



# THE *Minnesota* PREP COACH

Vol. 46 No. 3 Published by the Minnesota State High School Coaches Association March 2009

## VOTERS HAVE TOUGH CHOICE IN MSHSCA ELECTION

Following a year hiatus, the election for the position of Vice President of the MSHSCA appears to be a difficult choice for member voters.

Five very talented candidates who are extremely dedicated to their profession are seeking the position.

The candidates include Susan Alstrom (Buffalo Lake-Hector), Dave Bauer (Park Center), Donna Johanson (Murray County Central), Becky Leuer (North Branch) and Keith Randa (Apple Valley)

The election process begins with the reception of this issue of The MN Prep Coach and concludes on May 1, 2009. Votes are to be cast using the MSHSCA website which is [www.mshsca.org](http://www.mshsca.org).

Bios and photos of the candidates are included below and listed alphabetically,

### **Susan Alstrom**

*Buffalo Lake-Hector*



Alstrom graduated from International Falls HS in 1972 and matriculated to Bemidji State University. She graduated from Bemidji State in 1976 and then went on to Western Michigan where she earned a Masters in Athletic Training in 1980.

She has taught Physical Education,

Health, and Drivers Ed in Hector and later in Buffalo Lake-Hector for the past 31 years.

Susan has coached Volleyball (27 years), Track and Field (8 years) and Softball (13 years). Basketball gained from her expertise as a head coach for a few years and many years of junior high basketball.

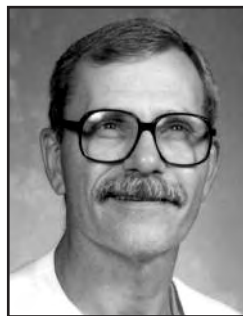
She served as Secretary-Treasurer for the Volleyball Coaches Association for 20 years.

The MN Girls Coaches Association was led with her leadership as President.

The MSHSL also benefitted from her expertise as she served on a number of committees including Sportsmanship, Captain's Day, Ad Hoc or Eligibility. She has also served as a worker for the State Track and Field Meet for the past 20 years.

### **Dave Bauer**

*Park Center*



Dave Bauer was born and raised in Igloo, South Dakota which was an Army ordnance depot about 100 miles south of Rapid City. This was the extreme

SW corner of the state with rattlesnakes,

... continued on page 4 & 5

### **MSHSCA OFFICERS AND COMMITTEE CHAIRPERSONS**

#### **PRESIDENT:**

David Johnson  
The Marshall School, Duluth

#### **PRESIDENT-ELECT:**

Don Tangen - Glencoe-Silver Lake

#### **VICE PRESIDENT:**

Shelly Hotzler - Jackson County Central

#### **PAST PRESIDENT:**

Gregg Martig - St. Cloud Tech.

#### **HALL OF FAME COORDINATORS**

Jim & Janet Baker - Richfield

#### **OFFICIALS DSA**

John Schumacher, Park Rapids

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#### **ADMINISTRATIVE ASS'T:**

Mary Erickson, Detroit Lakes

#### **MSHSL BOARD OF DIRECTORS:**

Mindy Sparby - NHREG  
John Schumacher, Park Rapids

## The Minnesota PREP COACH

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### 2008-2009 DELEGATES

#### RETIRED COACHES

Chuck Elias, Minneapolis  
Jim Dotseth - Chaska

#### MSHSL BOARD OF DIRECTORS

Mindy Sparby - NRHEG  
John Schumacher - Park Rapids

### CLASS A DELEGATES

#### Section 1

Mike Jeppson, Plainview  
• Gordon Klomps, Zumbrota-Mazepa  
Gary Prantner, Byron  
Jeff Johnson, Chatfield

#### Section 2

Rob Stervermer, United South Central  
• Bruce Belseth, Sleepy Eye  
Rick Bruns - LeSueur-Henderson  
Donna Johansen - Murray County Central

#### Section 3

Dave Blank, Wabasso  
• Milo Larson, Canby  
Roger Lindahl, Benson  
Todd Tinklenberg, Pipestone

#### Section 4

• Jeff Wall, Maranatha Christian  
Chris Laird, Heritage Christian Academy  
Tim Herman, Heritage Christian Academy  
Greg Sayuk, Southwest Christian

#### Section 5

• Tom Lawrence, Foley  
Al Amdahl - Albany  
Dawn Engebretson - Rockford  
Jay Johnson, Eden Valley -Watkins

#### Section 6

Diane Petits - Sebeka  
Gary Vorachek, Osakis  
• Mike Peterson, Perham  
Tom Van Erp, Wadena-Deer Creek

#### Section 7

Brian Sandberg, Aitkin  
Dennis Holsman - Hill City  
Derek Parendo - Proctor

#### Section 8

John Schumacher, Park Rapids

### CLASS AA DELEGATES

#### Section 1

Terry Heiderscheit, Rochester John Marshall  
Jeff Williams, Owatonna  
• Rod Schwartz, Winona  
John Cassellius, Winona

#### Section 2

Mike Lhotka, Dassel - Cokato  
• Don Tangen, Glencoe-Silver Lake  
Tim Johnson, Mankato East  
"Tink" Larson, Waseca

#### Section 3

Gordy Genz, Roseville Area  
• Jerry Utecht, St Paul Harding  
Gerald Keenan, St Paul Harding  
Jim O'Neil, Cretin-Derham Hall

#### Section 4

Tim Ryan - Hill-Morray  
Mark O'Neill, Champlin Park  
• Tom Paulson, White Bear Lake

#### Section 5

• Mark Loahr, Totino Grace

#### Section 6

Greg Miller, Robbinsdale  
Armstrong  
• Jim Baker, Richfield

#### Section 7

Mark Solberg, Cambridge-Isanti  
• Bill Baumann, North Branch

#### Section 8

Jon Roesch, Sauk Rapids-Rice  
Bill Magnuson, Sauk Rapids Rice  
• Rob Nielsen, Detroit Lakes  
Russ Hinrichs, Alexandria  
Gregg Martig - St. Cloud Tech

### SPORT ASSOCIATION DELEGATES

#### ADAPTED ATHLETICS

Barb Becker - Bloomington  
Schools

#### ATHLETIC DIRECTORS

Fred Sailer - Perham  
Pete Veldman - Sec'y, South St. Paul

#### BASEBALL

Pat Collins - Chisago Lakes  
John Wilkens - Sec'y,  
St Michael-Albertville

#### BOYS BASKETBALL

Kris Fadness - Austin  
Tom Critchley - Sec'y,  
Roseville Area

#### GIRLS BASKETBALL

Bill Gottenborg - Hawley  
Jenny Johnson - Sec'y, Edina

#### BOYS AND GIRLS CROSS COUNTRY

Dave Chatelaine - Owatonna  
Dave Bauer - Brooklyn Center  
Treas.

#### FOOTBALL

Shannon Gerrety - Blaine (Pres)  
Jim Dotseth - Chaska (Sec'y)  
Ron Stolski, Executive Director -  
Brainerd

#### BOYS AND GIRLS GOLF

Todd Petterson - Red Wing

#### GIRLS GYMNASTICS

Wendy Rooney - Cambridge-Isanti  
Shelly Eklund - Rosemount  
Sec'y Treas.

#### BOYS HOCKEY

Jerry Hayes - Apply Valley  
Mike Macmillan - Sec'y Buffalo

#### BOYS LACROSSE

Adam Crane - Wayzata

#### GIRLS LACROSSE

Sarah Bourne - Columbia Heights

#### BOYS AND GIRLS NORDIC SKIING

Mike Hecker - Andover

#### BOYS AND GIRLS ALPINE SKIING

Derek Nash - Burnsville

#### BOYS AND GIRLS SOCCER

Pat Malicki - Woodbury  
Dave Halgren - Sec'y, Elk River

#### SOFTBALL

Shelly Hotzler -  
Jackson County Central  
Stacey Schoenrock -  
Elk River - Treas.

#### BOYS SWIMMING

Nathan Linscheid -  
Bloomington Jefferson  
Rick Ringeisen - Lakeville  
B&G SW Secretary

#### GIRLS SWIMMING

Mike Veneziano - Hibbing  
Rick Ringeisen - Lakeville  
B&G SW Secretary

#### SYNCHRONIZED SWIMMING

Signe Hensel - Wayzata

#### BOYS AND GIRLS TENNIS

Scott Engelstad - Bemidji  
Mike Cartwright - Moundsview  
Sec'y

#### BOYS AND GIRLS TRACK AND FIELD

Dave Wieber - Faribault  
Scott Christensen - Stillwater - Sec'y

#### VOLLEYBALL

Jim Lee - Waconia  
Janet Golden - Lanquist-Nevis,  
Exel Sec'y

#### WRESTLING

Paul Cyr - NRHEG  
John Peterson - Elk River, Exel Sec'y

• Donotes Section Chairpersons

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THE MSHSCA OR  
THE EDITOR.**



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

# President's Message

By: Dave Johnson - Marshall School, Duluth, MN  
President MSHSCA

It was the night before the Nordic State Ski Meet and not a creature was stirring, not even a mouse. Well that is not quite true... because out in the wax room next to the start line, I was up late waxing skis along with a couple of other insomniac Nordic ski coaches. There is something about the rhythm of waxing skis that is both restful and exciting. It is repetitive work, especially when you have a full section team of skis to do, but it is also exciting work.

As a coach waxing skis for the next day's event, you are doing everything that you can to put your athlete on a set of skis that will run as fast as possible. The last thing you want is the skier to report back after the race that his/her skis were slow compared to the competition's skis. It is this repetitive work coupled with a stressful tension that leads to some great wax room conversations.

The conversation that night ran the usual pattern; a review of the possibilities of wax combinations that might be magic for the next day, to the upcoming day's weather and on to whom did we pick for top results tomorrow. At some point in the evening we began to talk about Nordic Ski Coaches Association. We talked about the meeting schedule, some of the decisions the association has made, and what seemed to be a perennial focus of the meetings: proposed changes to the state meet format. I am sure that every sport association has their "Achilles Tendon" that tends to be a sore spot and a difficult issue to solve. At some point in the conversation one of the coaches made the comment, "Why should I bother being a member of the coaches association? All that we do is have a couple of meetings a year and argue about format changes. What exactly am I getting for my \$40 investment?"

Being the president of the whole organization, I, of course, went down the list of benefits that came to mind: the million dollar insurance policy, free entry to most high school events, awards and recognition opportunities and so forth. The conversation then turned to other topics and one by one the coaches left the wax room until I was the only one left. As I finished up the last pair of skis I thought about that coach's last question, what am I getting for my \$40 investment?

In response, I decided to make a list of all the opportu-

nities that the Nordic Coaches Association made possible this year and an approximate dollar value for those opportunities. In these tough economic times it does make sense to question how you spend your money and examine what your return is on your investment. Here is what I came up with listed in no particular order:

Victor C Dunder Award for first year skiers with financial need. Member coaches may nominate one skier per year from their team. Equipment is awarded to the team for the skier to use. Equipment stays with the team after award winning skier graduates. Award value range \$300-500.

Spring and fall meeting lunches. Normal market value \$5-10 per meal.

Fall coaches clinic led by US Ski Team Coach. Three hour workshop, free to member coaches. Value, \$50-100

Coach and Assistant Coach of the Year recognition. Cost of the plaque \$75, value of the award for your resume varies by career.

Regular email updates throughout the season with timely information to improve your coaching effectiveness. Priceless

Opportunity to win Swix and Toko door prizes at State Meet Banquet. Value Range \$75-400 depending on prize

Opportunity for your team members to be recognized for academic achievement. Cost of plaque \$100, certificate for team member \$1, value on athletes resume, varies by career or school choice.

Banquet and slide show at State Meet, cost to participants \$15, normal market value, \$20-30.

The hour is late and the deadline for this article is upon this writer, so I may have missed a few services and opportunities that membership makes possible for the coach. Looking at the high side value of what I have listed, I come up with the potential of receiving just over \$1200 in goods in services for the initial investment of only \$40. In these tough economic times, a potential of earning 300 times your initial investment is more than just a wise choice, it is the only choice. Oh and did I mention the million dollar insurance policy?



VISIT MCDONALD'S AFTER THE GAME



## VOTERS HAVE TOUGH CHOICE .....

.....*continued from page 1*

cactus and sagebrush.

He graduated from Provo HS at Igloo in 1959. Sports was a big part of my life there as he participated in football, basketball, track and field and baseball.

Following high school, Bauer attended Northern State in Aberdeen, SD. Due to a severe knee injury, he was limited to just one year of basketball before his graduation in 1963 with a degree in Phy Ed, Social Studies and Health.

The next four years found Dave in Alaska, near Fairbanks. Along with his teaching duties, he coached basketball and track and field. He met the girl that became his bride and their first son was born in Fairbanks.

His next step was in Clark SD in 1967-68 where he was head basketball and assistant in football and track and field.

In 1968, the Bauer family moved to Minnesota where accepted a job in the Osseo system. He taught Health, Phy Ed, Social Studies and Drivers Ed and coached football and track and field with his long time friend, Del Mottaz.

In the fall of 1971, Park Center HS opened and a lot of people from Osseo moved to the new high school. After one year as sophomore football and assistant track and field, Bauer moved over to cross country where he remains as a coach even though retired from the classroom.

In 1973, Dave earned his Master's degree from Black Hills State in Spearfish, SD. It was at this time that he became involved in the coaches association in many ways.

He was cross country and track and field's Executive Secretary from 1975-78. Along with Mottaz, he headed up the Track and Field Clinic at the U of Mn for three years before moving it to Park Center. In 1979, he helped initiate the summer cross country clinic which he has been involved with for 17 years. He has served as president of both cross country and track and field associations and

served as section rep for both sports for 5AA. He is presently treasurer of the Mn Cross Country Association.

Many great athletes and runners have blessed Bauer as the recipient of great honors including section coach of the year six times in CC and track, MN CC Coach of the Year in 2000, induction into the CC Coaches Hall of Fame and the recipient of the MSHSCA George Haun Award in 2007,

He and his wife, Adele have three sons, seven grandkids and two great grandkids.

### Donna Johanson

*Murray County Central*



Donna earned a BA in Phy Ed, Health and Coaching at SWSU (Marshall) and followed that with a MA in Health Science at S M S U (Mankato). She has attached a Drivers Ed certificate and is a CPR/AED/First Aid Instructor for the American Red Cross.

Johanson has 31 years of teaching-coaching experience. The first 22 years were at Springfield and the last nine years at Murray County Central (Slayton). She has served as head volleyball coach for 25 years and four years as head softball coach. Six years were spent as assistant volleyball and junior high basketball.

She was a member of the Girls Coaches Association for 30 years including a term as President. Since the merger, Donna now serves the MSHSCA as a delegate for her section.

Volleyball benefitted from her dedication as she has served as Secretary-Treasurer for five years and was a section rep for 25 years.

The MSHSL has benefitted from her expertise as she served on the Athletic Council, the Representative Assembly and is currently a member of the Sports

### MINNESOTA PREP COACH

Medicine Advisory Committee.

Ten years of her career include officiating in softball and volleyball.

### Becky Leuer

*North Branch*



Following her graduation from Wayzata High School, Leuer enrolled at St Cloud State University where she received her BS degree in Phy Ed and Health in 1975.

She later earned a MA degree from St Thomas University in 1981.

She has spent her entire professional career at North Branch High School. She taught Phy Ed and Health from 1975 until 2000 when she was named Activities Director for all of the Vikings programs.

During her career she has coached Track and Field, Gymnastics and Softball. Her most notable coaching was in the sport of Volleyball.

Her accomplishments are numerous including the following—member of the MSHSL Board of Directors, 2006 recipient of the Marie Berg Award, Region 7AA Activities Director of the Year (2005), Instructor of the American Coaching Effectiveness (2000 to present), member of the MSHSCA since 2000, representative of the MSHSL Rep Assembly representing girls sports, President of Volleyball Coaches Association, established a website for volleyball and organized a state wide volleyball coaching clinic, established All Star match, created academic all state award, recipient of Breaking Barriers Award for Women's Sports in 1998, Region 7AA VB Coach of the Year (1992,93 and 94) and member of the Girls Coaches Association from 1975 until 2007.

She participated in a CATEX Domestic Terrorism Exercise in 1999.

Leuer is very active in educational activities and volleyball accreditation.



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**Keith Randa**

*Apple Valley*

In 1981, Randa received his BS degree in Earth, Life and Broad Area Science from the U of Minnesota. He later earned a MS degree in Science Education in 1988 and followed that with a Specialist Degree in Edu-

cation from Mankato State University in 2000.

He started his career at John Glenn Middle School in ISD#622 in 1982 and then moved to Apple Valley in 1984 until the present time as a science teacher and soccer coach.

His coaching career indicate JV and varsity experience at both North St Paul and Apple Valley in both boys and girls soccer programs.

The sport of hockey enjoyed his expertise as a JV coach. From 1990 until the present time, Randa's teams were state champions (1995), State Runnersup (1992,1993), sectional champs (1992, 1995, 1997) and Lake Conference champions in 1992, 1993,1996 and 1999.

His coaching expertise earned him Section 6AA Coach of the Year in 1999, MN State HS Coach of the Year (1999) and an induction to the MN Soccer Coaches Hall of Fame in 2005.

He has been called on to lead the MN Soccer Coaches Association as President and numerous other offices.

The MSHSL has gained from his experience on the Soccer Advisory Committee from 2003 to present. He represents his sport on the MSHSCA's Delegate Assembly and is on the Soccer Tournament All Tournament selection committee since 1998.

His teaching talents have earned him many citations of excellence  
\*\*\*\*\*

AS YOU PERUSE THE BIOS OF THE CANDIDATES, IT IS EASY TO VISUALIZE THE DIFFICULTIES VOTERS WILL HAVE IN SELECT-

ING THE PERSON THAT EXHIBITS THE MOST LEADERSHIP QUALITIES TO BE THE GUIDING LIGHT FOR THE MSHSCA IN THE FUTURE.

\*\*\*\*\*

MORE IMPORTANTLY, THESE PEOPLE HAVE SHOWN AN INTEREST IN LEADERSHIP OF YOUR ORGANIZATION. THEY DESERVE THE FEW MOMENTS OF YOUR TIME TO CAST A VOTE FOR THE PERSON OF YOUR CHOICE.



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**VISIT MCDONALD'S AFTER THE GAME**





## Ramblings from the Big Dog

By: John Erickson, MSHSCA EXECUTIVE DIRECTOR DETROIT LAKES

Greetings from the office of the Minnesota State High School Coaches Association!

We are crowning our state champions for the winter sport season and are ready to say goodbye to a long and challenging winter. We have had a busy year with clinics, meetings, processing mem-

bership applications and in general providing service to the greatest bunch of coaches in the country. We are happy to have our new on line registration system up and running. The system provides a greater degree of accuracy in each coach's profile and should help delivering information both by mail and email. There are still a few updates we want to have developed but it should make registration easier for all.

Our annual NOCAD meeting was held in Jackson Wyoming the weekend of January 16-18. We were updated on several important programs and sponsorships that all have a direct effect on our membership and our dues structure. We are happy to report that our insurance rates will remain the same for the 2009-2010 school year. It is amazing that with all that has happened in these challenging economic times we actually have some good news to report. The insurance rate we are receiving will allow us to keep our dues at the same level as the past seven years. We also heard from our friends at Gatorade and I think we can all be very thankful to have a contract in place that will provide Gatorade support for the next two years. It has been a very difficult economy for most businesses and Gatorade has not been immune from the challenges. I would like to encourage all of our membership to take part in the great programs offered by Gatorade with their side line programs. It was my privilege to serve as the President of NOCAD for the past year and the torch will now be passed on to D.W. Rutledge of Texas for the coming year.

Our membership will be asked to take part in the VP election in March and April. All voting will be done on line through our web site of [www.mshsca.org](http://www.mshsca.org). We have five great candidates running for the office of VP and I would hope that each of you would take a couple of minutes to go on line and vote. All five candidates have shown great leadership skills as they have worked with the various associations they represent. There will be many challenges ahead of us as school districts continue to struggle with budget issues and pressure is exerted on the MSHSL to make changes that will lighten the strains placed on school budgets.

I want to thank Mindy Sparby and John Schumacher for the

great dedication they have shown in representing the coaches of Minnesota as members of the Board of Directors of the MSHSL. There are huge issues being addressed by the MSHSL including summer blackout periods as well as the request to decrease the number of scrimmages and games. There is no question that these are big issues and that every coach has an opinion as to what is best for them and for their sport. There is no way that a decision can be reached that is going to please everyone. I would just ask that you try to understand the difficulty of these decisions and not look at them as an attack on one sport as all sports are going to be affected.

The MSHSCA Executive Board discussed changes in the Delegate Assembly that will go into effect with the 2009-2010 year. In the past there have been four delegates from each of the eight class A sections and four delegates from each of the class AA sections. The cost of providing mileage and meals for 64 delegates and the fact that we have so many more communication options available to us has led the Executive Board to make the change. We will have two delegates from each of the sections. One of the delegates will represent girl's sports and one representative will represent boy's sports. We will continue to have the presidents and directors of each sport association be represented at all meetings as well. The delegates will be selected from the current delegates whenever possible. If you have not been a delegate and would like to take a leadership role in your coaches association, please contact our office at 218-847-6796 or a delegate from your area before our March meeting. We will also allow delegates who are interested in continuing on, to be at large delegates. We hope the streamlining of the Assembly will increase efficiency and effectiveness. The delegates will be asked to help with this task at the Spring Delegate Assembly on March 20<sup>th</sup>.

I would like to encourage every member to use the on-line registration to renew their memberships form now on. We are really going to be as paperless as possible in the future and this would be a great step in that direction. You will have all of the options for paying with credit card, money order or check. If you need assistance in using the on-line system, please call the MSHSCA office. I would also like to encourage you to renew your membership before the start of the next school year. The membership year is from August 1<sup>st</sup> of each year to July 31<sup>st</sup> the following year. You will not have any insurance in force for the start of a new school year if you have not renewed. If you are a spring sport coach and wait until the spring sport starts your membership is still going to expire on July 31<sup>st</sup> and your card will be void for use in gaining admission to the fall sports for the 2009-2010 year.



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# Smooth.Fast .Natural.

By: *Derek Nash*  
Burnsville High School Alpine

The 2008-2009 Alpine Ski Racing Season has successfully come and gone. The State Meet was one of the best run races we have had in years. A HUGE thank you goes out to the Race Organizers and to Giants Ridge for yet again hosting the Alpine Championships. The snow conditions were very challenging due to the warm, rainy conditions for the week prior to the event, but with the foresight and years of race experience, the event went off as well as possible.

This year's state tournament saw the largest field of competitors that I have seen in my ten years of coaching. We had 88 boys and 88 girls competing at this year's event. There were numerous athletes competing this year, who in previous season may not have had the chance. There were many seniors who ended their High School racing careers at the state meet, competing with the best from each section! Parents, Athletes and Coaches were all excited to be entered in the event and part of a fun event.

The 2008-2009 State Alpine Ski Meet saw a format change this year. In our past, we have had two races for both boys and girls through the day, one race for the teams only, and another race in the afternoon for the individual qualifiers. With the increased athlete participation, our advisory council created a new format of combining the two events into one race where the teams and individuals race in the same event. The results of the new format were great! For the Girls team event we had a tie between Edina, and Lakeville South, coached by Dave Nelson and Mark Moltzan respectively. The Boys Team Champions are St. Thomas, coached by Tom Carlson. The individual Champions are Paula Moltzan, Lakeville South, and Marc Massie, Blake. Congratulations to all of our State Champions!

This off season brings with it an optimism that we may continue to grow our sport, both in number of participants and in the

offerings we may present. The Alpine Skiing Advisory council and the MSHSL board are working on several initiatives, including; summer waiver, improving the state meet and qualifying procedures and increasing the number of medals awarded at the State meet.

## MnIAAA CORNER

By: Fred Sailer, President  
A.D. Perham High School

The Minnesota Association of Athletic Administrators is set to host our annual state conference in St. Cloud on April 1, 2 and 3. First Vice President Mark Solberg of Cambridge-Isanti has done a terrific job of organizing this year's event. Crucial topics continue to be financing our local programs, sportsmanship and evaluation of staff. As an addition to our conference we are offering a day long workshop for administrative assistants; these valued individuals are the backbone of our programs thus it is important that we not only provide training but that we recognize their efforts.

MnIAAA Executive Director Pete Veldman has recently be honored by the National Wrestling Hall of Fame with the Lifetime Service Award. Our membership is extremely proud of the work that Pete has done for us. Through his leadership and determination our organization is on solid financial ground and recognized as one of the top state organizations in the nation. The 1951 state heavyweight champion from Albert Lea HS looks like he could still go a couple of periods with today's boys! As a side note Pete will also be honored at our state banquet with the Distinguished Alumni Award.

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VISIT MCDONALD'S AFTER THE GAME



# HOOP SCOOP



By: Bill Gottenborg  
Hawley School  
2008-09 MGBCA President

March Madness is upon us. What a great time of year for those who love the sport of basketball. I hope you enjoyed coaching the super girls basketball players we have in Minnesota. Thank you for your hard work and the time you spent helping teach life lessons and the game of basketball to your student athletes.

The Girls' Basketball State Tournament will be held at Williams Arena and Target Center March 18-21. There will be some great teams and outstanding athletes playing again this year. It will be a lot of fun to see the games and hopefully there will be tremendous memories and buzzer beaters to talk about for years to come. We will again be seeding the Class AAA and Class AAAA tournaments. However, this year the top 4 will be seeded electronically in each class and the positions 5-8 will be determined by a drawing. Congratulations to all the teams as you are all champions.

Make sure you mark your calendars for the 2009 Girls Basketball Coaches Association All-Star Series which will be played on Friday, April 24 at Macalester College and Saturday, April 25 at Edina High School, times to be announced. The All-Star game is a great opportunity for 40 of our outstanding senior girls basketball players to compete at one site. These girls will build some new relationships and friendships in a fun environment. We are hopeful to have a large number of you in attendance to support our senior All-Stars. In conjunction with this event, we will be honoring the 2009 Girls Basketball Coaches' Association Hall Of Fame Inductees at a Banquet on Friday, April 24. There will be more information available on the Hall Of Fame on our website as we get closer to the event.

A few issues that were discussed at the Girls Basketball Section Rep. meeting

Sunday, January 25 at the Kelly Inn in St. Cloud follow. Discussion was based on coaches' survey results conducted by Jenny Johnson, Secretary of Minnesota Girls Basketball Coaches Association. The following items will be discussed at a Minnesota State High School League meeting in the future. Some of the issues that follow are related to cutting down on costs for schools.

1. The 64 team Tourney proposal for Class 4A. There will be 4 regions. 16 teams/regions. Teams #1-4 would host first round with 2 games at each site for a better tournament atmosphere. Sites on the next night could be based on economy and cost effectiveness. A Geographical component would include preset regions. The goal is to get the 2 best teams in the state championship. This idea was supported by a coaches survey and a vote by the section reps of 4A.

2. Stipulation on the number of scrimmages that will be allowed. The Girls Basketball Coaches Association would like to see each school set the limit.

3. Summer Waiver. The Girls Basketball Coaches Association favors a blackout period around the 4<sup>th</sup> of July.

4. Number of games. The Girls Basketball Coaches Association discussed that a lot of work was done to get 26 games and would not like to see the number of games permitted to be less than 24.

5. Playing 2 games in 1 day. The Girls Basketball Coaches Association is not in favor of playing 2 games in 1 day. Asking athletes to play another game within 5 hours after a tough loss was a big concern.

Again, thank you for coaching basketball this past season and good luck in the future. We look forward to your input in the Minnesota Girls Basketball Coaches Association. The next Section Rep. Meeting will be Friday, March 20 10:00 a.m. at the Target Center. Please feel free to contact any of the officers of the organization or your section rep with ideas, concerns or needs. You can find all the contact information on our website, [www.mshsca.org/girlsbasketball](http://www.mshsca.org/girlsbasketball).

## THE MINNESOTA GIRLS BASKETBALL COACHES ASSOCIATION ALL STAR GAME

will be held  
**April 24th**  
at **Macalester College and Edina High School.**

There will be  
four games  
including  
forty players,  
eight coaches  
and fifteen  
workers.



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# BANK SHOTS



By: Kris Fadness - MBCA President  
Austin High School • [kfadness@austin.k12.mn.us](mailto:kfadness@austin.k12.mn.us)

March is a great time to be a Basketball fan with high school tourney play in full force. The games are full of emotion as young men deal with the pressure of one and done post-season play. We watch some rise to new levels as they thrive in the moment, while we feel for others as they come to grips with the end of a career, as coaches we know while this is an exciting time it can also be one of tension and stress. Regardless of where your team ends up you have had a great impact on your student-athletes serving as a role model, mentor, teacher, and friend. I hope that you have all been able to experience successes this year and that you can look to the future with optimism and hope.

Our hearts go out to the New Prague and Browerville Basketball communities. Jeff Gravon, the head Boys' Basketball coach in New Prague, passed away after his courageous battle with cancer and Mark Perkins, the head Girls Basketball coach in Browerville, was taken from us rather quickly with this dreaded disease. Cancer has or will affect all our lives at some point and I am extremely proud to be part of this organization. This year as an organization we made a commitment to doing our part in helping fight cancer. Section 8 raised a total of \$15,381.75, in St. James, Waseca and St. James were able to raise \$4200, Sauk Rapids at Brainerd brought in \$3200, St. Francis raised \$1200, and personally it was nice for our team in Austin to be a part of Owatonna's coaches vs. cancer night (thanks coach Williams). I know a lot of you raised funds as part of our efforts to fight cancer this year. If you could take the time we would love to hear how you came out, please feel free to e-mail myself or Tom Critchley .

There has been much discussion on the summer blackout period, as of this writing the MSHSL Board of Directors has forwarded a proposal to the Representative Assembly that would change the summer waiver time from June 1<sup>st</sup> to July 31<sup>st</sup>, with a blackout period from July 1<sup>st</sup> through July 7<sup>th</sup>. The Rep. Assembly meets in May. There has also been discussion on lowering the number of contests in the majority of our high school sports. This is an issue brought on by the recent economic crunch that I'm sure we are all feeling in some way. By the time this article is being read, hopefully we will have a clearer picture of what is exactly happening. I encourage all of you to keep informed with what is going on with our sport by checking our website at [www.mshsca.org/boysbasketball](http://www.mshsca.org/boysbasketball).

The state tourney is upon us and once again seeding at the

3A and 4A levels will take place. The procedure calls for seeding 1-4 with a random draw among seeds 5-8. The seeding takes place after all section play is complete. The games will be played at the Target Center and Williams Arena, Concordia University will be used for Saturdays third place games.

The Cambria room will serve as our hospitality room at the Target Center. Your MSHSCA card must be presented to gain access. We thank the Timberwolves for their support of our association and of high school Basketball in Minnesota. Congratulations to all the coaches and teams that made it to State.

This season's All-Star series is set for the weekend of April 3<sup>rd</sup> and 4<sup>th</sup>. The games will be played at St. Cloud State University on April 3<sup>rd</sup> with game times set for 7:00 p.m. and 8:45 p.m., and at Macalester College on April 4<sup>th</sup> with game times slated for 2:15 p.m. and 4:00 p.m. Congratulations to the coaches who were selected to coach in the 2009 All-Star series. Tim Anderson, Maple River; Ed Cassidy, St. Bernard's; Dave Cresap, Perham; and Kris Fadness, Austin. I would like to encourage all of you to take the time and see one or both of these games. It is a great experience for the players and coaches who are selected to be in this event. We have a lot of great talent in our state, come check it out.

Please contact me if you have any questions or concerns of any kind that need to be brought to our attention.

NJPA is proud to sponsor NOCAD and we are committed to growing this relationship. NJPA competitively bids contracts at a no cost membership saving k-12 school districts time and money. NJPA and our vendor partners feel that these savings can be used to help maintain programs and staff which results in more opportunities for their student athletes.

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# MEMBERSHIP PERKS

MEMBERSHIP PERKS

- **AMERICINN LODGE & SUITES** - 2050 Freeway Blvd Brooklyn, Center MN 55430 - \$69.95 Includes full breakfast. Mention MNCS when making reservation. Contact Ralph Thomas 763-566-7500 3/31/2010
- **AMERICINN - Ham Lake** - Contact Al Patel, 763-755-2100. 13440 Highway 65 NE, Ham Lake, MN. \$59-\$99 Includes Breakfast. 4/1/2010
- **BEST WESTERN NORMANDY DOWNTOWN** - 1-800-372-3131 or Christine Peach at 612-370-1400 Ext. 503. Corporate Rate from \$74.00 which includes a Deluxe Breakfast.
- **COUNTRY INN & SUITES** - 2250 Freeway Boulevard, Brooklyn Center, MN 55430, Contact Amanda Gustafson 763-561-0900 \$99-129 includes breakfast + gift card to Oak City. 12/31/2009
- **COUNTRY INN & SUITES - Shoreview** - Contact Kathy Huston, 651-784-6000. 5995 Rice Creek Parkway, Shoreview, MN. 2nd night 50% off! Free breakfast. 12/31/2009
- **COURTYARD BY MARRIOT - Maple Grove** - Contact Megan Diaz, 763-425-5355. 11871 Fountains Way N, Maple Grove, MN. \$99 Bring this Ad and receive \$15 off your room. 4/30/2009
- **CROWNE PLAZA MINNEAPOLIS NORTH** - 2200 Freeway Boulevard, Brooklyn Center, MN 55430 - On site restaurant and lounge. Contact Tyler Damlo 763-489-2568
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- **HAMPTON INN - Shoreview** - Contact Kory Lesnick, 651-482-0402. 1000 Gramsie Road, Shoreview, MN. \$69 Hot breakfast included, on site restaurant. 12/31/2009
- **HILTON GARDEN INN - Maple Grove** - Contact Theresa McKenna, 763-509-9500. 6350 Vinewood Lane Maple Grove, MN. \$79 Standard room with breakfast. 8/31/2009
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\*\*\*Advanced reservations required. All packages & promotions are based on availability. Please mention this promotion at the time of reservation. Offer void with any offers, discounts, groups or conventions.

## REASONS WHY MSHSCA MEMBERSHIP IS BENEFICIAL

1. Executive Director available to work for you on a daily basis.
2. Dues include a \$1,000,000 Liability Insurance while coaching.
3. Membership card is for admission at many high schools and colleges in Minnesota.
4. Teams are eligible to earn Academic Team and Individual honors.
5. Provide scholarships for Minnesota High School students.
6. NOCAD membership creates revenue marketing that is helpful for the promotion of programs that benefit coaches and their athletes.
7. Four issues of *The Minnesota Prep Coach*, the MSHSCA newsletter which contains information about and for coaches and their association's activities.
8. Provides potential for clinics for any sport association that wishes assistance.
9. Up to date clinic schedules and educational opportunities on our website.
10. Opportunity to be recognized as a Minnesota Coach of the Year.
11. Opportunity to be recognized as a Minnesota Assistant Coach of the Year.
12. Delegate representation that allows coaches to remain fully updated on issues.
13. Close working relationship with all affiliated sport associations.
14. Provides active representation and support on the MSHSL Board of Directors.
15. Recognition for state team championships.
16. Opportunity for 25 Year Club and Life Membership of the MSHSCA.
17. Opportunity to be nominated and selected to the MSHSCA Hall of Fame.
18. United support for each other's programs.
19. Mass membership email capability.



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

<b>Gregg Martig</b> Past President	B/G Soccer Baseball Wrestling	B Swimming G Swimming B Hockey
<b>David Johnson</b> President	Football G/B Golf Gymnastics	G Basketball Adapted Athletics
<b>Don Tangen</b> President Elect.	B/G Cross Country B Tennis Alpine Skiing	Nordic Skiing G Tennis B/G Track
<b>Shelly Hotzler</b> Vice President	Volleyball Softball B/G Lacrosse	Synch. Swimming B Basketball

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

## 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.



## Ice Chips

By: Chris Lonke, Communications Officer/Hockey Promotions Committee  
MN Boys Hockey Coaches Association  
New Prague High School

This version of Ice Chips will have some facts, be a little predictive and very hopeful for a clear, thoughtful decision.

This publication you are reading right now is somewhere around the 15<sup>th</sup> of March. We just got done with another fantastic State Tournament. The facts are we honored four new members that went into the hall of fame. We honored a Cliff Thompson award winner, a Dave Peterson Award winner and our first Bruce Johnson Award winner for above and beyond commitment to the high school game.

### *Hall of Fame 2009*

Tom Macho  
Bill Kennedy  
Terry Shercliffe  
Jack Blatherwick

### *Cliff Thompson Award*

Tom Saterdalen

### *Dave Peterson Award*

John Russo

### *Bruce Johnson Award*

Chad Nyberg- Hopkins

Congratulations to all these well deserving honorees and their families. They are a wonderful representation of the greatness of Minnesota High School Hockey.

The high school hockey tourney was great again. Wow, what a prediction "eh" Wally. The real prediction is it was a wide-open field in A and AA, because that is the way it feels today going into sectionals. See my recap in May!

I hope clear minds prevail and the MSHSL board voted not to reduce games as a cost saving measure. High School sports is for the kids, don't take opportunities away that don't make money sense when the facts are looked at closely.

Have a great spring! Email me [clonke@gmail.com](mailto:clonke@gmail.com) to recommend any good reads I should make mention to all our coaches.

P.S. I just got word that clear minds prevailed – no game ---reduction.

***"I don't think we can win  
every game, just the next one."***

- Lou Holtz



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# PERFORMANCE PLAYBOOK

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## Hydration: Critical to Athletic Performance

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

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

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

Research shows that sports drinks outperform water because sports drinks:

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

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

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

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

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



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# MSHSCA's CORPORATE SPONSORS 2008-09



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.

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- Beach's Awards, Wayzata
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- Educational Resources of MN  
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- Icon Designs - St. Louis Park

## COACHES:

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

Good luck in 2008-09

Thanks for your support



VISIT MCDONALD'S AFTER THE GAME



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

The importance of a close working relationship between college and university coaches and high school coaches in Minnesota remains obvious as 36 institutions of higher learning have opted to continue with the Associate Membership Package offered by the MSHSCA during the 2008-09 school year.

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

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

Another example of the MSHSCA at work for the membership!



Minnesota State High School Coaches Association  
**HALL OF FAME**

**CRITERIA FOR THE SELECTION OF CANDIDATES**

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

**ELIGIBILITY REQUIREMENTS**

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

**SEND NOMINATIONS TO:**  

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

**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: \_\_\_\_\_

# Bounce Shots

By Adam Crane  
Head Coach, Wayzata Boys Lacrosse  
President, MSHSBLCA



Once again the coaches, players, officials and fans of lacrosse find ourselves on the precipice of a new season...our third. Despite what the thermometer says, the calendar says it is time to play so most teams take to the gym (or maybe grab a shovel and look for some green/brown earth) and start practices. Winter league games have hopefully knocked most of the rust off guy's sticks but there is always work to be done as the season gets into gear and screams by at the speed of light.

Thankfully the Boy's Lacrosse Coaches Association was able to petition the MSHSL and have an additional two weeks of time added to the season. In our first two years it was hard to have a conversation with someone involved with lacrosse and not have them mention that our season was just too short. Eleven weeks now make up the boy's and girl's seasons and while that did bring the possibility of an extra game, the Coaches Association asked its members to refrain from scheduling another game in state. We remember all too well how condensed the past seasons of have been and the two weeks is a welcome addition to our sport. Most team's now find themselves with actual practice time during the week and I'm sure the player's will love the added time for the bumps and bruises to heal.

Despite the additional time, I have no doubt the coaches and players will find themselves standing on the field in late May wondering where the season went and what is it going to take to be successful in the playoffs. It is strange to think so far ahead to beyond our season before the season has even started but there is one item that will affect our season looming in the not-so-far-distance. This is the part of the column that might be deemed "controversial" so you'll have to forgive me as thoughts turn to summer.

For most lacrosse players in Minnesota looking beyond the season means summer lacrosse where a future can really be made and skills developed above what takes place during the season. Summer lacrosse is a time for pushing yourself as a player and challenging yourself against the best teams in the country. Travel teams, select teams, and recruiting trips fill a players schedule as he decides what college is for him and if lacrosse plays into that future.

The key to remember is this activity is based on a player's desire to take part in these teams. Since the summer waiver period has become such a hot topic for every sport and the MSHSL I think it is important to remember that a players participation in these events needs to remain voluntary. And from my experience over the last three+ years is there are a ton of players (and by tons I mean hundreds) that really want to play on these teams. The tryout numbers are staggering and players

are plentiful at all levels of lacrosse. To be clear, these are not "in-house" teams that scrimmage other "in-house" teams and have clinics run by coaches a couple of times during the summer. These are travel teams, made up of good players that want to get better and want to challenge themselves against other select teams from across the country.

The MSHSL has made a call for limiting the summer waiver period, specifically calling for no contact for the first week of July. From what I understand, the argument for limiting the summer waiver period (and therefore limiting these teams) is a call to a return of letting kids be kids and have free time. It is a call to summer being summer and family vacations. I agree with this. Family vacations and summertime are special. It is a time to build memories that will stay with the athlete forever. But there is nothing in the current summer waiver period rules that precludes the free time and family vacations. These memories can all still be made and the athlete can still enjoy the summer. To use a specific example, Addidas has stepped up and sponsored a Minnesota only select team to compete in a national recruiting tournament against other regional teams. The tournament takes place shortly after the 4<sup>th</sup> of July in Baltimore, MD. Under the existing rules, this team will practice a couple of times (if that) and then head east to take part in a tournament with 100+ college coaches watching and competition that is literally the best in the nation. All while in an area of the country that is normally a travel destination for families given the proximity to Philadelphia and Washington DC. The players benefit by challenging themselves and with any luck getting noticed by a college coach that would never consider traveling to Minnesota. All in all, a pretty fantastic opportunity and experience.

Under the proposed changes to the summer waiver period, none of that would take place. No family trip, no college trips, no recruiting, no improved skills against top level competition. How does this improve things? And actually, to be fair, I guess there could still be a family trip to the Baltimore area. They could watch the games, I guess. With a lot of organization and coordination by parents, a team could probably be cobbled together and head out to Baltimore but that team would never represent the best in Minnesota lacrosse and would be probably falter. I just have a hard time understanding how restricting what our players can do during the summer is helpful to them, especially when what is offered to them is voluntary.

Here then, lies the elephant in the room. Coaches. As coaches it is up to us to remain a solely helpful and nurturing figure in any athlete's life. Players have to want to get better. They have to want to play on select teams. They have to want to participate in clinics focused on skill development. If the introduction of these new rules is aimed at limiting what is perceived as undue influence on what our athletes should do out of season, then we as coaches, have failed those who we are entrusted to help develop. Summer is summer and should be enjoyed by everyone. I think of the teams the I am involved in as a great chance for players to improve their game, see competi-

... continued on page 16



VISIT MCDONALD'S AFTER THE GAME



## MARCH MEMBERSHIP REPORT 2008-09

Types of Membership	2007-08	2008-09
Active Class A & AA	5660	5358
Associates	1,183	1134
Active Life	358	526
Retired Life	1,007	981
<u>Honorary</u>	<u>3</u>	<u>3</u>
	8,211	8,006

Seven dance team coaches have joined MSHSCA for 2008-09. The wrestling membership is not accurate, at this time. Several coaches who joined wrestling through their association prior to becoming part of the MSHSCA have joined since, but did not pay their dues through us. As a result, only a portion of their actual is reported.

Breakdown of membership by sport association (2007-08 totals in parenthesis)

Adapted Athletics (24) 21	Boys Lacrosse (16) 12
Alpine Skiing (62) 70	Girls Lacrosse (9) 25
Athletic Directors (231) 259	Football (867) 936
Baseball (338) 371	Boys Hockey (266) 257
Boys Basketball (722) 732	Golf (boys & girls) (373) 278
Girls Basketball (639) 620	Soccer (boys & girls) (389) 375
Cross Country (298) 284	Softball (450) 365
Gymnastics (174) 198	Synchronized Swimming (20) 12
Nordic Skiing (98) 127	Swimming (girls & boys) (242) 228
Volleyball (688) 655	Tennis (boys & girls) (212) 274
Wrestling (41) 65	Track & Field (531) 499

## BOUNCE SHOTS

..... continued from page 15

tion outside of Minnesota and maybe meet a new friend or two. It is disappointing that coaches, and by extension summer teams, have become viewed as having a negative impact on athletes.

The next steps lie in the hands of the MSHSL and with whatever decision is made we will move on. Our sport is strong and the players and fans are passionate. The season once again should be a great one. With attendance growing at all games and especially at that state championship I truly see a bright future for high school lacrosse. I just hope that summer lacrosse will be a part of that future.

## TIPS FOR PUTTING GATORADE ON YOUR SIDELINES

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

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

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# FAST TRACKS

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

## LOOKING FORWARD

The State Meet is over, winners crowned, team banquets have been held, and equipment/uniforms turned in. For most, this is the end of Nordic skiing 2009 and now the focus is on spring and warmer weather. Now is also the time we need to reflect on the past season and what we can do to make 2009-2010 even better for our athletes.

In general terms, the 2009 State Meet was a success. Thanks to the many volunteers, our coaches meeting, banquet, and meet went off about as smoothly as could be expected. Our biggest hurdle (again) was Mother Nature. I'm starting to think with all the money coming from President Obama's Economic Stimulus Program there would be enough to build a 5K tunnel.

Two issues related to the State Meet we need to review are the courses (skate and classic) and our format (True Pursuit). As a course controller during the Classic race, outside of one girl who was disqualified for skating, the athletes appeared to handle themselves quite well. As in any race, those who know how to classic ski were at the top and those who have not mastered the skill were in the middle to bottom of the pack. One piece that had an impact on the athlete's performance was the coach's ability to grip wax the skis properly. There were a few teams who had to jump out of the track, not because of lack of technique but not enough grip.

The general complaint with the skate course was that it was too flat and did not allow for separation. The course was dictated by our format (True Pursuit) and the Team format. We had to have a course wide enough to provide unimpeded passing for all team members. This put a real limitation on course options. Even if we would have had a course with more elevation change, it may not have helped to separate the athletes. Following is a statement from Pat Lanin that I think speaks best to the issue "Regarding the complaints about crowding on the course during the pursuit, there is really no way to correct that given the 5 km distance and the numbers that we have to deal with. I also see the gap between the top 20% and the bottom 20% shrinking as coaching and training improves at all levels. I can see the problem only getting worse as skiers get better". True Pursuit was (read past tense, this type of event is no longer run by FIS) setup for a maximum of 60-65 athletes (not 120) on FIS World level courses.

On another note, as an association we have to make a recommendation to the High School League within the next year on how an athlete qualifies for the sectional meet. Both coaches and parents voiced their opinions when an athlete this season qualified at what some felt was the "last minute". I've heard from all sides of this issue, including coaches who would pre-

fer "Elite Skiers" are not part of high school skiing. Clearly we must work with ALL athletes regardless of their abilities and at the same time have a system that is fair and puts priority where it should be—education and personal growth.

As an association, we need to review what is best for our athletes. This needs to be done where we can share our thoughts and ideas and come to decisions that improve our sport. Our meeting is Saturday April 18th, 2009 at the Vasaloppet Ski Center in Mora, Minnesota. I invite you to become a part of the decision making process. While the agenda is still in formulation stages I feel we need a full workday to discuss and present thoughts and ideas for the coming season and the future. I hope we can vote and move forward on decisions that impact our athletes.

Those of you who would like to present a proposal for change, please e-mail it to me so that I can add it to the agenda. Currently, I have one very interesting proposal from Roli Ring-Jarvi who will be presenting in April.

Hope to see you April 18th!



## Have You Moved or Changed Your Email?

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



VISIT MCDONALD'S AFTER THE GAME



**2008-2009 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

NAME (Print) \_\_\_\_\_

(Last) (First) (Middle Initial)

SCHOOL \_\_\_\_\_

HOME MAILING ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ZIP CODE \_\_\_\_\_

ADMINISTRATIVE REGION NO. \_\_\_\_\_ COMPETITIVE SECTION NO. \_\_\_\_\_

E-MAIL ADDRESS \_\_\_\_\_ HOME PHONE # ( ) \_\_\_\_\_

**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 2008-09 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 or Elementary)

ADAPTED ATHLETICS.....\$10	NORDIC SKIING (Dec. 15 deadline) .....\$10
ATHLETIC ADMINISTRATORS .....\$40	ALPINE SKIING (Jan. 15 deadline).....\$10(H); \$6(A)
BASEBALL (Mar. 7 deadline) .....\$10(H); \$5(A)	BOYS SOCCER (Oct. 1 deadline) .....\$10(H); \$5(A)
BOYS BASKETBALL (Dec. 1 deadline) .....\$10(H); \$5(A)	GIRLS SOCCER (Oct. 1 deadline).....\$10(H); \$5(A)
GIRLS BASKETBALL (Dec.1 deadline) .....\$15(H); \$10(A)	SOFTBALL (May 15 deadline).....\$10(H); \$5(A)
CROSS COUNTRY (Oct. 1 deadline) (B)(G)(B/G).....\$15(H); \$5(A)	BOYS SWIMMING (Jan. 30 deadline) .....\$10(H); \$5(A)
FOOTBALL (Oct. 1 deadline) .....\$20(H); \$10(A)	GIRLS SWIMMING (Oct. 1 deadline) .....\$10(H); \$5(A)
Retired Life.....\$25	SYNCHRONIZED SWIMMING .....\$10(H); \$5(A)
GOLF (April 15 deadline) .....\$10 (B); \$10 (G); \$10 (B/G)	BOYS TENNIS (Mar. 15 deadline).....\$10(H); \$5(A)
GYMNASTICS (Jan. 15 Deadline).....\$10 (H); \$5 (A)	GIRLS TENNIS (Oct. 1 deadline).....\$10(H); \$5(A)
HOCKEY (Jan. 7 deadline).....\$25 (H); \$15 (A)	TRACK & FIELD (Mar. 15 deadline) (B)(G)(B/G) ...\$15(H); \$5(A)
Retired Life .....\$15	VOLLEYBALL (Oct. 15 deadline) .....\$10(H); \$5(A)
BOYS LACROSSE (May 15 deadline) .....\$10(H); \$5(A)	Wrestling (Jan. 31 deadline) .....(H) or (A) \$27
GIRLS LACROSSE (May 15 deadline).....\$10(H); \$5(A)	

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



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# ON LINE MEMBERSHIP APPLICATION

The MSHSCA membership application for 2009-10 will be on line by April 6, 2009

All memberships run from August 1st to July 31st. During the 2008-09 membership year we implemented a new on line system. The MSHSCA would like to encourage all coaches to use the new system at [www.mshsca.org](http://www.mshsca.org).

The new system has been very helpful in the following ways:

- 1.) Maintaining accurate e-mail addresses for sport associations
- 2.) Assure that the MSHSCA has the correct mailing address for the MINNESOTA PREP COACH
- 3.) Give coaches and MSHSCA dated receipts
- 4.) Maintain a current membership list on our website
- 5.) Have accurate coaching information from each coach

If you have questions, call at (218)847-6796 or e-mail at [jomar@lakesnet.net](mailto:jomar@lakesnet.net)

Thanks for your help

John and Mary Erickson

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## ATTENTION LIFE MEMBERS

As the MSHSCA went through the list of Retired Life members for 2007-2008, it was determined that more than three dozen coaches who are Retired Life are still coaching but not paying insurance or sport association dues.

The MSHSCA has a new system. Coaching lists for sport associations are updated regularly. If you are not listed with your sport association, it means that you are delinquent in the two previously mentioned areas — insurance and sport association dues.

Your insurance payment is \$10 yearly. In addition to insurance, our new academic and awards program require that the head must be a member of their sport association in order to claim that they as individuals or the honors achieved by their team will not be awarded without sport association membership.

## GENERAL LIABILITY INSURANCE PROGRAM

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

### CARRIER

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

### POLICY PERIOD

August 1, 2008 – August 1, 2009

### LIMITS OF INSURANCE

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

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

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

### CAMP COVERAGE

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

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

### CERTIFICATE OF INSURANCE & PARTICIPANT ACCIDENT

- If you have a camp and require proof of insurance, certificates are at no additional charge.
- If you have a camp and require a certificate of insurance naming an Additional Insured the cost is \$300.00.
- Participant/Accident Coverage must be in place for all participants prior to the issuance of a certificate of insurance naming an Additional Insured.
- Certificates of Insurance and Participant/Accident request forms are available through your coaches association. 218-847-6796 [www.mshsca.org](http://www.mshsca.org)

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



VISIT MCDONALD'S AFTER THE GAME



# dugout chatter



Pat Collins  
President - Minnesota High School Baseball Coaches Association  
Chisago Lakes H.S.

Spring is in the air!

The temperature is -2 degrees as I write this but spring coaches can smell the Spring weather that is right around the corner. We have an optimism that each cold front is the last one of the year and we can soon get outside and enjoy the smells and sounds of Spring. A baseball coach loves to hear the enthusiastic chatter of our players but I think the sound of the ball hitting the glove, while those boys play catch, is the sound I like the most. I like the sound of a rake on the ag-lime and the aroma of hot dogs wafting from the concession stand..... Baseball, in the spring is a beautiful thing!

As I write this the Baseball Coaches Association feels some relief that the MSHSL board of directors voted to leave the length of season as is and we think that is a good idea. I understand the rationale that we need to cut season length in order to help schools and families save some money. Times are tough, there is no doubt about that but I think that tough times should make us be more efficient. The MHSBCA proposed that baseball be allowed to play two double headers instead of lopping off two games. The double headers would have achieved the same goal of eliminating transportation costs for schools and parents but would have preserved playing time for our student athletes. The goal of saving money can be achieved in many ways and conservation and efficiency should always be at the top of the list. I saved \$2,500 over 10 years by replacing my inefficient, incandescent bulbs with compact fluorescents and still have plenty of light in the house. If I could get my kids to turn out a few now and then, I could save even more.

The MSHSL board and rep assemblies have other issues coming up that are going to require tough decisions and a vision of the big picture for all communities and sports. The possible limitation of scrimmages isn't a real big issue for baseball coaches but what about teams that travel to Florida? The summer waiver issue seems like a good idea to give kids or coaches a week off around the 4th of July. Will it compress a season into less weeks making them more busy thus defeating the purpose? Our out state coaches have concerns over who will fill in for them during the waiver period as there aren't always a lot of options in smaller towns. Baseball has always had an exemption from summer contact as summer is just part of our season with a spring that is so short. We also have financial alliances with the Patriots of the VFW's and Legion Posts that

help us with our high school budgets. These men and women, after going through war, decided to promote and sponsor summer baseball through their organizations because it allows kids to be kids in the relaxed pace of summer baseball. We have never had an issue that I can recall about summer baseball. Our thought is, "if it isn't broke, don't fix it". I have confidence that the leadership at the Minnesota State High School League will make good decisions about issues that confront them. They celebrate the diversity and beauty of each and every sport and make decisions based on what is best for that sport and not blanket decisions that affect all, based on what works.

I can't predict what changes will come about for our sports in the coming months. I do know that the sun will rise tomorrow morning and that we will be another day closer to another season. A season that is the most important season ever for our kids who have mouths stuffed with seeds and jet black under their eyes. Our baseball season is a wonderful roller coaster ride. It is fast, filled with thrills and over before you know it; and we like it just the way it is. Play Ball !!!

## Over Hill and Dale

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

Many of us are getting tired of the long winter and looking forward to spring. Even though winter has been long this year, it has been enjoyable to get out most days and run. However, it will be nice when the warm weather returns and the sweats can be put away. Many of our Cross Country coaches will be involved with coaching track this spring and may your teams and athletes have successful seasons.

There were approximately 40 coaches in attendance at our Rap Session at Park Center High School during the January Track Coaches Clinic. Thanks to all of you who braved the cold weather and attended. A good portion of the session was spent discussing a possible proposal to

qualify a couple additional at-large teams to the state meet so we can insure all of the best teams in the state compete together. A sample proposal will be drafted and we can further discuss it at the summer clinic. Currently the MSHSL is reviewing the guidelines of their state tournaments before they will consider adding additional individuals and additional qualifying teams. Hopefully you all received the rap session minutes that our secretary Jeff Schmidt sent out.

Our proposal to add additional individual qualifiers is currently on hold while the MSHSL is reviewing their state tournaments. We will attempt to file our three-class proposal again this fall as long

... continues on page 21



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as we have enough registered teams. We should know by the end of May if the number of individual awards at the state meet will be increased to 10.

We have a vice-president for our Cross Country Coaches Association. Chris Frye, the boys and girls coach from Chatfield High School will serve in this position. Chris started the program at Chatfield 11 years ago. He should be a great representative and resource for all of our small school coaches. Thank you Chris for your commitment. I would also like to thank two other coaches, Chris Goebel of Mora and Kerry Johnson from Park Rapids for also considering this position.

Our summer clinic is scheduled for Tuesday, August 11th at Champlin Park High School. Kevin Moorhead is organizing this and we should have more information as well as a registration form in the May Prep Coach. If you have any ideas for topics or speakers for the clinic, please contact Kevin or myself.

Finally, many of us are faced with budget cuts. Hopefully none of these will be too devastating to our programs. If any of you have creative ideas on how to reduce costs, it would be nice to share them with each other. I received an email from Lisa Lissimore of the MSHSL and she would also be happy to hear ideas from us.

Good luck with your spring seasons and thank you for all of your outstanding work with our youth.

## Notes from the Wrestling Room

By: Paul T. Cyr  
President of the MWCA  
[pcyr@nrheg.k12.mn.us](mailto:pcyr@nrheg.k12.mn.us)



### Attitude is a Choice

By the time you read this article, we will have 24 section team champions and those teams will have been seeded into the state tournament for the first time. That process will take place on the Monday following the section tournaments and will seed the top four teams in each class and the remaining four teams will be drawn randomly into the brackets. There will not be an "eighth" seeded team. The process will involve a conference call with the coaches of the section champion teams. This was among the agenda items when the Advisory Committee met with Craig Perry of the MSHSL on January 20<sup>th</sup> at the League offices in Brooklyn Center. This was the first Advisory meeting that I have attended, but those individuals that have served for a longer period of time characterized the proceedings as quite positive as compared to some earlier meetings. At this meeting there were not any items that I would have labeled contentious, which made for a more productive session. Among the items on our (the MWCA) agenda were these:

The January 15<sup>th</sup> weigh in date. We have asked that it be set at the "Monday of the 9<sup>th</sup> week of the season", which would allow for some flexibility when the starting date (and State Tournament) is moved as it was this year.

We talked about the minimum weights for 103 and 112. The need for those minimums was discussed.

Craig Perry did address the section realignment process. The MSHSL uses geography, size of school, and number in a section as criteria in the realignment process. The process will begin as soon as the MARSS numbers are available to the League this spring.

We did talk about the State Tournament schedule and the hardship for out-state parents and fans to be in St. Paul for another day when individuals wrestle on Wednesday night versus having the teams compete in that session. The main consideration in having that arrangement is the length of the days on Thursday and Friday if you return to teams on Wednesday.

As I said, it was a constructive session and was very interesting to me as a newcomer to the process.

I have been in contact with Bill Demeray recently about the possibility of having a State JV tournament early in February. Bill's idea is that the MWCA could profit from the tournament and those athletes that would not be able to compete in the season ending varsity tournaments would have another competition. Bill is sending out a letter to Section Reps and you will very likely have heard about this idea before you read this column. I think the idea has merit and I certainly support it and encourage you to do the same.

I want to take the time to congratulate Scott Davis of Owatonna on reaching another milestone. His Huskies defeated us in the Valentine's Day Dual at Owatonna for Scott's 900<sup>th</sup> career coaching victory. What an achievement!

Good luck in the section individual tournaments. I hope to see many of you at the State Tournament. Congratulations to all 24 of our section team champions and best of luck in the State Tournament. I can be reached at [pcyr@nrheg.k12.mn.us](mailto:pcyr@nrheg.k12.mn.us). Until next time.

## ADAPTED UPDATES

By: Barb Becker - President MAACA  
Bloomington Schools

The Minnesota State Adapted Floor Hockey Tournament will be on March 20<sup>th</sup> and the 21<sup>st</sup> at Bloomington Jefferson High School. Eight teams from both the CI Division and the PI Division will play with hopes of obtaining the State Title. Good luck to all during playoffs which is the week of March 9<sup>th</sup>-13<sup>th</sup>. Congratulations and good luck to all the teams competing in the State Tournament. Thanks to all the coaches who give their time and energy to make this a great program for all the athletes. This program is vital to the athletes lives!

Spring season of Adapted Softball will start the end of March. Due to the many different times for Spring breaks in the various districts, many games were adjusted accordingly forcing numerous games in a week. The Adapted State Softball Tournament will be May 29<sup>th</sup> and the 30<sup>th</sup> at Coon Rapids High School. Enjoy the season.



VISIT MCDONALD'S AFTER THE GAME



# CLEARING THE HURDLES

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



Just when you thought that spring might arrive early, a good old fashioned Minnesota snowstorm drops a new layer of the white stuff. Hopefully the sun will come back out again soon and melt it off. With the 2009 season just around the corner, it would sure be nice if Mother Nature would cooperate. Speaking of cooperation, the Track & Field Advisory board met recently with our MSHSL Liaison, Jody Redman. The majority of the meeting revolved around our proposal to increase Track & Field in Minnesota from two classes to three classes of competition. As we discussed at the January Clinic meeting, the results of the survey of Track coaches showed a strong support to propose three classes. However, there was also an overwhelming response of no to the question of proposing three classes if it meant having to give up qualifying standards. There was also an overwhelming response of no to the question of proposing three classes if it meant having only one entrant of each section instead of the current two. Those two points were central to the discussion we had with Jody Redman. The MSHSL does not think that it is possible to run the 3-class meet in two or three days at one venue unless qualifying standards are removed and there are no prelims. The suggestion put forward from the MSHSL was to have four “super-sections” which would

advance athletes to the finals at the state meet. It basically boiled down to a discussion of cost. We can propose any number of classes that we want, but there will be no increase in the number of athletes that advance to the state meet. There will be some further discussion, but it doesn't look promising at this point.

Beyond the 3-class proposal, some other items were discussed. The MSHSL is leaning towards eliminating all rules interpretation meetings with officials and doing it all online. The idea is to make sure that everyone gets the same message and it will save a significant amount of money. If you have a viewpoint one way or the other, please contact your AD's on this issue. We expressed our desire to continue to have the face to face meetings to provide the opportunity to ask questions directly. We are also recommending that there be a warm-up area near the vertical jumps at the State Meet so that those jumpers are not confined to such a small area. We also made a recommendation regarding hurdle warm-up space.

There is also a movement within the MSHSL to have some spring sports move their schedules further into the summer, including Track & Field. That would cause the start date of the season to move another week later and the state meet to be a week later in June. Please contact your AD's and our MSHSL Board representatives John Schumacher and Mindy Sparby about this issue to express your views.

Don't forget that you must have your roster certified and entered online by March 19<sup>th</sup>!!!

Keep working hard to give our student-athletes a great experience in Track & Field, and I hope you all have a successful 2009 season!



## SNYNCHRONIZED SWIMMING

By: Signe Hensel  
Wayzata HS

The 2009 season began Monday, March 2<sup>nd</sup>. In partial preparation for the season, the Coaches Association invited Nicole LaVoi, Ph.D. to speak on the Psychology of Coaching: Effective Motivational Strategies. The clinic was exceptional. Dr. LaVoi addressed individual concerns as well as concerns that seem to affect the group as a whole. Five specific concerns expressed by coaches were: 1) how to motivate athletes when faced with a disappointing pre-season; 2) how to increase coaches' motivation throughout the season; 3)

tools for more effective practice outside of the pool; 4) increase efficiency as a coach & swimmer; 5) keep all of the swimmers motivated when there is such a wide variety of ability even within the smallest of teams. After hearing the specific concerns, Dr. LaVoi talked about Motivation – the myths, frameworks, and key motivational strategies. There is not a cookie-cutter approach. She encouraged us to have and know our coaching philosophy. One key concept — Intrinsic Motivation happens when the 3 basic needs of each athlete (care, competence, and choice) are met. Everything we do creates a climate.

Coaches participated in a question-

naire to determine their Mastery-Centered Score and their Ego-Centered Score. This information provides information on the climate that each coach may be creating. Dr. LaVoi also gave effective coaching communication and feedback tips.

Other news...Two figures were rotated into the varsity competition for '09 season. The varsity figures are: Ballet Leg, Bent-knee Barracuda, Tower, and Walkover Front. One rule change is with regards to full body EXTENSION. For figures, full body extension is now under the CONTROL portion of the figure score (vs. design). We wish everyone a successful season.



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# Swim Strokes

By: Nate Linscheid

Boys' Swimming and Diving Coaches Association  
Bloomington Jefferson High School  
nlinschei@bloomington.k12.mn.us



The signs are all there: warmer temperatures, birds singing in the morning, lighter jackets coming out of the closet, leaving afternoon practice while there's still daylight. These not only signify the coming of spring (although you wouldn't know it from the last week), but every boys swimmer knows that its time for the end of season taper and fast swimming. We enter the last week of the season with some of the fastest swimmers ever in the state getting ready to descend on the University of Minnesota in both Class A and AA. Maybe it's the motivation of watching last summer's Olympics, maybe new suit technology helps, or maybe everyone finds newer and better ways of training harder and smarter, but looking at some of section results, next weekend will have some swims that have not been matched in the history of the state meet. Congratulations swimmers and coaches and good luck next week.

The last three months have gone by really fast and in January the MSHSCA hosted the fifth true team state championship meets at the University of Minnesota. Winning in the newly expanded twelve-team meet in class AA was last years runner-up Edina who switched places with last years champion Minnetonka. In Class A, St. Thomas Academy went on to go undefeated in the meet with their fifth championship. The true team meets are growing in participation, and are a great showcase for a school's entire team while providing more opportunities for team members to contribute to their teams. Congratulations to all the teams who qualified and thank you for your participation.

The coaches association will be hosting the annual Upper Midwest Swimming and Diving clinic on April 3-4 at the Minneapolis Gateway Hotel (formerly the 4 Points Sheraton). Speaking at the conference will be University of Florida and six time national team coach Gregg Troy and former Olympic sprinter Tom Jager from the University of Idaho.

The All-State banquet will be held on Friday night April 3<sup>rd</sup> at the Prom Center in Woodbury, more information regarding the clinic and the banquet can be found on the swim association link on the MSHSCA website.

Finally, congratulations and thank you to all the coaches this year who took time out of their busy family life and social life to work with some of the finest athletes in the state.

Swimming teaches kids great lessons about hard work, dedication, and working toward a goal. Your guidance and examples make a huge difference in the lives of many young men. Maybe they don't show their appreciation every day – or at all sometimes – but the experiences you help provide them with will carry with them throughout their lives. Good luck next week and have a great off-season.

## Delegates Corner

By: *Don Tangen*  
*MSHSCA President Elect*  
*Glencoe-Silver Lake HS*

Today is March 3, 2009. March in Minnesota is the early stages of March Madness. Girls hockey just completed their state tourney. The remainder of the winter sports conclude their seasons over the next four weekends. Spring sports all get going in March. It is the busiest time of the year for AD's and for the Minnesota State High School League. We have our spring delegate assembly meeting March 20th at Mancin's restaurant in St Paul. The officers of the MSHSCA are very pleased with the events that have transpired over the last few years.

As the boys and girls sport associations merged, it increased our membership dramatically. I believe this has created louder voice at the legislative level. This unification has certainly helped in establishing positive legislation for coaches. I think it has polished our image with the people of the MSHSL. We do enjoy the most positive working relationship with this body that we have ever had. We must credit Dave Stead and his colleagues at the MSHSL for establishing this rapport, as well.

We have increased our ability to award scholarships and honor student athletes. We now give out more academic awards and scholarship money than we ever have. As you can see, there are many positive things occurring for the Minnesota State High School Coaches Association.

Things are going well. That does not mean our work is done. There are and will always be issues we need to be concerned about. Making things better for student athletes and coaches is on going. We need active members of our Delegate Assembly. We need coaches to be vigilant and engaged. We must continue the process of unification. We must continue our effort to streamline the Minnesota State High School Coaches Association.



VISIT MCDONALD'S AFTER THE GAME



# HALL OF FAME

## Baseball Clinic Award Winners



**Al Shultz**

*Ass't Coach of the Year*

New Richland-Heartland-  
Ellendale-Geneva HS;



**Brian Kispert**

*Jim Dimick/Retired  
Coach of the Year*

Richfield HS



**Mike Larson**

*Angelo Giuliani Award*

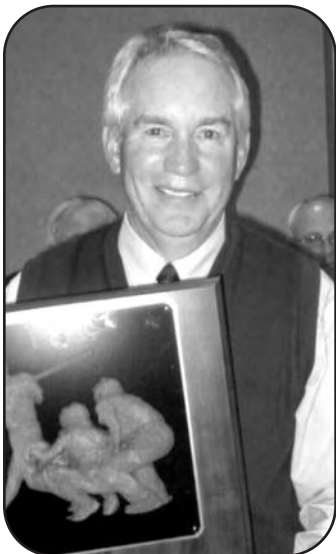
Major League Scouting  
Bureau/Waseca, Mn



**Scott Bergman**

*Ass't Coach of the Year*

Sauk Centre  
HS.reau/Waseca, Mn



**Pete Cheeley**

*Jim Dimick/Retired  
Coach of the Year*

## Baseball Hall of Fame Inductees



**Front Row L-R (pictured above):** Duane Welch-Hopkins HS; Ned Thompson-Totino-Grace HS; Dave Gisvold son accepting for deceased father Al Gisvold-Springfield HS; and Norbert Pastir-Roseau HS.

**Back Row L-R:** Doug Darnell-Brooklyn Center HS; Howard Schmidtke-St. James HS; Tom Traen son accepting for deceased father Dick "RT" Traen-Delano HS; and Bill Kroschel-Park/Cottage Grove HS.

## 25 Year Club Inductees



# 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.

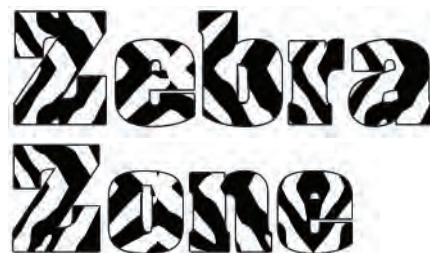
The MSHSCA has maintained a collective file of nominations but is currently looking for more nominations of the many deserving officials that need to be recognized for their long time service to Minnesota high school sports.

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

## "Make Up Calls: Myth vs. Reality"

All's well that ends well. That can mean many things to many different people. And in officiating it can as well. For example, does that mean if an official misses a foul on a player that it is acceptable to make the next call to even the score? All's well that ends well. You basically ended up where you started – a "do-over" per se. In sports this is commonly referred to as "a make up call." Interestingly enough, basketbawful.com has defined a make up call as a noun: (mak'-up kahl) noun. The act of compensating for a bad call against one team by making an even worse call against the other team, usually in an immediate and obvious manner. Hmm?

The topic of make up calls came up recently at a discussion group and I received the following:

Dear Zebra Zone:

The winter season is winding down and you are probably having difficulty finding topics to write about. With that in mind, I was wondering if you would consider discussing the myth verses the reality of the "make up call". I doubt that it is discussed in the "handbook of officiating", but those of us who have watched hundreds of games of basketball know it to be an occurrence that is not rare. In the past you graciously admit to only making one or two errors in your officiating career, so there would be no need for such a thing in any of the games you have worked. Perhaps it is at the skill level of some of the other zebra's who do not match yours. In any event, I would appreciate your thoughts.

Sincerely,

Gene from Nevis, MN Conference MVP 1973.

Thanks Gene, knowing that you have watched hundreds of games pretty much

## Officials Distinguished Service Award Nomination Form

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone ( ) \_\_\_\_\_

Years officiated at varsity level \_\_\_\_\_

Sport(s) Officiated \_\_\_\_\_

Other information to support this nominee: \_\_\_\_\_


Nominating Person \_\_\_\_\_

Address \_\_\_\_\_

Phone ( ) \_\_\_\_\_

. . . continues on page 26

# CHIP SHOTS



By: Todd Petterson  
Red Wing H.S.

This article is started as the snow is coming down pretty hard so it must be tournament time and right around the corner is the start of the golf season. Hopefully we will have a better spring this year than last.

When you get this a few meetings will have taken place on two issues: the summer coaching waiver and the reduction on the number of meets. First: summer coaching waiver. I passed along any comments I received on this topic to the appropriate committees. I do not feel it is as big of a deal with the golf as it is in other sports but it appears that in the summer of 2010, we might get a reduction of contact days in coaching golf in the summer—generally I am hearing the weeks centered around the July 4th date. I am sure the athletic directors around the state will keep their staffs informed on this. Second: number of meets in a season. We currently have the ability to schedule 16 but with the economy and Minnesota's current budget situation, there has been talk of reducing the number of meets we can have in a season I will follow up on these topics with you.

Trying to communicate with coaches can be difficult. Emailing is a great tool but each time I send out a bulk email, I get between 20-30 back so if you do not get one, and you believe you are a member of the association, get in touch with me and I will try to get your email corrected. For your information, I am getting an email out between February 27th and March 3rd so if you did not get one during that time frame contact me on my coaching email: mnhs-golfer@charter.net. Also, if you can remember to get your membership in earlier in the fall there would be more

of an opportunity to deal with issues which come up. For example; one topic I had intended to address this fall is an open forum of ideas on fundraising, what do you do, does it work and do you have any suggestions for other coaches which might be in districts with more financial constraints or, how can we help each other out with ideas on raising funds? Might you have any other topics we could cover by getting feedback from other coaches?

An easy fundraising idea is the golf card found at [birdiemarketing.com](http://birdiemarketing.com). We do not endorse this card, since there are other cards out there, but if you are a member of the association and sell 25 cards, your schools name is put into a drawing and eight schools are awarded a \$500 check each year—\$4000 was given to various programs last year.

This spring there are a number of coaches which help out with the ratings, the academic all-state, banquets, section tournaments, etc. so watch for the deadlines and start to be connected to the [mshsca.org](http://mshsca.org) and [mshsl.org](http://mshsl.org) websites and watch for emails from me this spring as well. For the teams and individuals to be recognized as academic all-state the coach must be a member of the association so check to make sure your name is on the list of members.

Last, the State High School Coaches Association also has made a change in the academic program, and we might wish to make some slight changes to our Academic All-State Awards to more closely align ourselves with the larger program—so as always, continue to encourage your athletes to work hard in the classroom as well. In the past any senior who plays in the first round of the section and has a 3.7 GPA without honor points is on the Academic All-State Team. Join the coaches association so your athletes can receive this award.

As I finish this the snow has stopped and the sun is out. In a few short weeks the fields will be clearing, and we will be starting our season. Keep in touch and let me know if you have questions or concerns.

## ZEBRA ZONE . . . continued from page 25

qualifies you as “expert” status among officials. We see your sort each night and appreciate your help. You must have caught me at a weak moment if I admitted making one or two errors as I don't recall that happening. Anyway, let's look at a couple of situations to see if we are on the same page.

**Basketball situation:** Karmen is dribbling down the sideline of the court and Jennifer tries to trap Karmen near half court. There is a small amount of contact between the two and Karmen falls out of bounds with the ball. The official, Sven, gives the ball to Jennifer's team. It was questionable if the contact caused her to go out of bounds or was it Karmen's own fault. On the ensuing in bounds play Sven calls traveling on Jennifer who just received the ball. Myth or Reality: Is this a Make Up Call?

It could be considered a make up call. Was Jennifer wearing pink shoes? Did it happen on a Tuesday or was it a Friday? These factors all come into play when Sven made his call. Tough to say without more information.

**Football situation:** Fred is running for an apparent touchdown and the official, Barney, throws a flag for holding on Fred's teammate. Fred's coach is not very happy and lets the officials know of his displeasure. On the very next play, Barney calls defensive pass interference and gives Fred's team a first down. Myth or Reality: Is this a Make Up Call?

I am only assuming that this was a high school football game played on a Friday night. That being the case, it definitely probably might possibly be a make up call. Was Barney related to the custodian at the home school? This would make a difference in this situation according to the “handbook of officiating” you referenced. I don't mean to insult your intelligence as I am sure you were already aware of that – my bad!

OK, that was just a BIT of sarcasm. Do make up calls exist? Are they a myth or reality? That is in the eye of the beholder. In my humble opinion, they are probably most likely a mythical reality. I am sure they really do exist in the eyes of those whom fall victim of the second of two questionable calls. Makes perfect sense. All's well that ends well.

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



## MORE COACH TIPS FOR EFFECTIVE MOTIVATION

Based on the response of the December *Prep Coach* piece titled the *Psychology of Coaching: Effective Motivational Strategies*, I was asked to write a follow-up piece. Motivation is a combination of internal (desire, goal, need) and external forces (job security, scholarship) that influence us to behave in certain ways. The reason why understanding motivation is so important is because it helps coaches understand athlete choices, effort and behaviors. In the last piece, I mentioned that our job as coaches is to create climate where intrinsic motivation (doing something because it is inherently rewarding and enjoyable in and of itself) can flourish. Athletes that are extrinsically motivated engage in sport, the drill or activity as a means to an end—not because they enjoy it (i.e., My parents make me; I'm trying to get a scholarship; Being an athlete makes me more popular). Intrinsic motivation is a higher quality form of motivation as it leads to sustained participation, effort, enjoyment and makes optimal performance more likely—as well as a host of other positive outcomes! However, extrinsic motivation can't be ignored and is very common; therefore I get a lot of questions from coaches about the effectiveness and use of extrinsic rewards to motivate athletes. In short my answer is, “Yes, they can work, *BUT...*” Here are two of many instructive tips about the effective use of extrinsic rewards.

Extrinsic rewards can be useful to *gain initial interest or participation*. For example, you want your athletes to adhere to a conditioning program in the off-season. I know this was always a struggle for me! Every time an athlete works out, she gets a sticker on the team workout chart (be creative on the chart with a theme, like “The Road To Success” or “The Pyramid Of Champions” where each sticker gets the team closer to a goal—you know your team best). You specify how many stickers it will take the team to “earn” a reward once the season starts (hint: to get real buy-in, have the team decide what the reward will be, within reason of course). The goal is to get them to workout, but in the process they might start to see results (i.e. stronger, more fit, improved performance), which is intrinsically motivating.

The most effective extrinsic rewards are *creative, novel and meaningful* to the team or athlete. One coach had a special practice MVP shirt that an athlete earned based on positive attitude, effort, sportsmanship, and being a good teammate. The criteria were NOT based on outcomes such as who scored the most points, had the fastest time, or the most kills. The criteria ensured EVERY athlete had the possibility of earning the shirt, not just the most talented. The team voted each week using the criteria and the shirt over time became a high prized commodity which symbolized the qualities that were most valued by the team and coaches. I've also seen this concept used in the wrong way. Each practice, one coach gave the athlete he perceived as “the weakest & wimpiest” (he called it something else which isn't appropriate to include here) the pink practice shirt. Using extrinsic “rewards” in this manner is humiliating, not motivating in any way.

My advice to coaches on the use of extrinsic rewards is to first ask yourself a few questions: WHY you are using them?;

What is the purpose behind their usage?; and What are potential costs and benefits? As with anything, your rationale for using extrinsic rewards will be related to your coaching philosophy. If you have questions or comments, please email me! For those with upcoming seasons this Spring, the best to you, your coaching staff, and athletes.

Please note The Tucker Center has a free lecture on April 22 at 7pm that some of you may be interested in titled, “You Gotta Be Tough: Challenges & Strategies of Female Youth Sport Coaches”. For more information visit our website at [www.tuckercenter.org](http://www.tuckercenter.org).

Nicole M. LaVoi, Ph.D.

Associate Director, Tucker Center for Research on Girls & Women in Sport

Minnesota Youth Sport Research Consortium

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

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**VISIT MCDONALD'S AFTER THE GAME**





## QUICK STICKS

By: Rachel Aiken,  
Chaska HS

Spring has sprung; it's finally here! After the long bitter days of winter, girls' lacrosse programs in the state of Minnesota are gearing up for a fantastic spring. As lacrosse coaches, we are quickly preparing for our rapidly approaching start date of March 23. We continue to organize and finalize our last minute schedule changes, hire coaches, attend meetings, and prepare team activities for what promises to be a jam packed season. With three games a week in an 11 week season, Sections and a State Tournament, we are all hoping for Mother Nature to cooperate.

As the season starts we are pleased with the hard work that was put in during the offseason with our newly formed coaches association. Our programs here in Minnesota are slowly but rightfully getting on board with the rest of the country with approved rule changes by the Minnesota State High School League. We welcome the improvements as our sport grows and as we "catch up" to establish regions around the country.

The sport known as the "fast game on two feet" will swing in and out very quickly. With each step forward every year brings the promise of a bright future for girls' lacrosse in the North Star State.

### Upcoming Events & Important Dates

- March 10-** 7pm Rules Interpretation Meeting Roseville High School
- March 18 -** 7pm Rules Interpretation Meeting- Edina High School, with MSHSL-GL Coaches Association Meeting Following
- March 23-** First day of Coaches practices
- March 30-** Women's Division National Tournament & waivers due
- April 01-** All American Pre- nomination forms due
- April 19-** WDNT Try-outs Armstrong High School
- May 19-28-** Section Play
- May 20 -** All American and Academic All American Nominations due
- May 25-** All State Team and Award Nominations due.
- June 01-** All State & Awards Voting
- June 02-04-** State Tournament



## DIG THIS

By: Jim Lee  
Waconia HS

Wow! What an amazing realization that I now have the opportunity to spearhead an organization with so many natural leaders that I have met throughout the years within the volleyball community in our state! And to follow in the well-placed footsteps of Heidi Hahn, Wally Brown, and, of course our admirable leader of the past two years, Lonnie Morken, it is truly an honor!

Thinking back to my first days of playing volleyball at Moorhead State, I realize how naive I was when I first started playing and hit the ball with my hand in the shape of a fist. A female teammate (whom I was hoping to go on a date with) mentioned to me, "Why don't you try to open your hand to hit the ball harder?" Latching onto the adolescent ego, I responded: "But I hit the ball pretty hard already." She convinced me to try it once while she blocked me on the other side of the net. Well, on my first attempt I swung and hit her right in the nose. As she ran to the bathroom to wipe up the blood that was pouring out of her nose, I started to realize there is a lot more to the sport of volleyball than just hitting a white ball as hard as you can! For some reason, I never did get a date with her . . . The next day I checked out every video and as many coaching books from the library I could find!

But even today I tend to learn less from books and videos and more from the open-minded athletes, the well-meaning parents, and—most of all—the dedicated colleagues whom have spent hours of emails, phone conversations, and in-depth discussions throughout the year with me. For this, I thank you.

To further develop our rapport with the state's amazing volleyball coaches, the 2009 Volleyball Coaches' Association Clinic will be held at St. Cloud University on July 29<sup>th</sup> and 30<sup>th</sup> with the much-anticipated social being held at the Kelly Inn. Further information will be posted at: <http://www.mshsca.org/volleyball>

Even though the price tags on most items around us are being raised, the sports association dues and clinic registration fees will not be increasing this year. On-line registration for the clinic and membership dues will be offered this year, too!

At the clinic, discussion will be directed at the new rules that will be adopted for the 2009 volleyball season which include (but are not limited to):

Coaches are allowed to stand during play; any part of the body to be considered legal contact with the ball, including feet and legs; bobby pins, no longer than 2 inches in length, may be worn to control a player's hair.

Further clarification is posted at:

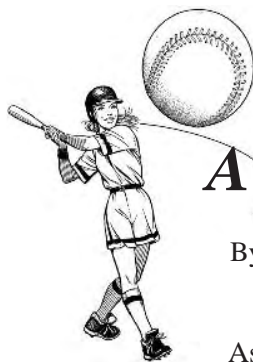
<http://www.mshsl.org/mshsl/sports/VB2009PressReleaseCoachStanding.doc>

As a final request, I ask that you block off July 29<sup>th</sup> and 30<sup>th</sup>

. . . continues on page 29



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



# Softball...

## A Five Star Sport

By: Shelly Hotzler  
Jackson County Central

As you read this you will be into your second or third week of practice, hard to believe the season came up so quick. Hopefully we will have a great spring!

The clinic was a great success. Linda Wells was fantastic! Some of you may not know that this was her last formal speaking, she is retiring. Big thanks to her for making Minnesota her last. Also a big Thanks to our other presenters, John Tschida, Shawn Semler, Paula U'Ren, Velocity Sports and Dr. Nicole LaVoi.

Please watch for the online rules interp it will be ready March 17th –April 9th. You will be able to access it at the MSHSL website.

This year the All-Star and All-State nominations we will be done online. No more filling out the form and emailing it. It will all go to one data base, so hopefully this will go a lot smother. Watch for the link from your section rep. The All-Star nomination should be available sometime in late April.

This year we will be incorporating the Ms. Softball award and the Senior Pitcher Award. This is something new we discussed at the Section Rep meeting at the clinic. Please watch for more details from your Section Rep.

Our new Co-Presidents will be Kim Bowen and Kathy Mason from Big Lake. I am excited to have them on board. I will assume the Executive Secretary position to maintain some stability in our association. It will be a good thing for all incoming Presidents.

Best of luck to all of you in your seasons!!

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### OTHER SIDE OF THE NET . . . continued from page 28

to journey up, over, or down to St. Cloud University to meet the many volleyball beacons who shine throughout our state who will be talking about the realigned sections and conferences, implications of new rules, strategic offensive formations, junior high drills, psychological challenges, and many other volleyball-related topics that enable each of us to graduate from a concept of hitting with our hand in the shape of a fist and possibly giving someone a bloody nose to walking out of the State Cloud State gym with our hand gripping another coach's hand for a handshake in appreciation for sharing an experience from their lifetime.

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# FLIP NOTES

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



The 2008 – 2009 gymnastics season ended with style, crowning state champions Perham (Class A) and Roseville (Class AA).

State individual titles went to the following gymnasts:

- Vault Class A: Jenna Woelfel (Annandale)
- Vault Class AA: Natalia Merrifield (Bloomington Jefferson)
- Bars Class A: Jenna Schmitz (Perham)
- Bars Class AA: Anna Gleason (Roseville Area)
- Beam Class A: Kelsi Vomacka (Perham)
- Beam Class AA: Anna Gleason (Roseville Area)
- Floor Class A: Carmen Lundell (Breck/West Lutheran)
- Floor Class AA: Anna Gleason (Roseville Area)
- All-Around Class A: Sabrina Hoover (Rogers)
- All-Around Class AA: Anna Gleason (Roseville Area)

The state banquet was a huge success. A big thanks goes out to Deana Walsh for her all of the hard work she put into making sure everything went perfectly. At the banquet we were pleased to honor 3 new inductees into our Hall of Fame. Honored for 2009 were Anne First (Judge), Don Papreck (Bemidji) and Ellie Berg (Stillwater). All-State Elite honors are awarded to the top 5 all-arounds in both class A and class AA. The awards went to the following gymnasts: Kelsi Vomacka (Perham – A), Kristeena Patsche (Martin County West – A), Matraca Steen (Martin County West – A), Jenna Woelfel (Annandale – A), Sabrina Hoover (Rogers – A), Natalia Merrifield (Bloomington Jefferson – AA), Taylor Brett (Forest Lake – AA), Cecily Solem (Henry Sibley – AA), Alise Post (St. Cloud Tech – AA), Anna Gleason (Roseville Area – AA). Congratulations to our State Coaches of the Year! Assistant Coach of the Year honors went to Katie Niehus (Melrose – A) and Colleen Stark-Haws (St. Cloud Tech – AA). Head Coach of the Year honors went to Jenn Bartlett (Rogers – A) and Chris Lacy (Chaska – AA).

We are proud to have crowned many gold and silver award winners this season. Class AA saw 20 teams earning the silver award and 33 teams earning the gold. Class A saw 16 silver teams and 27 gold.

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

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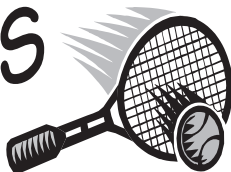


VISIT MCDONALD'S AFTER THE GAME



# SERVICE ACES

Scott Engelstad (Bemidji)  
President MSHSTCA



It feels like it's been a busy winter away from the tennis courts. The MSHSL is in the process of changing the summer waiver time. The proposed new waiver dates would start June 1<sup>st</sup> and run through the end of July. There would also be a seven-day black out period around the fourth of July. This new rule would go into effect in 2010. Also on the MSHSL agenda are two issues to help schools cut costs: number of scrimmages permitted, and reducing the number of match dates. I encourage everyone to be patient, flexible and creative in these tough economic times. It would be shame to lose any tennis programs because we were too narrow in our focus.

As I write this newsletter, we are preparing our annual spring coaches clinic. Rick Engelstad, our treasure/clinic director, has lined up an impressive day of presenters that include Jorge Capestany (Wilson Advisory Staff/USPTA & PTR Master Professional), Bob Love (HEAD/Penn Advisory Staff/USPTA Master Professional), Steve Paulson (Edina Girl's Tennis Coach) and Steve Wilkinson (Gustavus Adolphus Men's Tennis Coach/Wilson Advisory Staff). Thank you to all of our sponsors (Wilson, HEAD/Penn, Prince, Babolat, USTA/Northern, Lee's Pro Shop, MSHSCA, and GAMMA) for their support in making this a tremendous event for our coaches.

Congratulations to the 2009 Hall of Fame Inductees honored at the spring clinic. We are privileged to have Tom Vining of Roseville Area and Joe Joerger from Staples/Motley join an elite group of high school tennis coaches.

We are expecting a much needed spring soon, and that means it's time for boys' tennis. Your continued membership (deadline is May 1) is key to the health and vitality of our association. We are also pushing for more involvement of our assistant coaches around the state. Please encourage your assistants to join this year. Our website ([www.mshsca.org/tennis](http://www.mshsca.org/tennis)) and emails should keep you up to speed with deadlines and happenings in our tennis world. Visit the website regularly to be sure you aren't missing out on anything.

Do you know who your section representative is? If not, be sure to find out on our website. Section reps encourage membership in our group, forward reminder emails, and represent your section at the annual meeting. Sections will be realigned again this spring and we may be in need of a new rep in your section. Please let us know if you are interested, or if you have questions about becoming a section rep.

Your section rep will be responsible for conducting the **Section Head and Assistant Coaches of the Year** voting. Your assistant coach needs to be a member if you are interested in nominating him/her for the assistant award. All head coaches who win their section COY award, as well as member coaches whose teams win their section, will be on the ballot for **State Coach of the Year**. Members will then be able to **vote online** for the State COY award during the state tournament and for one

week following the tournament. Keep in touch with your section rep for more details.

Team and Individual Academic Award nominations are due May 7. All forms are on the website. Submit your applications in a timely manner as *late entries will not be accepted*. The Academic Team certificates **Gold (GPA 3.80-4.00)** or **Silver (GPA 3.60-3.79)** are awarded to qualifying teams. To be eligible for Academic All-State honors, a player must be a senior, an important contributor to your varsity, and have a 3.7 GPA or higher.

Be sure to keep your scores updated on your MSHSL web page. It is important that everyone do this for at least two reasons. First, it helps your section in the seeding process at the end of the season. Second, it helps those who are doing the team ranking as they check scores from around the state. And speaking of rankings, if you have a team or individual that should be considered, please contact either your section rep or Rick Engelstad.

If your team or individual(s) qualify for state, be sure to RSVP to the Annual Boys Tennis State Tournament banquet (regardless of if you can make it) so they get a head count without having to track you down. Forms will be on our website.

Our tennis coaches association has made great strides as an organization in the last six years. Pepper Meyer (South St Paul) has played a large role in that progress. She has served us faithfully and well, and we will miss her greatly. Thanks Pepper, you're the best!

Have a great Spring! Please let me know if there is anything else our association can do to make tennis better for kids in Minnesota.

## ATTENTION ATHLETIC ADMINISTRATORS



The MSHSCA has introduced a new Academic Awards program

Many schools have received a plaque similar to the one pictured for Fall sports that qualified as a gold or silver academic team.

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**



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

# MSHSL BOARD OF DIRECTORS REPORT

By: Mindy Sparby - Sparby-NHREG

Hours of discussion were spent at the March 2<sup>nd</sup> special board meeting. The focus of the discussion was addressing the question: How can we as a Board help our member schools in these tough economic times? More specifically, the major action item concerning coaches was reducing number of Contests/Number of game dates per sport season. We received excellent feed back from each association on their feelings towards reducing contests. It is also important to note that many schools and coaches are already taking measures of their own to help schools reduce expenses. Majority opinion with the board was that reducing contests does not address the financial problems of individual school districts. There is too much diversity among districts and where one school would benefit from a reduction another would be penalized.

There was also a motion on the floor to limit scrimmages and jamborees to three dates per sport season. This motion was tabled until the April meeting.

Many positive ideas came out of hours of great discussion. The board has prioritized some ideas that we feel could help reduce costs to member schools. These ideas include:

- limiting scrimmages and out of state travel for scrimmages (to non-bordering states)
- A “no competition” period during the holiday break of the winter season
- Looking at more cost effective venues for state tournaments
- Section/State Playoff Formats
- Classes and Section
- Membership Fees and Reimbursements
- Maximizing Revenue

Thanks for a great winter sports season!

# USE YOUR MEMBERSHIP CARD

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 was sent to the Activity Directors of all schools in July and all schools were asked to inform us if their school would not accept the card. We only heard back from two schools who indicated they do not honor the card, those schools are Brainerd and 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.

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| <input type="checkbox"/> Adapted Athletics                         | <input type="checkbox"/> Alpine Skiing                           |
| <input type="checkbox"/> Athletic Admin.                           | <input type="checkbox"/> Nordic Skiing                           |
| <input type="checkbox"/> Baseball                                  | <input type="checkbox"/> (B) <input type="checkbox"/> (G) Soccer |
| <input type="checkbox"/> Boys basketball                           | <input type="checkbox"/> Softball                                |
| <input type="checkbox"/> Girls basketball                          | <input type="checkbox"/> Boys Swimming                           |
| <input type="checkbox"/> (B) Cross Country                         | <input type="checkbox"/> Girls Swimming                          |
| <input type="checkbox"/> (G) Cross Country                         | <input type="checkbox"/> Synchronized Swimming                   |
| <input type="checkbox"/> Football                                  | <input type="checkbox"/> (B) <input type="checkbox"/> (G) Tennis |
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| <input type="checkbox"/> Hockey                                    | <input type="checkbox"/> Wrestling                               |
| <input type="checkbox"/> (B) <input type="checkbox"/> (G) Lacrosse |  |



VISIT MCDONALD'S AFTER THE GAME



# CORNER KICKS

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



The winter sports season is winding down and by the time you receive this edition of the Prep Coach, the tournaments will be done and the spring sports seasons will be in full swing. With spring here, soccer players will be outside and enjoying their game.

The Minnesota State High School Coaches Association Fall Clinic has been set for August 14<sup>th</sup>, 2009 at Hopkins Senior High. The Clinic will be in session from 7:30 AM to 4:30 PM. Greg Juba (Park of Cottage Grove Girls) is the clinic director. The schedule and cost will be published in the May issue of the Prep Coach or you may go online to MSHSSCA.org to find out additional information.

This is a great place to meet and talk soccer with other coaches. The clinic is the place where the MSHSSCA gives you the information you need about deadlines and what is going on with soccer in Minnesota.

The MSHSSCA website is a great source of information about the association and also contains valuable information concerning soccer. We are very thankful that Deb Randa has agreed to be the site manager. As our organization works toward using less paper, the website is a step in the right direction. You should look at the organizations that help sponsor our website. Check them out!

The MSHSSCA has decided that the Senior Classic, (sponsored by Puma and Soccer Express) should continue in the A vs. AA format. The 2008 game was the end of the two year experiment and it was decided that it has been very successful and it will be continued for another two years.

Each year the MSHSSCA awards two scholarships in honor of Mike

Warter (Eagan Girls). The MSHSSCA established a scholarship fund in his name. Each year two \$1,000 scholarships are given to graduating seniors. The two awards are given to one girl and one boy who participated in high school soccer. Art Seplak and his scholarship committee have announced the winners of the 2009 Scholarships. The winners are:

Anna Thies from Prior Lake High School is the recipient of one of the awards. Anna was Captain in her senior year. She was injured the first day of practice and missed her whole senior season. As a junior, Thies earned All-Conference Honorable Mention. Anna ranks in the top 15 % of her class and will attend St. Olaf College in the fall.

The second scholarship was given to Daniel Kemp from Eden Prairie High School. Dan was an All-Conference soccer player, chosen for All State Honors and was selected to the All Region team. Kemp ranks in the top 5% of his class and at this time has not decided where he will attend college. Congratulations to these two fine athletes. They exemplify the quality of soccer players in Minnesota.

The MSHSSCA Board has been looking at ways of improving the top ten rating system we use. At the last board meeting there was discussion of adding a computer ranking along with coaches input to determine the ranking system. This procedure will be discussed at the March meeting. The Board at that time will make a decision about the procedure. If you have any questions, check with President Pat Malicki (Woodbury Girls) concerning the details of this process.

One of the most pressing issues continues to be the make up of Class A and AA schools. Coaches have been polled about making changes to the two classes.

The question that is being discussed is how to divide the teams in the two sections. The board has been putting a lot of time in discussion and the position the MSHSSCA will take on the issue. If you have not had the opportunity to share your own insight, you can contact one of the Board members or the President. You can obtain email addresses from the web-

site. This is a very difficult matter and your organization wants to present the best plan for the makeup of the two classes.

The National Soccer Coaches Association of America Convention is being planned for the Twin Cities in 2015. The Board is looking at options for hosting different events and helping the National Organization with the operations of the convention. Additional information will be forthcoming as the time gets closer.

The NSCAA has announced its awards for Minnesota. Thanks to Greg Juba for this information. These awards are given to exceptional soccer athletes in each region. The following girls have been selected for these honors.

All-America Stephanie Brandt (12)  
Rochester Century

All-Midwest Catie Sessions (11)  
Woodbury  
Briana Westlund (12)  
Park of Cottage Grove  
Brittany Henry (12)  
Mahtomedi  
Julie Sierks (11)  
Edina  
Allie Phillips (12)  
Mounds View  
Caitlin Graboski (11)  
Woodbury

Earning Coach of the Year Awards from the NSCAA were:

Large School Karen LaDue  
Rochester Century  
Small School Dave Wald  
Mahtomedi  
Private School Scott Helling-Christy  
Benilde-St. Margaret's

Phil Johnson (Stillwater Boys) gave us the following information about the boy's winners from the NSCAA.

All-America Chad Gilmer (12)  
Bloomington Jefferson  
All-Midwest Paul Yonga (11)  
Totino-Grace  
Dan Killen (12)  
St. Bernard's  
Carlos Contreras (11)  
White Bear Lake



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Dula Fadis (12)  
 Minneapolis South  
 Danny Kemp (12)  
 Eden Prairie  
 Spencer Duhaime (12)  
 Edina

*“You don’t ‘handle’ players, you handle pets.  
 You deal with players.  
 Stand up for your players . . .  
 show them you care on and off the court.  
 It’s not how or what you say . . .  
 it’s what they absorb.”*

- Red Auerbach

The award for Minnesota for Large School Coach was Dan Storlien of Bloomington Jefferson. Charlie Seel, Blake boys coach, was honored with the private school coach award. In addition, in the final NSCAA Top 25 Rating one Minnesota school made the poll. State Champion Osseo finished at number 25.

We encourage all coaches to join the NSCAA. This will insure that the Minnesota soccer players are represented at the national level.

The MSHSSCA is presently following the process of Bylaw 411. This concerns practice and tryouts during the start of the season. Chris Laird (Heritage Christian Boys) and a member of the MSHSL Board is part of this procedure. He reports that all of the Region Committees have passed this; the Athletic Directors have gone on record and support this change and the Board of Directors are on record as supporting this change. It will go to the Representative Assembly later in March. We will keep you posted.

That wraps it up. Have a great tournament month and get ready for spring.

Check the website for any new information.



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# Goal Posts

*Terry Turek*

*Le Sueur-Henderson High School*

On behalf of the MFCA I'd like to express our hopes that your spring is successful and has your program headed in the right direction.

The Awards Committee met and selected the recipients for various MFCA honors, including Class Coaches of the Year, Butch Nash Award winners, Distinguished Service award winner and the All Star coaches were finalized. These coaches will be honored at the annual Hall of Fame banquet. The MFCA Hall of Fame banquet is being held on Saturday, April 4th at the Double Tree Hotel in Minneapolis. The program includes the induction of new Hall of Fame honorees, the naming of class coaches of the year, assistant coach of the year, Butch Nash award winners, Distinguished Service award winner, and conference and section coaches awards. Service awards are presented to coaches who have won 200, 250 and 300 games and to those who have coached for 30, 35, and 40 years. Any coaches who have reached those milestones should contact the MFCA Secretary-Treasurer Jim Dotseth as soon as possible, so that the appropriate award can be ordered in time. The social hour begins at 5:00 pm with the dinner at 6:00 pm and the honors program to follow. Anyone wishing to purchase tickets or in need of more information should contact Dave Nelson at Minnetonka High School.

The MFCA will be working in conjunction with the U of M staff to produce a football clinic this spring. The University has committed to a cooperative effort and the MFCA looks forward to this endeavor. The clinic will

be held at the Double Tree Hotel on April 2nd, 3rd and 4th. Please note the dates as there had been brochure mailed by the U of M with incorrect dates. Coaches should note that due to the popularity of the clinic that the Double Tree may have few, if any vacancies, so please plan accordingly. Coaches should go to the MFCA website at [www.mnfootballcoaches.com](http://www.mnfootballcoaches.com) and click on the clinic link to get other hotel information.

The conference representatives will meet at the Double Tree Hotel at 8:00 am. The meeting is open to all MFCA members, whether they are head coaches or assistants. Coaches may contact Jim Dotseth for more information.

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

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

Regarding MSHSL news, "section scheduling" has been brought up again, with a small number of advocates attempting to have a bylaw passed. The MFCA has been against this proposal and currently maintains that stance. There has been no "ground swell" of support nor has the matter been brought to the Football Activity Advisory committee. The most recent attempt seems to circumvent the process. But whatever an individual coaches beliefs are on football related issues, coaches are advised to go through the association so

that the matter receives a fair and comprehensive attention. The Wilson football used in the state playoffs will be entering its second season and even though there were still questions regarding its implementation, it seemingly is here to stay. The updated football classifications and sections should be announced by March 16th.

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

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

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



# 2009 MINNESOTA FOOTBALL COACHES CLINIC

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

The Official Clinic of our MFCA in partnership with the University of Minnesota and Gopher Bierman Complex  
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## APRIL 2-4, 2009

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Partnership with the Coach  
Brewster and staff  
(some breakout sessions at the  
Bierman complex)  
More Speakers & Breakouts  
AWARDS! • Tailgate Party!

### HEAD SPEAKERS

Tim Brewster, Minnesota  
Jerry Sandusky, Penn State (Ret)  
Minnesota Vikings Speaker  
Marc Trestman, CFL Head Coach  
Brian Billick, NFL Head Coach

### AREA HS SPEAKERS

Wayzata HS - State Champs  
Orono High School  
Becker High School  
 Fargo South HS, ND  
Watertown High School, SD

### CLINIC STAFF

Don Swanson, Clinic Director (763) 533-9083  
Ron Stolski, MFCA Exec. Director [stolski@yahoo.com](mailto:stolski@yahoo.com)  
Dave Nigon, Booths & Display [dlignon@yahoo.com](mailto:dlignon@yahoo.com)  
Claud Allaire, Schedule & Speakers [claud.allaire@comcast.net](mailto:claud.allaire@comcast.net)  
Jim Dotseth, Registration & Finances [dotsethj@comcast.net](mailto:dotsethj@comcast.net)

### NATIONAL SPEAKERS

Jim Rackley, Converse Judson, TX  
George Curry, Wyoming West, PA  
Steve Specht, St. Xavier, OH  
Matt Weikert, Air Force

### COLLEGE SPEAKERS

Minnesota Gophers Staff  
University of Minnesota-Duluth  
South Dakota State University  
University of Sioux Falls  
Tom Horne, Ret. Valparaiso HC  
Augsburg College  
Carleton College

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Minnesota High School Football Coaches Association

Saturday, April 4, 2009



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Time: 5:00 - 6:00 pm      Social Hour  
6:00 pm                      Dinner

**Ticket Price: \$30.00**

(Note: you will pick up your tickets at the registration table the night of the banquet)

**Reservations Deadline is: Tuesday, March 31st**

Make checks payable to MHSFCA &  
Send your check and reservation to:  
Dave Nelson • Minnetonka High School  
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School phone: (952)-401-5948  
Home phone: (952) 401-0022

### BANQUET HIGHLIGHTS

2009 Hall of Fame Inductees  
High School Division

- Dave Hylla - Proctor
- DeWayne Johnson - Anoka
- Dwight Lundeen - Becker
- Mike Mahlen - Verndale

College Division

- Roger French - Brigham Young University

Conference Coaches of the Year  
Section Coaches of the Year  
Class Coaches of the Year  
State Coach of the Year  
Assistant Coach of the Year  
Power of Influence Award  
Distinguished Service Award

2009 Butch Nash Outstanding  
Assistant Coach Award Winners  
Scott Berning - St. Michael-Albertville  
Jeff Briard - Springfield  
Dick Gaughran - Edan Prairie  
Steve Guider - Blaine  
Patrick Hudak - Farmington  
Scott Parsons - Brainerd  
Vern Schnathorst - Detroit Lakes  
John Thielen - Eden Prairie Watkins

Conference and Section Coaches of the Year

You must be present at the banquet to receive your Conference or Section Coach of the Year Award. In order to allow time for the plaques to be engraved, **WE MUST HAVE YOUR R.S.V.P. BY FRIDAY, MARCH 20th**



VISIT MCDONALD'S AFTER THE GAME



# WINTER TEAM ACADEMIC RESULTS



## Another of McDonald's Student Recognition Programs Congratulations to the Marching Knights!

Valerie Johnson (third from right), owner/operator of the McDonald's restaurant in New Brighton, presented a check for \$1,700 to the Irondale High School Marching Band, the 2008 Grand Champion of the Minnesota State Fair High School Marching Band Competition. Since 2005, Twin Cities McDonald's owner/operators have proudly sponsored the Fair's daily afternoon parade featuring Minnesota's top bands. Congratulations to Irondale Band Director Bill Sucha and the Marching Knights!



## WINTER SPORT CHAMPIONS RECOGNIZED

The MSHSCA would like to take this opportunity to recognize the state championship teams and their coaches for the sports that completed their season prior to March 1st.

Four winter sport programs completed their season prior to the deadline for this issue of the MN Prep Coach.

Congratulations to the following teams and their head coaches:

### Boys True Team Swimming

#### Class AA

Edina  
Art Downey

#### Class A

St Thomas Academy  
John Barnes

### Alpine Skiing

Boys St Thomas Academy  
Tom Carlson

Girls Lakeville South  
Mark Moltzan  
Edina  
Dave Nelson

### Nordic Skiing

Boys Forest Lake  
Deno Johnson

Girls Burnsville  
Amy Cichanowski

### Girls Gymnastics

#### Class AA

Roseville Area  
Mike Flatten/  
Mark Curley

#### Class A

Perham  
Charlie Fleck

The sports of wrestling, boys swimming (MSHSL), boys hockey, girls basketball, adapted floor hockey and boys basketball will be recognized in the may edition of The MN Prep Coach.

McDonald's and the MSHSCA are proud to be able to honor teams that recognize the importance of the term - student-athletes. Teams achieving an established GPA receive visible recognition with a plaque and ensuing plates for the plaques to be placed in trophy cases.

This issue of the MN Prep Coach recognizes the academic achievement for the sports of Alpine Skiing, Nordic Skiing and Girls Gymnastics. The other winter sport programs will be recognized in the May issue.

### ALPINE SKIING

#### BOYS GOLD

Minnehaha Academy  
Eastview

#### GIRLS GOLD

Cretin-Derham Hall

#### BOYS SILVER

Coon Rapids  
Chisago Lakes  
Duluth East  
Centennial

#### GIRLS SILVER

Minnehaha Academy  
Hibbing  
Brainerd/Pequot Lakes/  
Pillager

Orono

Chisago Lakes  
Duluth East  
Bloomington Jefferson  
Maple Grove  
Willmar  
Mesabi East / Virginia  
St Paul Como Park  
Eastview

### NORDIC SKIING

#### BOYS GOLD

Benilde-St Margaret's  
Roseville Area  
Little Falls  
Maple Grove

Willmar  
St Louis Park  
Hopkins  
Duluth Central  
Tartan  
Woodbury  
Mahtomedi  
Anoka  
Math and Science Academy  
Lakeville North  
St Cloud Apollo  
White Bear Lake  
Eden Prairie  
Andover  
Duluth Marshall  
Mesabi East/Virginia  
St Paul Como Park

#### GIRLS GOLD

Champlin Park  
Benilde-St Margaret's  
Roseville Area  
Little Falls  
Maple Grove  
Willmar  
St Louis Park  
Burnsville

Hopkins  
Chaska  
Tartan  
Bemidji  
Lakeville South  
Woodbury  
Mahtomedi  
Anoka  
Duluth East  
Orono  
Lakeville North

Prior Lake  
Irondale  
Stillwater  
Eden Prairie  
The Blake School  
Elk River  
Bloomington Kennedy  
Duluth Marshall  
St Cloud Cathedral  
Ely  
Osseo  
Mesabi East / Virginia  
Winona  
St Paul Como Park  
Park Center

... continues on page 37



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BOYS SILVER	Eagan	5AA	7A
Champlin Park	Rosemount	Centennial	Big Lake
St Cloud Tech		Osseo	Rush City-Pine City-Hinckley- Finlayson
Bemidji	4AA		
Lakeville South	St Paul Johnson	6AA	Becker
Duluth East	White Bear Lake	Richfield	Fridley
Orono	Roseville Area	St Louis Park	Rogers
Prior Lake	Mahtomedi	Hopkins	
Two Harbors	5AA		8A
Irondale	Park Center	7AA	Fergus Falls
Osseo	Maple Grove	Blaine	Perham
Stillwater	Champlin Park	St Francis	Park Rapids
The Blake School			
Bloomington Kennedy	6AA		CLASS A SILVER
Ely	Cretin - Derham Hall	8AA	1A
Chaska	Minneapolis Southwest	Bemidji	LaCrescent
Winona	Minneapolis South	St Cloud Tech	
	Wayzata		
GIRLS SILVER		CLASS A GOLD	3A
Park of Cottage Grove	7AA	1A	Luverne
Duluth Central	Cambridge-Isanti	Caledonia-Houston-Spring	Windom
Spring Lake Park/St Anthony	Forest Lake	Grove	
St Paul Harding	Chisago Lakes	Red Wing	4A
Two Harbors		Byron-Rochester Lourdes	South St Paul
White Bear Lake		Pine Island	Breck
St Paul Academy/Summit School	8AA	Austin	
	Monticello		5A
	Moorhead		Delano
	Brainerd	2A	Annandale
GIRLS GYMNASTICS		New Prague	Maple Lake
CLASS AA GOLD	CLASS AA SILVER	Waseca	Howard Lake -Waverly
1AA	1AA		
Winona	Lakeville South	3A	
Farmington	Lakeville North	Jackson County Central	6A
Northfield	Rochester John Marshall	Redwood Valley	Morris
Rochester Century		Pipestone	New London-Spicer
Faribault		Martin County West	Long Prairie-Grey Eagle
	2AA	St James	Sartell
	Buffalo		Little Falls
2AA	Bloomington Jefferson		Ortonville
Chaska		5A	
Willmar	3AA	Watertown-Mayer	8A
Edina	Simley	Dassel-Cokato	Detroit Lakes
Eden Prairie	Hastings	Mound	
Prior Lake	Henry Sibley		
		6A	
3AA	4AA	Melrose	
Woodbury	St Paul Central	Litchfield	
Eastview	Stillwater	Benson	
Apple Valley	North		
Park of Cottage Grove			

*“Sports create a bond between contemporaries that lasts a lifetime.  
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fulfillment that few other areas of endeavor provide.”*

**- Bob Cousy**



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info@beagreatteacher.com

"I was taking a course last summer when I started talking with another teacher/coach that had taken 659A. He highly recommended it to me and said that it will probably be the best course I will ever take for continuing education credits. After completing the first course I felt that I learned so much that I wanted to take another course. So I signed up for course 659B and 659C. In addition, I was delighted to learn that you added course 659D!! I would have to honestly say that I will use the information gathered from these four courses for the rest of my life, whether it be as a coach, a teacher, or anything else. I could not have taken these courses at a better time in my life and am grateful that I have had this opportunity."

Michael Versland, Hastings, MN

"Forget the idea of doing the course at your convenience or other privileges a video course provides. The benefit of the video course for me was the fact that I kept rewinding for enjoyment and inspiration rather than assignment completion. Each video impacts you in the classroom, on the field, and life in general. When was the last time you asked your graduate instructor to repeat the last 45 minutes? This was the first graduate course I have ever taken that disappointment set in upon its completion."

John Gunderson, Center City, MN

"I thought Creating an Environment for Success was excellent! I thought that all of the topics covered were beneficial to me as both a teacher and a coach. I also learned some helpful tips as a new parent. I would definitely take another video course like this one. This is the third video course that I have taken from Educational Resources and I have thoroughly enjoyed all of them."

Jason Monke, Sauk Centre, MN



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# MSHSL COACHES EDUCATION PROGRAM

## Head Coaches Requirements

### MSHSL SPORT EDUCATION PROGRAM • Registration Form • Head Coaches Requirements

#### What are the requirements in Minnesota to be a head varsity coach?

The Minnesota Department of Education requirements for a head varsity coach are as follows:

122A.33 License and degree exemption for head coach.

Notwithstanding section 122A.15, subdivision 1, a school district may employ as a head varsity coach of an interscholastic sport at its secondary school a person who does not have a license as head varsity coach of interscholastic sports and who does not have a bachelor's degree if:

(1) in the judgment of the school board, the person has the knowledge and experience necessary to coach the sport;

(2) can verify completion of six quarter credits, or the equivalent, or 60 clock hours of instruction in first aid and the care and prevention of athletic injuries; and

(3) can verify completion of a coaching methods or theory course.

Notwithstanding section 122A.58, a person employed as a head varsity coach under this section has an annual contract as a coach that the school board may or may not renew as the board sees fit.

#### Where can I get the required training?

##### The American Sport Education Program (ASEP)

The Minnesota State High School League (MSHSL) and the Minnesota Interscholastic Athletic Administrators Association (MNIAAA) jointly offers **The American Sport Education Program**. A coach education program, which meets the above stated requirements.

Coaches who satisfactorily complete this 60-hour program are el-

igible to accept head-coaching positions under the provisions of the Minnesota Department of Education.

The course includes eleven hours of attendance and study at a seminar site, and 49 additional hours of home study materials to be completed. When the coach completes the home study materials, he/she will take a test and send it to the ASEP office for scoring. ASEP will then send the participant a letter for successful completion of the course of study. The course will cost \$250 for the materials and instruction, and must be paid in advance of the course to insure proper registration. This is the only approved coach education program exclusively taught and sponsored by the Minnesota Interscholastic Athletic Administrators and the Minnesota State High School League.

#### How long is the Certificate good for?

The ASEP certificates have no expiration dates. Continuing education in the field of coaching is strongly recommended, but not required.

#### How do I register?

Class schedules and instructors are listed below. You should contact the Instructor to register. The Instructor will also address any questions that you might have regarding the course work.

#### To make arrangements to host an ASEP Coaching certification class in your area:

Please contact Mary Eigner at [maryeigner@comcast.net](mailto:maryeigner@comcast.net) or 612-819-2808. You must have a minimum of six students to offer this class.

### MINNESOTA STATE HIGH SCHOOL LEAGUE ASEP TRAINING COURSE SCHEDULE

Updated 6/10/2008

Trainer	Site	Day/Date	Times
Dr. David Hartmann, Alexandria HS 320-762-7754 <a href="mailto:dhartman@alexandria.k12.mn.us">dhartman@alexandria.k12.mn.us</a>	Alexandria H.S. (Media Center) 1401 Jefferson Alexandria, MN 56308-2588	April 18, 2009 June 8, 2009	8:00 am - 8:00 pm 8:00 am - 8:00 pm
Ed Rundell 835 Church Street St. Peter, MN 56082 (h) 507-380-1716 <a href="mailto:e.rundell@yahoo.com">e.rundell@yahoo.com</a>	Mankato Loyola High School Conference Room 145 Good Counsel Drive Mankato MN 56001	April 11, 2009	8:00 am - 7:00 pm
Becky Leuer North Branch HS 651-674-1512 <a href="mailto:bleuer@northbranch.k12.mn.us">bleuer@northbranch.k12.mn.us</a>	North Branch High School 38175 Grand Ave. North Branch, MN 55056-0314	April 4, 2009	8:00 am - 7:00 pm
Mary Eigner 3157 Webster Ave S St. Louis Park, MN 55416 (h) 612-819-2808 <a href="mailto:maryeigner@comcast.net">maryeigner@comcast.net</a>	St. Paul Highland Park High School 1015 S Snelling St. Paul, MN 55116  Brainerd High School 702 South 5th Street Brainerd, MN 56401	June 17, 2009 July 15, 2009	8:00 am - 7:00 pm 8:00 am - 7:00 pm

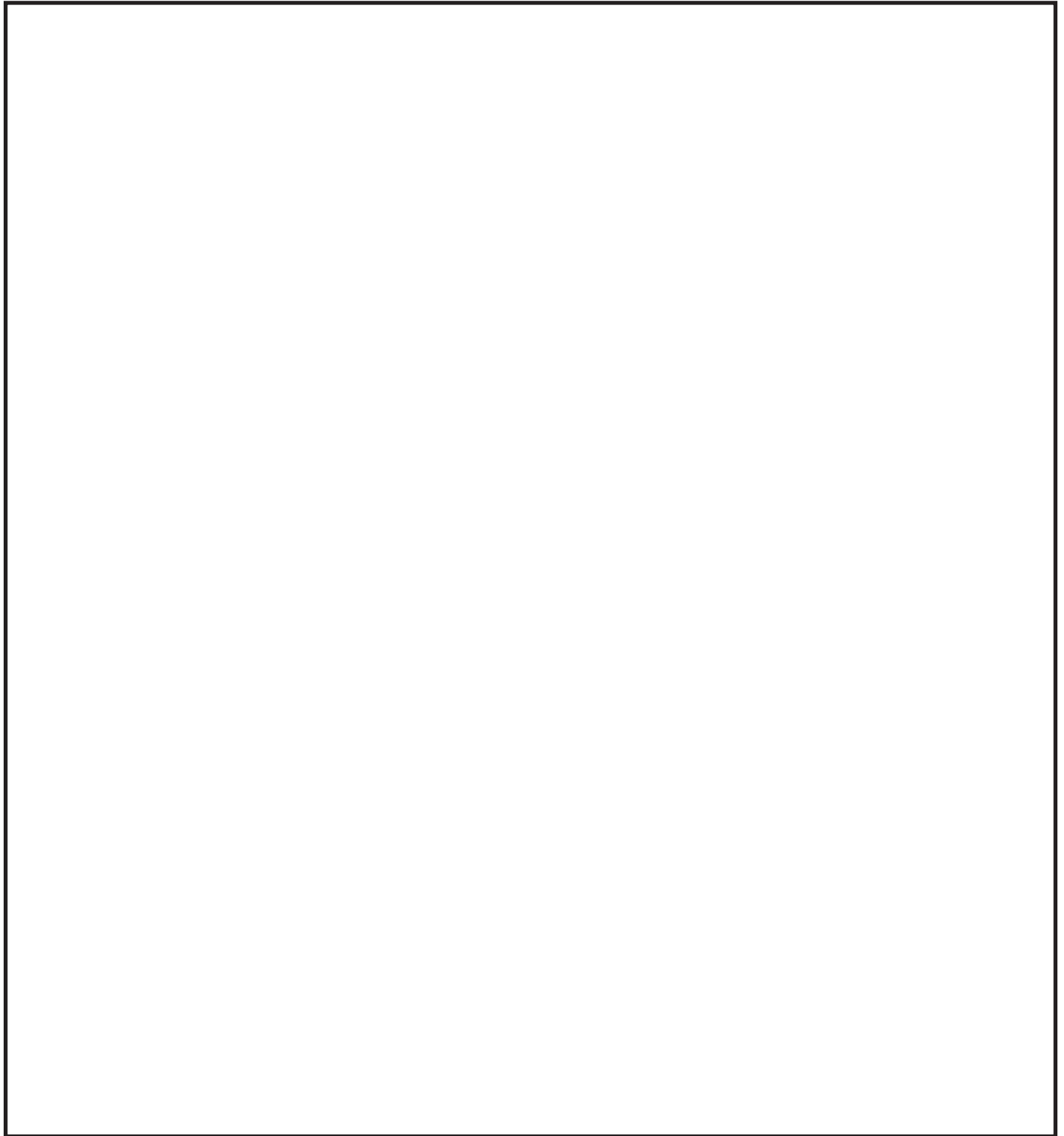


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