos. I wish you all a great Holiday season.

# BASEBALL HALL OF FAME



**Frank Aunan**  
(Zumbrota-Mazeppa)



**Dennis Boe**  
(Redwood Valley)



**Gary Halek**  
(Sauk Rapids & St. John's Prep)



**Craig Kusick, Jr**  
for **Craig Kusick, Sr**  
(Rosemount)



**Glen LaChapelle**  
(Apple Valley/Eagan)



**Ken Staples**  
(Robbinsdale Cooper)



**Neil Pierce**  
(Alden-Couger)



**Bob Stark**  
(Caledonia)

... Baseball Awards Continue on Page 32



VISIT MCDONALD'S AFTER THE GAME



# BASEBALL AWARDS

## DICK SIEBERT AWARD



**Pat Held**  
(Staples-Motley)

## ANGELO GUILIANT AWARD



**Bob Laufenburger**  
(Redwood Falls)

## JIM DIMICK - RETIRED COACH AWARD



**David Anderson**  
(Byron)



**Dney Lofboom**  
(White Bear Lake)

## AAA COACH OF THE YEAR



**Mike Scholl**  
(Surnsville)

## AA COACH OF THE YEAR



**Dan Paulson**  
(Delano)

## A COACH OF THE YEAR



**Mike Tomsche**  
(Eden Valley - Watkins)

## ASSISTANT COACHES OF THE YEAR



**Jeff Anderson**  
(Rochester Mayo)



**Chad Shelstad**  
(Royalton)



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# MSHSL BOARD OF DIRECTOR'S REPORT

By: Mindy Sparby - Belle Plaine  
John Schumacher - Park Rapids

The Prep Bowl is on while I am writing this, so that means fall activities are officially coming to a close. I had the opportunity to take in the State Soccer Tournament and State Volleyball Tournament this fall. I am always so impressed with the quality of our tournaments, and the excitement brought by the players, coaches and fans!

The Board met on October 7th and here's a brief overview of what was acted on and discussed, as we are working with Seven primary goals in mind: 1) Review and amend the policies governing administrative region and competitive section placement, as well as class competition; 2) Initiate a process for placement of certain competitive statistics on the League Web site; 3) Assessment of League's identity, audience perceptions, targeted messages and development of a comprehensive communications plan; 4) Expansion of the Coaches Education program; 5) Review and update of League's finance investment policy; 6) Completion of a review of the 100 series of League bylaws and possible amendment recommendations; 7) Exploration of additional education-based competitions.

Action Items included in the October Board meeting:

- Ease of scheduling football games by some schools was improved with approval of what is called "Zero Week" scheduling. Schools that have had difficulty finding opponents to fill regular-season schedules may apply to employ the Zero Week option. It will give approved schools the chance to start their season one week earlier, schedule a regular-season game that wouldn't normally be available, and then have a bye – or Zero Week – later on during the season. The option will be made available for the 2011 football season, with specific details still to be developed of exactly what will be permitted during the Zero Week. The Football Task Force continues to meet to seek a permanent solution to the scheduling dilemma that includes exploration of several options of section scheduling.
- Upon the recommendation of the League's Sports Medicine Advisory Committee, the Board approved updated standards for skiing competition in cold weather. Previously both Alpine and Nordic skiing were limited by the same wind-chill standards. However, since the duration of skiers to extreme cold varies greatly between the two sports, some limitations imposed on the shorter duration Alpine skiers were lifted without additional risk to the athletes.
- The Board amended the minutes of an earlier meeting to

... continues on page 35

## USE YOUR MEMBERSHIP CARD

Your 2010-2011 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 blue print for the year 2010-2011.

### 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, Shelly Hotzler - Jackson County Central



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

Asst. Football  
Head Wrestling  
Asst. B/G Track



VISIT MCDONALD'S AFTER THE GAME





# Goal Posts

By: Ron Stolski - Brainerd

On behalf of the MFCA, Holiday Greetings to The "Keepers of the Game". Sincere best wishes for health and happiness to you, your families.

At the September meeting of the MFCA executive committee, the writing and reporting of this column was added to the duties of the Ex. Director. We would be remiss if we did not thank Terry Turek for his many years of service to the Goal Posts. Terry will continue his duties as editor of the annual Summer magazine. One, I believe, to be among the very best in the nation. All reports, articles, etc. should continue to be sent to him. Thank you Terry, for gathering and reporting on the activities of our association.

I want to begin by thanking all of you for your dedication and service to the students, schools and communities in which you serve. Ours is a marvelous calling. Education is the profession that allows all others to be... As coaches, we belong to a special fraternity.. we are privileged to share such a marvelous bond.

You need to manage change or it manages you. As coaches, we realize that, often, the only constant is change; adjustments are what we do! This report will hi-light the activities of the association and will include some of the changes that are taking place, and some of the proposed changes that will require our serious thought.

The leadership of the association has conducted two meetings recently, the aforementioned ex. Committee meeting in September, and the Representative meeting in November. Minutes of these meetings can be found on our website, [www.mnfootballcoaches.com](http://www.mnfootballcoaches.com). Highlights are:

At the invitation of Joel Maturi, a few of our membership were invited to meet with the "U" in regard to the search for the new U of M coach, An open discussion ensued... the 'U' welcomed our input,demonstrated a real interest in our opinions.,and remains committed to the MFCA.

President Paul Dunn proposed that the Hall of Fame be open to assistant coaches. Paul did a thorough study of other states' halls and concluded that it is fitting that we include assistants in our. Criteria is being developed to allow for nominations and induction for the year 2011.

Dave Fritze reported that the 2011 All-Star game will be held at the TCF stadium, and that the game will move to a North-South format. The number of players selected will remain the same... outstate and metro will have the same number of selections.

The Mr. Football Banquet will be held at the Doubletree Hotel at noon on December 19. Chair Clay Anderson reported that there is a 'good mix' of finalists. They are Joe Bjorkland, Rosemount, Reggie Gandy, DeLaSalle, Jordan Hayes, Brainerd, Eric Kline, Blaine, Dillon Olson, Goodridge/Grygla-Gatzke, Colby Salonek, Springfield, Ayrton Scott, Mpls. Southwest, Dylan Ulferts, Shakopee, Frank Veldman, Eastview, Peter Westerhaus, Holy Family Catholic. The recipient will be announced that day MSHSL representative Kevin Merkle gave a report on the work of the Task Force and the feedback from the Fall area meetings that the League annually conducts. The readers are aware that many scheduling problems are occurring because of the proliferation of schools abandoning, changing, leaving and/or forming new conferences As a result, many schools are unable to fill their schedules with games.. I am certain there are far too many reasons for this 'movement' to be discussed in this column. The end game is that schools and kids should have the right and opportunity to compete and enjoy our game. We need to listen, cooperate,

and participate in the development of the process that will see that schedule are available to all of our member schools. Formats are being considered...one, Zero Week, will allow schools to apply for permission to schedule a game on the Friday of the 2nd week of practice. An application process and form must be filed with the League.. Merkle reported that this is likely to be approved at the next MSHSL Board meeting. He also indicated Two scheduling format fprmat possibilities are being discussed, both involving a movement toward Section scheduling. We are certain the MFCA will be a part of the process prior to any decision(s) being made regarding a change in the current playoff structure.

Other items.. The Representatives and committee chairs reported an increase in participation in most of the programs and opportunities offered by the MFCA.. The scholarship program is adding four, increasing to a total of twelve, to the number of \$500.00 scholarships offered to student-athletes. The academic All-State nos. are UP. The number of summer camps are Up, etc. Jon Bakken was nominated for the office of 2nd Vice President; The MFCA clinic dates are Mar. 31-April 2. The committee is putting another great clinic together with schedule and program changes that will appeal to all! Please plan now to attend. Finally, sincere thank you to the Conference Representatives and Committee Chairs who do such a good job of keeping us informed and involved in our roles. Please continue to support the efforts of our association as we strive to be the best of the best.

Congratulations to the teams that made it to the Prep Bowl and to the State Champions: Cromwell, New Ulm Cathedral, Caledonia, Rochester Lourdes, Titino-Grace and Wayzata.

Special thanks to Rob Nielsen, our website coordinator... remember all forms, reports, and association information is available at [www.mnfootballcoaches.com](http://www.mnfootballcoaches.com)



**Board of Directors Report. . . continued from page 35**

clarify the intent of adopting a no-contact week during the July 4th summer period. The intent was to approve specific one-week periods over the Fourth that encompassed one weekend only. Therefore, the specific no-contact periods for the following three years are in force: Summer 2011 – Friday, July 1 through Thursday, July 7; Summer 2012 – Fri., June 29 through Thursday, July 5; Summer 2013 – Monday July 1 through Sunday July 7.

- Approval was granted for staff to enter into a contract with the Minnesota Twins to stage the three championship baseball games at Target Field in 2011 on Tuesday, June 21. The exact schedule of games on Thursday and Friday, June 16 and 17, is yet to be determined.

At the December 2<sup>nd</sup> Board meeting we will be reviewing Zero Week and the application process for scheduling. We will also continue to get more information in regards to the

Section Football Format and what that might look like.

There have been 3 Ad Hoc meetings pertaining to reviewing the 100 series By Laws. The committee will meet one more time before any recommendations are given to the Board. The purpose is to review the 100 series and see if there needs to be changes or clarifications made to them.

Coaches Education is also a hot topic, and Jody Redman has put a staff of trainers together that will be going around to teach the Coaches Education Course. We encourage all coaches to access the MSHSL web site for times and locations of these course offerings. This is a great opportunity for coaches to get certified as well as stay current with the NFHS rules, MSHSL rules, Team Up and other informational material. If you haven't already done so, I would encourage you to create a Coaches Clipboard account that can be found on the MSHSL web site.

If you every have any questions or concerns, please feel free to contact us! Best of luck as you get your winter activities underway!

# 2011 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 31, April 1 & 2, 2011**



## FEATURED IN 2011

Gophers & Vikings Headliners  
 Dave Christensen, Head Coach, Wyoming  
 Joe Palk, Whitmer HS, Ohio  
 Paul Jacobson, Negaunee HS, Michigan  
 Glen West & Tim Oehrlein, Brenham HS, Texas  
 NSIC College Staff  
 Area High School & College Speakers  
 Retired Coaches & Legends Events  
 "Don Swanson" Tailgate Party & AWARDS!

## 2011 CLINIC COMMITTEE

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

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

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

[www.mnfootballclinic.com](http://www.mnfootballclinic.com)



**VISIT MCDONALD'S AFTER THE GAME**



# SERVICE ACES

By: Robb DeCorsey  
 MSHSTCA President  
 Glencoe Silver Lake High  
 School  
[rdecorsey@gsll.k12.mn.us](mailto:rdecorsey@gsll.k12.mn.us)



Happy Holidays from the MSHSTCA Executive Committee. I hope this finds everyone in good spirits and rested after the Thanksgiving season. With the conclusion of the girl's season, there are plenty of congratulations to be handed out. First and foremost I would like to congratulate all of the players and coaches across the state who participated in our great sport this fall. The amount of time, effort, and dedication, put in by players and coaches alike, deserves recognition in it self. With that, it is time to congratulate our team champions: Edina in AA and Rochester Lourdes in A. Though these teams are not new to their success, it shows the continued excellence of these programs—new players, same results. Congratulations go out to our individual winners: Singles champions Amber Washington-Mounds Park Academy, in class A and Kelsey Frechette- Rochester Century, in AA. The doubles champions Brittany Alexander & Margaret Pearson - Rochester Lourdes, in class A and Katie Medlar & Mollie Meldahl- Edina, in AA. The following are our coaches of the year: Class A Head Coach: Kevin Coughlin--Staples-Motley, Class A Assistant: Peggy Larson--River Valley, Class AA Head Coach: Steve Paulson-Edina, and Class AA Assistant: Jacob Olson--Delano. These are well deserved accolades. The great amount of time and energy, spent by these coaches, provides an exceptional experience for their athletes. Not only do we have outstanding performances on the court, but off the court as well. The following are our Gold and Silver academic award winners:

## **GOLD: 3.75 to 4.0 GPAI Class A Class AA**

- Annandale
- Blue Earth
- Cook County
- Jefferson
- Brainerd
- Chanhassen
- Cretin-Derham Hall
- Delano
- LeSueur Henderson
- Long Prairie Grey Eagle
- Melrose
- Hopkins
- Hutchinson
- Andover
- Blaine
- Bloomington
- Eveleth-Gilbert
- Foley
- Glencoe Silver Lake
- LeCenter-Cleveland
- East Ridge
- Hibbing
- Hill Murray Upsala  
Swanville Area
- Montevideo
- Lakeville North

- Mora
- New York Mills
- Osakis
- Redwood Valley
- Rogers
- Roseville
- St. Paul Highland Park
- Wayzata
- Waseca
- Woodbury
- Lakeville South
- Mankato West
- North Branch
- Red Wing
- Saint Peter
- St. Francis •Sauk Centre
- United South Central
- White Bear Lake
- Willmar Staples-Motley

## **SILVER: 3.5 to 3.74 GPAClass A Class AA**

- Aitkin New Life Academy
- Belgrade-Brooten-Elrose
- Belle Plaine
- Eagan
- Eastview
- Edina •Minnehaha
- New London-Spicer
- Park Rapids
- Pierz
- Pine City
- River Valley
- Orono
- Princeton
- Shakopee
- Spring Lake Park
- STMA
- Cambridge-Isanti
- Chisago Lakes
- Duluth East
- Cannon Falls
- Holy Family Catholic
- Henry Sibley
- Little Falls
- Mahtomedi
- Monticello
- Mounds View
- New Ulm
- Roseau
- Saint James
- St. Cloud Cathedral
- St. Cloud Tech

The MSHSTCA clinic is back at Fred Wells Tennis Center on Friday, March 4th and Saturday, March 5th. There will be an outstanding field of clinicians once again—mark your calendars for this great event! Look for more information to come. Consider becoming a more active member of the MSHSTCA. There are several positions open. The positions of President-Elect will both be voted on at the 2011 annual meeting (Friday, March 4). To qualify for the 2011 President-Elect position, you must be a tennis coach in a “AA” school. We rotate this position every 2 years in order to represent each class fairly, but if no candidate is found the Executive Committee will open the search. Please contact any of our current officers if you are interested in being on the ballot for either of these offices or if you have any questions. Serving as an officer is a great experience and wonderful opportunity to meet many coaches. We are looking for volunteers in two areas: 1. Tennis Advisory Committee: Meets with MSHSL once a year (August). 2. Section Reps are needed for the following sections: a. Boys: 1A, 3A, 6AA, 7AA, and 8AA b. Girls: 1A, 1AA, 7AA, and 8AA Responsibilities of Section Reps: Promote membership, promote coach's clinic, forward emails, attend annual meeting,

... continues on page 55



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get feedback on pertinent issues from section coaches, submit information for rankings, and conduct section coach of the year voting. Things to be looking for: 1. Online Rules Meeting: This is in the works and will be required for all head coaches. 2. Singles Seeding at State Tournament: Has been recommended by Executive board & Advisory staff to have. But - we must have online individual stats available for all coaches to see. Remember to be frequenting the MSHSTCA website--  
<http://www.mshsca.org/tennis>  
 . This is an important resource to all coaches, as you prepare for the spring season. Again, I hope the holiday season brings you joy, happiness, and a time to relax and recharge your batteries. Before we know it, it will be time for the boys to start on their own journeys in pursuit of the 2011 state tennis championships. Robb DeCorsey President MSHSTCA.

# Tennis Coaches

## Pre-register for the clinic!

All Coaches are encouraged to register for membership and the clinic online at [www.mshsca.org](http://www.mshsca.org)

\*\*\*Life members must pre-register by mail.

## Coaches pre-registering will receive a sport specific t-shirt from Lakeshirts Blue 84 division.

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

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

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

### ALREADY A MEMBER?

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

### ATTENDING THE CLINIC ONLY?

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

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

### 2011 Tennis Clinic Mail In Registration

March 4<sup>th</sup> & 5<sup>th</sup>, 2011

Fred Wells Tennis & Education Center

100 Federal Drive, St. Paul, MN 55111

612-252-8367

Name \_\_\_\_\_  
 Home Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_ T-shirt size \_\_\_\_\_  
 E-Mail \_\_\_\_\_  
 High School Where you Coach \_\_\_\_\_  
 Competitive Section # \_\_\_\_\_ A AA # of Years you have coached \_\_\_\_\_

### HEAD COACH

Clinic Fee	\$ 50.00	\$70.00 at the door
MSHSCA Membership Fee*	\$ 30.00	
Sport Association Fee	\$10.00	
<b>TOTAL</b>	<b>\$ 90.00</b>	Checks payable to MSHSCA

### Assistant Coach

Clinic Fee	\$ 50.00	\$70.00 at the door
MSHSCA Membership Fee*	\$ 30.00	
Sport Association Fee	\$ 5.00	
<b>TOTAL</b>	<b>\$ 85.00</b>	Checks payable to MSHSCA

### \*\*\*\*\*Life Member Coach must mail in their registration

Clinic Fee	\$50.00	\$70.00 at the door
MSHSCA Insurance Fee	\$10.00	
Sport Association Fee Head \$10. Assistant \$5	\$ _____	
<b>TOTAL</b>	<b>\$ _____</b>	Checks payable to MSHSCA

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

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

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

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



VISIT MCDONALD'S AFTER THE GAME



# Mat Chatter

By: Tom Gruhlke  
President of MWCA  
Olivia, Mn  
Bold HS



We have now begun a new season and as we had a chance to rub elbows at the annual MWCA Coaches Clinic on October 30<sup>th</sup>, it was clear that anticipation is high amongst the coaching ranks. The Clinic was held again at Elk River HS with a great turnout of coaches and referees. Thanks to John Barlund for putting together a great program and to John Peterson for hosting. On the program this year, were clinicians Kris Nelson of MSU-Moorhead, Phil and Ken Moenkedick of Perham, and presenters BJ Anderson and Byron Olson. Special thanks to David Stead of the MSHSL for his appearance and Gopher Head Coach, J. Robinson on his views for the upcoming Gopher season.

Mr. Stead's presentation included insight into the upcoming realignment along with discussion involving MSHSL projected finances for this year. Like everything else the MSHSL is experiencing the economic downturn and some belt tightening will occur. The scope of future league tournaments after this year will begin to take shape with the MSHSL meeting being held on Dec. 2<sup>nd</sup>. We as coaches look forward to being involved with the MSHSL to help them

maintain the high standards that we are all accustomed to.

B.J. Anderson gave his presentation on the updated Skin Protocol that is now listed on the MWCA website. To find this one needs to go to The Guillotine online, scroll down to the MWCA logo, click on it and then click on the skin protocol topic. This will give you guidance on how to protect your team from skin issues and what to do if they arise. Please take time in your programs to maintain good hygiene and we will do just fine. B.J. has also developed a list of doctors throughout the state who have agreed to be available as regional experts. This list will be available on the same website. Thanks to everyone who put in the time to make this happen.

Rules interpretation was given by Byron Olson and there was emphasis given to concussion management. Coaches need to be familiar with this and they can also go the MSHSL website and view a slideshow on this topic. Other rule changes involved the starting position in the second and third periods when in the down position and the need to wear suitable undergarments for weigh-ins. Coaches please get familiar with all rule changes.

Just concluded was a poll to all head wrestling coaches requesting a vote on their preference for a 3 class or a 2 class State Wrestling tournament. Of the 220 votes cast, 194 favored staying with the current 3 class system or on a percentage basis 88.16%. This will be relayed to the MSHSCA in their support of the MWCA for the 3 class system.

As the winter sport's season kicks into full gear, let's congratulate all the champions of the fall season and the great memories they created. Practice hard, play hard!

## ADAPTED UPDATES

By: Marcus Onsum  
President, Minnesota Adapted Coaches Association

The 2010 Adapted Soccer season is in the books, and congratulations are in order for several great accomplishments. In the PI Division, during the regular season, Robbinsdale/Hopkins/Mound-Westonka was crowned North Conference champions, and Dakota United claimed the South Conference crown. These two teams met in the State Championship game on November 20, with Robbinsdale earning the title of State Champion by a score of 8-1. In the CI Division, Anoka-Hennepin and Park Center were co-champions of the North Conference, and in the South Conference to co-op from Chanhassen/Chaska/Prior Lake/Shakopee earned the regular season championship. Park Center and Anoka-Hennepin met in the CI State Championship game with Anoka emerging victorious by a score of 5-3. Congratulations to all of our adapted soccer teams on a fun and exciting season.

Many, if not most of our Adapted Floor Hockey teams will

begin their preparations for the 2011 season in early December, and all will be eager to get another fantastic season underway when games begin in mid-January. The 2011 floor hockey season will see one of the most dramatic changes this sport has seen in many years, with the change from the traditional, orange plastic floor hockey pucks to new, heavier and more durable felt floor hockey pucks. With good plastic pucks becoming more and more difficult to find, this change will make it easier for all teams to obtain durable, long-lasting equipment. It will almost certainly make a significant change in the way our game plays, with the felt pucks passing and shooting more like real hockey pucks, in addition to it potentially changing the scoring of our games as well. Many coaches are eagerly anticipating this change, and the players are excited to try out the new pucks. Other changes for the 2011 season include hollow fiberglass floor hockey sticks now being legal league-wide, and new rules for the serving of minor penalties in the CI Division. The 2011 Adapted Floor hockey State Tournament will be held at Bloomington Jefferson High School on March 18 & 19.

Best wishes to all of our participating teams on a fun, safe and successful Adapted Floor Hockey season!!!



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# **ATTENTION COACHES:**

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

The MSHSCA continues the Academic Awards program

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

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

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



This process is true for each sport.

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

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

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


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



**VISIT MCDONALD'S AFTER THE GAME**



# CHIP SHOTS



By: Todd Petterson  
Red Wing H.S.

This fall was great for those that like to get out for the last few rounds of golf before the inevitable season ahead. For some reason that "next season" seemed to hit all of a sudden as we enjoyed a great late fall for golf-but we all know the spring will be right around the corner and we will soon be out golfing again.

At the fall golf advisory board meeting a few weeks ago, we discussed a rather long list of topics- the every year topics of state tournaments, state banquets, the ratings and academic awards were covered. This year we added a few other topics which I hope you read to the end of the article to see.

Before that, I would like to encourage you to join the coaches association-we work behind the scenes trying to make HS golf better across the state. This past year there are 8 schools which will be receiving a check for 500.00 because they sold the endorsed by the Minnesota Golf Coaches Association-Minnesota Golf Card. The schools drawn were Buffalo, East Central, Hinckley, Hopkins, Park Center, Rockford, Rogers, and Woodbury-and the coaches involved in those programs have been contacted-congrats, and the checks are in the mail so to speak.

Remember in order to be eligible for the drawing for the money you have to be a current member of the golf coaches association. Unfortunately, this past year there were quite a number of coaches which were not members and their schools were drawn. So join the coaches association and get out and sell the cards-it seems that all golfers in

Minnesota are out looking for the bargains.

This year marks the start of the golf coaches association getting back involved in the Sunshine Golf Clinic. A long history there, but in the next few weeks we will be sending out the information on the golf clinic. Mark the dates of March 5th in Staples-Motley as the northern site and March 12th at Providence Academy in Plymouth as the metro area for the clinics-much more information will be coming.

At the Presidents meeting early this fall I received a list of topics from the MSHSL as discussion topics for our advisory board. One area we need to address is the slow pace of play and I would like for all of us to make it a focal point for the upcoming season. I know some coaches are on the fence as far as being in favor with coaching on the course-but for or against Coaching on the course, I believe we need to help speed up the play and not have the coaching on the course slow down the pace of play. As a group we all need to help with this-it seems that this past year, at times, the rounds seemed to get slower.

A second topic, of course, is coaching on the course. My concern is there seems to be inequities with this. If a coach is the host school they usually have many other duties other than just coaching-getting parents to the hole their child is at, making the scoring sheets, checking out the pace of play, keeping the members happy who have given up their course for the high school teams, etc. For example, what if a participating school brings a second coach to the meet and the host meet assistant is out of town at a junior varsity type meet. In this example there seems to be an advantage for the visiting team. We discussed many examples with the coaching on the course topic-we discussed, but came to no conclusions. I have suggestions but many will not like them-so try to make

## MINNESOTA PREP COACH

it work as best you can this upcoming year and look for suggestions as we get closer to the start of the season.

Other topics included the use of carts. I did not know where this topic was coming from and as a board we discussed it in two ways-first, allowing the use of pull carts which I believe will be coming soon. It appears that health workers are in favor because of backs and such and I have noticed some colleges are starting to use them. And the second is the use of carts by the spectators. This is difficult-the courses are discounting the green fees in some areas and then by allowing the use of powered carts by spectators they are able to recoup some lost money—there are a lot of stories out there on the use of carts by the spectators. As we go out this year keep the eye on the players and pace of play and also the parents and how and where they are driving them.

It also appears that distance range finders might be allowed soon. I do not have a date or if they will be allowed this upcoming season but both the MGA and PGA are starting to soften the rules on this. Keep up on this to allow your players the most up to date info if it should change for the upcoming season.

The last two topics are the statistics and finding a central place to call in scores. It appears that this is not going to happen this year but keep this in mind as we enter the season—in the future there might be a central place to send all scores. The scores we are thinking about are the team meet results and the top one to three individuals of a tournament. This central location would then immediately forward the info to the newspapers across the state.

The last topic is the number of holes in qualifying for the state meets. I know of many sections across the state have tried to get a two day tournament for the state qualifying and there seems to be sticking points. The league is interested

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in getting the best teams to the state tournament but I also recognize that the travel distance would be a real hardship for a two day tournament for some. We discussed this topic and not wanting to put words into the MSHSL's mouth the topic of a uniform or at least support of a uniform qualifying method was discussed-watch for info on this as well.

As I reach the end-polish up the clubs for the winter and check to see that your email contacts are correct on the MSHSL website. We will be getting out some information in the future on any upcoming changes and additional information on the upcoming clinics. A special thank you goes out to the efforts of George Reynolds and his continued involvement with golf in the state. He is supporting the efforts of the coaches association with the Sunshine Golf Clinic and we are really appreciative of his continued efforts. \_\_\_\_\_

*“Maintain your composure.  
The worst thing you  
can do to an opponent  
is to defeat him.”*

- Paul Brown

## **SUNSHINE/MINNESOTA GOLF COACHES ASSOCIATION GOLF CLINIC**

**Staples-Motley HS**

**SATURDAY, MARCH 5<sup>TH</sup>**

The U of M coaches will be at this clinic

**Providence Academy HS**

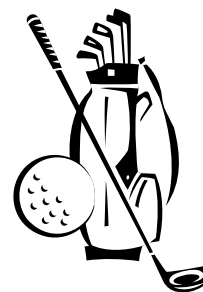
**SATURDAY, MARCH 12<sup>TH</sup>**

**PGA and LPGA professionals at both clinics**

Swing sessions, new coaches sessions, and a host of other topics, etc.

• • • **MARK THE DATE ON YOUR CALENDARS NOW** • • •

More information will be emailed/mailed to all Minnesota golf coaches.



**VISIT MCDONALD'S AFTER THE GAME**



# CORNER KICKS



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

The 2010 season has ended and four new champions have been crowned. The tournament was exciting and many of the state coaches had time to talk soccer with their peers during the games. Thanks to Greg Juba (Park of Cottage Grove Girls) for his efforts. We again want to thank Jody Redman of the High School League for directing the tournament and her working relationship with the soccer coaches. The Prairie Seeds Academy team under the direction of Youssef Darbaki won the Boys Class A title. This was their first appearance in a State Tournament. The Rogers Girls coached by Holly Sutton won their first ever Girls A crown. The Girls AA championship was won by Eden Prairie coached by Tony Bidwell. Chuck Scanlon led his Apple Valley team to its second consecutive Boys AA trophy. Congratulations to each of these coaches and teams.

The Minnesota State High School Soccer Coaches Association honors coaches and assistant coaches with awards at the State Tournament Banquet. The following coaches and assistant coaches were honored for the 2010 season:

## Class A Girls

Coch of the Year: Scott Helling-Christy  
(Benilde-St. Margaret's)  
Assistant Coach of the Year: Scott Glenn  
(Minnehaha Academy)

## Class A Boys

Coch of the Year: Dave Platt (Benilde-St. Margaret's)  
Assistant Coach of the Year : Chris Juvinal (Simley)

## Class AA Girls

Coch of the Year: Mark Obarski (Eagan)  
Assistant Coach of the Year: Dominic Isaac (Stillwater)

## Class AA Boys

Coch of the Year: Casey Holm (North St. Paul)  
Assistant Coach of the Year: Brian Lehman (Eagan)

A list of all of the coaches that were chosen section coach and assistant coach of the year are available on the MSHSSCA website.

The MSHSSCA annually awards a Ms. and Mr. Soccer Award to a player in each of the two classes. This year's winners were:

Ms. Soccer-Girls Class A-Jaclyn Scanlan-(Midfielder)  
East Grand Forks  
Mr. Soccer- Boys Class A-Adam Osman (Midfielder)  
Mankato East  
Ms. Soccer-Girls Class AA-Taylor Uhl (Attacker)-  
Eden Prairie  
Mr. Soccer-Boys Class AA-Eric Miller (Midfielder)  
Woodbury

Each was presented with a plaque and a soccer warm-up set from Soccer Express. Congratulations to these fine soccer players.

Academics play a big role in athletics. The MSHSSCA believes that our soccer athletes are some of the best students in Minnesota. Each year our organization gives out Gold and Silver awards to teams based on their academic achievement.

The Gold award is given to teams that have a cumulative GPA of 3.75 and up. The Silver Award is given to teams that have a GPA of 3.50-3.74. Teams winning these awards are listed elsewhere in this issue of the Prep Coach.

Dave Halgren (Executive Secretary) and Ron Kruschwitz (retired) reported on the membership of the MSHSSCA. There was a gain of 3% in our membership. In 2009 we had 81% of our coaches as members and in 2010 that number was 84%. The High School League currently has 183 boys teams that play soccer. Of this number, 66 are Class AA and 122 are in Class A. The girls have 183 teams, of which 62 are AA and 121 are Class A. Of the 371 total teams registered, 311 coaches belong to the MSHSSCA. Our goal is to continue to improve this number.

The MSHSSCA/Soccer Express Senior Classic was played at the Dome on Monday November 8. The Class AA Girls defeated the Class A Girls 3-0. The Boys Class A Boys and the Class AA Boys played to a 1-1 tie. In each of the games there were three players chosen for awards. The following people were honored as MVP of the Game.

## CLASS A GIRLS:

Alex Schissel (Benilde-St. Margaret's)

## CLASS AA GIRLS:

Taylor Uhl (Eden Prairie)

## CLASS A BOYS: Nick Forsgren (St.Paul Academy)

## CLASS AA BOYS: Tim VanBeck (Apple Valley)

Given player of the game awards were:

## CLASS A GIRLS:

Chelsey Grassel (East Grand Forks)  
Rebecca Peterson (Waconia)

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## CLASS AA GIRLS:

Lydia Storms (Mounds View)  
Taylor Stainbrook (Apple Valley)

## CLASS A BOYS:

John Marinelli (Benilde-St. Margaret's)  
Emanuel Giddings (Mahtomedi)

## CLASS AA BOYS:

Eric Miller (Woodbury)  
Tom Obarski (Apple Valley)

Chris Laird and I are the MSHSSCA/Soccer Express Senior Classic Coordinators and we want to thank each and everyone that helped us with this showcase event. Special thanks goes to Greg Juba (Park Girls) for the uniforms and dome arrangements, Art Seplak (Bloomington Kennedy Girls retired) for his help with the financial part of the classic, Berry Arrowsmith (Blaine Boys) serving as College Coaches Coordinator, Keith Randa (Apple Valley Girls) for his photography and Rob Murphy (Tartan Boys) for helping with the filming of the Classic. There are four really important people that are critical to our success. These four MSHSSCA Representatives are the hosts for the Senior Classic teams. They are Crissy Makela (Mankato West Girls) Len Woelfel (Mankato West Boys), Ted Hill (Minnewaska Boys) and Allen Greimel (Mounds Park Academy Girls). These four coaches spend two additional days working with the Coordinators to get the teams uniformed and organized. Thanks again for your dedication to the game and the sport. Thanks again to Soccer Express and Andrew Hillsheim for your continuing sponsorship of this game. This year the uniforms were provided by a new sponsor Under Armour. Thanks for your help.

A quick reminder to member coaches about the Mike Warter Scholarship application deadline. This scholarship is given each year to two outstanding soccer athletes. A scholarship will be given to one girl and one boy in the amount of 1000 dollars. These scholarships are given by our organization in honor of Mike Warter (Eagan Girls) coach who died in 2000. Scholarship applications are available on line at the website MSHSSCA.org. Deadline for application is December 29, 2010. The address where you submit the application is listed on the application form. Art Seplak and his committee will be awarding the two scholarships early in

2011.

We have some additional news about the new uniform rule. During the October 25<sup>th</sup> National Federation Board of Directors Meeting, it was determined that the implementation date for the Soccer Rule 4-1-1b will be delayed until the fall of 2013. The rule now reads:

*"Beginning with the 2013 fall season, the home team shall wear solid white jerseys and solid white socks and the visiting team shall wear dark jerseys and socks. Prior to and during the game the jerseys will be tucked into the shorts, unless manufactured to be worn outside."*

Well that raps it up. We have completed all of the fall tournaments and the student athletes we coached are busy involved in other sports and academic pursuits. Thanks to all the soccer coaches in Minnesota for your continuing effort to make our sport better.

The next meeting for the organization is in January at Bloomington Jefferson. Bill Vance (Totino-Grace Boys) is our president and Mark Obarski (Eagan Girls) is our President Elect. If you wish to convey a concern or get information, check the website at MSHSSCA.org and you will find contact information.

For all coaches, athletes, parents and athletic directors, have a very Merry Christmas and the best of life for 2011.



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*Dale Nordick, Moorhead, MN*

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# 2010 FALL ACADEMIC SELECTIONS



**The McDonald's Twin Cities Co-op** was a proud sponsor of Minnesota Girls & Women in Sports Day at the University of Minnesota in February. Prior to the Gophers' basketball game against Wisconsin on February 4, girls in grades 2-5 participated in a youth sports clinic at the Sports Pavilion and enjoyed a meal provided by McDonald's. 2010 marked the 24th year celebrating the participation of girls and women in sports and athletics.



## McDONALDS AND THE MSHSCA SALUTE THE FALL TEAM ACADEMIC WINNERS

The Mn Prep Coach received good results in the quest to obtain the Team Academic results from the fall sport programs. Five of the fall sport programs submitted in entirety while Cross Country was very short of totality.

The McDonald's Restaurants of Minnesota believe very strongly in the combination of academic and athletic success and join the MSHSCA in providing

recognition to the teams. A GPA of 3.75 and up earns a gold standard while a GPA of 3.00 to 3.74 merits a silver recognition.

### BOYS CROSS COUNTRY

#### CLASS A BOYS

##### GOLD

Plainview-Elgin-Milville  
Winona Cotter  
LaCrescent  
Rochester Lourdes  
Wabasha - Kellogg  
Hayfield  
Pine Island  
Stewartville  
Dover-Eyota /St Charles

2A- Fairmont  
MN Valley Lutheran  
Blue Earth Area  
LeSueur-Henderson  
United South Central/Alden - Conger  
Montgomery-Lonsdale  
Waseca  
St Peter  
Maple River  
Martin County West

3A- Murray County Central  
Tracy Area  
Montevideo  
Worthington  
Luverne  
Jackson County Central  
Hills-Beaver Creek/ Ellsworth

4A- Mayer Lutheran/ Lester Prairie  
Norwood - Young America  
St Anthony Village  
Holy Family Catholic  
Minnehaha Academy  
St Paul Humboldt  
Glencoe-Silver Lake  
Mounds Park Academy  
The Blake School  
East Grand Forks  
Hawley-Ulen- Hitterdal

5A- St Cloud Cathedral  
Legacy Christian  
Dassel-Cokato  
Watertown- Mayer  
Providence Academy  
Mora  
Annandale  
Braham  
Foley  
Pierz

6A - Albany  
Litchfield  
Holdingford

7A - Mesabi East  
Cook City

Two Harbors  
Virginia  
Ely  
Esko

8A- Pelican Rapids  
Pequot Lakes  
Stephen-Argyle  
Warroad

CLASS A Boys  
Silver

1A- Blooming Prairie  
Kingsland  
Byron  
Chatfield  
Lewiston-Altura  
Rushford-Peterson  
Lake City

2A- GFW  
St James

3A- Canby/Minneota/  
Lincoln HI  
Adrian  
Belle Plaine

4A- Math and Science  
Academy  
The Blake School  
Concordia Academy

5A- Pierz  
Rush City  
Braham  
Annandale  
Foley

5A- Maple Lake  
Dassel-Cokato  
Legacy Christian  
Mora  
Mille Lacs

6A- Morris Area  
Lac qui Parle Valley/  
Dawson-Boyd  
Sauk Centre

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Long Prairie-Grey Eagle Benson/KMS West Central Area New London-Spicer	Holy Family Catholic Minnehaha Academy St Paul Humboldt Glencoe-Silver Lake	Apple Valley Visitation Burnsville	7AA- Brainerd Bemidji Sartell-St Stephen Fergus Falls
7A - International Falls	5A- Mora Providence Academy	4AA- Mahtomedi Stillwater St Paul Highland Park St Paul Como Park St Paul Central East Ridge North St Paul Park Center Anoka	CLASS AA - Girls Gold
8A- Bagley Thief River Falls	Pierz Mille Lacs Foley Braham Watertown-Mayer	5AA- Centennial St Michael-Albertville Big Lake Monticello Becker Detroit Lakes	1AA- Winona Owatonna Faribault Rochester John Marshall Rochester Century Rochester Mayo Northfield Austin
CLASS A Girls Gold			2AA- Chanhassen Chaska Delano Mankato East Mankato West Mound-Westonkaalley New Prague Willmar
1A- Plainview- Elgin-Milville Winona Cotter LaCrescent Hayfield Pine Island Stewartville Dover-Eyota / St Charles Blooming Prairie Byron Chatfield	6A- Morris Area Sauk Centre Benson/ KMS New London-Spicer Holdingford	7AA- North Branch Grand Rapids Hermantown St Francis Elk River Duluth East	3AA- Rosemount St Thomas Academy Eagan Apple Valley
2A- Sibley East/Arlington Madelia/Truman Blue Earth Area LeSueur-Henderson United South Central / Alden-Conger St James Montgomery-Lonsdale Waseca Mankato Loyola	7A - Eveleth-Gilbert International Falls Cook City Two Harbors Vierginia Ely Esko	8AA- Little Falls Alexandria St Cloud Apollo	4AA- Hill-Murray St Paul Highland Park St Paul Como Park White Bear Lake Roseville Area St Paul Central East Ridge North St Paul Tartan Park Center Osseo Irondale Anoka Mounds View
3A-Tracy Area Montevideo Luverne Jackson County Central Canby-Minneota/Lincoln HI Adrian Belle Plaine Jordan	8A- Park Rapids Pelican Rapids Pequot Lakes Perham Stephen-Argyle Warroad Staples-Motley Thief River Falls	CLASS AA- Boys Silver	5AA- Andover St Michael-Albertville Big Lake Monticello Becker
4A- Math and Science Academy The Blake School Mayer Lutheran/ Lester Prairie Norwood - Young America Trinity School at River Ridge Concordia Academy St Anthony Village	CLASS AA - BOYS Gold	1AA- Faribault Rochester John Marshall Rochester Century Red Wing	
	1AA- Winona Northfield Austin Lakeville South	2AA- Buffalo Chanhassen Mankato East Mankato West New Prague Willmar	
	2AA- Chaska Delano Marshall Mound-Westonka Park Academy of the Holy Angels	3AA- Rosemount	
	3AA- Eastview St Thomas Academy Eagan	4AA- Hill-Murray Osseo Irondale	

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VISIT MCDONALD'S AFTER THE GAME



7AA- North Branch	Lakeville South	Eden Valley-Watkins	
Forest Lake	Minneapolis Southwest	MN Valley Lutheran	9 Man Silver
Grand Rapids	Minnetonka	Morris Area	Nevis
Hermantown	Rochester Mayo	Ottertail Central	Verndale
Chisago Lakes	St Francis	Tracy - Milroy - Balaton	
Elk River	Shakopee	Zumbrota-Mazeppa	GIRLS SOCCER
	Tartan		Gold
8AA- Bemidji		2A Silver	
Rocori	4A Gold	Deer River	Andover
Alexandria	Benilde-St Margaret's	Frazee	Carlton
Moorhead	Detroit Lakes	Hawley	Champlin
St Cloud Tech	Faribault	Luverne	Eden Prairie
Sartell-St Stephen	Fergus Falls	Maple River	Esko
Fergus Falls	Mound-Westonka	Minnewaska Area	Grand Rapids
St Cloud Apollo	Rocori	NRHEG	Hopkins
Little Falls	South St Paul	Pierz	Maple Grove
	Willmar	St James	North Branch
CLASS AA - Girls		United South Central	Orono
Silver	4A Silver	Waterville-Elysian-	Rochester Century
	Albert Lea	Morristown	Trinity School @ River Ridge
1AA- Red Wing	Chisago Lakes		Wayzata
Lakeville South	Hutchinson	1A Gold	
	Little Falls	Bethlehem Academy	Silver
2AA- Buffalo	New Prague	Browerville	Apple Valley
Marshall	North Branch	Fillmore Central	Benilde-St Margaret's
Park	Northfield	Fosston	Bloomington Jefferson
Academy of the Holy Angels	Orono	LeCenter	Byron
	St Michael-Albertville	New York Mills	Centennial
3AA- Visitation	Sauk Rapids-Rice	Rushford-Peterson	Chaska
Burnsville	Winona	Wabasha-Kellogg	Chisago Lakes
			ConcordiaAcademy
7AA- Hibbing	3A Gold	1A Silver	Cretin-Derham Hall
Duluth East	Albany	Adrian	East Ridge
	Dassel-Cokato	Barnsville	Eastview
8AA- Brainerd	Holy Family Catholic	Goodhue	Farmington
	Litchfield	Mountain Lake-Butterfield-	Hastings
FOOTBALL	Pine City	Odin	Hutchinson
5A Gold	Plainview/Elgin-Milville	Red Lake County	Kasson-Mantorville
	Providence Academy	Royalton	Lakeville North
Cambridge-Isanti	St Cloud Cathedral	Sleepy Eye	Mahtomedi
Cretin-Derham Hall		Springfield	Mankato West
Eastview	3A Silver	Wabasso	Minneapolis South
Eden Prairie	Columbia Heights	Westbrook-Walnut Grove	Mounds View
Lakeville North	DeLaSalle		New Ulm
Rosemount	Glencoe-Silver Lake	9 Man Gold	Park Center
White Bear Lake	LeSeuer-Henderson	Ada-Borup	Providence Academy
Woodbury	Minnehaha Academy	Chokio-Alberta-Herman-	Roseville Area
	Montevideo	Norcross	Simley
5A Silver	Proctor	Cleveland	St Cloud Cathedral
Andover	Rockford	Hancock	St Croix Lutheran
Anoka		Hillcrest Lutheran Academy	St Michael-Albertville
Brainerd	2A Gold	Hills-Beaver Creek	St Paul Highland Park
Eagan	Benson	Nicollet	
Edina	Caledonia	Stephen-Argyle	

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St Peter	Eden Prairie	Two Harbors	St Michael-Albertville
Tartan	Edina		St Cloud Tech
Totino-Grace	Hopkins	Bemidji	Shakopee
White Bear lake	Minneapolis South	Crookston	Spring Lake Park
Willmar	Minneapolis Southwest	Detroit Lakes	
Woodbury		Fergus Falls	CLASS A - Gold
Zimmerman	Andover	Fosston	
	Cambridge-Isanti	Park Rapids	Annandale
BOYS SOCCER	Champlin Park		Blue Earth
Silver	Duluth East	GIRLS TENNIS	Cook County
	Forest Lake	CLASS AA - Gold	Eveleth-Gilbert
			Foley
Bemidji	St Cloud Tech	Andover	Glencoe-Silver Lake
Blomington Jefferson	Class A	Blaine	LeCenter-Cleveland
Cretin-Derham Hall		Bloomington Jefferson	LeSueur-Henderson
	Gold	Brainerd	Long Prairie-Grey/Eagle
	Dassel-Cokato	Chanhausen	Upsala-Swanville
GIRLS SWIMMING	Willmar	Cretin-Derham Hall	Area
Class AA	Princeton	Delano	Melrose
	Sartell	East Ridge	Montevideo
Gold	Rocori	Hibbing	Mora
Buffalo		Hill-Murray	Redwood Valley
Elk River	Class A	Hopkins	New York Mills
Maple Grove	Silver	Hutchinson	Osakis
		Lakeville North	St Peter
Silver	Mankato East	Lakeville South	Sauk Centre
Apple Valley	mankato Westecker	Mankato West	Staples-Motley
Bloomington Kennedy	New Prague	North Branch	United South Central
Eastview	Northfield	Red Wing	Waseca
Lakeville North	St Peter	Rogers	
Lakeville South		Roseville Area	CLASS A - Silver
Prior Lake	The Blake School	St Francis	
	Breck	St Paul Highland Park	Aitkin
Winona	Spring Lake Park	Wayzata	Belgrade-Brooten-Elrosa
Faribault		Willmar	Belle Plaine
Rochester Century	Hutchinson	White Bear Lake	Cannon Falls
Rochester John Marshall	Litchfield	Woodbury	Holy Family Catholic
	Marshall		Minnehaha Academy
Cretin-Derham Hall	Orono	CLASS AA - Silver	New Life Academy
Eagan	Waconia		New London-Spicer
East Ridge		Cambridge-Isanti	Park Rapids
Henry Sibley	Academy of the Holy Angels	Chisago Lakes	Pierz
Rosemount	Hill-Murray	Duluth East	Pine City
	Richfield	Eagan	River Valley
Centennial		Eastview	Roseau
Roseville Area	Becker	Edina	St Cloud Cathedral
Stillwater	Big Lake	Henry Sibley	St James
White Bear Lake	Foley	Little Falls	
	Milaca	Mahtomedi	VOLLEYBALL
Irondale		Monticello	CLASS A - Gold
Metro United	Holdingford	Mounds View	
Park Center	Melrose	New Ulm	1A- Bethlehem Academy
Robbinsdale Armstrong	Minnewaska Area	Orono	
		Princeton	

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VISIT MCDONALD'S AFTER THE GAME



Hayfield	Pillager	1AA- Kasson-Mantorville	Maple Grove
Kingsland		Rochester Lourdes	Osseo
Lewiston-Altura	6A- Barnsville		
Randolph	Hancock	2AA- Holy Family Catholic	6AAA- Chaska
Rushford-Peterson	New York Mills	Hutchinson	St Louis Park
Wabasha-Kellogg	Waubun	NRHEG	Wayzata
		Sibley East	
2A- Gibbon-Fairfax-	7A- Cherry		7AAA- Andover
Winthrop	Deer River	3AA- Fairmont	St Francis
MN Valley Lutheran		Minnewaska Area	North Branch
Sleepy Eye	8A- Kittson Central	Montevideo	
Truman	Red Lake County Central	Pipestone Area	8AAA- Alexandria
		St James	Brainerd
3A- Canby	CLASS AA - Gold		Moorhead
KMS		4AA- St Paul Highland Park	Sartell- St Stephen
Lakeview	1AA- Byron		Sauk Rapids- Rice
Murray County Central	Caledonia	5AA- Delano	
Tracy-Milroy-Balaton	Chatfield	Maple Lake	CLASS AAA- Silver
	Stewartville	Minneapolis Patrick Henry	
5A- Braham	Triton		1AAA- Hastings
Sebeka		6AA- Holdingford	Owatonna
	2AA- Belle Plaine	Howard Lake-Waverly	
6A- Ada-Borup	Blue Earth Area	Winsted	2AAA- Buffalo
Hillcrest Lutheran Academy	Jordan	Litchfield	Mankato West
Parkers Prairie	Maple River	New London- Spicer	New Prague
Underwood	Mound-Westonka	Rocori	Prior Lake
8A- Bagley	3AA- Benson	7AA- Cloquet	3AAA- Bloomington
Fertile-Beltrami	New Ulm	Eveleth-Gilbert	Jefferson
Mahnomen	Redwood Valley	Moose Lake-Willow River	
Marshall County Central			4AAA- Champlin Park
Stephen-Argyle	4AA- Minnehaha Academy	8AA- Wadena-Deer Creek	Cretin-Derham Hall
Win-E-Mac	St Croix Lutheran		Woodbury
		CLASS AAA - Gold	
CLASS A - Silver	5AA- Mora		5AAA- Blaine
	Rogers	1AAA- Faribault	Spring Lake Park
1A - Glenville-Emmons	Totino-Grace	Rochester Century	
LeRoy-Ostrander		Winona	6AAA- Orono
	6AA- Albany		
2A- Nicollett	Annandale	2AAA- Waconia	7AAA- Anoka
Sleepy Eye St Mary's	Long Prairie-Grey Eagle		Elk River
	Pierz	3AAA- Apple Valley	
3A- Adrian	St Cloud Cathedral	Eastview	8AAA- Bemidji
Red Rock Central	Sauk Centre	Lakeville South	St Cloud Tech
Renville County West		Simley	
RTR	8AA- Dilworth-Glyndon-		<i>Editors Note:</i>
Windom	Felton	4AAA- East Ridge	<i>If there is confusion in this</i>
	Park Rapids	North	<i>report all that can be said is</i>
4A- West Lutheran	Perham	Roseville Area	<i>"you get what you get".</i>
	Pequot Lakes	Stillwater	
5A- Belgrade-Brooten-Elrosa	Thief River Falls	White Bear Lake	
Nevis			
Ogilvie	CLASS AA-Silver	5AAA- Centennial	
Swanville		Irondale	



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# Over Hill and Dale

By: Chris Frye  
Chatfield High School

Recovery is an important part of training.

Hamline Coach Paul Schmaedeke made that point very well at a clinic a couple of years ago. We tend to focus so much on what we're doing in workouts that we often don't pay enough attention to what we need to do to recover from those hard training sessions. But without adequate recovery, the athlete runs the risk of burnout, injury and illness. We need to plan for recovery.

That's not just limited to our runners. Coaches need to plan for their own recovery as well.

My Uncle Rodd, who taught into his 80s in St. Paul, gave me an excellent piece of advice. "Take care of yourself," he said, "or you won't be any good to anyone else."

As coaches, we seem to always be on the go. Cross country wraps up and we're looking ahead to track and field, or some other activity. The demands of job, family and coaching pull us in so many different directions. But recovery is critical if we're to survive and thrive in the long run.

My wish for you in this holiday season is that you enjoy some quality recovery time and emerge refreshed and recharged for the campaigns ahead.

I'd also like to take this opportunity to congratulate the participants in the State meet and their coaches. Once again, it was an outstanding competition and a meet of which Minnesota can be proud.

One disappointment, though, was the awards ceremony. At both the Class A and Class AA ceremonies, some teams and their fans left after the individual awards were presented and as the team awards were starting. This disrupted the ceremony and was not the best display of sportsmanship in honoring the teams that were about to be recognized. A number of coaches expressed dismay at this disruption, which is so untypical of cross country participants.

We can do better. I'd encourage you to look at the State meet awards ceremony as one event, not individual and team events, and show the respect you'd like to enjoy if your team were fortunate enough to be among those honored.

Speaking of honors, it was fun to see several former Minnesota high school runners earn All-American status by finishing in the top 35 at the NCAA Division III cross country meet recently at Wartburg College in Waverly, Iowa. Former Chaska runner Ben Sathre (St. Thomas) finished second — just 1.6 seconds out of first — in a thrilling race that saw the top four finishes separated by only 3 seconds. Former Byron runner Jason Garvens (Wis-Platteville) was 15<sup>th</sup>. Emma Lee

(St. Olaf), formerly of Como Park, was 10<sup>th</sup>, with Linda Keller (Minn-Morris) of Paynesville 19<sup>th</sup> and Alyssa Sybilrud (Wis-Eau Claire) of Burnsville 23<sup>rd</sup>. Congratulations! My apologies if I missed any.

Finally, you won't want to miss the Minnesota State Track and Field Coaches Clinic Friday and Saturday, Jan. 28-29, 2011, at the Bloomington Sheraton Convention Center. The program is impressive. The cross country coaches rap session is 3:30 p.m. Saturday. See the Track and Field coaches Association Web site for complete details.

Happy Holidays to all, and plan to enjoy some recovery time!

***“ I quit school in the sixth grade because of pneumonia. Not because I had it, but because I couldn't spell it.”***

**- Boxing Great Rocky Marciano**



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# CONGRATULATIONS TO FALL STATE CHAMPIONS

Winter has really set in for the State of Minnesota but hung off long enough for the fall state tournaments to be completed. Once again fans, from the very first contest of the fall until the final gun at the Prep Bowl, were treated to a spectacular series of fall sport seasons.

The MSHSCA would like to take this opportunity to congratulate the champions teams, their coaches and support staff for a job well done.

The championship coaches will receive a memorable plaque during a part of the Hall of fame Banquet in October of 2011.

The fall championship teams and their head coaches are listed below:

**BOYS SOCCER**

- (A) Prairie Seeds  
Youssef Darbaki
- (AA) Apple Valley  
Chuck Scanlon

**GIRLS SOCCER**

- (A) Rogers  
Holly Sutton
- (AA) Eden Prairie  
Tony Bidwell

**GIRLS TENNIS**

- (A) Rochester Lourdes  
Steve Taci
- (AA) Edina  
Steve Paulsen

**BOYS CROSS COUNTRY**

- (A) Perham  
Jeff Morris
- (AA) Wayzata  
Bill Miles

**GIRLS CROSS COUNTRY**

- (A) Adrian  
John Olson
- (AA) Eden Prairie  
Jeff Lindlieff

**VOLLEYBALL**

- (A) Wabasha-Kellogg  
Tara Biever
- (AA) Wadena-Deer Creek  
Sue Volkmann
- (AAA) Lakeville North  
Milan Mader

**ADAPTED SOCCER**

- (CI) Anoka-Hennepin  
Ted Johnson
- (PI) Robbinsdale/Hopkins/  
Mound-West-  
onka Marcus  
Onsum

**GIRLS SWIMMING**

(TRUE TEAM)

- (A) Monticello  
Tom Cannon
- (AA) Wayzata  
Elizabeth Hansen

**GIRLS SWIMMING**

(MSHSL)

- (A) Hutchinson  
Rory Fairbanks
- (AA) Edina  
Jeff Mace

**FOOTBALL**

- (9) Cromwell  
Jeff Gronner
- (1A) New Ulm Cathedral  
Denny Lux
- (2A) Caledonia  
Brent Schroeder
- (3A) Rochester Lourdes  
Mike Kesler
- (4A) Totino - Grace  
Jeff Ferguson
- (5A) Wayzata  
Brad Anderson

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# MSHSCA Seeks Nominations for Officials Distinguished Service Award

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



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

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

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

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

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

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

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

John Schumacher  
16332 Deer View Rd  
Park Rapids, MN 56470



By: Terry Eiter  
Detroit Lakes

## Athletes Thoughts on Officials

With the blessings of a very supportive administration I am fortunate to teach a course entitled "Philosophy of Coaching & Sport." What started out as a 9 week course has blossomed into a semester length successful program. Having very few materials available initially I've been able to garner some materials from here and there to make it interesting and a valuable learning experience.

While not a priority, the vast majority of the students are varsity level athletes. The reasons in which they selected the class range from "I had an open hour" to "I'd like to coach some day." Students enrolled have participated in a variety of activities – from dance line to wrestling. It can be challenging to motivate those from varied backgrounds and interest levels.

A class discussion led to officials and their perceptions of them. Keep in mind that several of these students currently coach or referee some of the up and coming youth teams already. From this audience you will likely find a few future high school coaches. All of them have participated in 2-3 different activities throughout the year. There is a pretty good pool of young people that have competed in close contests and their share of blow outs – on both ends of them. The point is – these are not rookies in terms of competing.

I threw out a few situations for them to consider. To prevent any prejudicial statements I had them respond by

... continues on page 53

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



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writing their responses rather than sharing them aloud. This would hopefully gain an unbiased response to what their experience was – not tainted by what others said. The situations presented were: 1.) experiences they had where they felt the officials had a negative influence on their contest and 2.) experiences with officials that were positive and memorable.

As you would probably guess they had no problem finding examples for situation 1. It was hard for them to control them from blurting them out. However, situation 2 (positive experiences) proved to be a challenge for many of them. I heard more than once, “*I just can’t think of a time where that happened.*” From an officials perspective I find that troublesome.

Choosing not to harbor on any more negative situations, I’d like to share a few of the positive experiences that the students shared:

*“My most memorable positive experience with the officials was when I was pitching in a JV baseball game at home against our rivals. I was pitching just a normal game with some good pitches and some bad ones. And I didn’t argue once with the umpire’s calls. I just agreed with what he said because I thought that his strike zone was very consistent. After the game was over the umpire came up to me and said to me, “Good game #7 you pitched great!” After hearing this I thought that because of me not arguing or complaining at all against the umpire he was being as fair as he could for me and my team. And I think that the umpire appreciated me not being a hassle on him.”*

Another wrote:

*My most memorable experience with an official that happened to be positive and very confidence building. The game was a memorable experience just because the referees were great guys, they called a fair game and were just positive people. The memorable part came at the end of the game when we were shaking the referees’ hands. The officials said to us that we were great skaters and it’s a very pretty sight watching the way we move the puck. That comment has stuck with me throughout the years and I will always remember it as a great positive experience with officials.*

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For more information, log on to [www.gatorade.com/coaches](http://www.gatorade.com/coaches) and visit the Coaches’ Corner.

Lastly:

*The most positive experience I have had with an official is in a Varsity football game. I felt there was an obvious pass interference in the first quarter but it was not called because the official said the ball was uncatchable. Later in the second quarter a pass interference was called by a different official when the ball was thrown 20 yards out of bounds. When asked if the ball was catchable he said that was not a high school rule. I talked to the official about the call and the two different rulings. He said he would talk to his crew at halftime. They came out of halftime and the official came up to me and admitted he was wrong. Even though the call had already been made the official admitting he was wrong. I appreciated that.*

Some good lessons to learn for officials, coaches and participants alike.

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](mailto:dlref@hotmail.com).*



**VISIT MCDONALD’S AFTER THE GAME**



# **Renew or join online!**

## **Memberships run from August 1<sup>st</sup> – July 31<sup>st</sup>**

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](http://www.mshsca.org)
2. Use the link for 2010-11 membership as of 5/3/10
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](mailto:jomar@lakesnet.net) with questions.

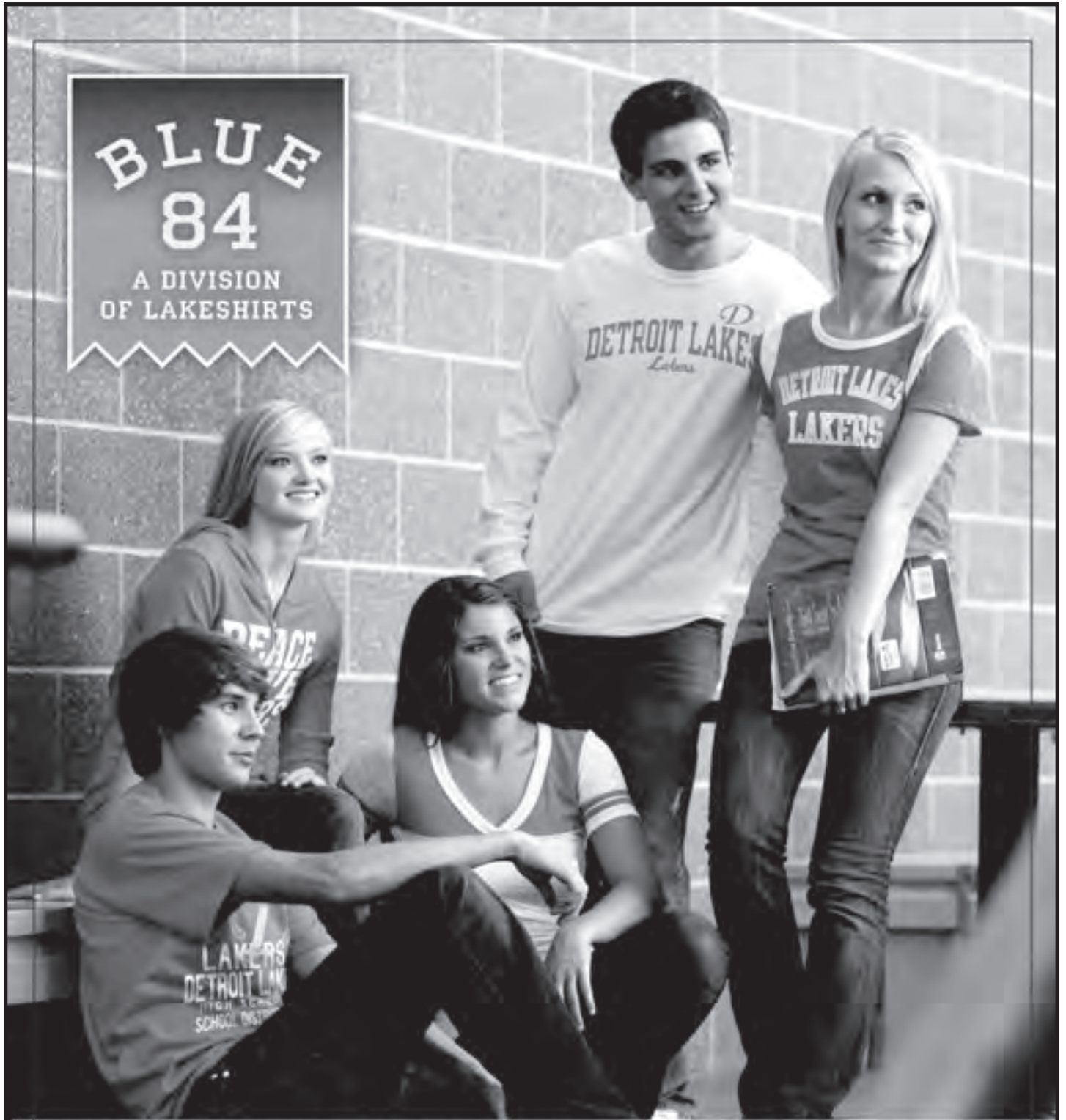
If you would like to use the Postal Service, the application is available on our web site and can be downloaded.

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.

Life member should use regular membership application found in this issue of the MN Prep Coach.

*John & Mary*





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